

Bachelor of Arts - First Year - Sociology

Course Title	Principles of Psychology		
Course Code	SOC 1202	Notional hours	150
No. of Credits	3	Lectures, discussion classes	
Pre-requisites Course Codes	None		
Course Type	<i>Core</i>		

Course Description

Psychology is both an applied and academic field that studies the human mind and behavior. Research in psychology seeks to understand and explain thought, emotion, and behavior. Applications of psychology include mental health treatment, performance enhancement, self-help, and many other areas affecting health and daily life. Psychology evolved out of both philosophy and biology. Throughout psychology's history, a number of different schools of thought have formed to explain human thought and behavior.

This introductory course will provide students with an overview of the current body of knowledge and methods of the science of psychology. Topics will include the historical foundations of psychology, cognition, emotions, learning, human development, biological bases of behavior, personality, psychological disorders, psychotherapy and behavior change, and social behavior. The application of psychology to diverse human endeavors, and career paths within psychology will be discussed.

