

Introduction to Psychology

Unit Title	Introduction to Psychology		
Level of Study			
Credit Value		ECTS Value	3 (108 hours)
Home Department	Department of Developmental Psychology		
Home Faculty	Phylosophy and Sociology		
Unit Co-ordinator	Pecherkina Anna Viktorovna, Puzyreva Liubava Olegovna		
Key Words	Psychology; Mental activity; Personality; Methods of psychology; Psychological practice		
Brief Summary	<p>The course assumes students' acquaintance with psychology as a direction of science and practice. The content of the course suggests topics in which traditional basic areas of psychology are considered: mental processes, properties and states. The main focus of the course is on personality psychology; activity, psychology of communication; mental cognitive processes: sensation and perception, attention, memory, thinking and imagination; emotional-volitional sphere of personality; individual and typological features of personality. The proposed tasks within the framework of the indicated topics include elements of psychodiagnostics of one's own characteristics, acquaintance with practical psychological exercises of individual and group formats.</p> <p>Students will learn more about themselves, about their psychological features and characteristics, that will help them to improve themselves, improve their educational skills.</p> <p>Also students will get useful knowledge about psychology of social groups and other people, that will help them to communicate with others more effectively, to manage the team, avoid conflicts, etc</p>		
Indicative Content	<p>General characteristic of the psychology history</p> <p>Diagnostic methods in research and practice</p> <p>Cognitive processes (characteristics, diagnostics, development techniques)</p> <p>Intelligence</p> <p>Personality (approaches to the definition, the structure of the personality, the diagnosis of personal qualities)</p> <p>Motivation</p>		

	Psychology of communication Psychology of the group Psychology of the mental and personal development
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