

Faculty of Commerce & Business Administration

Psychology

Information :

Course Code : PSY 101

Level : Undergraduate

Course Hours : 2.00- Hours

Department : University Requirments

Description :

The study of behavior, cognition, and emotion and general survey of psychological principles. Focuses on the development of personal skills related to health and lifetime achievement. Topics include stress management, self-motivation, study skills, interpersonal relationships, and overcoming common anxieties. Behavioral theory and the method of applied behavior analysis are explored. Application of behavioral and cognitive/behavioral principles to human problems in various settings is emphasized.