

## Introduction to Psychology

Code: 102305  
ECTS Credits: 6

Degree	Type	Year	Semester
2501572 Business Administration and Management	OT	4	0
2501573 Economics	OT	2	0
2501573 Economics	OT	3	2
2501573 Economics	OT	4	0

### Contact

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### Use of Languages

Principal working language: catalan (cat)  
Some groups entirely in English: No  
Some groups entirely in Catalan: Yes  
Some groups entirely in Spanish: No

### Prerequisites

There are no prerequisites.

### Objectives and Contextualisation

Context:

The subject of Introduction to Psychology is taught by faculty of the Faculty of Psychology, as an optional of the Faculty of ADE. It is the first contact that students have of degree with psychological contents that can help them understand the behavior of people in the business and labor world.

Targets:

Know some of the basic psychological processes that have implications in the business and work environment: motivation, emotion, learning, memory, sensation and perception. Understand the importance of these processes to explain the conduct of people in the business and work environment. Know how to analyze the psychological aspects in the interactions between people and the dynamics of the groups in these areas. Understand the importance of work stress processes in the health of workers.

### Competences

Business Administration and Management

- Capacity for independent learning in the future, gaining more profound knowledge of previous areas or learning new topics.
- Capacity for oral and written communication in Catalan, Spanish and English, which enables synthesis and oral and written presentation of the work carried out.
- Demonstrate initiative and work individually when the situation requires it.
- Identify improvements in the internal management process to stimulate company productivity.

- Select and generate the information necessary for each problem, analyse it and take decisions based on that information.
- Show motivation for carrying out quality work and sensitivity to the consequences for the environment and society.
- Value ethical commitment in professional practice.
- Work well in a team, being able to argue proposals and validate or reject the arguments of others in a reasoned manner.

## Learning Outcomes

1. A capacity of oral and written communication in Catalan, Spanish and English, which allows them to summarise and present the work conducted both orally and in writing.
2. Assess ethical commitment in professional activity.
3. Capacity to continue future learning independently, acquiring further knowledge and exploring new areas of knowledge.
4. Demonstrate initiative and work independently when required.
5. Demonstrate motivation regarding the quality of the work performed and sensitivity regarding the consequences on the environment and society.
6. Identify ways of improving labour relations.
7. Interpret the basic principles of psychology.
8. Select and generate the information needed for each problem, analyse it and make decisions based on this information.
9. Work as part of a team and be able to argue own proposals and validate or refuse the arguments of others in a reasonable manner.

## Content

### Topic 1: What is Psychology?

History of Psychology. (Myers 2006: Prologue)  
 Definition and object of study of Psychology. (Prologue)  
 Current perspectives and specialties of Psychology. (Prologue)  
 The scientific method in Psychology. (Myers 2006: Cap 1)  
 Description. Correlation Experimentation (Cap 1)  
 Inheritance and atmosphere. (Cap 3)  
 The basic psychological processes.

#### Bibliography:

Myers, D.G. (2006, 7th edition). Psychology. Madrid: Pan American Medical Editorial. (Foreword, Cap. 1, Cap.3)

### Topic 2: Sensation and perception.

The sensory thresholds (Cap 5)  
 Sensory adaptation. (Cap 5)  
 Vision, hearing and other senses. (Cap 5)  
 Subliminal language  
 Perceptual illusions (Cap 6)  
 Perceptive organization (Cap 6)  
 Perceptual interpretation (Cap 6)

#### Bibliography:

Myers, D.G. (2006, 7th edition). Psychology. Madrid: Pan American Medical Editorial. (Chapter 5, Chapter 6)

### Topic 3: Learning and memory.

Definition and basic learning processes. (Cap 8)

Classic Conditioning. (Cap 8)

Instrumental Conditioning. (Cap 8)

Learning by observation. (Cap 8)

Memory (Cap 9)

#### Bibliography:

Myers, D.G. (2006, 7th edition). Psychology. Madrid: Pan American Medical Editorial. (Chapter 8, Chapter 9)

### Topic 4: Intelligence and Personality.

Definition of intelligence. (Cap 11)

Evaluation of intelligence. (Cap 11)

Genetic and environmental determinants of intelligence. (Cap 11)

Historical Perspectives of Personality. (Cap 15)

Current research on personality. (Cap 15)

#### Bibliography:

Myers, D.G. (2006, 7th edition). Psychology. Madrid: Pan American Medical Editorial. (Chapter 11, Chapter 15)

### Topic 5: Psychological disorders and therapy.

Perspectives on psychological disorders. (Cap 16)

Classification of psychological disorders. (Cap 16)

Anxiety disorders (Cap 16)

Mood disorders. (Cap 16)

Treatment of psychological disorders. (Cap 17)

#### Bibliography:

Myers, D.G. (2006, 7th edition). Psychology. Madrid: Pan American Medical Editorial. (Chapter 16, Chapter 17)

### Topic 6: Stress and health.

Stress and illness. (Cap 14)

Prevention of disorders and health promotion. (Cap 14)

Techniques for controlling anxiety and stress.

Physical activity, dietary behavior and healthy lifestyle.

#### Bibliography:

Myers, D.G. (2006, 7th edition). Psychology. Madrid: Pan American Medical Editorial. (Cap.14)

## **Methodology**

Teaching methodology based on:

1. Guided activities: Theoretical and practical classes with ICT support. Seminars for discussing related readings, based on a pre-prepared discussion guideline aimed at giving students and students critical

synthesis of scientific and dissemination articles linked to the topic of the subject.

2. Supervised activity: consisting of attending tutorials and carrying out exercises with scheduled follow-up.

3. Individual self-study activity: it will include the student's personal study part (study of basic bibliography, complementary readings, information search, etc.).

## Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Completion of practical or applied work	17.5	0.7	1
Practical sessions	10	0.4	7
Theoretical sessions	16	0.64	7
Type: Supervised			
Seminars	10	0.4	6
Tutorials	15	0.6	6, 7
Type: Autonomous			
Reading of texts and studies	50	2	1, 8
Search for documentation in magazines, books and the Internet	25.5	1.02	8

## Assessment

The competences of this subject will be evaluated by means of: written tests; written reports and active participation in the different activities; and oral presentations of the work carried out in groups.

The recommended evaluation system includes the following aspects, each of which will be assigned a specific weight in the final grade:

- EV1: Individual written test: 50%.
- EV2: written reports and active participation in the different activities: 10%.
- EV3: Oral presentations of the group work performed: 40%.

The subject is considered exceeded when the student reaches a total of at least 5 points in the final evaluation, with a minimum of 4.5 points (on a scale 0-10) in EV1 and EV3. In case of not meeting these requirements the maximum grade that can be obtained is 4.9 points. If students do not reach the minimum levels required, they can apply for recovery if they have obtained an average grade of the subject of at least 3.5.

An assessable student is considered anyone who has accumulated at least 40% of the weight of the learning evidences.

It is considered non-evaluable student all those who have not accumulated at least 40% of the weight of the learning evidences.

### Calendar of evaluation activities

The dates of the different evaluation tests (partial exams, classroom exercises, work delivery, ...) will be announced sufficiently in advance during the semester.

The date of the final exam of the subject is programmed in the calendar of exams of the Faculty.

"The programming of the evaluation tests can not be modified, unless there is an exceptional and duly justified reason for which an evaluation act can not be carried out. In this case, the people responsible for the

qualifications, after consulting the teachers and students affected will propose a new programming within the corresponding teaching period. " Section 1 of Article 115. Calendar of evaluation activities (Academic Regulations UAB)

Students and students of the Faculty of Economics and Business who, in accordance with the previous paragraph, need to change an evaluation date, must submit the petition by filling in the application Request reprogramming test [https://formularis.uab.cat / group / deganat\\_feie / reprogramming-proofs](https://formularis.uab.cat/group/deganat_feie/reprogramming-proofs)

#### Procedure for the review of qualifications

Coinciding with the final exam will announce the day and the means by which the final qualifications will be published. In the same way, the procedure, place, date and time of the review of examinations will be reported in accordance with the regulations of the University.

#### Recovery process

"To participate in the recovery process students must have been previously evaluated in a set of activities that represents a minimum of two thirds of the total grade of the subject or module." Section 3 of Article 112 to have Recovery (Academic Regulations UAB). Students and students have obtained an average grade of the subject between 3.5 and 4.9.

The date of this test will be programmed in the exam calendar of the Faculty. The student who presents and passes will pass the subject with a note of 5. Otherwise he will keep the same note.

#### Irregularities in acts of evaluation

Without prejudice to other disciplinary measures deemed appropriate, and in accordance with the current academic regulations, "in the event that the student conducts any irregularity that may lead to a significant variation of the rating of an assessment act , this evaluation act will be qualified with 0, regardless of the disciplinary process that can be instructed. In case there are several irregularities in the assessment acts of the same subject, the final grade of this subject will be 0 ". Section 10 of Article 116. Results of the evaluation. (Academic Regulations UAB)

### Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
EV1: Individual written test	50%	2	0.08	1, 6, 7, 8
EV2: Written reports delivered in class and participation.	10%	2	0.08	1, 3, 4, 6, 8, 9
EV3: Oral presentations of group work	40%	2	0.08	1, 4, 6, 7, 5, 8, 9, 2

### Bibliography

Basic handbook of the subject:

Myers, D.G.(2006, 7ª edición). *Psicología*. Madrid: Editorial Médica Panamericana.

Complementary material:

Capdevila, L. (2005). Actividad física y estilo de vida saludable. Girona: Documenta Universitaria.