

Title of the Course		BASICS OF PSYCHOLOGY	
Amount in credit points/ECTS)	2/3	Volume (in hours)	80
Prior knowledge	Psychology and social sciences at the level of secondary school		
Science Sector	Psychology		
Science Subsector	General psychology		
Summary of academic hours		Amount (academic hours)	
Distance learning		40	
Contact hours / video lessons		8	
Exercises, self – assessment questions and tests		14	
Individual work/ discussions in distance		16	
Exams/tests		2	
1 st level professional study programme	Personnel Psychology and Human Resource Management		
Author(s) of the course	Dr. sc. admin., Mg. Psych., doc. Ineta Daiktere		
Lecturer(s) of the course	Dr. sc. admin., Mg. Psych., doc. Ineta Daiktere		
Goal of the course:	Acquire the basic notions of psychology science and main regularities by deepening the understanding of how humans perceive the world and create behaviour with the aim to use the acquired knowledge and competences when working in groups and being a leader of a group.		
Requirements for obtaining credit points (structure of course evaluation):	<u>The final evaluation is calculated:</u> Moodle discussion/tasks – 50% Exam – 50% <i>For obtaining final evaluation, both activities should hold successful evaluation – not below 4 points.</i> <i>Final evaluation is the average grade in 10-point system, in proportion of percentage distributed amongst both activities</i>		
Study Results			
1. <i>Knowledge:</i> 1.1.A student lists the basic notions of psychology, the main psychology types and sectors. 1.2.A student describes the regularities of human perception activities. 1.3. A student lists different aspects, motivation and emotions of human personality. 2. <i>Skills:</i> 2.1. A student analyses the psychological processes and their regularities in different situations. 2.2. A student differentiates the scientific literature and popular science. 2.3. A student shows social skills and emotional intelligence. 3. <i>Competences:</i> 3.1. A student plans, prepares and makes scientific observations. 3.2. A student is flexible and open to new information, as well as shows tolerance to differently thinking people. 3.3. A student takes responsibility about one’s actions.			
Content of the Course			

No.	Subjects	Contact hours, video, audio lessons	Distance learning	Exercises, self- assessment questions and tests	Individual task – remote discussion. Description of the individual task is available in the E-studies	Exam
1.	Insight into the history of psychology science and its types. Methods of psychology research.	8	2	1	1	2
2.	Feelings and perception, their types and main regularities.		4	2	1	
3.	Attention, its physiological basics, types of attention, characteristics. Memory, its basic processes, types of memory, their characterization.		8	2	2	
4.	Language and speech, its connection to thinking. Thinking, its types, operation and forms.		4	2	1	
5.	Intellect and its tests. Structure of intellect; Today's intellect theories. Emotional intellect. Imagination and creative thinking.		8	2	1	
6.	Factors and stages affecting human development. Thinking and periodization of moral development.		6	2	2	
7.	Personality development and socialization process. Temperament and character.		4	2	2	
8.	Emotions and feelings, functions and manifestation. Needs and motivation.		4	1	6	
TOTAL:		8	40	14	16	2
80						

Mastering the course and successfully passing examination, student is capable of (*knowledge, skills and competencies*)

Study Results:	Evaluation Criteria		
	(40-69%)	(70-89%)	(90-100%)
Knowledge	Describe psychology as science and its main tasks; name the main directions of today's psychology types; recognize person's psychic characteristics and conditions; name the main research methods in psychology; describe the main tasks of psychology; describe the role of inheritance and environment in the development of an individual; define the notions of attention, feelings, language, memory, thinking and intellect; characterize emotional processes, factors influencing emotions and connection of cognitive processes; describe the notion of motivation	Describe psychology as science and its main tasks; name the main directions of today's psychology types; describe the concept of various psychology schools and describe their differences; recognize characteristics of person's psychic and psychological processes; name the main research methods in psychology; define the notion of psyche and types of psychological manifestation; describe the main tasks of psychology; describe the role of inheritance and environment in the development of an individual; define the notions of attention, feelings, language, memory, thinking and intellect; characterize emotional processes, factors influencing emotions and connection of cognitive processes; describe the notion	Understand the main research and use directions of today's psychology, the general notions and terminology of psychology; general notions of psychology and the main interdependence; classical and today's directions of psychology and various schools; one's psychic resources.

		of motivation; describe thinking processes, connection of thinking to memory, thinking operations, notion development, speech and thinking transformation; describe individual's development in childhood, teenage and youngsters' period, in age; define the notion of temperament.	
Skills	Explain the main psychology types and sectors; look at the typology characteristics of a personality individually	Explain the main psychology types and sectors, describe the typology characteristics of a personality individually; explain the essence of psychic health and well-being, factors improving them	Use the gained knowledge in the professional field, for solutions of personal problems; work in group; differentiate between psychology texts and non-psychological texts; independently choose and use literature needed for further studies in psychology
Competences	Critical thinking in the assessment of psychology related statements, self-assessment of individual abilities and characteristics	Responsibility in the use of psychology knowledge when planning actions, making decisions, professional activity and self-development	Objectivity and responsibility when justifying scientific positions, in the analysis of psychological factors and in work with psychology literature; integration of knowledge in psychology into the professional activity and self-development as well as in the development of

			qualification work
Acknowledgement of the obtained study results			
Study Results	1.1.-1.3.	2.1.-2.2.	3.1.
Evaluation Method			
Moodle discussions/tasks	X	X	X
Exam	X	X	X

Core Literature	
1.	Psiholoģija. 1. daļa. Pamatjautājumi – teorijas un pētījumi. (2015). Mārtinsone K., Miltuze A. (red.) Rīga: Zvaigzne ABC.
2.	Psiholoģija. 2. daļa. Personība, grupa, sabiedrība, kultūra. (2015). Autoru kolektīvs. Rīga: Zvaigzne ABC
Additional Literature	
1.	Daiktere I. (2007). Psiholoģijas pamati. Rīga: SIA „Latvijas Uzņēmējdarbības un menedžmenta akadēmija”.
2.	Kalat J.W. (2016). Introduction to Psychology, 11th Edition. USA, Boston: Wadsworth Publishing
3.	Mārtinsone K., Lasmane A., Karpova Ā. (2016). Psiholoģijas vēsture. Rīga: Zvaigzne ABC.
4.	Psiholoģijas vārdnīca. (1999). Breslavs G. (red.) Rīga: Mācību grāmata.
5.	Reņģe V. (2002). Psiholoģija. Personības psiholoģija. Rīga: Zvaigzne ABC.
6.	Гуревич П. (2017). Психология (для бакалавров). Учебник. КНОРУС
7.	Лукацкий М., Остренкова Е. (2017). Психология. Учебник. М.: ГЭОТАР-Медиа
Recommended Periodicals	
1.	Review of General Psychology
2.	Journal of Applied Psychology
3.	Learning and Memory
4.	Psychological Bulletin
5.	https://www.psychologytoday.com/