

COURSE DESCRIPTIONS

APS 101: INTRODUCTION TO PSYCHOLOGY

Definition of Psychology. Nature and Scope of Psychology. Historical Growth of Psychology. Methods of Inquiry in Psychology. Heredity and Environment. Sensation and Perception. Learning and Motivation. Emotions, Frustrations and Conflict. Memory and Cognition. Abnormal Behaviour. Psychopathology and Psychotherapy. Social Psychology.

APS 102: SOCIAL PSYCHOLOGY

Definition of Social Psychology. Socialization and Roles. Self-insight. Social-insight. Social Cognition. Social Influence. Conformity. Compliance and Obedience. Communication. Attribution theory and Attributional biases. Attitude-formation and change. Cognitive Dissonance. Discrimination and Prejudice. Group Dynamics: Group-types, group relations, group thinking, and group action. Interpersonal attraction. – liking, love and marriage. Prosocial behaviour-altruism, antisocial behaviour – aggression. Power, Authority and Leadership.

APS 103: HISTORY AND SYSTEMS OF PSYCHOLOGY

Examination of the historical antecedents of modern psychology. Comparison of major historical systems and schools of psychology including: Structuralism, Gestalt Psychology, Behaviourism, Cognitive Psychology, Psychoanalytic Psychology and Functionalism. Perspectives in Psychology. Branches of Modern Psychology.

APS 106: INTRODUCTION TO LIFE CYCLE DEVELOPMENT

Psychobiological and sociocultural basis of behaviour. Theories of gender differences in behaviour. Development of gender stereotypes. Role participation and women's liberation movement. Understanding the psychology of power relations. Gender and psychology of violence. Women's movements. Gender and the work place. Gender and morality. Gender issues and the family. Developing health relationships between men and women.

APS 107: INTRODUCTION TO BIOLOGICAL PSYCHOLOGY

Meaning and scope. Historical concepts on the models of the brain. Biological bases of behaviour. Structure and function of the nerve cell. Molecular neurobiology and behavioural genetics. Electrical activity of the brain. Synaptic transmission and psychopharmacology. Organization of the nervous system. Sensory processes. Output system. Eating and drinking behaviour. Body temperature regulation. Sex and emotions. Biological rhythms and sleep. Language and cognition.

200 LEVEL

APS 201: PSYCHOLOGY OF PERSONALITY

Definition of Personality. Origins of Personality. Personality traits in various profiles. The social response aspects in personality development. Theories of personality development. Personality adjustment and maladjustment. The conforming versus non-conforming individual. Issues in personality development (cognitive processes, conditioning, identification, peer pressure, trial and error, modeling, methods of trait modification).

ACU 202: METHODS AND TECHNIQUES OF SOCIAL SCIENCE RESEARCH

Definitions of growth and development. Historical perspectives of child development. Principles of Growth and Development. The biological, social and cultural factors which influence growth and development. Human development from conception to adulthood. Theory and research in physical, motor, perceptual, cognitive, linguistic, socio-emotional, moral and personality development.

APS 203: CROSS-CULTURAL PSYCHOLOGY

Definition of Cross-Cultural Psychology. The subtle transaction between culture and behaviour. Culture and psychopathology. Culture and Sense of Self-Control and Situational Control of one's own behaviour. Need for achievement in one's own culture. Stages of moral development and management styles in work environment. Culture and Values.

APS 210: MOTIVATION AND EMOTION

Biological and sociological sources of needs. Consequences of gratification and frustration of needs. Maslow's hierarchy of needs. Physiological basis of emotions. Consideration of competency, security, creativity, frustration, aggression, love, sexuality and values (aesthetics). Theories of emotion. Biological, psychological and sociological determinants of human emotions. Theories of motivation emphasizing wants and desires. Instincts. Unlearned biological drives. Emotional state consequences of reward and punishment.

APS 212: CHILD PSYCHOLOGY

Introduction to child psychology. Historical perspectives on child psychology. Theories of child development. Stages of development: prenatal, infancy, early childhood, late childhood, adolescence. Areas of development: physical, cognitive, social, emotional, moral and personality. Factors influencing child development. Areas and methods of research on children. The child in context. Resilience in children

APS 213: INTRODUCTION TO COUNSELLING PSYCHOLOGY

Genesis and relevance of the modern counselling field. Definitions, goals and principles of psychological counselling. Major stages in the historical evolution of the modern counselling specialty. History of guidance practice in Kenyan schools. Vocational Psychology. Ways of disseminating career information in schools. Role and relevance of counselling and guidance in industrial, hospital, government and non-governmental organizations, and pastoral and family settings. Management and administration of counseling in school and non-school settings.

APS 214: HUMAN SEXUALITY

Definition of human sexuality. Research methods in human sexuality. Male and female sexual anatomy and physiology. Sexual arousal and response. Gender identity and gender roles. Relationships, intimacy and communication. Sexual orientations and behaviour patterns. Sexuality in childhood, adolescence, and adulthood. Sexual dysfunctions. Contraception and abortion. Sexually transmitted infections, including HIV/AIDS. A typical sexual variations. Sexual harassment, coercion and making responsible sexual decisions.

300 LEVEL

APS 301: HUMAN LEARNING

Definitions of learning and memory. The fundamentals of learning and memory. Types of learning: Conditioning (Pavlovian and Skinnerian), Insight, Concept, Problem-solving. The different kinds of human memory (sensory, short and long-term) and the salient factors influencing information storage and retrieval. Theory and the origins of innate foundations of human learning and memory. Reinforcement. Punishment. Observational learning. Remembering and forgetting.

APS 303: PSYCHOLOGY OF ADOLESCENCE

Definitions of Adolescence. Psychological dynamics of adolescents and young adults. Physical, social emotional, moral and personality development. Theories of adolescence. Family and peer group influences in adolescence. Sexual, cognitive and vocational development. Schooling and youth culture. Problems, challenges and coping strategies during adolescence. Behaviour modification of adolescents' delinquent behaviour.

APS 304: ABNORMAL PSYCHOLOGY

Definition of Abnormal Psychology. Behaviour disorders: anxiety neurosis, obsessive-compulsive reactions, somatoform, personality, psychosexual, eating, affective, schizophrenic and dementia-related disorders. Recent clinical and experimental findings as they relate to major conceptions of mental illness. Origins, treatment, and case studies of common behavior disorders analyzed in the context of adaptive personality development. Behaviour disorders of childhood maladaptive groups. Drug dependency and their correlation to abnormal behaviour.

APS 308: PSYCHOLOGICAL ASSESSMENT

Definition of psychological assessment. Historical developments. Principles underlying psychological assessment. Types and choice of assessment instruments and procedures. Time, economic and relative gain considerations. Rational-theoretical approaches. Empirical and internal consistency approaches. Behaviour samples and biographical data. Measurement of expressive behaviour. Basic issues; validity and reliability problems, cross cultural issues. Response distortions and problems of clinical judgment. Criticism of personality assessment. Ethical issues in psychological assessment.

APS 309: PSYCHOLOGY OF LANGUAGE

Definition of Language. Distinction between language and speech. Psychological and linguistic processes involved in speaking, listening, reading and writing. Theories of language acquisition (mother tongue and

subsequent languages). Milestones in language acquisition. Problems in language learning: lexical processing and lexical ambiguity, syntactic processing, interferences in discourse processing, speech acts, pragmatics, figurative accommodation, conceptual metaphors and poetic metaphors. Types of language difficulties and intervention measures.

APS 310: INTRODUCTION TO NEUROPSYCHOLOGY

Definitions of Neuropsychology. Functions of the brain's neurons, synapses, and electrical and chemical activities in psychological processes. Neural foundations of human perception, motivation, and emotion, learning, memory, movement and consciousness. Functions of localization in the brain, recovery from brain damage. Disorders of development and their consequences. Experiments in brain foundations of sensation, movement, emotion and learning in animals. Disturbances of function: Learning disorders, visual-motor deficits and other neurological manifestations.

APS: 315: PSYCHOLOGY AND CRIME

Key areas of criminological psychology. Evaluation of the range of contributions made by psychology to the theory, prevention, and treatment of criminal behaviour. The prevention and investigation of crime, and the understanding of criminal justice processes. Crime and individual differences. Criminal career research. Preventing criminality: early prevention, later prevention and rehabilitation. Varieties of criminal behaviour. Courtroom processes. Crime prevention and investigation.

APS 317: GROUP DYNAMICS

Definition of group dynamics. Groups: concepts, processes, formation and development. Types and characteristics of groups. Psychological theories of groups. Conflict in groups. Power and leadership in groups. Decision making in groups. Group and change. Mob psychology. Research on group behaviour. Communication and interaction styles. Advantages and disadvantages of groups.

APS 318: SECURITY PSYCHOLOGY AND STRATEGIC STUDIES

Definition of the terms security psychology and strategic thinking. Evolution of modern strategic thinking. Sources of security problems in a modern state (including unemployment, rural-urban migration, overpopulation, housing problems, abject poverty, stress and frustration, breakdown of law and order, customary versus transplanted laws, land tenure, market instability and untimely state policies). Role of public complaints commission and other extra judicial agencies in relation to administrative power over private rights.

APS 321: ENVIRONMENTAL PSYCHOLOGY

Definitions of Environment. The relationship between behaviour and the physical environment. Theory and field observation of environment. Perceptions of local ecology. Personal space. Territoriality. Privacy and crowding. Urban life. Design and architecture. Community and societal structures. Environmental aesthetics. Housing. Conglomeration. Residential satisfaction. Cultural differences. Rural-urban migration. Waste management. Control of environmental disasters.

APS 323: BEHAVIOUR MODIFICATION

Definition and history of behaviour therapy movement. Contributions of learning theory to behaviour modification principles. Major intellectual roots of the behaviour modifications paradigm (Watson, Pavlov, Skinner, Thorndike and Bandura). Fundamental principles, stages and techniques of behaviour modification. Problems amenable to behaviour modification process. Cognitive behaviour modification paradigm – a bridge between behaviour therapy and cognitive therapies.

APS 330: RESEARCH PROJECT

Students will undertake a supervised research project in one of their areas of interest. A completed report will be submitted for assessment at the end of the course. Students will be expected to display originality and mastery of content in their work. The submitted work must conform to the existing university requirements.

400 LEVEL

APS 401: CLINICAL PSYCHOLOGY

Definition of clinical psychology. Study of the settings, clients and activities of the clinical psychologist. The conceptual and methodological issues facing the clinical psychologist. Methods of clinical assessment. Forms of psychotherapy. Evaluation of the success of various psychological interventions.

APS 402: COGNITIVE PSYCHOLOGY

Definition of cognitive psychology. Piaget's theory of cognitive development. Approaches to the study of cognitive processes, with a focus on sensation, perception, intelligence, creativity, language learning, memory, concept-formation and problem-solving. Thinking, learning, reading and writing. Information processing. Transformation of ideas into actions. Brain damage.

APS 405: HEALTH PSYCHOLOGY

Background, definitions, overview and objectives of health psychology. Historical views of illness and health. Health vs. absence of disease. Changing patterns of illness and death. Health Psychology in context. Health Behaviour and experience, Food and eating, Sexual behaviour and experience; Illness and personality; Careers in Health psychology. Stress management Psychology in chronic and terminal illness. Pain and Its Management. Beyond medical care. The art of healing.

APS 406: PSYCHOLOGY OF POLITICS

Definition of political psychology. Psychological processes underlying political phenomenon. People's motivations to participate in political activism especially activism around social issues. Theoretical explanations of peace and tranquility versus anarchy and turmoil. Politics and conflict. Case studies of political systems.

APS 409: LIFESTYLE DISEASES AND REHABILITATION

Basic conceptualizations. Classification of life style diseases. Samples of life style diseases: substance abuse, alcoholism, STDs, stress disorders, impulsivity or poor self control, poor anger management,

suggestibility and gullibility, the excessive appetite and/or acute self starvation, perseveration, Type A behaviour pattern. Rehabilitation approaches: nutritional therapy, behaviour therapy, self management, anger management (Meichenbaum's model). Executive stress management

APS 410: EXPERIMENTAL PSYCHOLOGY

Introduction to the scientific method as used in psychology. Includes the formation of hypotheses, design of research, conduct of one or more studies, statistical analysis of data, and writing up of results. Critical interpretation of research findings is emphasized.

APS 412: ORGANIZATIONAL PSYCHOLOGY

Definition of organizational psychology. Role of human factors in organizational management. Addressing work-related issues using organizational psychology strategies. Designing effective work environments. An analysis of various factors leading to organizational difficulties. Methods of enhancing communication within an organizational structure. Organizational health psychology. The application of psychological principles and methods to problems in the work environment including prediction of job performance, selection, performance appraisal and personnel training.

APS 417: SCHOOL PSYCHOLOGY

Definitions. Scope and applications. Brain development and learning. Piaget's stages of cognitive development. Intelligence. Types, theories and transfer of learning. Remembering and forgetting. Attitudes and motivation in learning. Factors influencing learning; Classroom interaction and management; Dealing with behaviour problems in the class. Learning disabilities and remedies available. Special education needs and the gifted learners. School psychology.

APS 420: FAMILY PSYCHOLOGY

Meaning and scope. Historical background and basic conceptualizations. The concept of the family unit. Personality development in the family. Theoretical perspectives on the family. Theories of family pathology. Invisible loyalties in the family setting. Marital separation. Children of divorce. Psychological dimensions of domestic violence. Diagnostic perspectives on the family. The role of the father in children's personality and cognitive development. Family stress and coping in modern Africa.

APS 427: ADULT DEVELOPMENT AND AGING

Distinguishing between gerontology and geriatrics. The major seasons of adulthood (Eriksson's theory). Characteristics of older people. Theories of the life-cycle in adult development. Norms, status and roles. Socialization in adulthood. The impact of age grade system in adult cultural conditioning in Africa. The mid-life crisis. Theories of aging and mortality. Biological, social and cultural determinants of aging. Major social problems of aging persons. Physiological and intellectual changes. Functional disorders, special concerns of successful old age in Africa.

APS 424: PROFESSIONAL ISSUES AND ETHICS

Introduction to professional ethics. Values and ethics in the helping relationship. Client rights and counselor responsibilities. Confidentiality. Managing boundaries and multiple relationships. Professional competence and training. Multicultural perspectives. Ethical issues in group work. Ethical issues in marital and family therapy. Supervision and consultation.

APS 430: PSYCHOLOGY AND SPIRITUALITY

Effects of religious and spiritual beliefs on behaviour, physical and psychological health. religious and psychological explanations of human nature. Good and evil. Why good people do bad things. Factors leading to the development of cults. Structure of cults. Psychological explanations of helpfulness and cruelty. Role of guilty. Forms of religion and spiritual experience. Religious practices. Role of prayer and meditation on mental health. Types of religious rituals and effects on mental health. Religious explanations and interventions.

