



## RTU Course "Psychology"

01129 Sociālo zinātņu katedra

### General data

Code	HSP484
Course title	Psychology
Course status in the programme	Compulsory/Courses of Limited Choice
Course level	Post-graduate Studies
Course type	Academic
Field of study	Social Science
Responsible instructor	Šteinberga Airisa
Volume of the course: parts and credits points	1 part, 2.0 Credit Points, 3.0 ECTS credits
Language of instruction	LV
Possibility of distance learning	Not planned
Abstract	Lecture course looks at fundamental definitions of psychology. It explains the preconditions for psychology existing as science as well as psychologies main modes. The course core is made of psychic processes. Human psychological mechanisms are looked at in self-research. Temperament is looked at as one of mechanisms for regulating human behaviour. The course analyses a little bit personality quality and relationship questions.
Goals and objectives of the course in terms of competences and skills	After the end of the course students know definitions of general psychology, know to use them in speech. They are able to create development plan of personality. They can diagnose psychological problems in professional field.
Structure and tasks of independent studies	Independent work is organized in lectures using handouts prepared by docent. Goal of independent work is to acquire self-analysis skills and to identify psychological nature problems in texts or personal experience.
Recommended literature	A.Vorobjovs. Vispārīgā psiholoģija. R., Izglītības solī, 2000. D.Goulmens. Tava emocionālā inteliģence, R., Jumava, 2001 A. Ozoliņa Nucho, M.Vidnere. Stress: tā pārvarēšana un profilakse. R., Biznesa partneri, 2004 A.Šteinberga. Vispārīgā un personības psiholoģija/Lekciju kurss. R., RTU Izdevniecība, 2006. Ž.Godfrua. Čto takoje psihologia. Moskva, Mir, 1994 M.Zeligman. Kak naučitsa optimizmu. Moskva, Veče - Persej - Ast, 1997 Svence, G., Pozitīvā psiholoģija, R., Zvaigzne, 2009., 215.lpp. J. P. Iljin. Psihologija tvorčestvo,kreativnosti, odorjonnosti, M., Piter, 2009 Ozoliņa Nucho, A., Vidnere, M., Garīgā inteliģence: meklējumi un attīstība, R., RAKA, 2007.,167.lpp. Jegorovs, A., Uzvedības atkarības, R., RAKA, 2009.,229.lpp.
Course prerequisites	not necessary

### Course outline

Theme	Hours
Psychology as science, its research subject, research methods and relevance to other sciences	2
Psyches place in structure of personality. Psyche and consciousness	2
Consciousness of sensuality: feelings as psychological phenomena, interaction of senses and perception	2
Perception and conceptions as references for sensuality	2
Attention: qualities, characterization, connection to other psychic processes	2
Interaction of personality and environment for keeping and managing attention	2
Characterization of memory qualities and processes, memory training	2
Thinking process, thinking and awareness	2
Connection of intellect and thinking. Imagination	2
Emotions and feelings, their characterization. Emotional intelligence.	2
Stress and its management.	2
Properties and development of will, psychological explanations for actions.	2
Temperament and character.	2
Personality and society: interaction as social perception, communication and relationships.	2
Verbal and non-verbal communication.	2
Importance of psyches process research and development in modern changing environment.	2

### Learning outcomes and assessment

Learning outcomes	Assessment methods
Psychology as science, its research subject, research methods and relevance to other sciences.	Definition map
Consciousness of sensuality: feelings as psychological phenomena, interaction of senses and perception.	Tasks and result analysis.
Attention: qualities, characterization, connection to other psychic processes.	Understanding of definitions in text.

Characterization of memory qualities and processes, memory training.	Tests, result analysis
Thinking process, thinking and awareness.	Using and identifying thinking operations while solving tasks
Emotions and feelings, their characterization. Emotional intelligence.	Definition net.
Properties and development of will, psychological explanations for actions.	Situation analysis.
Verbal and non-verbal communication.	Test, result analysis
Final examination	Test

***Study subject structure***

Part	CP	ECTS	Hours per Week			Tests		
			Lectures	Practical	Lab.	Test	Exam	Work
1.	2.0	3.0	1.0	1.0	0.0	*		