

ABS103 Everyday Psychology

Level: 1

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

We deal with psychology every day, yet how much do we really understand of what we have to deal with at work, at home, and when hanging out with friends? Most of what we do every day can be explained through psychological theories and principles. Being able to link our behaviours and those of others to these theories enables us to respond to situations more appropriately and learn from our responses to them. Understanding relevant concepts in psychology helps us to enhance our interpersonal skills, solve problems more effectively, and make informed decisions about how to deal with real-life situations that affect us on a day-to-day basis. This course will appeal to those who have always wondered what psychology is about and how it relates to everyday life. Using scenario-based learning, a popular e-learning approach, this course is designed to reveal direct links between theory and real-life situations so that students can learn about psychology through five different scenarios in everyday life covering some key concepts in psychology.

Topics:

- The Individual Mind: (a) Personality; (b) Nature vs. Nurture
- Growing and Nurturing: (a) Human Development; (b) Learning
- Perceiving and Feeling: (a) Sensation and Perception; (b) Emotion; (c) Memory (short-term memory and long-term memory)
- Thinking and Remembering: (a) Intelligence; (b) Memory (working memory)
- Connecting and Performing: (a) Social Behaviour; (b) Motivation; (c) Stress and Coping

Textbooks:

Kalat, J. W., Yee, I. M. L., & Tong, J. Y. Y. (2019).: Introduction to psychology (An Asia Edition)
Cengage
ISBN-13: 9789814915991

Learning Outcome:

- Identify key concepts in psychology relating to day-to-day life and work
- Relate psychological principles to one's own experiences to enhance interpersonal skills and communication
- Describe relevant theories of psychology in everyday behaviour and events
- Recognise the importance of applying various theories and concepts to understand human behaviour
- Apply psychological theories, principles and concepts to real-life situations
- Explain human behaviour across a variety of everyday settings from various perspectives

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	QUIZ 1	5
	QUIZ 2	5
	QUIZ 3	5
	PARTICIPATION 1	5
	TUTOR-MARKED ASSIGNMENT 1	30
Overall Examinable Components	ECA	50
Total		100

*The information listed is subject to review and change.