**Course Title: Introduction to Psychology**

**Course code: SW-601**

**Credit hours: 03**

**Total marks: 100**

**Class : BS 2nd semester**

**Course Description:**

This course provides an introduction to the concepts and theories of psychology and to their application to real life situations. Topics include history, research methods, sensation, perception, consciousness, stress and coping, learning, memory, motivation and emotions.

### Learning Outcomes:

Upon successful completion of this course, the student will have reliably demonstrated the ability to:

1. Differentiate between scientific and non-scientific information about human behaviour and mental processes.
2. Describe major developments and research methods used in psychology.
3. Explain psychological processes involved in sensation, perception, learning, memory, motivation, emotion, states of consciousness and health.
4. Analyze the variety of factors affecting sensation, perception, consciousness, learning, memory, motivation, emotion, and health.
5. Apply psychological concepts and principles to situations in everyday life.

### Course Content:

1. Introduction to psychology
2. Sensation and perception
3. States of consciousness
4. Learning
5. Memory
6. Motivation and emotion
7. Health, stress, and coping

**Recommended books:**

1. Understanding Psychology By (Glencoe)
2. Psychology and Life By (Richard Gerrig and Philip Zimbardo)
3. Psychology By (Neil R. Carlson)