

Psychology and Life

Sample

(Subject to Changes)

Instructor Jun GAO

Course Code SOSOC120013

Credit 3

Credit Hours Per Week 3

Total credit hours 48

Language of Instruction English

1.Course Description

Psychology and Life is a course offered to any undergraduate students who are interested in the science of psychology. The course embraces the vision of American Psychological Association (APA), “to advance the creation, communication and application of psychological knowledge to benefit society and improve people’s lives” (www.apa.org). Therefore, students are encouraged to apply what they have learned from the course to enhance the quality of their lives as well as the lives of others if possible. Moreover, as the name of the course suggests, it is hoped that by the emphasis of a cross-cultural perspective in teaching, students may develop the sensitivity as well as the appreciation for diversity in human lives, and therefore embrace a more open and tolerant attitude towards themselves and others.

2.Course Objectives

The aim of the course is to provide a general introduction to major fields of psychology, i.e. the methodology and the basis of psychological reasoning, classical concepts and theories as well as the latest research findings and new progresses made in psychology to promote the understanding and changes in individuals, families and societies. Particularly, the course highlights the cultural perspective among other major approaches in modern psychology.

3.Course Schedule

No.	Main Topics
1	<i>An Introduction to the Course</i>
2	<i>Research methods in Psychology</i>
3	<i>The Biological and Evolutionary Basis of Behaviors</i>
4	<i>Sensation</i>
5	<i>Perception</i>
6	<i>Consciousness</i>
7	<i>Memory</i>
8	<i>Learning</i>
9	<i>Topics in Developmental Psychology</i>
10	<i>Motivation</i>
11	<i>Emotion</i>
12	<i>Stress and Other Topics in Health Psychology</i>
13	<i>Topics in Social Psychology</i>
14	<i>Psychological Disorders</i>
15	<i>Psychological Counseling and Psychotherapy</i>

4.Grading & Evaluation

Personal Assignment –This task can be either an essay or any other format (such as a drawing) that illustrates students’ learning from the course, esp. how they apply the knowledge from the classroom to their daily lives. **The deadline will be the last course week before the final exam.**

Teamwork project (Mid-term proposal): The mid-term paper is based on a team work and the size of the team is 6-8 students. The team is asked to work out a) a research review on a given psychological topic **OR** b) a psychological educational program for the general public on a topic relevant to psychology and the topic can be freely chosen by students as long as it is within the scope of psychology. **More detailed instruction will be delivered at class around the 5th or 6th week.**

Participations in psychological studies- Students are required to participate in two psychological

studies to get a real sense of how psychologists are doing their researches. Students will get 5% of the total course credit for the completion of two participations. Several opportunities will be offered during the semester and students can choose which to participate in. If students are not willing to participate for any reasons, extra homework will be offered to get the credit.

Exams- The final exam is a close-book format multiple choice test. This 100-item test covers all the topics of the course. *The scope of the exam will be provided to students around the 14th week, which aims to help students to prepare for the final exam.*

Components	Point %
Homework assignment	15%
Mid-term paper (team work)	30%
Experiment participation (2 times)	5%
Final Exam (100 items multiple choice)	50%
Total	100%

5. Readings

- (1) J. W. Berry et.al., Cross-Cultural Psychology (3rd edition). Cambridge University Press, 2015
- (2) Roger R. Hock. Forty Studies that Changed Psychology (5th edition). Post & Telecom Press, 2010. (English edition)
- (3) The website of American Psychological Association: www.apa.org

Course Director's Academic Background:

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