

BA PSYCHOLOGY – COURSE OUTCOMES

Psychology General 1

Semester I

At the end of this course, learners will be able to:

- Describe the evolution of psychology and the major pioneers in the field and identify the various approaches, fields, and subfields of psychology
- Enumerate the value of psychology and possible careers paths for those who study psychology
- Describe the scientific method to psychology and identify the strengths and weaknesses of research methods
- Define personality and the contributions of Freud and neo-Freudians to personality theory
- Compare and differentiate between personality theories namely type, trait, psychoanalysis, humanistic theories
- Describe cognition, intelligence theories and intelligence testing, problem-solving strategies, creative thinking

Semester II

At the end of this course, learners will be able to:

- Apply psychological insights and principles of adjustment to their own lives.
- Review the concept of self, self-esteem, self-efficacy and self-presentation
- Explain motivation and major theories about motivation
- Describe hunger and eating in relation to motivation, obesity, anorexia, and bulimia
- Describe social motives
- Elaborate elements of emotion and how we express, recognize and manage emotions
- Discuss the process of interpersonal communication and the principles of effective communication
- Describe stress, types of stressors and coping mechanisms to deal with stress
