Subject Code: APSS185  
Level: 1  
Contact Hours: Lect:28 Tut:14  
Student Effort Hours: 120  
Assessment Method: Coursework 100%  
Credit Value: 3  
Pre-requisites: Nil  
Co-requisites: Nil  
Exclusions: Nil  
Subject Leader/Lecturer/Dept.: (APSS)

DISCOVERING PSYCHOLOGY

Subject Aim:

This subject is intended to:

1. To acquire foundation understanding of major psychological theories and their applications in everyday life; and
2. To clarify myths and facts about psychology through exploring different psychological specializations.

Learning Outcomes:

Students will demonstrate their ability to:

1. develop clear understanding of essentials of psychology;
2. appreciate the diverse applications of psychological concepts and research findings to real-world problems and challenges.

Syllabus Content:

1. Discovering Major Psychological Perspectives and Their Contributions

2. Exploring Diversity of Psychological Specializations
   - Biological Psychology: brain’s building, nervous system and human behaviour
   - Cognitive Psychology: snapshots of memory, thinking and creativity
   - Developmental Psychology: life-span human development (from newborn to old age)
   - Psychology of Gender and Sexuality: psychology of men and women, theories of love and interpersonal attraction
   - Personality Psychology: major personality types and assessment
   - Health Psychology: stress and coping strategies
   - Abnormal Psychology: basic perspectives of abnormality and major therapies
   - Social Psychology: social perception, attitudes, social and group influence
   - Industrial and Organizational Psychology: work motivation and leadership
   - Consumer Psychology: advertising and conditioning, consumer behavioral patterns
   - Chinese Psychology: Application of Psychological Theories in Chinese Culture

Over the past decades, psychology as an integrated discipline of social sciences, arts and science, has become increasingly popular. This subject is designed to provide students with essential psychological concepts and their applications in everyday life. Students are encouraged to explore salient and interesting features of specializations of psychology in a student-friendly format, including: an overview of major theories of psychology and their contributions, brain and human behaviour (biological psychology), snapshots of memory, thinking and creativity (cognitive psychology), life-span approach to human development (developmental psychology), psychology of gender and sexuality, major personality theories and assessment (psychology of personality), concepts of abnormality and major therapies (abnormal psychology), stress and coping (health psychology), social cognition and influence (social psychology), work motivation and styles of leadership (industrial/organizational psychology), and application of psychological theories in Chinese culture (Chinese Psychology).

Teaching activities: Lecture (LT)/Tutorial (TU)/Seminar (SM)/Drawing (DW)/Laboratory or Practical (LB)/Studio (ST)/Workshop (WS)/Project (PJ)/Field Study (FS)/Guided Study (GS)/Visit (VS)
Learning and Teaching Approach *(tasks and activities designed to achieve learning outcomes):*

The learning and teaching approach is characterized by active experiential learning, which encourages students to master psychological concepts through interactive lectures, small group discussions, and interaction with web-assisted learning and teaching materials. This learn-by-doing focus engages students through active class participation, seminar discussion, group project, and web-assisted practice exercises/quiz.

**Assessment** *(assessment of student performance resulting from learning tasks):*

- Class and Seminar Participation: 10%
- Web-assisted Practice Quiz: 30%
- Individual Seminar Presentation: 30%
- Group Project Presentation and Report: 30%
- Continuous Assessment: 100%

**Reading List:**

**Essential Reading**


**Reference List**


