Module card

I. GENERAL INFORMATION							
WITELON COLLEGIUM STATE UNIVERSITY **DEPARTMENT OF SOCIAL STUDIES AND HUMANITIES**							
Field of study:	Psychology						
Form of study:	Erasmus						
Module title:	**Basics of Psychology**						
Module type:							
Language of lecture:	English						
Year of study:		**Forms of teaching including number of teaching hours:**					
Semester (winter/summer):	winter	Lectures	Classes	Laboratory	Project	Workshop	Seminar	Other
Total number of ECTS credits:	**6**	**15**	**15**					
Form of completion:	Written exam, group presentation						
Prerequisites:							

II. LEARNING OBJECTIVES
Learning objectives:
The course offers a broad introduction to the general concepts, sources and fundamental principles in Psychology and Social Sciences.

III. PROGRAMME CONTENT

Content of the programme (topics of classes, presented with a breakdown into individual forms of classes with the indication of the number of hours needed for their realization)

Code	Course topics in theory	Number of hours
L1	Introduction to Psychological Sciences (historical and conceptual issues, research methods).	2
L2	Biopsychology and Evolutionary Psychology.	2
L3	Cognitive Psychology (perception and attention, learning and memory, thinking process).	2
L4	Emotion and motivation.	3
L5	Individual Differences in Psychology (intelligence, emotional intelligence, personality).	3
L6	Social Psychology and Cross-Cultural Psychology.	3
Code	Course topics in practice	Number of hours
C1	Research methodology in Psychology - distinguishing between quantitative (experiment, correlation) and qualitative methods (observation, case study). Developing critical thinking skills through analysis of scientific articles and illusory correlations. Introduction to academic databases.	2
C2	Biopsychology - analysis of neuron structure and neural communication (action potential). Interactive discussion on neurotransmitters and their behavioral effects. Mapping functions of brain lobes and the autonomic nervous system (sympathetic vs. parasympathetic). Creating stories to illustrate brain area functions in daily life.	2
C3	Cognitive Psychology - exploring attention properties (vigilance, selectivity) through storytelling. Analyzing optical illusions and Gestalt principles. Understanding bottom-up vs. top-down processing.	2
C4	Cognitive Psychology - contrasting classical and operant conditioning (identifying reinforcement/punishment). Discussing observational learning and social influences. Experiencing memory encoding differences (acoustic vs. semantic) through Baddeley's study replication.	2
C5	Emotion and Motivation - analyzing emotional components using the Schachter-Singer Two-Factor Theory. Interactive identification of cognitive and physiological aspects of emotions. Discussing universality (Ekman) vs. complexity (Plutchik, cultural emotions) of emotions. Critical analysis of Maslow's Hierarchy of Needs and differentiation between internal and external motivation.	2

C6	Individual Differences in Psychology - exploring theories of intelligence (Gardner, Sternberg) and personality (Big Five). Applying concepts to real-world scenarios (team building, education, workplace). Critical evaluation of psychological measurement methods.	2
C7	Social Psychology and Cross-Cultural Psychology - analyzing classic experiments on social influence (Asch, Milgram, Zimbardo). Discussing ethical implications of social research. Comparing cross-cultural differences in behavior, norms, and cognition using culture-specific emotions. Group presentation synthesizing course knowledge applied to an analysis of psychological scientific myths.	3

IV. RECOMMENDED LITERATURE

Basic sources:
1. Gerrig, R. J., & Zimbardo, P. G. (2005). *Psychology and lif*e. Pearson/Allen and Bacon.
2. Spielman, R. M., Jenkins, W, Lovett, M. (2020). *Psychology 2e*. Open Access Textbooks.

Additional sources:
1. Zimbardo, P. (2007). *The Lucifer Effect: Understanding How Good People Turn Evil*. Random House.