

## COURSE OUTLINE

### 1. OVERVIEW

<b>FACULTY</b>	FACULTY OF HUMANITIES AND SOCIAL SCIENCES		
<b>SECTION</b>	DEPARTMENT OF PRIMARY EDUCATION		
<b>LEVEL OF STUDY</b>	UNDERGRADUATE		
<b>COURSE TITLE</b>			
<b>Introduction to Psychology</b>			
<b>COURSE CODE</b>	ΨX0101	<b>SEMESTER</b>	1
<b>HOURS per WEEK</b>	4	<b>ECTS</b>	4
<b>COURSE CATEGORY</b>	Compulsory	<b>COURSE TYPE</b>	Scientific area
<b>LANGUAGE OF INSTRUCTION AND EXAMINATIONS</b>	Modern Greek	<b>PREREQUISITES</b>	-
<b>OFFERED TO ERASMUS</b>	NO	<b>ECLASS PAGE</b>	<a href="https://eclass.uth.gr/courses/PRE_U_110/">https://eclass.uth.gr/courses/PRE_U_110/</a>

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p>Upon successful completion of the course, students are expected to:</p> <ul style="list-style-type: none"> <li>Define what is and what is not psychological knowledge</li> <li>Cite important names from the history of psychology and the main positions of the respective theories</li> <li>Define basic psychological concepts and identify these concepts in real-life situations</li> <li>Compare and contrast different theories of the same psychological concept</li> <li>Describe the basic research methods used in psychology</li> <li>Explain the difference between sensation and perception</li> <li>Describe briefly how the senses work</li> <li>Identify the applications of psychophysics in their daily lives</li> <li>Describe how memory works</li> <li>Recognise the failures of memory</li> <li>Define and give examples of the different forms of learning</li> <li>Define emotions and their dimensions</li> <li>Explain what helps and what does not help in regulating our emotional state</li> <li>Distinguish between the different categories of motivation</li> <li>Explain through examples how we think and make decisions</li> <li>Explain what intelligence is and what an intelligence index does and does not show</li> <li>Explain what personality is and what the main personality theories say</li> <li>Give examples of phenomena studied in social psychology</li> </ul>
<b>General Competencies</b>
<ul style="list-style-type: none"> <li>Autonomous work</li> <li>Respect for difference and multiculturality</li> <li>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</li> <li>Critical and self-critical thinking</li> <li>Advancement of free, creative and inductive thinking</li> <li>Scientific stance</li> </ul>

### 3. CONTENT

<ul style="list-style-type: none"> <li>What is "psychology"?</li> <li>History of Psychology</li> </ul>
--

Basic elements of research methodology  
 Sensations and perception  
 Psychophysics  
 Memory: Encoding, Storage, Retrieval, Types of memory, Memory failures  
 Learning: Definition and forms  
 Emotions: Definition, Dimensions, Emotion regulation, Emotional expressions, Rules for expressing emotions  
 Motivation, Needs, Motivation, Needs  
 Thinking, Decision making, Decision making  
 Intelligence  
 Personality  
 Social Psychology

#### 4. TEACHING AND LEARNING METHODS - ASSESSMENT

<b>TEACHING MODE</b>	In person		
<b>USE OF ICT</b>	Teaching and learning: Slide show Communication: Webmail / eClass / MStems		
<b>COMPULSORY ATTENDANCE</b>	NO	<b>MAXIMUM NUMBER OF ABSENCES:</b>	
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>		<b>Semester Workload (hours)</b>
	Lectures		39
	Essay writing		20
	Study		51
	Examination		2
Course total		<b>112</b>	
<b>EVALUATION</b>	<b>Type</b>	<b>Format</b>	<b>Weighting</b>
	Final written exam	Multiple Choice Questions	75%
	Written assignment / report / performance / dossier		25%
Description of other evaluation method / Evaluation criteria: In the course of the semester, 10 short papers are assigned. Students choose to answer 5 of them. One feedback is given per assignment. Each assignment is graded with 0 if it is unsatisfactory or with 0,5 if it is satisfactory. The assignments represent 2.5 points of the final grade.			

#### 5. RECOMMENDED BIBLIOGRAPHY

<b>Textbooks (Eudoxus)</b>
Schacter, D.L., Gilbert, D.T., Wegner, D.M., & Nock, M.K. (2020). <i>Εισαγωγή στην Ψυχολογία</i> . Gutenberg.
Nolen-Hoeksema, S., Fredrickson, B., Loftus, G., & Lutz, C. (2022). <i>Εισαγωγή στην Ψυχολογία των Atkinson και Hilgard</i> . Εκδόσεις Παπαζήση.
<b>Other Books &amp; Notes</b>
-
<b>Scientific Journals</b>
-
<b>Scientific Articles</b>
-
<b>Other</b>
-