

NO.	TITLE		
1.	Subject	Introduction to Psychology	
2.	Subject Code	DHRM 202	
3.	Status	Major	
4.	Credit Hours	3	
5.	Semester	Semester 2, Year 1	
6.	Objectives	<ul style="list-style-type: none"> - Explain psychology as science of human behaviour; - Develop skill in addressing situations in which an individual has experienced an altered state; - Demonstrate ability in using principles of conditioning; - Evaluate one's emotions with respect to their impact upon health and motivation; - Understand the development stages and various theories of psychology; - Summarise selected psychological disorders and understand stress. 	
7.	Learning Outcome	<p>At the end of the lesson, the student will be able to:</p> <ul style="list-style-type: none"> - make improvements to a self and for others; - alter mental state normally; - understand the changing behaviour of people and utilise a variety of learning approaches; - apply the concept of human psychology in organisation for better performance of one and others. 	
8.	Synopsis	A beginning course in the concepts and principles of psychology. Focus is given to provide an exposure to a wide variety of human behaviours, which may include but are not limited to: sensation, perception, learning, memory, thinking development and personality.	
9.	Syllabus and Contact Hours	Syllabus	Contact Hours
		1. Basics of Psychology <ul style="list-style-type: none"> - Introduction to psychology - Brain and its function - Altered states 	12
		2. Aspects of Learning <ul style="list-style-type: none"> - Learning and behaviour - Thoughts and intellect - Motivation, emotions and health 	10
		3. Psychology of Development <ul style="list-style-type: none"> - Developmental stages - Theories of psychology 	10
		4. Psychological Difficulties <ul style="list-style-type: none"> - Health and stress - Disorders - Therapies - Aggression 	10

		TOTAL	42
10.	Main Reference	<p>Plotnik, R. (2004). <i>Introduction to Psychology</i> (7th ed.). Pacific Grove, CA: Wadsworth Publishing Company.</p> <p>Kalat, J. W. (2004). <i>Introduction to Psychology</i> (7th ed.). Pacific Grove, CA: Wadsworth Publishing Company.</p>	
11.	Additional Reference	<p>Franzoi, S. L. (2006). <i>Psychology: A Journey of Discovery</i> (3rd ed.). Atomic Dog Publishing.</p> <p>Myers, D. G. (2007). <i>Psychology</i> (8th ed.). New York: Worth Publisher.</p>	