

Module code	ECPS3004
Title	Psychology and You
Date	15/10/2025
Level	3
Credits	20
Pre-requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To introduce students to psychology and support students understanding of how psychology concepts can relate to experiences of everyday life, while developing foundational skills for further study in psychology.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- understand how everyday experiences can be explained through different concepts and perspectives in Psychology.

INDICATIVE CONTENT

- An introduction to concepts in cognitive psychology.
- An introduction to developmental psychology, exploring how people grow and change across the lifespan.
- An introduction to the brain and biological psychology.
- An introduction to social psychology, exploring how individuals' thoughts, feelings and behaviours are influenced by the presence and actions of others in social contexts.
- An introduction to individual differences and how these differences influence human experience and interaction.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam

☒ Coursework

☐ Practical

Mode of assessment	Volume	Weighting
Portfolio	Minimum Four elements	100%

Assessment Summary

Activity type	Percentage
Written exam	0%
Coursework	100%
Practical	0%
TOTAL	100%

This module is not linked to a Professional, Statutory and Regulatory Body (PSRB).

INDICATIVE READING LIST

Module code	ECPS3004	
Module title	Psychology and You	
Classification	Reading list entry	Electronic*
Essential	Banyard, P., Norman, C., Dillon, G., & Winder, B. (2024). <i>Essential psychology</i> (4th ed.). Sage Publications.	☐
Essential	Gross, R. D. (2020). <i>Psychology : the science of mind and behaviour</i> (8th ed.). Hodder Education	☒
Essential	Holt, N., Bremner, A. J., Vliek, M., Sutherland, E., Passer, M. W., & Smith, R. E. (2024). <i>Psychology : the science of mind and behaviour</i> (5th ed.). McGraw-Hill.	☐
Further	Griggs, R. A., & Jackson, S. L. (2020). <i>Psychology : a concise introduction</i> (6th ed.). Worth Publishers.	☒
Further	Gross, R. D. (2012). <i>Key studies in psychology</i> (6th ed.). Hodder Education.	☒