Course Outline

I. Course Information

- **Course Title:** *General Psychology*
- **Cr. Hr:** *3 (5 ECTS)*
- **Target Group**: *Premed Students*
- **Course Code:** *Psyc 1011*
- **Mode of delivery:** *Parallel*
- **Name of the Instructor: Awoke Mihretu(PhD)**
- **Contact Address of the Instructor: awoke.mihretu_sisay@kcl.ac.uk**

II. Course Description

- The course encompasses the fundamental concepts and principles of psychology which have immense applications to human life.
- Hence, this course is intended to introduce students to the basic concepts of psychology and to acquaint them with how to apply psychological knowledge, principles, and theories to real life situation and problems

Course description

- So it is of paramount importance for students of any field of study to be effective in their personal, social, and professional life.
- Apart from that, it is to introduce students to the core set of life skills, which are important in realizing holistic development of students (i.e., sense of well-being, confidence and academic performance) so that they can lead happy, healthy, successful, and productive life.
- This introductory course examines the role of environmental factors and the interaction of nature and nurture in determining behaviors and mental processes.

III. Learning Outcomes

- Upon the completion of this course, the student will be able to:
- Describe basic psychological concepts.
- Compare and contrast the major theoretical perspectives in psychology.
- Explain the difference between sensation and perception
- Compare and contrast different learning theories
- Summarize motivational and emotional processes
- Demonstrate social and interpersonal skills in everyday life.
- Set an adaptive goal and plan for future.
- Apply knowledge of psychology to one's own life.
- Explain how self-confidence, self-esteem, self-efficacy, assertiveness, responsible
- behaviors, interpersonal skills will be strengthened.
- Apply different stress coping mechanisms.

Contents

- **Chapter One: Essence of Psychology**
- 1.1. Definition of Psychology and Related Concepts
- 1.2. Goals of Psychology
- 1.3. Historical Background and Major Perspectives in Psychology
- 1.4. Branches/Sub-fields of Psychology
- 1.5. Research Methods in Psychology

Chapter two: Sensation and Perception

- 2.1 Sensation
- 2.2 Perception

Chapter Three: Learning and Theories of Learning

- 3.1 Definition, Characteristics and Principles of Learning
- 3.2. Factors Influencing Learning
- 3.3. Theories of Learning and their Applications

Chapter Four: Memory and Forgetting

- 4.1 Memory
- 4.2 Forgetting
- 4.3. Improving Memory

Chapter Five : Motivation and Emotions

- 5.1. Motivation
- 5.2. Emotions

Chapter Six: Personality

- 6.1. Meaning of Personality
- 6.2. Theories of Personality

Chapter Seven: Psychological Disorders and their Treatment Techniques

- 7.1 Nature of Psychological Disorders
- 7.2. Causes of Psychological Disorders
- 7.3. Types of Psychological Disorders
- 7.4 Treatment Techniques

Chapter 8-11: Life Skills

8. Introduction of life skills
9. Intra-personal skills
10. Academic skills
11. Social skills

V. Teaching methods

- Lectures (leading questions followed by brainstorming)
- Group discussions
- Independent learning
- Training mode

VI. Assessment and Evaluation

- Group Assignment and presentation …15%
- Mid exam……35%
- Final Exam……50%

VII. Course policy

- 85% attendance
- Academic dishonesty, including cheating, being late, fabrication and plagiarism will not be tolerated
- Students are autonomous , have unlimited freedom to ask and reflect about your learning.

Thank you