

Level Three: ECPS3004 Psychology and You

Semester One -

- BSc Psychology including Foundation Year
- BSc Psychology with Counselling including Foundation Year

Assessments:

1 x Portfolio (minimum of four elements, maximum word count 2,000 words)

Week beginning:	Lecture title and content
1. 28/09/26	Week 1: Explaining Human Behaviour How accurate are our first impressions, and what is the hardest personal bias to overcome when meeting someone new? Does social media enhance our ability to understand others, or does it just create a distorted "perceived reality"? Why do we tend to blame a person's character for their mistakes, but blame the situation for our own? Reading for week 1: Part 1: The Nature and Scope of Psychology – Chapter 2, pp` 13-35, in Gross, R. (2020). <i>Psychology: The science of mind and behaviour 8th edition</i>. Hachette Learning.
2. 05/10/26	Week 2: How do we know what is right or wrong? At what point does the psychological comfort of blending into a crowd override an individual's innate moral responsibility to help someone in danger? If evolution prioritises survival of the fittest, why did human psychology evolve to value self-sacrifice and altruism? Can empathy actually lead to <i>immoral</i> behaviour if it causes us to unfairly favour our loved ones over a greater collective good? Reading for week 2: Chapter 35 – Moral Development in Gross, R. (2020). <i>Psychology: The science of mind and behaviour 8th edition</i>. Hachette Learning.
3. 12/10/26	Week 3: What do we mean by Gender? How do socialising agents (family, media, peers) shape early gender schemas? Why do society's consequences differ when men show vulnerability versus when women show assertiveness? Are male and female communication styles driven by biology, cultural conditioning, or individual differences? Reading for week 3: Chapter 36 – Gender Development in Gross, R. (2020). <i>Psychology: The science of mind and behaviour 8th edition</i>. Hachette Learning.

4. 19/10/26	Week 4: What is my Brain doing now? How do the classic five outward-facing senses impact our behaviour? How do the internal hidden senses impact our behaviour? How much do you know about your brain? Reading for week 4: Part 2: Chapter 5 – Sensory Processes in Gross, R. (2020). <i>Psychology: The science of mind and behaviour (8th edition)</i>. Hachette Learning.
26/10/26	Reading week
5. 02/11/26	Week 5: My Brain and My Body How do you think chronic stress physically changes the body over time, and where do you feel stress most intensely in your own body? If a placebo pill can cause actual, measurable changes in physical healing, what does that tell us about the power of belief in medicine? Have you ever noticed your posture affecting your mood, or vice versa? How much control do we actually have over this loop? Reading for week 5: Part 2: Chapter 4 – The Nervous System in Gross, R. (2020). <i>Psychology: The science of mind and behaviour 8th edition</i>. Hachette Learning.
6. 09/11/26	Week 6: Seeing and Remembering If two people look at the same object but see different colours (like the famous "The Dress" debate), whose perception is the absolute truth? To what extent does our language and culture shape the physical things we notice or ignore? How does memory alter our current perception of an event while it is happening? Reading for week 6: Chapter 15 Perception: processes and theories, pp 242 – 250 and Chapter 17 Memory and Forgetting, pp 277 – 283 in Gross, R. (2020). <i>Psychology: The science of mind and behaviour 8th edition</i>. Hachette Learning.
7. 16/11/26	Week 7: Exploring our Social World How does common-sense knowledge turn opinion into an unquestioned "truth"? Why do strong groups (sharing a project) and weaker or alternate groups see the same physical reality through conflicting lenses? How does seeing a distorted or negative representation of your own demographic group in media impact your self-esteem and future aspirations? Reading for week 7: Chapter 22: Social Perception, pp362 – 376 in Gross, R. (2020). <i>Psychology: The science of mind and behaviour 8th edition</i>. Hachette Learning.

8. 23/11/26	Week 8: Who am I? Who decides our Identity? How do group memberships (gender, culture, religion) shape how others treat me versus how I see myself? Whose definition of "success" am I pursuing—mine or someone else's? How well do you know yourself? Reading for week 8: Chapter 33 – Development of the Self-Concept in Gross, R. (2020). <i>Psychology: The science of mind and behaviour 8th edition</i>. Hachette Learning.
9. 30/11/26	Week 9: Developing Differently Why do core emotional temperaments stay fixed for some, while trauma or healing radically rewrite adult personality? Does an atypical or divergent trait stem from genetic wiring, or does environment reshape expression via epigenesis? "Do you view neurodivergent conditions as medical disorders that need treatment, or simply as natural variations in human biology that society fails to accommodate?" Reading for week 9: Chapter 40 – Exceptional Development, pp 666-678 in Gross, R. (2020). <i>Psychology: The science of mind and behaviour 8th edition</i>. Hachette Learning.
10. 07/12/26	Week 10: Putting it all together Understanding other people's behaviour and how it affects our emotions. What does motivation mean to you? What do we mean by social facilitation and social loafing? Reading for week 10: Part 1: Chapter 1 in Gross, R. (2020). <i>Psychology: The science of mind and behaviour 8th edition</i>. Hachette Learning.