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| **Course Name: Introduction to Psychology** |
| **Course Code: PSYC 100** | **Course Credits:** 3 |
| **Class Timings:** MWF: 09:00 AM to 9:50 AM | **Section:** B | **Student Meeting Hours/ Office Hours:** **Wednesday & Friday : 10 AM to 11:00 AM** |
| **Instructor Name: Noor Ul Huda** |
| **Instructor Contact Details**Email: noorulhuda@fccollege.edu.pk**Guidelines for contacting instructor:** If you wish to discuss any query regarding the course or have any other concern, feel free to visit me during my office hours, or write an email to me to get an appointment. |
| **Course Description**:A detailed overview of the historical background and subfields of Psychology, research methods, biological basis of behavior and psychological processes such as sensation, attention, perception, learning, memory, motivation, emotions, intelligence, thinking and personality. A brief introduction to psychological disorders, treatment, social and health psychology are also included.  |
| **Main Mode of Instruction:** On campus regular classes.**Technology Requirements**:* The students need to be in the habit of checking their emails and Moodle accounts on an everyday basis by 5 pm.
* In case an urgent announcement is to be made, you will be informed in the via email and/or through the Whatsapp group through your selected Class Representative.

**Technology Etiquettes:** * In order to ensure effective learning and healthy classroom participation, it is absolutely essential for all the students to keep their videos on at all times, in case of online classes.
* At instances when students have to ask a question or answer one, or have an experience to share, they should virtually raise their hands to get the instructor’s attention.
* The students are also expected to keep themselves on mute, during all times, except for when they are expected to answer in class.

**Considerations for Students with Limited Internet/Technology Access:** Alternative lecturers and selected readings will be shared with the students.  |
| **Course Objectives** * Demonstrate an understanding of basic terminology, concepts and foundation of knowledge in the subject of Psychology.
* Apply the concepts, principles, and basic knowledge to everyday life situations.
* Evaluate various concepts related to human mind and behavior
* Develop the zeal to seek more knowledge on their topics of interest (in Psychology) by browsing the internet, reading articles from journals and reading books on and off campus
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**Course Content, Learning Material & Activities Schedule**

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| **Week** | **Topic** | **Reading** | **Due** |
|  | Review of the Course Outline and introduction to Psychology |  |  |
|  | The Evolution of Psychology | Chapter 1 | Quiz 1 |
|  | The Research Enterprise in Psychology | Chapter 2 | Quiz 2 |
|  | The Biological Bases of Behavior | Chapters 3 | Quiz 3 |
|  | Sensation and Perception | Chapter 4 | Quiz 4 |
|  | Learning  | Chapter 6 | Quiz 5 |
|  | Human Memory | Chapter 7 | Quiz 6  |
|  | Intelligence and Psychological Testing | Chapter 9 | Quiz 7 |
|  | Motivation and Emotion | Chapter 10 | Quiz 8 |
|  | Personality: Theory, Research and Assessment | Chapter 12  | Quiz 9  |
|  | Stress, Coping and Health | Chapter 13 | Quiz 10 |
|  | Social Behavior | Chapter 16 | Quiz 11 |
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 | Psychological Disorders  | Chapter 14 and 15 | Quiz 12 |
|  | Treatment |  | Quiz 13 |

**Textbooks, Materials, Supplies, and other Resources**

Weiten, W. (2005) Psychology: Themes & Variations (7th ed). Belmon CA. Wadsworth.

**Other Reference Material**: Handouts, Articles and other related material provided by the instructor.

**Course Requirements**

*This course will consist of the following grading components:*

**Class Participation**

Productive, respectful and fruitful discussion, answering of questions, raising questions and sharing real life examples are all the key towards an effective learning experience.

**Written Assignment**

During this semester, the students will be asked to prepare a written assignment on one of the topics covered. Students will be expected to apply their knowledge and understanding of what they have learned in this course. The assignment should follow the academic style of writing with proper APA style referencing (7th edition).

**Quizzes**

There will be 13 quizzes in the semester, each of 10 marks, consisting of MCQs all on Moodle. It is the student’s responsibility to make arrangements to attend these quizzes.

**No make-up quizzes will be held.**

**Presentation**

At the end of the course, the student will be expected to present on a provided topic and will be assessed upon their communication skills, accuracy of the content, organization, time management and creativity.

**Assigned Readings**

The students will be expected to responsibly go through the assigned readings throughout the semester so that they can effectively participate in class and do well in the assessments.

The course breakup is as follows:

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| **Grading Criteria** | **Marks** | **%** |
| Class Participation & Attendance | 30 | 15% |
| Quizzes (13) * 10 marks each
* 10 MCQs
 | 130 | 65% |
| Assignment | 30 | 15% |
| Presentation | 10 | 5% |
| Total | 200 | 100 |

**Attendance Policy:**

Attendance is mandatory according to the policy of FCC. Students are advised to attend classes regularly in order to boost their class participation and enhance their learning. It is essential that each student is **punctual** and enters the classroom **on time**, so as to **not to disrupt the flow of the class** and **their own understanding**. It is in your best interest to regularly attend the classes because discussions tend to go beyond the textbook; missing a class will likely affect your understanding of the material.

 **In cases of an emergency**( God Forbid), it is the responsibility of the student to inform the instructor either before the class (if possible) or after, by sending in a formal application, clearly stating the reason, at the instructor’s email: **noorulhuda@fccollege.edu.pk****.**

**Note: Absence may be excused in cases of emergencies however, the credit is only awarded if the student is actually present to attend the class.**

**Classroom Participation:**

Class participation is absolutely essential and recommended and for this to take place, it is important to consistently read the assigned material and ask questions. It is understandable that some students may be more comfortable while participating as compared to others. However, one of the primary aims of my class is to ensure a comfortable environment in which every student feels at ease to discuss, ask and contribute. The 20 points (10 %) will be based on the following criteria:

* Active quality classroom participation and discussion
* Effort to sincerely communicate in English
* Pertinent and constructive comments/ questions.

**Grade Determination**

*It is essential to keep in mind that the instructor does not “give” any grade to the student, rather the student achieves the grade as a result of their performance throughout the semester.*

**Cheating** is when a student offers, takes, or possesses information that may aid performance on a quiz or an exam, which is not approved by the instructor. Cheating may result in disciplinary probation and will definitely receive a grade “F” zero for the assignment. Some assignments and components carry a higher weightage. Receiving an “F” in those assignments may automatically lead to an “F” in the course.

**Plagiarism**refers to the use of words or ideas without acknowledgement of the author or the source. This includes information from websites, articles, books, another student's paper, etc. **If you copy someone else’s words, or even paraphrase someone’s ideas without giving them credit, you are plagiarizing**.  APA style must be adapted for writing assignments and this will be discussed in detail at the time of distributing assignments.

* It is not the index which determines whether the work was plagiarized or not. Please note that I qualitatively interpret reports to assess whether the work was copied and the due credit was not given. Even if your index is as low as 5 % and that is equal to a complete copied sentence in that assignment, It will be termed as plagiarism”.

**\**Plagiarism/cheating of any sort will be referred to AIC (Academic Integrity Committee) at FCC for necessary action.***

Please look into the Plagiarism policy of FCC by clicking on this link: https://www.fccollege.edu.pk/wp-content/uploads/2018/05/FCCU-Plagiarism-Policy.pdf

**Writing Center FCCU** **Email**: writingcenter@fccollege.edu.pk

If anyone of you is interested in consulting the writing center, feel free to write to them. Let me know if there’s an additional concern.

**Grading Legend**

Below is the grading legend of FCCU (published in all catalogues and available on the FCCU website) as approved by the Academic Council

|  |  |  |  |
| --- | --- | --- | --- |
| **Grade** | **Point Value** | **Numerical Value** | **Meaning** |
| A | 4.00 | 93-100 | Superior |
| A- | 3.70 | 90-92 |
| B+ | 3.30 | 87-89 | Good |
| B | 3.00 | 83-86 |
| B- | 2.70 | 80-82 |
| C+ | 2.30 | 77-79 | Satisfactory |
| C | 2.00 | 73-76 |
| C- | 1.70 | 70-72 |
| D+ | 1.30 | 67-69 | Passing |
| D | 1.00 | 60-66 |
| F | 0.00 | 59 or below | Failing |

**Student Conduct & Other Issues:**

**Respect Confidentiality**

Being actively involved in the class sessions and small groups entails some level of personal self-disclosure. Because of the nature of vulnerability, trust, and openness needed to learn about counseling it is extremely important that confidentiality be maintained. Revealing personal information about others outside classroom is a breach of confidentiality.

**Changes to the Syllabus:**

This syllabus was designed to convey course information and requirements as accurately as possible. It is important to note however that it **may** be subject to change during the course depending on the needs of the class and other situational factors. Such changes would be for your benefit and you will be notified of them as soon as possible.

*Please Note:*

*The instructor reserves the right to modify the procedures/ policies and course outline mentioned in this syllabus as dictated by unforeseen circumstances. It is your responsibility to cover the correct material. Instructor will announce changes well in time at class meetings.*