



INTRODUCTION TO PSYCHOLOGY

Lecturer: Yanika Chuentako



COURSE OUTLINE

An overview of the main **theories, thoughts and models** being applied to the **human mind and human behavior**, systems and theories of mental laws and phenomena to **develop student's knowledge and understanding.**



COURSE OBJECTIVES

- A learning outline of Psychology is designed to develop students' knowledge and help you make sense of your experiences.
- This can help you to understand why you feel the way you do, and make change which can lead to a more meaningful life.

'I think if you know the reason something's happening, it automatically becomes more controllable. I could take control of them (the problems)'. (A service user)



Course Schedule

Week 1 : Unit 1 Introduction to Psychology

Week 2 : Unit 1 Introduction to Psychology (cont.)

Week 3 : Unit 2 Uniqueness to Psychology

Week 4 : Unit 2 Uniqueness to Psychology (cont.)

Week 5 : Unit 3 Motivation & Emotion (Motivation)

Week 6 : Unit 3 Motivation & Emotion (Emotion)

Course Schedule (cont.)

Week 7 : Unit 4 Customer Perception

Week 8 : Midterm Examination

Week 9 : Unit 5 Stress and Health

Week 10 : Unit 6 Social Styles

Week 11 : Unit 6 Social Styles (cont.)

Week 12 : Unit 7 Psychological Disorders

Course Schedule (cont.)

Week 13 : Unit 8 Psychological Therapies

Week 14 : Unit 9 Applied Psychology

Week 15 : Unit 9 Applied Psychology (cont.)

Week 16 : Student's Project Presentation

Final Examination Review

Week 17 : Final Examination



VALUATION

Evaluation

Attendance

- Students' behavior in class and uniform standard
- Students' participation in class

Assignments / Quizzes

Role play / Group Presentation

Midterm and final examination

Evaluation (cont.)

Attendance

10 points

Assignments / Quizzes

20 points

Group Presentation

20 points

Midterm Examination

20 points

Final Examination

30 points

Total

100 points

Introduction to Psychology Class



Why are some people happier, more confident, and more successful than others?

Introduction to Psychology Class (cont.)



What do they know
that you don't?

Course Outcome & Expectation

This course will enable you to:

- Lead a fulfilling life
- Build meaningful relationships
- Be understood

Lead a fulfilling life

Each person has something **unique** and **valuable** to offer – yet the road to fulfillment is bumpy.

You can tap into that rich vein of **potential**, and **learn** how to use it – whether it's at work, in your studies, or in a career you haven't yet considered.

Build meaningful relationships

Being different from people around you can leave you feeling lost and alone. You can develop the meaningful connections you crave.

Your Architect personality can sometimes leave you feeling lost and alone. **Relationships** with friends, colleagues and partners can be tricky to maintain, despite your good intentions. But when you do make a connection, it's usually a strong, rewarding bond.

Build meaningful relationships (cont.)

This course contains specific advice to help you **make better, deeper connections** with the people who matter.

Be understood

You may have gone through life feeling like **an outsider**. We want you to know that **somebody understands who you are**, even if the people around you don't.

At times, you've probably felt like an outsider in life. But the truth is: there *are* people who understand you, and who are just like you – even if you don't encounter them everyday. Understanding your personality should feel like you've finally been understood.

Break



10 mins

Personality test

Personality is something that we informally assess and describe everyday. When we talk about ourselves and others, we frequently refer to **different characteristics of an individual's personality.**

Psychologists do much the same thing when they assess personality, but on a much more systematic and scientific level.

Psychological pictures to test your personality

[10 Psychological Pictures To Test Your Personality](#)

[10 Pictures To Test Your Personality](#)

MBTI Personality Test

The Myers–Briggs Type Indicator (MBTI)

It is a self–report questionnaire designed to indicate psychological preferences **in how people perceive the world and make decisions.**

The test results in **16 personality types**

[PERSONALITY TYPES](#)

[PERSONALITY TEST](#)

The 16 Personality Types

Analysts



“ARCHITECT”

INTJ (-A/-T)

Imaginative and strategic thinkers, with a plan for everything.



“LOGICIAN”

INTP (-A/-T)

Innovative inventors with an unquenchable thirst for knowledge.



“COMMANDER”

ENTJ (-A/-T)

Bold, imaginative and strong-willed leaders, always finding a way – or making one.



“DEBATER”

ENTP (-A/-T)

Smart and curious thinkers who cannot resist an intellectual challenge.

Diplomats



“ADVOCATE”

INFJ (-A/-T)

Quiet and mystical, yet very inspiring and tireless idealists.



“MEDIATOR”

INFP (-A/-T)

Poetic, kind and altruistic people, always eager to help a good cause.



“PROTAGONIST”

ENFJ (-A/-T)

Charismatic and inspiring leaders, able to mesmerize their listeners.



“CAMPAIGNER”

ENFP (-A/-T)

Enthusiastic, creative and sociable free spirits, who can always find a reason to smile.

Sentinels



“LOGISTICIAN”

ISTJ (-A/-T)

Practical and fact-minded individuals, whose reliability cannot be doubted.



“DEFENDER”

ISFJ (-A/-T)

Very dedicated and warm protectors, always ready to defend their loved ones.



“EXECUTIVE”

ESTJ (-A/-T)

Excellent administrators, unsurpassed at managing things – or people.



“CONSUL”

ESFJ (-A/-T)

Extraordinarily caring, social and popular people, always eager to help.

Explorers



“VIRTUOSO”

ISTP (-A/-T)

Bold and practical experimenters, masters of all kinds of tools.



“ADVENTURER”

ISFP (-A/-T)

Flexible and charming artists, always ready to explore and experience something new.



“ENTREPRENEUR”

ESTP (-A/-T)

Smart, energetic and very perceptive people, who truly enjoy living on the edge.



“ENTERTAINER”

ESFP (-A/-T)

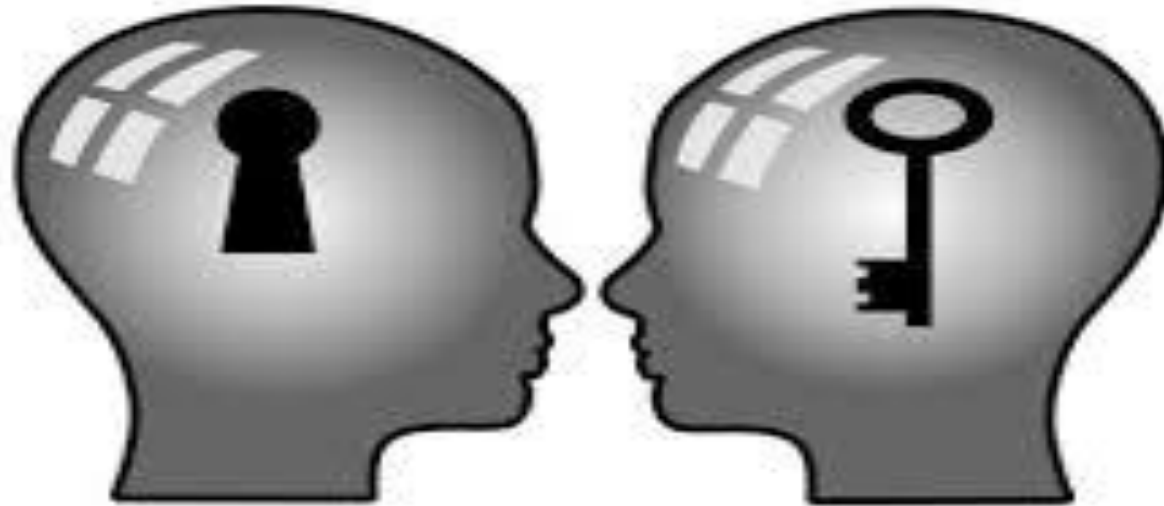
Spontaneous, energetic and enthusiastic people – life is never boring around them.

Test your own personality.

Write the results you get with explanations.

Share and discuss in group.

Psychology test



[PSYCHOLOGY TEST-TODAY' TITLE](#)

Test your own personality by choosing any topic you like on website.

Write the results you get with explanations.

Share and discuss in group.

HOMEWORK

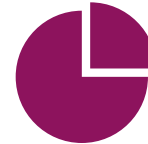


Work in pair



Search online for 10 different types of psychology with explanations:

- Service psychology.....
- Business psychology.....



- Write in a piece of paper.
- Submit in class next week.

