

## HSC100.7 Introduction to Psychology

### Name of Unit 1 (Unit Code 1)

Introduction to Psychology (HSC100.7)

## SECTION 1 – GENERAL INFORMATION

### Administrative details

Associated higher education awards <i>(for example, Bachelor, Diploma)</i>	Duration <i>(for example, one semester, full year)</i>	Level <i>(for example, introductory, intermediate, advanced level, 1st year, 2nd year, 3rd year)</i>	Unit Coordinator
Bachelor of Counselling	One Semester	2 <sup>nd</sup> Year Level 7	Dr Tick Zweck or approved Adjunct Lecturer

### Core or elective unit

Indicate if the unit is a

- core unit
- elective unit
- other (please specify below):

### Unit weighting

Using the table below, indicate the credit point weighting of this unit and the credit point total for the course of study (for example, 10 credit points for the unit and 320 credit points for the course of study).

Unit credit points <i>Example: 10 credit points</i>	Total course credit points <i>Example: 320 credit points</i>
6	144

### Student workload

Using the table below, indicate the expected student workload per week for this unit.

No. timetabled hours per week*	No. personal study hours per week**	Total workload hours per week***
3	6	9

\* Total time spent per week at lectures, tutorials, clinical and other placements etc.

\*\* Total time students are expected to spend per week in studying, completing assignments, etc.

\*\*\* That is, \* + \*\* = workload hours.

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support:   0   hours per week

### Pre-requisites and co-requisites

Are students required have undertaken a prerequisite or co-requisite unit for this unit?

- Yes     No

## SECTION 2 – ACADEMIC DETAILS

### Unit Descriptor

Provide below a brief unit description, which includes a summary of the key content of the unit.

This unit provides a basic conception of the nature, scope, models, and theories of modern psychology – which encompasses the scientific study of human activity as influenced by the brain, memory, learning, environment, and psychosocial development. It will also consider some aspects of this in light of a cultural and Christian perspective, as students explore the underlying processes contributing to how people think, feel, act and react.

Lectures and readings will address: the nature of psychology; biological, psychodynamic, behaviourist, cognitive, and social approaches, and their ramifications for explaining human behaviour; states of consciousness; learning; motivation; emotion; stress and coping; personality; and include brief overviews of psychological disorders and treatment; and areas of applied psychology.

Students will be encouraged to develop critical thinking and by default, nurture their self-awareness as they are introduced to this discipline. Crucially, to apply their enhanced understanding of the role of biological, cognitive, and social processes in explaining behaviour and factors influencing the diversity of human experience, to their own lives and practice and in doing so, be better equipped to help individuals in their care to flourish.

### Learning Outcomes for Unit

#### Learning outcomes for unit:

1. Explain the importance of evidence-based analyses in the interpretation of human behaviours as a bridge to clinical counselling practice.
2. Communicate the findings of psychological scholarship to the general population.
3. Evaluate various psychological understandings of human behaviour regarding specific human problems in order to reflexively apply within a range of contexts.
4. Formulate a coherent view of human behaviour with reference to psychological understandings and Christian theological reflection.

#### Assessment tasks

Type * <i>(see examples noted below this table)</i>	Learning Outcome/s assessed	When assessed – year, session and week <i>(for example, year 1, semester 1, week 1)</i>	Weighting <i>(% of total marks for unit)</i>
Twelve (12) online forum discussions,  Equivalent to 1,500 words	1,2,3	Weekly throughout the Semester	30%
Research Blog and comment on peer blogs  1,500 words	3 & 4	Week 8	40%
Examination  Equivalent to 2000 words	1,2,3	Week 14	30%

## 2.1 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the unit.

Required textbooks

Weiten, W. (2015). *Psychology: Themes & variations* (10th ed.). Wadsworth.

Recommended reference list:

- Baumeister, R.F. & Bushman, B.J. (2020). *Social psychology & human nature* (5th ed.). Cengage Learning.
- Bentall, R. P. (2009). *Doctoring the mind: Why psychiatric treatments fail*. Penguin Books.
- Berger, K.(2014). *The developing person through the life span* (9th ed.) Worth.
- Berk, L.E. (2017). *Development through the lifespan* (7th ed.). Pearson Education.
- Bohart, A.C. & Greenberg, L.S. (Eds.) (1997). *Empathy reconsidered: New directions in Psychotherapy*. American Psychological Association.
- Bond, N.W. & McKonkey, K.M. (2001). *Psychological science: An introduction*. McGraw Hill.
- Burger, J.M. (2019). *Personality* (10th ed.). Cengage Learning.
- Cozolino, L. (2011). *The neuroscience of psychotherapy: Healing the Social Brain* (2nd ed.). Norton.
- Fine, C. (2010). *Delusions of gender: The real science behind sex differences*. Icon Books.
- Goldstein, E.B. (2014). *Cognitive psychology: Connecting mind, research & everyday experience* (4<sup>th</sup> ed.). Thomson/ Wadsworth.
- Jeeves, M.A. & Myers, D.G. (1987). *Psychology through the eyes of faith*. Harper.
- Kagiticbasi, C. (2007). *Family, self, & human development across cultures*. Lawrence Erlbaum Associates.
- Kail, R. & Cavanaugh, J. (2017). *Human development: A lifespan view* (8th ed.). Cengage Learning.
- Myers, D.G. (2019). *Exploring psychology* (11th ed.). Worth.

Recommended journals:

*Christian Counseling Today*  
*Journal of Psychology and Christianity*  
*Journal of Psychology and Theology*  
*Psychotherapy in Australia*