

Macao Polytechnic Institute
School of Health Sciences and Sports
Bachelor of Science in Biomedical Technology
(Medical Laboratory & Pharmacy Technology)

Module Outline

Academic Year 2020 / 2021 Semester 2

Learning Module	Introduction Psychology		Class Code	PSYC1100
Pre-requisite(s)	Nil			
Medium of Instruction	Cantonese & English		Credit	2
Lecture Hours	30 hrs	Lab/Practice Hours	0 hrs	Total Hours 30 hrs
Instructor	Nadia Hei Ka Chan		E-mail	---
Office	---		Telephone	---

Description

The learning module is designed to provide students with the basics of psychology as a scientific study of human behaviours. As a broad introduction to the field, students will explore the key figures, diverse theoretical perspectives, and research findings that have shaped some of the major areas of contemporary psychology. This course also examines in several perspectives: questions about development, intelligence, personality, learning and memory, motivation, emotion, psychopathology, and primary mental health care as a (non-mental health) helping professionals. This course has 30 teaching hours in total.

Learning Outcomes

At the end of this learning module, the students should be able to:

1. distinguish the differences between popular/folk psychology and psychology;
2. articulate the fundamentals of psychological theories;
3. explain phenomena in daily lives with the use of psychological concepts and theories;
4. describe the use of scientific reasoning in the study of psychology; and
5. demonstrate an understanding of the factors which affect human interactions and relationships.

Teaching Method

Lectures, Group Discussion and Role Play

Attendance

Attendance requirements are governed by the “Academic Regulations Governing Bachelor’s Degree Programmes of Macao Polytechnic Institute”. Students are not eligible to attend the final examination and re-sit examination if the absence rate exceeds 30%. Moreover, an “F” will be given as the final grade to students who have less than the stated attendance for this enrolled module.

Assessment

Any students scoring less than 35% of the total mark in the final examination will be given an “F” grade for the course even if the overall grade is 50% or higher.

Any student whose final score is below 35% is not entitled to take the re-sit examination.

- Homework (50%)
- Group Presentation (50%)

Teaching Material(s)

Required Textbook:

Gerrig, R. J., & Zimbardo, P. G. (2010). *Psychology and life* (19th ed). Boston: Pearson. Or
Gerrig, R. J., & Zimbardo, P. G. (2009). *Psychology and life: International Edition*. Boston: Pearson.

Reference

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5®)*. Arlington, V.A.: American Psychiatric Publishing.
- Corey, G. (2005). *Theory and Practice of Counselling & Psychotherapy*. Belmont, CA: Brooks/Cole.
- Egan, G. (1990). *The skilled helper: A systematic approach to effective helping*. Thomson Brooks/Cole Publishing Co.
- 方匯德, 呂伯杰, 張家瑜, 陳巧芸, 黃滢, 賴念華 [譯] (2013). *助人者危機介入的隨身指南*. 台北: 心理出版社
- Hill, C. E. (2014) *Helping skills: Facilitating exploration, insight, and action* (4th edn). DC: American Psychological Association
- 林孟平 (2006)。《輔導與心理治療》增訂版 (第十八版)。香港: 商務印書館。
- National Child Traumatic Stress Network and National Center for PTSD. (2006). *Psychological first aid: Field operations guide* (2nd edn).
- National Institute for Health and Clinical Excellence (2011). *Common mental health problems: identification and pathways to care*. Clinical guideline [CG123]
- Preston, J. D., O’Neal, J. H. & Talaga, M.C. (2013). *Handbook of clinical psychopharmacology for therapist* (7th edn). Oakland, CA: New Harbinger.
- Roberts, A. R. (2005). *Crisis intervention handbook: Assessment, treatment and research* (3rd ed). New York: Oxford University Press.
- Roberts, A. R., & Yeager, K. R. (2009). *Pocket guide to crisis intervention*. Oxford University Press.

Content and Timetable:

Session	Date	Topic
1	21/1	Introduction to Course & Psychology <ul style="list-style-type: none"> - Definition and goals of psychology - Historical foundation and current perspectives of psychology - Modern application of psychology - Psychology as a science
2,3	28/1, 4/2	Learning <ul style="list-style-type: none"> - Behaviorism: Classical conditioning, Operational conditioning - Biology and learning - Cognitive influences on learning
3,4	4/2, 25/2	Memory <ul style="list-style-type: none"> - Types of memories - Memory processes - Biological aspects of memory
5	4/3	Cognition <ul style="list-style-type: none"> - The process of mind - Language use - Visual cognition - Problem solving and reasoning - Judgement and decision making
6	11/3	Intelligence <ul style="list-style-type: none"> - History of assessment - Basic features of assessment - Theories of intelligence
7	18/3	Human Development across Lifespan <ul style="list-style-type: none"> - Physical development - Cognitive development - Acquiring language - Social development - Gender development - Moral development
8	25/3	Motivation <ul style="list-style-type: none"> - Functions and sources - Eating - Sexual behaviors - Motivation for personal achievement - A hierarchy of needs
9	1/4	Emotion, Stress and Health <ul style="list-style-type: none"> - Theories and Functions of Emotion - Stress, reactions and coping - Health psychology
10	8/4	Personality <ul style="list-style-type: none"> - Type and trait personality theories - Comparing personality theories - Assessing personality
11,12	15/4, 22/4	Abnormal behaviour <ul style="list-style-type: none"> - The nature of psychological disorders - Classification systems - Mental disorders across lifespan

13, 14	29/4, 6/5	Primary mental health care as helping professionals <ul style="list-style-type: none">- Concepts of mental health first aid and mental health social support- Supporting skills- Crisis intervention, risk assessment for suicide and violence- Local systems to support mental needs
15	13/5	Group presentation

End