

**COURSE OUTLINE**

**FALL 2019**

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| **Course Code** | CDPA-204 | **Course Title** | Family Psychology |
| **Type of Course** | Required | | |
| **Programme** | Domestic Personal Assistant | | |
| **Lecturer** | Ms. Panayiota Antoniadou | | |
| **Course Days/Times** | Wednesday 11:00-14:00 | | |
| **Course Venue** | INTL 105 | | |
| **Office Hours** | Thursday 10:00-12:00 & Monday 13:00-16:00 | | |
| **Telephone/email** | [p.antoniadou@cityu.ac.cy](mailto:p.antoniadou@cityu.ac.cy) | | |

**COURSE DESCRIPTION:**

This course provides the basis for the understanding of different perspectives within the field of Psychology, including a review of its theoretical and methodological domains as a discipline and a review of the role of biology as a basis for understanding people. Through this course students are invited to develop their own personal development profile. The main aim of this course is to provide the students with good orientation in family issues.

**LEARNING OUTCOMES**

By the end of the course, students are expected to:

* Outline the general areas of psychology dealing with various issues in this field
* Gain a good understanding of the field of psychology, including current views and controversies as well as its methodology
* Understand contemporary theories and interpretations of human behavior
* Discuss phenomena of everyday life, and become open-minded regarding human normality-abnormality
* Appreciate that understanding any real human behavior requires a multi-perspective approach
* Apply family psychology concepts to everyday family life

**PLACE OF TEACHING:**

In Class

**TEACHING METHODS:**

The course is delivered through lectures, discussion, assignments, presentations, case studies

**COURSE TEACHING HOURS:**

The course is delivered during the Fall Semester over a 13 week period (3 hours/week).

**REQUIRED TEXTBOOK:**

**Required:**

Walsh, Froma (red) (2011), Normal family processes: Growing diversity and complexity. 4 edition. New York: Guilford

Kalat, J. (2013, 10th ed.), Introduction to Psychology, Cengage Learning, ISBN-13: 978-1133956600

**Recommended:**Santrock John, Psychology, 7th/ed, 2004, McGraw Hill. ISBN: 0-07-111190-5

Cooper, Neil. An Introduction to Psychological Studies. London: Sage Publications, 2013. ISBN-10: 1849204063

Myers David, Psychology, New York, Worth Publishers, 2001

*Note: All the students are required to obtain the main book, because most of the lectures, assignments, projects and exams will be based on it.*

**Course Content**

1. Introduction to Psychology
2. Human Consciousness

## Human Development

## Learning Behaviour-Classical Conditioning (emotions)

## Memory

## Motivation

## Emotion Stress

1. Family psychology
2. Methodological particularities and current trends in family research
3. Principles of family assessment
4. Clinical and test methods in family assessment
5. Family stress, family crisis Family coping strategies
6. Family resilience, its research and importance
7. Practical applications: strengthening family resilience

**Continuous Course Assessment**

Suggested Continuous Course Assessment will consist of a combination of the following and it will be the 50% of the total course assessment.

10% Class Attendance and Participation

20% Classwork

20% Mid-term

**Final Examination**

The final examination takes place at the end of each semester and is cumulative of all material covered. It weights the 50% of the total course assessment

**CITY UNITY COLLEGE NICOSIA - GRADING SYSTEM**

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| Grade | Scale out of 4 | Scale out of 100 |

A 4.0 Excellent 90-100

B+ 3.5 Very Good 85-89

B 3.0 Good 80-84

C+ 2.5 Satisfactory 75-79

C 2.0 Average 70-74

D+ 1.5 Weak 65-69

D 1.0 Poor 60-64

F 0.0 Fail Below 60