**Introduction to Psychology-II**

**Course Code: PSY-302 Credit Hours: 4(3-1)**

**Course Description:**

This course provides introductory knowledge about the field of psychology. It also covers the practical work related to the theoretical concepts

**Course Objectives:**

* To describe psychology with major areas in the field, and identify the parameters of this discipline.
* To distinguish between the major perspectives on human thought and behavior.
* To gain insight into human behavior and into one’s own personality.

**Course Contents:**

1. **Motives:**

* Definition and Nature and Classification (Primary/Secondary, Biological/Sociogenic)
* Description of Primary Motives and their effect on behavior: Hunger, Thirst, Fatigue, Sleep, Pain, Temperature Regulation, Bowl and Bladder Movements, Maternal and Sex Motives.
* Description and effect of Secondary Motives; Affiliation, Achievement, Power, Competition, Social Cooperation, Social Approval, Curiosity, Manipulation, Play & Self Actualization.

1. **Emotions:**

* Definition, Nature and Types
* Psychological and physiological changes during Emotion ( Neural, Cardinal, Visceral, glandular, Galvanic skin response, Glandular Facial, Vocal changes and, Body Language)
* Theories of Emotion (James Lange Theory; Cannon Bard Theory, Schachter-Singer Theory)

1. **Learning:**

* Definition and Nature of Learning
* Types/Methods of Learning: Conditioning (Classical and Operant Conditioning), Trial and Error; Learning by insight; Observational Learning
* Relevant Experiments along with the contribution of Thorndike, Bandura, Kohler, Pavlov, and Skinner.

1. **Memory:**

* Definition and Nature, Stages/Types of memory; Sensory, STM, LTM
* Memory Process; Retention, Recall, Recognition
* Forgetting: Nature and Causes

1. **Thinking:**

* Definition and Nature, Tools of Thinking; Imagery; Language; Concepts, Kinds of Thinking, Problem Solving; Decision Making; Reasoning, Creative Thinking

1. **Intelligence:**

* Definition, Biological and Social (Nature/Nurture) factors related to Intelligence, Theories of Intelligence, Measurement of Intelligence

1. **Practicum:**

Students will learn and perform following experiments and prepare practical note book

* Concept Formation, Maze Learning
* Retro Active and Pro Active Inhibition
* Memory: Function of Recitation
* Memory: Function of Time Saving Method
* Memory: Method of Serial Reproduction
* Problem Solving, Measurement of Emotion, Memory Span
* Stroop effect
* Implicit Association Task

**Books Recommended:**

1. Atkinson R. C. & Smith E. E. (2014). *Introduction to psychology* (16th Ed.). USA: Harcourt Brace College Publishers.
2. Feldman, R. S. (2019). *Understanding Psychology* (14th ed.). USA: McGraw Hill.
3. Fernald, L.D, & Fernald, P. S. (2005). *Introduction to psychology*. USA: WMC Brown Publishers.
4. Glassman, W.E (2000). *Approaches to psychology*. Open University Press.
5. Hayes, N (2000). *Foundation of psychology* (3rd Ed.). Thomson Learning.
6. Lahey, B. B (2004). *Psychology: An introduction* (8th Ed.). New York: McGraw-Hill Companies, Inc.
7. Santrock J. W. (2003). Psychology (7th ed.). McGraw Hill
8. Shahnaz R. (2011). An Approach to Psychology (Volume I). Caravan Book House, Lahore

**Personality Theories**

**Course Code: PSY-306 Credit Hours: 3(3-0)**

* + 1. **Course Description:**

This course covers the description of major personality theories and models essential to understand human’s personality.

* + 1. **Course Objectives:**
* To provide in depth knowledge pertaining to specific theories describing personalities
* To make them learn how to understand and evaluate the human behavior in the light of different theoretical concepts.
  + 1. **Course Contents:**
       1. **Psychology of personality:**
* Introduction to the Discipline
* Meaning and components of personality theory

1. **Biographical Sketch, Basic Concepts and Evaluation of following theorist**:

* Sigmund Freud
* Carl Jung
* Alfred Adler
* Neo Freudians( Karen Horney, Erich Fromm, Harry Stack Sullivan)
* Gordon Allport
* Raymond Cattell
* Abraham Maslow
* Carl Rogers
* George Kelly
* Albert Bandura
* Burrhus Frederic Skinner

**D. Books Recommended:**

1. Allen, B.P. (2006). Personality Theories: Development, Growth and Diversity. Routeldge.
2. Buss, D. M. (2004).*Evolutionary psychology: The science of mind* (2nd ed.) Boston: Allyn & Bacon.
3. Ewen, R. B. (1998). *An introduction of theories of personality*. (5th ed.). New Jersey: Lawrence Erlbaun Associate Publishers.
4. Feist, J. (1985). *Theories of personality*. Sydney: Holt Rinehart & Winston, Inc.
5. Pervin, L. A., Cervone, D., & John, O. P. (2005). *Personality theory and research* (9th ed.). New York: John Wiley & Sons.
6. Schultz, D. P., & Schultz, S. E. (2016). *Theories of personality*. (11th ed.). Cengage Learning.