



Syllabus

Term: 2025/26/2 **Subject name:** Introduction to Psychology I. **Subject code:** ENAEDZN2001

Unit (Unit code) (TESTNEV)

Lecturer responsible for the course: Dr. JÁRAI Róbert

Requirement: Exam

Classes per week : 2/0/0

Classes per term:

Purpose of education:

Objectives

Introducing students into some fields, schools, problems, methods, and concepts of psychology.

Grounding the basic psychological knowledge students will need during their educational studies.

Promoting the development of self-knowledge and self-reflection.

Contents:

Topics:

1. **What is psychology?** Psychology as a science. Perspectives, disciplinary fields, methods.
2. **The brain.** The plastic brain.
3. **Perception.** Sensation and perception. Mental representation. Optical illusions.
4. **Consciousness. Activation. Sleep.**
5. **Intelligence and creativity.**
6. **Motivation.** The psychological aspect of nutrition and aggression.
7. **Personality theories. Identity.** Historically relevant and contemporary personality theories. The Big 5. Identity. Mature personality.
8. **Psychopathology.**
9. **History of psychology – 1.** American and European beginnings. Behaviorism. Gestalt psychology. Cognitive psychology.
10. **History of psychology – 2.** Psychoanalysis (including the theories of Sigmund Freud and C. G. Jung). Humanistic psychology. Positive psychology.



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System of examining and valuation:

GY

End-term test.

Bibliography:

Literature:

Required

Boeree, G. C. (2018). *History of Psychology*. Scotts Valley, CA: CreateSpace Independent Publishing Platform. ISBN-10: 1983781827

Feldman, R. (2019). *Understanding Psychology*. New York: McGraw-Hill. ISBN-10: 007803521X

Spielman, R. M., Dumper, K., Jenkins, W. et al. (2013). *Introduction to psychology*. Acton, MA: XanEdu Publishing Inc. ISBN-10: 1506698182

Recommended

Doidge, N. (2016). *The Brain's Way of Healing*. London: Penguin Books. ISBN-10: 014312837X

McGilchrist, I. (2019). *The Master and his Emissary. The Divided Brain and the Making of the Western World*. New Haven: Yale University Press (Chapters: 1-6) ISBN-10: 0300245920

Online textbooks (optional):

Boeree, George C. (2018): History of Psychology. CreateSpace Independent Publishing Platform
<http://webpace.ship.edu/cgboer/historyofpsych.html>



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Bibliography:

Feldman, Robert (2014): Understanding Psychology. McGraw-Hill
<http://images.pcmac.org/Uploads/JeffersonCountySchools/JeffersonCountySchools/Departments/DocumentsSubCategories/Documents/Understanding%20Psychology.pdf>

Spielman, Rose M. et al. (2013): Introduction to psychology. OpenStax College resource.
<https://courses.lumenlearning.com/intropsychmaster/chapter/preface/>

Dewey, Russell A.: Psychology: An Introduction. <https://www.psywww.com/intropsych/index.html>

Bibliography: