



## Course Syllabus- MBBCh

1. Course Title: General Psychology		Course code: <b>GPSY1215</b>
2. Credit/contact hours:	<b>10 contact hours</b>	
3. Number of weeks	<b>10 weeks</b>	
4. Level/year at which this course is offered:	<b>Y1S2</b>	
5. Pre-requisites for this course (if any): <b>English language and Biology at the standard of high school.</b>		
6. Co-requisites for this course (if any): <b>none</b>		

### Course Description

The course will provide students with the basic concept of Positive psychology, concentrating on optimal human functioning. Topics important to every day holistic wellbeing e.g. what makes people happier, more productive and more successful, to increase positive emotions, to develop resilience, priority/goal setting etc which needs to be a way of life for everyone will be taught during this course.

### Course Learning Outcomes

CLOs		Aligned-PLOs
K1	Describe the field of positive psychology	A1
S1	Create wheel of life	B3
K3	Explain body's response to stress.	A2
S1	Demonstrate application of coping mechanism (relaxation, meditation) for stress	B3
S2	Demonstrate principles of applying gratitude.	B3
A1	Create SMART Goals to achieve satisfaction in all areas of your life	C2

### Course Delivery Plan

No	List of Topics	Contact Hours
1	Positive psychology	1 Theory hour
2	Wheel of Life	1 theory and 1 practical hour

3	Motivation and Goal setting	1 Theory and 1 Practical
4	Happiness and Gratitude	2 hours SGD
5	Stress and Resilience	1 Theory and 1 Practical
<b>Total</b>		

## Teaching and Assessment

### 1. Alignment of Course Learning Outcomes with Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
K1	Describe the field of positive psychology	Lecture	MCQ
K2	Create wheel of life	Workshop	Submission of “wheel of life”
K3	Explain body’s response to stress.	Lecture	MCQ
S1	Demonstrate application of coping mechanism (relaxation, meditation) for stress	Simulation, role play Lecture Practical session	MCQ Continuous assessment
S2	Demonstrate principles of applying gratitude.	Simulation, role play	MCQ
A1	Create SMART Goals to achieve satisfaction in all areas of your life	Lecture and practical	Assignment submission

### 2. Assessment Tasks for Students

#	Assessment task*	Week Due	Percentage of Total Assessment Score
1	MCQ	10	70
2	Assignment “Wheel of life”	10	15
3	Assignment “SMART” goals	10	15

\*Assessment task (i.e., written test, oral test, oral presentation, group project, essay, etc.)

## Learning Resources and Facilities

### 1. Learning Resources

<b>Required Textbooks</b>	<ul style="list-style-type: none"> <li>Birch, A., &amp; Malim, T. (2017). <i>Introductory psychology</i>. Bloomsbury Publishing.</li> <li>Mcdouall, J. (2021). <i>Introduction to Psychology</i>.</li> </ul>
<b>Essential References Materials</b>	<ul style="list-style-type: none"> <li>Ppt by professor</li> </ul>

<b>Electronic Materials</b>	Recommended Websites: <a href="http://www.apa.org/">http://www.apa.org/</a> . <a href="http://www.assessmentpsychology.com/">http://www.assessmentpsychology.com/</a> <a href="http://psychcentral.com/">http://psychcentral.com/</a>
<b>Other Learning Materials</b>	PPT on LMS, by the professor

## 2. Facilities Required

Item	Resources
<b>Accommodation</b> (Classrooms, laboratories, demonstration rooms/labs, etc.)	Class room and Simulation lab
<b>Technology Resources</b> (AV, data show, Smart Board, software, etc.)	Smart board
<b>Other Resources</b> (Specify, e.g. if specific laboratory equipment is required, list requirements or attach a list)	Round hall to practice relaxation

Instructor:

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