



Nanchang University PSY 12: Introduction to Psychology B

Credit: 4

Contact Hours

This course is composed of 24 lecture sessions, 3 tutorial sessions and 9 office contact hours. Each lecture session takes 2 contact hours in length; each tutorial session takes 3 contact hours in length; There will be a Q-A review session (3 contact hours) and Final Exam (3 contact hours) at the end of this term. This course has 72 contact hours in total.

Course Description

This course is designed to introduce you to the field of Psychology. Psychology is the study of the mind, but is aimed at understanding how the mind and body interact with our external environment. We infer mental process in others based on their behavior and so many people say that Psychology is the study of Behavior. It includes the biological structures that influence our behavior, what we can respond to and what we can do. It includes the influences of the physical and social environment on our behavior, our personalities, emotions, states of consciousness, motivation, learning and memory and the various things that can interfere with normal functioning, their diagnosis and treatment. This course will introduce you to some of the fields of study and occupations open to Psychologist.

Required Textbook

Mastering the World of Psychology (custom pkg), Author: Wood, Publisher: Pearson, 4th edition

Grading

- Lab 20%
- Paper 20%
- Midterm 30%
- Final Exam 30%
- Total 100%

A+ 96-100	A 90-95	A- 85-89
B+ 82-84	B 78-81	B- 75-77
C+ 71-74	C 66-70	C- 62-65



D	60-61	F	< 60	
---	-------	---	------	--

Assignment

All homework assignments must be submitted prior to the due date. **Late assignments are not accepted.**

Students are encouraged to study in groups: it will make studies productive and fun. However, remember: all assignments must be submitted individually.

Course Schedule

The course has 24 class sessions in total. All sessions are 2 contact hours in length. At the end of this term, there will be a Q-A review session(3 contact hours) and Final Exam (3 contact hours).

Note: the course outline and required readings are subject to change.

Class 1:

Theories of Development
Prenatal Development and Infancy
Chapter 8: Human Development

Class 2:

Childhood and Adolescence
Chapter 8: Human Development (Cont.)

Class 3:

Adulthood
Chapter 8: Human Development (Cont.)

Class 4:

Motivation
Chapter 9: Motivation and Emotion

Class 5:

Hunger and Sexual Motivation
Chapter 9: Motivation and Emotion (Cont.)

Class 6:

Emotion
Chapter 9: Motivation and Emotion (Cont.)

Class 7:

Sources of Stress
Chapter 10: Health and Stress



Paper 1

Class 8:

The Health-Stress Connection

Chapter 10: Health and Stress (Cont.)

Class 9:

Health and Illness

Chapter 10: Health and Stress (Cont.)

Class 10:

Psychoanalytic Theories

Humanistic Theories

Chapter 11: Personality Theory and Assessment

Class 11:

Midterm Exam

Class 12:

Trait Theories

Chapter 11: Personality Theory and Assessment (Cont.)

Class 13:

Social-Cognitive Theories

Personality Assessment

Chapter 11: Personality Theory and Assessment (Cont.)

Class 14:

Lab 1

Class 15:

Defining Psychological Disorders

Anxiety Disorders

Chapter 12: Psychological Disorders

Class 16:

Depressive and Bipolar Disorders

Schizophrenia

Chapter 12: Psychological Disorders (Cont.)

Class 17:

Somatic Symptom, Dissociative, Gender, and Personality Disorders

Childhood Disorders

Chapter 12: Psychological Disorders (Cont.)



Class 18:

Insight Therapies

Relationship Therapies

Chapter 13: Therapies (Cont.)

Paper 2

Class 19:

Behavior Therapies

Cognitive Behavior Therapies

Chapter 13: Therapies (Cont.)

Class 20:

Biomedical Therapies

Practical Issues in Psychotherapy

Chapter 13: Therapies (Cont.)

Class 21:

Lab 2

Class 22:

Social Psychology

Class 23:

Social Psychology(Cont)

Class 24:

Final Review

Attending Policy

Regular and prompt attendance is required. Under ordinary circumstances, you may miss two times without penalty. Each absence over this number will lower your course grade by a third of a letter and missing more than five classes may lead to a failing grade in the course. Arriving late and/or leaving before the end of the class period are equivalent to absences.

Policy on "Late Withdrawals"

In accordance with university policy, appeals for late withdrawal will be approved ONLY in case of medical emergency and similar crises.

Academic Honesty

Nanchang University expects all students to do their own work. Instructors will fail assignments that show evidence of plagiarism or other forms of cheating, and will also report



the student's name to the University administration. A student reported to the University for cheating is placed on disciplinary probation; a student reported twice is suspended or expelled.

General Expectations:

Students are expected to:

- Attend all classes and be responsible for all materials covered in class and otherwise assigned;
- Complete the day's required reading and assignments before class;
- Review the previous day's notes before class and make notes about questions you have about the previous class or the day's reading;
- Participate in class discussions and complete required written work on time;
- Refrain from texting, phoning or engaging in computer activities unrelated to class during the class period;
- While class participation is welcome, even required, you are expected to refrain from private conversations during the class period.

Special Needs or Assistance

Please contact the Administrative Office immediately if you have a learning disability, a medical issue, or any other type of problem that prevents professors from seeing you have learned the course material. Our goal is to help you learn, not to penalize you for issues which mask your learning.