

## Minors in Psychology for external students



24 EC (in English)

### Minor in Psychology (MIP)

The Minor in Psychology consists of four courses in period 1 and 2, providing a broad background in Psychology. The courses will introduce students to some of the most pivotal fields in Psychology, i.e., Social Psychology, Personality Psychology, Psychopathology, and Neuropsychology:

#### 1. PERIOD 1: September – October

##### 1. **Social Psychology** ('Social Behaviour')

Social Behaviour offers an introduction into social psychology: how is the behaviour of a person influenced by the presence of others? In this course you will explore how phenomena such as group dynamics, prejudice, conformity pressure, stereotyping, and attribution influence our concepts about others and ourselves and our corresponding behaviour.

##### 2. **Personality Psychology** ('Personality and Individual Differences')

This course will focus on differences between humans. Why is one person completely frightened when watching a low-budget horror movie scene, while another can only laugh about all its clichés? Do persons respond so differently because of their genetic or cultural differences? Is personality shaped by nature or nurture? And does one have a 'personality' at all, considering how differently you can respond in different situations, roles or at a different age. In this course you will discuss among others different theories on personality, the nature of intelligence, and causes of individual differences. Special attention will be given to social implications and applications (e.g., Human Resources; assessment, selection and training).

#### 2. PERIOD 2: November – December

##### 3) **Psychopathology** ('Psychopathology')

What is abnormal behaviour? How does a disorder, such as an anxiety, mood, psychotic or eating disorder, develop? And what can be done about it in terms of psychotherapy and pharmacotherapy? How effective are different forms of therapy? In this course you will become familiar with the clinical picture of and diagnostic criteria for the most frequent psychological disorders. You will discuss the different theories on their origin, related empirical findings, and get an introduction to widely used treatments for these disorders.

#### 4) Neuropsychology ('Body and Behaviour')

The most important structure for explaining human behaviour is our brain. Why do you get an appetite for a cup of soup in the afternoon and why do smokers crave for a cigarette time and time again? Which brain processes cause jet lag? These and many other questions will be touched upon in this course. Based on a number of themes, such as sleep, food, addiction, sex and movement, you will learn more about the biological mechanisms underlying our behaviour. You will become familiar with basal concepts of neurochemistry (the chemical substances in the brain), neuroanatomy (the structure of the brain) and neurophysiology (how neurons transmit information in the brain). Finally, the course introduces the measuring instruments that are nowadays available to study our brain.

You can register for this minor via Special Course Approval, using course code: 4501MIPSY. Please, use only this code and do not register the individual courses separately.

#### More information

[www.askpsy.nl](http://www.askpsy.nl)

<http://go.askpsy.nl/coursecatalogue/>

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