

**RTU Course "Psychology"**

23101 null

General data

Code	HSP484
Course title	Psychology
Course status in the programme	Compulsory/Courses of Limited Choice
Responsible instructor	Airisa Šteinberga
Academic staff	Anete Hofmane
Volume of the course: parts and credits points	1 part, 2.0 Credit Points, 3.0 ECTS credits
Language of instruction	LV, EN
Annotation	Study course looks at fundamental definitions of psychology, explains the preconditions for psychology existing as science as well as psychologies main modes. The study course core is made of psychic processes. Human psychological mechanisms are looked at in self-research. Temperament is looked at as one of mechanism for regulating human behaviour. The study course analyses personality quality and relationship question a little bit.
Goals and objectives of the course in terms of competences and skills	The aim of the study course is to strengthen the notion of general psychology as a sub-branch of psychology and to orientate in the concepts of general psychology. Tasks of the study course: 1. To develop the ability to apply the psychology concepts in speech and to create a personality development plan. 2. To develop competence to diagnose psychological problems in professional activity.
Structure and tasks of independent studies	Independent work is organized using handouts prepared by the lecturer, offered internet links and texts. The task of independent work is to acquire skills of self-analysis and to recognize psychological problems in texts or personal experience.
Recommended literature	<p>Obligātā/Obligatory Šteinberga, A. (2006). "Vispārīgā un personības psiholoģija, lekciju kurss", 15. Laidiens, rec. Lanka, A. RTU izdevniecība, Rīga. Mārtinsons, K., Miltuze, A. (2015). Psiholoģija 1. Pamatjautājumi – teorijas un pētījumi. K.Mārtinsones un A.Miltuzes red., Rīga Zvaigzne ABC Mārtinsons, K., Miltuze, A. (2015). Psiholoģija 2. Personība, grupa, sabiedrība, kultūra. K.Mārtinsones un A.Miltuzes red., Rīga Zvaigzne ABC Mārtinsons, K., Miltuze, A. (2015). Psiholoģija 3. Lietišķās jomas. K.Mārtinsones un A.Miltuzes red., Rīga Zvaigzne ABC</p> <p>Papildu/Additional Putniņa, A.L., Rašcevska, M. (2016). Angļu-latviešu psiholoģijas terminu vārdnīca. Rīga: LU akadēmiskais apgāds. Myers, D.G., DeWall, N. (2021). Psychology, 13th edition. Worth publishing. Kanemans, D. (2011). Domā ātri, domā lēnām. Izdevn. Jumava. Contreras, D.A. (2010). Psychology of Thinking. Nova Science Publishers, Incorporated. ProQuest Ebook Central, http://ebookcentral.proquest.com/lib/rtulv-ebooks/detail.action?docID=3019900. Lyngzeitson, A.E. (2012). Psychology. BarCharts, Inc. ProQuest Ebook Central, http://ebookcentral.proquest.com/lib/rtulv-ebooks/detail.action?docID=4877125. Gorman, P. (2004). Motivation and Emotion, Taylor & Francis Group. ProQuest Ebook Central, http://ebookcentral.proquest.com/lib/rtulv-ebooks/detail.action?docID=200009. Masmoudi, S. et. al. (2011) Attention, Representation, and Human Performance : Integration of Cognition, Emotion, and Motivation. Taylor & Francis Group, 2011. ProQuest Ebook Central, http://ebookcentral.proquest.com/lib/rtulv-ebooks/detail.action?docID=957267. Chamorro-Premuzic, T. and Furnham, A. (2005). Personality and Intellectual Competence, Taylor & Francis Group. ProQuest Ebook Central, http://ebookcentral.proquest.com/lib/rtulv-ebooks/detail.action?docID=227518.</p> <p>Citi informācijas avoti/ Other sources of information. Psychological Bulletin Journal of Choice Modelling (Elsevier) Journal of Economic Psychology (Elsevier) Behaviour Research and Therapy (Elsevier) Trends in</p>
Course prerequisites	Not necessary.

Course contents

Content	Full- and part-time intramural studies		Part time extramural studies	
	Contact Hours	Indep. work	Contact Hours	Indep. work
Psychology as science, its research subject, research methods and relevance to other sciences.	2	0	1	1
Psyches place in structure of personality. Psyche and consciousness.	2	3	1	2
Consciousness of sensuality: feelings as psychological phenomena, interaction of senses and perception.	2	3	1	1
Perception and conceptions as references for sensuality.	2	3	1	2

Attention: qualities, characterization, connection to other psychic processes.	2	3	1	2
Interaction of personality and environment for keeping and managing attention.	2	3	1	2
Characterization of memory qualities and processes, memory training.	2	3	1	2
Thinking process, thinking and awareness.	2	3	1	2
Connection of intellect and thinking. Imagination.	2	3	1	2
Emotions and feelings, their characterization. Emotional intelligence.	2	3	1	2
Stress and its management.	2	3	1	2
Properties and development of will, psychological explanations for actions.	2	3	1	0
Temperament and character.	2	3	1	1
Personality and society: interaction as social perception, communication and relationships.	2	3	1	0
Verbal and non-verbal communication.	2	6	1	3
Importance of psyches process research and development in modern changing environment.	2	3	1	0
Total:	32	48	16	24

Learning outcomes and assessment

Learning outcomes	Assessment methods
Knows psychology as science, its research subject, research methods and relevance to other sciences, as well as the place of psyche and consciousness in the structure of personality.	Definition map, work with handouts, exam.
Understands the interaction of feelings and perceptions, is able to see from one's own experience.	Self-characterization, analysis of results, exam.
Knows and understands the properties of attention and their characteristics, connection with other mental processes.	Understanding of definitions in text, exam.
Is able to characterize memory qualities and processes, create an individual memory training plan.	Tests, result analysis, exam.
Understands the thinking process, is able to diagnose theoretical thinking mistakes.	Using and identifying thinking operations while solving tasks, exam.
Knows and understands the emotions and emotional intelligence. Understands the basics of stress management and is able to apply them in everyday life.	Definition map, self-characterization, exam.
Knows properties and development of will, psychological explanations for actions.	Situation analysis, exam.
Knows the relationship between personality and society.	Situation analysis, self-characterization, exam.

Evaluation criteria of study results

Criterion	%
Characterization and analysis of psychic processes according to the given sample/definition map	10
Recognition and explanation of psychological concepts in the text and their explanation (written or oral)/understanding of concepts in the text, self-characterization	20
Application and recognition of thinking operations in solving tasks	20
Execution of imagination and creativity development tasks/situation analysis, self-characterization	20
Active participation in classes	10
Final test/exam	20
Total:	100

Study subject structure

Part	CP	Hours per Week			Tests		
		Lectures	Practical	Lab.	Test	Exam	Work
1.	2.0	1.0	1.0	0.0		*	