

American University of Beirut
Faculty of Arts and Sciences
Department of Social and Behavioral Sciences

SBHS 102, Introduction to Psychology

1. Course Learning Outcomes: Throughout the course the student will be exposed to the basic principles of psychology, which is the scientific study of behavior and mental processes. Knowledge will be drawn from the six approaches of psychology in the aim of explaining, describing, predicting, and sometimes controlling, behavior and cognitive processes. By the end of the course, the student will have learned how psychology is bound to time and to space, and will be expected to know the main subfields of the science and see how they relate to the daily experiences of living in a constantly changing society. The course also aims to underline the relationship between stress and psychological and physical well-being. Focus will be placed on the role of emotions and cognition in the process of maturation. The student's critical thinking is highly encouraged.

2. Resources available to students:

1. Textbook: Bernstein, Penner, Clarke-Stewart and Roy, 2003. **Psychology**, 6th edition. Houghton-Mifflin.

2. Internet facilities at the University

3. Grading Criteria: There will be two examinations and one final examination. Each of the examinations will comprise 30% of the course grade and the final examination will count for 35% of the total grade. The remaining 5% will count for classroom attendance and participation.

4. Schedule:

Week 1: Chapter 1, Introduction to Psychology

Week 2: Chapter 2, Research in Psychology

Week 3: Chapter 9, Consciousness

Week 4: Chapter 9, Consciousness-Discussion

Week 5: Chapters 14, Personality (The Psychodynamic Approach), and 12, Human Development

First Exam

Week 6: Chapter 12 Human Development

Week 7: Chapter 6, Learning -Discussion

Week 8: Chapters 6, Learning, and 13, Health, Stress, and Coping

Week 9: Chapters 13, Health, Stress, and Coping, and 17, Social Cognition (Interpersonal Attraction)-Discussion

Second Exam

Week 10: Chapter 15, Psychological Disorders

Week 11: Chapter 11, Motivation and Emotion-Presentation

Week 12: Chapter 7, Memory

Week 13: Chapter 18, Social Influence-Discussion

Week 14: Movie and discussion

Final Exam

- 5. Course Policy:** Attendance will be taken at the start of each session. A student who misses more than 1/5 of the total class sessions will be asked to drop the course. No make-up exam will be given unless the student has a VALID reason to be absent. Students who cheat during an exam will get a mark of 0% for that exam and their booklet will not be marked. Mobile phones are NOT to be seen or heard during the sessions.