

Course Title: Exploring Psychology in Western and Chinese Cultures

Course Code: BEH203/ GEC302

Recommended Study Year*: First year / GE

No. of Credits/Term: 3

Mode of Tuition: Tutorial approach

Class Contact Hours: 3 hours per week

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Brief Course Description: Psychology provides a broad discipline studying behavior of humans and groups of human behavior in complex situations. This course provides liberal arts students with an avenue for increased self-understanding and behaviors of others. It introduces students to the scientific study of behavioral and mental processes, *with selected topics in emphasis on the cross-cultural perspective of human behavior.*

Teaching Method: There are one 2-hour lecture and one 1-hour tutorial per week. In tutorials, students are asked to give presentations and comment on each other's presentations. Students are required to attend all tutorial classes. Grades will be deducted if fail to do so.

Objectives

This course provides a broad based exploration on introduction to psychology and challenges students to think and observe critically of their and others daily behaviours. Whenever is relevant the East and West psychology will be compared.

Learning Outcomes

- ⇒ To understand basic psychological concepts in daily life
- ⇒ To discuss and express how the way we think, feel, and behave
- ⇒ To understand the fundamental concepts and theories of psychology
- ⇒ To exam the relevancy of culture in psychology particularly in the context of culture difference between the East and the West

- ⇒ To apply the concepts by reflecting on everyday experiences in an empirical and research oriented approach.
- ⇒ To identify how individualistic and collective cultural differences between Western and Chinese Cultures impact on individuals
- ⇒ To understand the psychological, psychosocial and psycho-physiological aspects of human being

Indicative Content:

Schedule	Preparations
Lecture 1 – Introduction & Course Administration <i>September 2</i>	Ch. 1
Lecture 2 – The biological perspectives <i>September 9</i>	Ch. 2
Lecture 3 – The Developing Person <i>September 16</i>	Ch. 8
Lecture 4 – Sensation and Perception <i>September 23</i>	Ch. 3
Lecture 5 – Consciousness: Sleep, Dreams, Hypnosis and Drugs <i>September 30</i>	Ch. 4
Lecture 6 – Learning <i>October 7</i>	Ch. 5
Lecture 7 – Mid-term Quiz <i>October 14</i>	/
Lecture 8 – Memory and Cognition <i>October 21</i>	Ch. 6 & Ch. 7
Lecture 9 – Motivation and Emotion <i>October 28</i>	Ch. 9
Lecture 10 – Sexuality and Gender <i>November 4</i>	Ch. 10
Lecture 11 – Stress and Health <i>November 11</i>	Ch. 11
Lecture 12 – Social Psychology <i>November 18</i>	Ch. 12
Lecture 13 – Theories of Personality <i>November 25</i>	Ch. 13
Lecture 14 – Psychological Disorders <i>December 2</i>	Ch. 14

Assessment of learning outcomes:

⇒ Students' assessments are broken down into the following course works and final examination: Tutorial Participations (40%); Mid-term quiz (20%); Final Exam (40%)

- Tutorial Participations
 - Students will explore collective aspects of the syllabus in detail. Students are expected to do presentations on the list of movies. Students have to discuss psychological context, especially on cultural issues. More will be explained in the first tutorial (*in week 2*).
- Mid-term examination
 - The quiz will evenly examine all materials up to 7th October. The examination consists of 40 multiple-choice questions. The duration of the quiz is 90 minutes and it is held in the lecture hall on 14th October during normal lecture hour.
- End of term examination
 - The examination will cover mainly materials related to the remaining lectures. Students are required to provide answers in short-essay format. There will also be multiple choice questions.

⇒ Students' comprehension and synthesis of concepts of fundamental psychology and cross cultural psychology ideas are assessed in term papers, quiz and examination (refer to 1st bullet pt from the above)

⇒ Students' communication skills can be assessed by exploring collective aspects of the syllabus in detail. This may include: self development, emotion, cognition, personality, psychopathology and psychotherapy within the bounds of psychological and cultural meanings

⇒ Students' ability to think independently can be assessed by applying and discussing of psychology theories. Multi-media sources and supports are encouraged to deploy.

Good practices:

⇒ Students engage in independent work and cooperative activities with fellow students

⇒ Students have the awareness of choice in individual and group-level activities

⇒ Students have the awareness of individual differences across cultural boundaries

⇒ Students will become a participant in psychological experiments for topics such as: self-concept, social norms, emotions and the developing self.

Required/Essential Readings: Ciccarelli, S. K., & White, J. N. (2009). *Psychology*. Upper Saddle River, N. J.: Pearson Prentice Hall.

Recommended/Supplementary Readings:

Myers, D. G. (2005). *Exploring Psychology (6th Edition)*. Worth Publishers.

Berry, J. W., Poortinga, Y. H., Segall, M. H., & Dasen, P. R. (2002). *Cross-Cultural Psychology: Research and Applications*. Cambridge: Cambridge University Press.

Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, Culture, and Subjective Well-Being: Emotional and Cognitive Evaluations of Life. *Annual Review of Psychology*, 54, 403-425.

Smith, P. B., & Bond, M. H. (2006). *Understanding social psychological across cultures: living and working in a changing world*. London: Sage.

Lehman, D. R., Chiu, C. Y., & Schaller, M. (2004). Psychology and Culture. *Annual Review of Psychology*, 55, 689-714.

Nisbett, R. (2003). *The geography of thought: how Asians and Westerners think differently and why*. London: Nicholas Brealey.

Schaller, M. & Crandall, C. S. (2004). *The Psychological Foundations of Culture*. New Jersey: Lawrence Erlbaum.

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