

Psychology

Course Title	Psychology							
Course Code	TPSY-200							
Course Type	This course serves as both Elective and Requirement, according to the program.							
	<table border="1"> <tr> <td>Hospitality/Business Bachelor</td> <td>Liberal Arts Elective</td> </tr> <tr> <td>All Programs</td> <td>General Elective</td> </tr> </table>		Hospitality/Business Bachelor	Liberal Arts Elective	All Programs	General Elective		
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All Programs	General Elective							
Level	Bachelor (1 st Cycle)							
Year / Semester	Year 3, B' Semester							
Teacher's Name	Nayia Phylactou							
ECTS	5	Lectures / week	3	Laboratories / week				
Course Purpose and Objectives	<p>The course aims to introduce students to the science of Psychology and give them the opportunity to study the various psychology theories.</p> <p>The course explores the general areas of psychology, dealing with multiple issues in this field, so that the students gain a full understanding of this rapidly developing scientific field, current views and controversies as well as its methodology. It also aims at adding breadth to the student's general knowledge. Students are introduced and gain a basic understanding of scientific methods of research and group discussions.</p>							
Learning Outcomes	<p>Upon completion of this course students will be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate a clear understanding of the fundamentals of psychology. 2. Define contemporary theories and interpretations of the human behavior. 3. Discuss using scientific terms phenomena of everyday life. 4. Demonstrate a basic understanding of scientific methods of research in psychology. 5. Obtain skills in discussing in small groups issues related to their experience. 6. Classify personality and psychological disorders. 7. Develop an open-mindedness regarding human normality-abnormality 							
Prerequisites	None		Required					

Course Content	<ol style="list-style-type: none"> 1. Psychology, Profession of Psychologist, Specializations 2. Research Methods in Psychology 3. Human Consciousness: <ol style="list-style-type: none"> a. The brain, biology and behavior b. States of consciousness c. Altered states of consciousness (Dreams Hypnosis) d. Psychoactive Drugs: use and abuse 4. Human Development: <ol style="list-style-type: none"> a. Studying and explaining development b. Cognitive development across the life-span-Jean Piaget c. Social aspects in development-Erikson d. Childhood-Attachment Theory-J. Bowlby e. Adolescence: identity formation e. Adulthood 5. Learning Behaviour: <ol style="list-style-type: none"> a. Classical Conditioning (emotions) b. Operant Conditioning-barring about consequences. 6. Memory: <ol style="list-style-type: none"> a. Types of memory b. STM-capacity/imitations c. LTM-encoding/retrieval 7. Motivation & Emotion: <ol style="list-style-type: none"> a. Functions of motivational concepts b. Motivation for personal achievement 8. Stress, Coping & Health: <ol style="list-style-type: none"> a. Physiological stress reactions b. Psychological stress reactions c. Coping with stress 9. Personality & Psychological Disorders-Classification DSM IV 				
Teaching Methodology	The course is delivered through lectures and guest speakers.				
Mode of delivery	Face to face.				
Bibliography	<table border="1"> <tr> <td data-bbox="400 1469 1493 1536"> Required </td> </tr> <tr> <td data-bbox="400 1536 1493 1626"> <ol style="list-style-type: none"> 1. Kalat W. J., Introduction to Psychology, 9th ed., Belmont, Wadsworth, 2010. </td> </tr> <tr> <td data-bbox="400 1626 1493 1693"> Recommended </td> </tr> <tr> <td data-bbox="400 1693 1493 1850"> <ol style="list-style-type: none"> 1. Myers D., Psychology, 8th ed., New York, Worth Publishers, 2007. 2. Santrock J., Psychology, 7th ed., New York, McGraw Hill, 2005. </td> </tr> </table>	Required	<ol style="list-style-type: none"> 1. Kalat W. J., Introduction to Psychology, 9th ed., Belmont, Wadsworth, 2010. 	Recommended	<ol style="list-style-type: none"> 1. Myers D., Psychology, 8th ed., New York, Worth Publishers, 2007. 2. Santrock J., Psychology, 7th ed., New York, McGraw Hill, 2005.
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Assessment	The following assessment methods are employed to assess this course: <table border="1" data-bbox="517 304 1369 562"><tr><td data-bbox="517 304 943 376">30 – 50 %</td><td data-bbox="943 304 1369 376">Final Exam</td></tr><tr><td data-bbox="517 376 943 445">20 – 40 %</td><td data-bbox="943 376 1369 445">Mid –Term / Tests / Quizzes</td></tr><tr><td data-bbox="517 445 943 515">10 – 30 %</td><td data-bbox="943 445 1369 515">Assignments / Projects</td></tr><tr><td data-bbox="517 515 943 562">0 – 10 %</td><td data-bbox="943 515 1369 562">Class Attendance & Participation</td></tr></table>	30 – 50 %	Final Exam	20 – 40 %	Mid –Term / Tests / Quizzes	10 – 30 %	Assignments / Projects	0 – 10 %	Class Attendance & Participation
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Language	English								