

## **İstanbul Okan University Psychology Department Course Content**

### **TRD111/TRD112 Turkish Language I - II (2 Credits)**

The aim of this course is to study the characteristics and grammar rules of the Turkish language, and through examples, to improve students' skills in writing, speaking, comprehension (reading and listening), and expression (oral and written). It also aims to familiarize students with Turkish and world literature and culture.

### **ATA111/ATA112 Ataturk's Principles and History of Revolution I - II (2 Credits)**

The aim of this course is to provide students with fundamental historical knowledge about the War of Independence, which laid the foundations of modern Turkey in 1923. It also focuses on the basic principles of the Republic of Turkey under Atatürk's leadership, examining political, legal, social, and economic reforms aimed at creating an independent and modern Republic of Turkey.

### **CLP001 Career and Life Planning (1 Credit)**

The aim of this course is to enable students to articulate their expectations from university education, to develop themselves by using their education process productively, to gain general knowledge about professional life, and to prepare themselves for this life from the first year of their studies.

### **SOC103 Sociology (3 Credits)**

This course covers the main subjects, theories, and concepts of sociology, as well as the methodology and logic of sociological inquiry. It offers a general analysis of the political, economic, and cultural components that make up the social structure and the relationship between the individual and society. The course examines how different social and historical conditions shape sociology, as well as temporal, spatial, and hierarchical changes and transformations. These topics are discussed through comparative examples from Turkey and other countries.

### **PHIL102 Philosophy (3 Credits)**

The aim of this course is to provide a convincing and comprehensible picture of the nature of philosophy, to explain how different philosophical perspectives have led to diversity in moral reality, the nature of truth, and the role of society in intellectual inquiry, and to present the philosophical foundations of contemporary views on ethics, values, truth, and wisdom.

### **BBA222 Entrepreneurship Applications (2 Credits)**

The aim of this course is to enlighten students about entrepreneurship by sharing the experiences of successful role models. The course covers successful examples in entrepreneurship, role models in the field, the development of entrepreneurship culture and awareness, the entrepreneurship ecosystem, and available financing opportunities for entrepreneurship.

### **CORE301 Academic Reading & Writing I (2 Credits)**

The aim of this course is to help students improve their English reading and writing skills.

### **CORE302 Intermediate Academic Spoken English (2 Credits)**

The aim of this course is to help students improve their English speaking skills.

### **PSY104/PSY107 Introduction to Psychology I - II (3 Credits)**

The aim of this course is to teach the basic theories and concepts of psychology, research methods, the biological foundations of behavior, and the concept of lifespan development.

### **PSY151/152 Statistics in Behavioral Sciences I – II (3 Credits)**

This course covers some fundamental topics in statistics, the classification of data obtained from various types of research in behavioral sciences, the performance of descriptive statistics, the execution of statistical calculations using normal distribution curves, and the application of correlation and simple regression analyses appropriate to the data type. General principles of inferential statistics, general principles and concepts related to hypothesis formulation and hypothesis testing, and various hypothesis testing methods and techniques are also covered.

### **PSY201/PSY202 Research Methods in Psychology I - II (3 Credits)**

The aim of this course is to provide fundamental concepts and knowledge of the scientific method, teach major scientific approaches and research techniques, address publication and research ethics, and develop the skill of writing a scientific paper. It also covers experimental and non-experimental research designs, basic principles of research design, and developing the critical perspective necessary to evaluate scientific work.

### **PSY212 Cognitive Psychology (3 Credits)**

The aim of this course is to ensure that students understand the information-processing model, its structures and processes, and theories related to pattern recognition, attention, memory, retrieval, and encoding, decision-making, problem-solving, learning, and language.

### **PSY214 Psychology of Learning (3 Credits)**

The aim of this course is to help students understand the basic processes of different types of learning, make predictions about human behavior based on these processes, and interpret these predictions in the context of everyday learning experiences.

### **PSY221 Social Psychology I (3 Credits)**

The aim of this course is to inform students about the fundamental processes influencing interpersonal behavior and to provide them with conceptual knowledge of the basics of the field of social psychology, to understand the effects of cultural values on our social behavior, and to learn to critically examine Western theories from different cultural perspectives.

### **PSY 231/232 Developmental Psychology I - II (3 Credits)**

The aim of this course is to explain the concept of lifespan development, introduce developmental areas and the fundamental concepts of developmental psychology; in addition, to delve deeply into the theories within developmental psychology, to discuss the history and research methods of developmental psychology with supporting readings, to examine the individual's developmental process from prenatal to death in its physical, cognitive, and socio-emotional aspects; and to discuss development in its cognitive, social, and emotional dimensions within the preschool, school-age, early adulthood, middle age, and old age periods.

### **PSY251 Statistical Computer Program for Social Sciences (3 Credits)**

This course enables students to gain practical knowledge of data entry, data analysis, and interpretation of results using SPSS software, preparing them to analyze data in research processes.

### **PSY261/262 English for Psychology I - II (3 Credits)**

The aim of this course is to expand students' English vocabulary in the field of psychology, and to develop their English language skills to a level where they can discuss psychological theories in English, read and understand academic literature in the field of psychology, and write clearly and accurately about psychological topics.

### **PSY 303/PSY304 Field Studies I - II (3 Credits)**

The aim of this course is to enable students to design and implement an empirical study.

### **PSY306 Independent Study (3 Credits)**

The aim of this course is to equip students with the knowledge and skills necessary to conduct an independent research project, covering the entire process from the proposal stage to the reporting stage. Within the scope of the course, students learn how to formulate a research question, review and evaluate relevant literature, present a research proposal, collect data, analyze the collected data, and report the research.

### **PSY309 Stress (3 Credits)**

The purpose of this course is to provide students with a general introduction and in-depth knowledge of the effects of stress on the human body and psychology, and ways to cope with stress. The types of stress, its physiology, its relationship to personality, and its relationship to quality of life, emphasizing cognitive and behavioral approaches to coping will be covered in this course.

### **PSY310 Motivation and Emotions (3 Credits)**

This course aims to examine the basic motivations and emotions specific to mammalian species within the contexts of evolution, development, learning, physiology, and social interaction. Topics include the sympathetic system and related endocrine system, the hypothalamus and limbic system, basic drives, urges, and emotions along with related theories; as well as detailed

discussions of fundamental mechanisms underlying motivations ranging from love and attachment to hunger, thirst, sexual, and psycho-social drives.

### **PSY311/PSY312 Selected Topics in Cognitive Psychology I – II (3 Credits)**

The aim of this course is to enable students to gain an in-depth understanding of advanced theories related to memory and perception, and in this context, to comprehend the principles of how the mind operates.

### **PSY313 Physiological Psychology (3 Credits)**

This course aims to teach students the anatomical and biochemical foundations of the nervous system underlying behavior, within the context of brain–behavior interaction.

### **PSY321 Interpersonal Relationships (3 Credits)**

This course aims to provide students with knowledge about the basic characteristics of interpersonal communication and the major approaches that shape the study of interpersonal communication.

### **PSY322 Communication (3 Credits)**

This course aims to equip students with basic communication skills and raise awareness of the importance of communication in daily life.

### **PSY323/PSY324 Theoretical Approaches to Interactions in Family I – II (3 Credits)**

By the end of this course, students will have knowledge of concepts, theories, and models related to family interaction; will be familiar with empirical research findings from both Western and Turkish contexts; and will be able to conduct cross-cultural and interdisciplinary comparisons.

### **PSY325/PSY326 Gender I – II (3 Credits)**

This course is designed to provide students with the foundational literature on gender equality and gender differences, raising awareness in this field. By examining major theoretical approaches, it offers a critical reading of topics related to family, sex, and gender. The course includes a historical and comparative analysis of gender roles, and examines issues such as status and identity from the perspective of gender studies.

### **PSY329/PSY330 Cross Cultural Psychology I–II (3 Credits)**

The aim of this course is to examine the differences in psychological phenomena across various regions of the world and the interaction between culture and human behavior, to enable students to critically examine existing psychological theories from the perspective of cultural differences, and to provide a general foundation for cross-cultural research and studies.

### **PSY331 Selected Topics in Developmental Psychology (3 Credits)**

The aim of this course is to compare parent–child relationships, marital relationships, and their effects on children’s psychological adjustment. It also seeks to explain the effects of peer relationships on adolescents’ psychological adjustment, and to discuss the relationships between moral development, prosocial behaviors, and aggression in children.

### **PSY332 Applied Developmental Psychology (3 Credits)**

The aim of this course is to compare parent–child relationships, marital relationships, and their effects on children’s psychological adjustment. It also seeks to explain the effects of peer relationships on adolescents’ psychological adjustment, and to discuss the relationships between moral development, prosocial behaviors, and aggression in children.

### **PSY333 Adolescence (3 Credits)**

This course introduces students to the developmental period known as adolescence. It examines the physical, social, emotional, and cognitive changes that occur during this stage, the interrelations among these changes, and how adolescence is experienced within family and friendship contexts. Cultural influences and challenges faced during adolescence are also discussed.

### **PSY343 Personality Theories I (3 Credits)**

This course aims to evaluate the concept of personality, its theories, and key theorists. Students will gain theoretical knowledge about the concept of personality and the approaches of major theorists to personality development.

### **PSY346 Psychopathology (3 Credits)**

This course provides students with a general introduction to psychopathology, including its history, classification based on the DSM-5, symptoms, etiology, and epidemiology. It also covers differential diagnosis and treatment methods.

### **PSY354 Testing And Assessment (3 Credits)**

This course introduces the fundamental purposes and principles of psychological assessment. Topics include types of measurement and scales, measuring psychological characteristics, areas where measurements are used, methods for developing measurement tools, basic purposes and principles of measurement in psychology, psychometric properties, standardization procedures, validity and methods of determining validity, reliability and methods of determining reliability, norm studies, as well as basic statistical concepts and applications of correlation, regression, and factor analysis.

### **PSY355 Evolutionary Psychology I (3 Credits)**

The aim of this course is to examine human behavior and cognitive capacities from an evolutionary perspective. Topics include Darwin’s theory of evolution by natural selection and more recent theoretical developments, as well as the evolutionary basis of male and female

mate selection strategies. The course also discusses how evolutionary thinking can provide an integrative conceptual framework for psychology as a whole.

### **PSY359 Environmental Psychology (3 Credits)**

The aim of this course is to examine human interactions within their living environment, introduce the environment and its role in life, investigate the effects of physical and social environments on human psychology, explain the field, main concepts, theories, and methods of environmental psychology, explore the impact of physical, chemical, biological, and social environments on health, emphasize the importance of the environment in human life, foster environmental sensitivity, and relate all these aspects to psychology.

### **PSI360 Industrial Psychology (3 Credits)**

This course provides theoretical and conceptual knowledge about the fundamental concepts of Industrial and Organizational Psychology. It also covers techniques used by industrial psychologists in practice, including job analysis, selection and placement, performance evaluation, training, employee satisfaction assessments, restructuring, and more.

### **PSY361 Presentation Techniques in Psychology (3 Credits)**

The aim of this course is to equip students with presentation skills sufficient to prepare and deliver presentations for scientific events in the field of psychology. Students conduct research on topics determined at the beginning of the semester and then prepare and deliver presentations.

### **PSY401/PSY402 Forensic Psychology I - II (3 Credits)**

This course aims to introduce the topics dealt with by forensic psychology, one of the applied fields of psychology, address practical issues related to the subject, and evaluate the gains achieved through practices in this area.

### **PSY 405 Ethical Principles in Psychology (3 Credits)**

This course aims to inform undergraduate psychology students—who will engage in broad professional activities as practitioners and academics in various fields—about ethical dilemmas, violations, and approaches to solutions they may encounter; to teach the fundamental ethical principles that must be adhered to in psychology in Turkey; and to convey professional ethical principles through case examples from various fields. The course also aims to create a self-regulatory mechanism for psychology students.

### **PSY406 History of Psychology (3 Credits)**

This course aims to explain the scientific foundations of modern psychology and key topics related to structuralism, functionalism, behaviorism, Gestalt psychology, psychoanalysis, humanistic psychology, and cognitive psychology approaches.

### **PSY410 Health Psychology (3 Credits)**

By the end of this course, students will be able to explain theoretical views and research findings on how patients cope with their illnesses, the psychological/mental health status of their social lives, and reasons why they become ill.

### **PSY421 Research in Social Psychology (3 Credits)**

The aim of this course is to equip students with knowledge to critically address recent research findings within social psychological approaches on any topic under the theme of the self.

### **PSY422 Selected Topics in Social Psychology (3 Credits)**

This course aims to examine recent research findings on aggression, gender, and environmental psychology within the framework of social psychological approaches.

### **PSY426 Traffic Psychology (3 Credits)**

The aim of this course is to define fundamental concepts, approaches, and techniques in traffic psychology, including psychotechnical assessment and applications.

### **PSY431 Cognitive Development (3 Credits)**

This course aims to define cognitive processes, understand age-related changes in attention, working memory (WM), short-term memory (STM), and intelligence, explain biological and environmental factors playing roles in these changes, and introduce important experimental paradigms for studying cognitive development.

### **PSY432 Social Development (3 Credits)**

The aim of this course is to cover the formation of early relationships; the perception of self and others; family, parents, and socialization; influences outside the family; socialization and social development; and the evaluation of social development tests.

### **PSY433/PSY434 Atypical Child Psychology I –II (3 Credits)**

The aim of this course is to discuss issues related to intellectual disability within available resources and to conduct observations at educational centers for children with intellectual disabilities.

### **PSY435/436 Interview Techniques I – II (3 Credits)**

This course aims to introduce students to psychological interview techniques and to cover the fundamental concepts of interviewing.

### **PSY437 Selected Topics in Psychopathology (3 Credits)**

This course aims to provide broad general knowledge about psychopathological conditions as defined in the DSM-5. Through readings and class discussions, it covers etiology, epidemiology, symptoms, findings, and differential diagnosis of selected mental disorders.

### **PSY440 Selected Topics in Clinical Psychology (3 Credits)**

This course aims to provide broad general knowledge related to the field of clinical psychology. Through readings and class discussions, students will learn and discuss selected clinical psychology topics in detail by the end of the course.

### **PSY441 Clinical Psychology (3 Credits)**

This course aims to introduce students to the field of clinical psychology, including the roles and responsibilities of clinical psychologists, the subjects they address, and the assessment methods and psychotherapies they use.

### **PSY443/PSY444 Psychological Tests I – II (3 Credits)**

The aim of this course is to provide an in-depth examination of the concept of psychological testing encountered in all subfields of psychology, including content and usage, technical and theoretical foundations, and important topics such as validity and reliability in test development, standardization, item construction, and ethical considerations. The course also covers the evaluation, purposes, and applications of frequently used scales today.

### **PSY445 Trauma Psychology (3 Credits)**

This course aims to identify post-traumatic stress disorders that may arise after potential trauma, describe their symptoms, causes, stages, and effects on risk groups, and discuss appropriate approaches to victims.

### **PSY446 Current Approaches in Child Psychopathology (3 Credits)**

This course aims to teach students about mental health problems in children and intervention methods, detailing psychological approaches used when working with children and their families in cases of child mental health disorders and their effects.

### **PSY447/PSY448 Psychotherapy Techniques I – II (3 Credits)**

This course aims to provide students with general knowledge and skills about the nature and practice of psychotherapy, examining current theoretical approaches alongside historical perspectives including psychoanalysis, structuralism, behaviorism, and existentialism, and teaching psychotherapy methods applied based on these theories.

### **PSY451 Selected Topics in Industrial Psychology (3 Credits)**

This course aims to provide an overview of personnel selection techniques used by psychologists who wish to work in Human Resources within the field of Industrial and Organizational Psychology, which can be useful in work settings and guide institutions. It also aims to impart theoretical knowledge about motivation and leadership, two of the most important topics in Industrial Psychology.

### **PSY452 Testing And Assessment in Industrial Psychology (3 Credits)**

The aim of this course is to enable psychologists who wish to work in Human Resources within Industrial and Organizational Psychology to perform applications related to performance evaluation, training needs analysis, preparation of training programs, training evaluation, and career management effectively in the workplace and for institutions.

### **PSY453/PSY454 Counseling Psychology I – II (3 Credits)**

This course aims to discuss theories and approaches related to psychological counseling, introduce students to several basic methods and techniques used in psychological counseling, and discuss counseling applications in institutions such as educational settings, health centers, and workplaces.

### **PSI455/PSI456 Readings in Psychology I-II (3 Credits)**

The primary aim of this course is to enable undergraduate students to understand introductory English texts related to the field, learn the terminology of the discipline, and expand their vocabulary. The curriculum focuses on teaching key words for the discipline and commonly used phrases in Academic English. The course covers fundamental topics within the discipline, as well as important theories, facts, and concepts.