

Identification	Subject	Introduction to Psychology, PSYC 101, 3KU (6AKTS)
	Department	Psychology
	Program (Undergraduate, Graduate)	Undergraduate
	Term	Fall Semester 2026
	Instructor	Mahsa Gamasaee
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	Classroom/hours	Neftchilar campus
	Consultation hours	By appointment via email.
Prerequisites	---	
Language	English	
Compulsory/Elective	Mandatory	
Textbooks and course materials	1. McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and inclusion</i> (7th ed.). BCcampus. 2. Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). <i>Psychology 2e</i> . OpenStax, Rice University.	
Course description	This course introduces students to the scientific study of psychology and human behaviour. It covers major concepts, theories, research methods, and key areas of psychology, including biological processes, cognition, development, emotion, personality, gender and sexuality, well-being, social behaviour, psychological disorders, and treatment. The course also emphasizes critical thinking, scientific evidence, diversity, inclusion, and real-world applications.	
Course objectives	The course is designed to provide students with a broad understanding of the foundational concepts and scientific approaches of psychology. This is accomplished through the systematic examination of major psychological theories, research methods, and findings across the principal areas of the discipline. Students are introduced to the ways in which psychologists investigate behaviour and mental processes and develop an awareness of how psychological knowledge is generated, evaluated, and applied. The course also emphasizes critical analysis of psychological research, the relationship between biological and psychological processes, and the application of psychological concepts to individual, social, and real-world contexts. In addition, it encourages students to consider diverse perspectives and recognize the cultural, historical, and social factors that shape psychological knowledge and human experience.	
Learning Outcomes	1. Define and explain major concepts, theories, and perspectives in psychology. 2. Compare biological, cognitive, developmental, personality, and social approaches to understanding human behaviour. 3. Describe the basic principles of psychological research and distinguish between major research methods used in psychology. 4. Interpret basic psychological findings and evaluate the quality of evidence supporting psychological claims. 5. Apply psychological concepts and theories to everyday behaviour, relationships, learning, health, and other real-world situations. 6. Explain how biological processes, development, emotion, personality, social context, and culture contribute to individual behaviour and psychological functioning.	

	7. Identify the basic characteristics of major psychological disorders and describe general approaches to psychological treatment. 8. Analyze psychological topics while considering diversity, individual differences, cultural context, and ethical perspectives.		
Teaching methods	Classroom activity	+	
	Group discussion	+	
	Lecture	+	
	Simulation/Role play	+	
Evaluation Criteria	Methods	Date/deadlines	Percentage (%)
	Midterm Exam	Week 8	25
	Participation		10
	Individual/group activity		15
	Attendance		10
	Quiz I – 1.5 points		3
	Quiz II – 1.5 points		
	Role-Play Activity		2
	Final Exam	Week 16 (January)	35
	Total		100
Class Policy	Participation – 10 points Participation reflects the student’s active involvement in classroom learning. Students are expected to contribute by asking relevant questions, responding to questions raised by the instructor, commenting on course material, and taking part in class discussions. A higher participation grade is awarded to students who contribute regularly and demonstrate that their comments and responses are connected to the concepts discussed in class. Occasional participation or contributions that show limited engagement with the lesson result in a lower grade. Attendance alone does not count as active participation. Individual/Group Activities – 15 points This component includes both group and individual academic activities completed throughout the semester. For group activities, students may be assigned a chapter or major course topic and asked to present it to the class in a lecture-style format. The group is expected to organize the material, divide responsibilities among members, explain the main concepts clearly, and use appropriate examples or supporting materials. For individual activities, students are expected to select and present an academic article related to the topic being discussed in class or another relevant psychological issue. The student should identify the main question of the article, explain its key findings, and show how the study relates to the corresponding course topic. The exact format of these activities may vary depending on the complexity of the topic and classroom circumstances. Higher grades are given when students demonstrate preparation, accurate understanding of the material, appropriate use of academic sources, clear explanation, and the ability to connect additional research with course		

concepts. Superficial preparation, weak understanding of the assigned material, or difficulty explaining the presented information results in a lower grade. Role-Play Activity – 2 points Role-play activities will be used in selected topics where practical simulation is relevant. Students will work in pairs, with one student taking the role of a client and the other taking the role of a therapist or helping professional. Roles may be exchanged during the activity. The instructor will observe the interaction and provide guidance throughout the exercise. Students are expected to demonstrate appropriate communication, active listening, relevant questioning, and the ability to use concepts discussed in class within the simulated situation. The activity is intended as a classroom learning exercise and does not represent actual clinical practice. Active participation, appropriate use of course concepts, and engagement with the assigned role are considered in the assessment. Quiz I and Quiz II – 3 points in total Two short quizzes will be administered during the semester. Quiz I will take place before the midterm examination, while Quiz II will be conducted during the second half of the semester. Each quiz is worth 1.5 points. The quizzes will assess students' understanding of the main concepts and topics covered up to the relevant point in the course. Questions may include short multiple-choice, matching, or other brief formats appropriate to the material. Both quizzes must be completed individually. The use of AI tools, online answer services, communication with other students, or other unauthorized resources during the quiz is not permitted. Academic Dishonesty: Any instances of plagiarism will face strict penalties, including the possibility of receiving a failing grade for the course. Sources used in one's work must be cited. However, research that consists solely of references and citations, without any analysis from the student, will also be deemed unacceptable. Using AI as an assistant for brainstorming, generating ideas, improving initial drafts, producing images, and making PowerPoint presentations is acceptable; students must clarify their use of AI. Cheating on tests will incur penalties, including the possibility of receiving a zero on the exam.			
Tentative Schedule			
Week	Date/Day (tentative)	Topics	Textbook/Assignments
1	16.09.2026	Introduction	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and</i>

			<i>inclusion</i> (7th ed.). BCcampus, pp. 3–33.
2	23.09.2026	History of psychology	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and inclusion</i> (7th ed.). BCcampus, pp. 33–57. Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). <i>Psychology 2e</i> . OpenStax, Rice University, pp. 9–27.
3	30.09.2026	Psychological science	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and inclusion</i> (7th ed.). BCcampus, pp. 57–115.
4	07.10.2026	Biological basis of behavior	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and inclusion</i> (7th ed.). BCcampus, pp. 115–177. Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). <i>Psychology 2e</i> . OpenStax, Rice University, pp. 76–83, 104–115.
5	14.10.2026	States of Consciousness	Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). <i>Psychology 2e</i> . OpenStax, Rice University, pp. 115–155.
6	21.10.2026	Learning	Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). <i>Psychology 2e</i> . OpenStax, Rice University, pp. 191–225.
7	28.10.2026	Lifespan development	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and inclusion</i> (7th ed.). BCcampus, pp. 529–605.
8	04.11.2026	Midterm exam	

9	11.11.2026	Emotion	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and inclusion</i> (7th ed.). BCcampus, pp. 605–659. Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). <i>Psychology 2e</i>. OpenStax, Rice University, pp. 348–379.
10	18.11.2026	Personality	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and inclusion</i> (7th ed.). BCcampus, pp. 725–783.
11	25.11.2026	Social psychology	Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). <i>Psychology 2e</i>. OpenStax, Rice University, pp. 421–471.
12	02.11.2026	Gender and sexuality	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and inclusion</i> (7th ed.). BCcampus, pp. 835–913.
13	09.11.2026	Well-being	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to Psychology: Moving Towards Diversity and Inclusion</i> (7th ed.). BCcampus, Victoria, B.C., pp. 913–999.
14	16.11.2026	Psychological disorders	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and inclusion</i> (7th ed.). BCcampus, pp. 999–1135. Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). <i>Psychology 2e</i>. OpenStax, Rice University, pp. 598–603.

15	23.11.2026	Stress, lifestyle, and health	Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). <i>Psychology 2e</i> . Rice University, pp. 511–563.
15	30.11.2026	Treatment of psychological disorders	McFarlane, J. M., Shi, A. L., Ramoo, D., & Yousef, T. (2024). <i>Introduction to psychology: Moving towards diversity and inclusion</i> (7th ed.). BCcampus, pp. 1135–1193.
16	02.12.2026	Final exam	