# Subject Description Form

<table>
<thead>
<tr>
<th><strong>Subject Code</strong></th>
<th>APSS185</th>
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<tbody>
<tr>
<td><strong>Subject Title</strong></td>
<td>Discovering Psychology</td>
</tr>
<tr>
<td><strong>Credit Value</strong></td>
<td>3</td>
</tr>
<tr>
<td><strong>Level</strong></td>
<td>1</td>
</tr>
<tr>
<td><strong>Pre-requisite/ Co-requisite/ Exclusion</strong></td>
<td>Nil</td>
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</tbody>
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### Objectives

To enable students to:

1. acquire foundational understanding of major psychological theories and their relations to everyday life; and
2. clarify myths and facts about psychology through exploring different psychological specializations.

### Intended Subject Learning Outcomes

Upon completion of the subject, students will be able to:

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

### Subject Synopsis/Indicative Syllabus

**Keyword Syllabus:**

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 behavioural 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/ Learning Methodology**

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 quiz.

**Alignment of Assessment and Intended Subject Learning Outcomes**

<table>
<thead>
<tr>
<th>Specific Assessment Methods/Tasks</th>
<th>% Weighting</th>
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</thead>
<tbody>
<tr>
<td>Continuous Assessment</td>
<td></td>
</tr>
<tr>
<td>• Class and Seminar Participation</td>
<td>10%</td>
</tr>
<tr>
<td>• Quiz</td>
<td>30%</td>
</tr>
<tr>
<td>• Individual Seminar Presentation or Reflection Paper</td>
<td>30%</td>
</tr>
<tr>
<td>• Group Project Presentation and Report</td>
<td>30%</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
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**Student Study Effort Expected**

Class contact (time-tabled):

- Lecture: 28 Hours
- Seminar: 14 Hours

Total student study effort: **42 Hours**

**Reading List and References**

**Essential Reading:**


**Reference List:**