

**Assumption University  
Theodore Maria School of Arts  
Department of General Education  
Course Outline 1/2026**

**Course** : GE1209 Psychology Application in Daily Life  
**Credit** : 3  
**Status** : Social Science Elective Course/Free Elective Course  
**Prerequisite** : None  
**Lecturer** : Dr. Thitiya Disphanurat

**Course Description** : Theories of psychology, sensations, perception, thoughts, motivation, stress and its effect on human behaviors, responding to difficult life situation, EQ, AQ, SQ, Stress Management, Resilience.

**Course Objectives:** The course aims to enable students to

1. understand some basic concepts and theories of psychology that are related to human beings.
2. understand different human behaviors.
3. apply their psychological knowledge to live a better life with other people in the society.
4. analyze basic theories of psychology in relation to their life.

**Teaching-Learning Activities:**

1. Interactive Lectures
2. Revision Exercises/Written Assignments
3. Group Discussion
4. Case Studies
5. Debate
6. Self-Assessment Exercise

**Course Components and Mark Allocation:**

Class Participation	10%
Group Assignment and Discussion	20%
Self-Assessment Report	10%
Quizzes	10%
Debate	10%
Integrated Project	15%
Final Examination	<u>25%</u>
<b>Total</b>	<u><b>100%</b></u>

**Class Requirement:**

- At least 80% class attendance is required. Failure to comply with this rule will result in debarment/exclusion from the final examination.
- Attendance is checked during class hours along with the class participation.
- After 15 minutes, the attendance is taken as “late” attendance. After 30 minutes, no attendance is given. 3-late attendance is equal to one absence.
- The class activities such as quizzes, group discussion, etc. will be conducted during class hours with prior notice. The make-ups for these class activities are not allowed.

**Evaluation:**

80% - 100%	=		A
78% - 79%	=		A-
73% - 77%	=		B+
70% - 72%	=		B
68% - 69%	=		B-
63% - 67%	=		C+
60% - 62%	=		C
58% - 59%	=		C-
50% - 57%	=		D
0% - 49%	=		W

**Textbook :**

Feldman, R. (2024). Essential of Understanding Psychology. 14th ed. New York: McGraw-Hill.

**References:**

Kearn, T. & Lee, D. (2016). General Psychology : An Introduction. Oregon:The Diener Education Fund

Plotnik R. (2013). Introduction to Psychology. 13<sup>th</sup> ed. CA: Wadsworth Publishing Company.

Spielman R.M., et.el. (2020). Psychology2e. Rice University : Openstax.

Weiten, W & Lloyd, M.A. (2006). Psychology Applied to Modern Life : Adjustment in the 21<sup>st</sup> Century. 8<sup>th</sup> ed. NY : Thompson Wadsworth

**Study Plan and Schedule:****Week 1**

Class 1 : Class Introduction : Course Syllabus Discussion  
Psychologists at Work : Discovering Psychology, Definition & Goals

Class 2 : Today's Five Major Perspectives of Psychology

**Week 2**

Class 1 : Discussion #1 : Psychology Matters

Class 2 : The Nervous System : Communicating within the Body

**Week 3**

Class 1 : The Structure of the Brain and its Functions

Class 2 : The Specialization of the Hemispheres : Two Brains or One?  
The Split Brain: Exploring the Two Hemispheres

**Week 4**

Class 1 : Sensing the World Around Us

Class 2 : Perceptual Organization : Rules of Organization

**Week 5**

Class 1 : States of Consciousness : Stages of Sleep, Circadian Rhythm

Class 2 : The Importance of Sleep

**Week 6**

Class 1 : The Foundation of Memory : Recalling Long-Term Memory  
Forgetting: When Memory Fails

Class 2 : Discussion#2 : Applying Memory Principles : Practicing a Smarter Study

**Week 7**

Class 1 : Debate

Class 2 : Quiz I

-----**NO MIDTERM EXAMINATION**-----

**Week 8**

Class 1 : Basic Learning Theories : (1) Classical Conditioning

Class 2 : Basic Learning Theories : (2) Operant Conditioning

**Week 9**

Class 1 : Basic Learning Theories : (3) Cognitive Approach to Learning  
Applying Learning Theories to Human Behavior

Class 2 : Theories of Motivation

**Week 10**

Class 1 : Maslow Hierarchy of Human Needs

Class 2 : Discussion #3 : The Analysis of Human Behaviors

**Week 11**

Class 1 : Fixed vs Growth mindset : Changing Your Mindset to Unleash Your Potential

Class 2 : Personality : Psychodynamic Approach, Trait Approach and Others

**Week 12**

Class 1 : Self-Assessment Exercise – Determining what Makes us Distinctive  
Class 2 : Discussion#4: Building Up Your Self-Esteem

**Week 13**

Class 1 : Dynamic of Adjustment  
Stress and Its Effect  
Class 2 : Coping Exercise

**Week 14**

Class 1: Emotional Intelligence Analysis  
Components of Emotional Intelligence  
Class 2 : Quiz II

**Week 15**

Class 1 : Integrated Project Presentation  
Class 2 : Revision for Final Examination

-----**FINAL EXAMINATION**-----

**Date: October 02, 2026 Time: 13.00 – 16.00 hrs.**

**\*\*\*Check and confirm the examination date and time with the registrar’s notice again before examination period\*\*\***

*September 18, 2026 : Last day to withdraw with “W” (withdrawing after this date will be given “WF”)*

**LOCATION AND CONTACT INFORMATION**

GENERAL EDUCATION (GE) office hours are Monday through Friday, 8.30 a.m. – 16.30 p.m.

Office Location: CL10

Phone : 02-7832222 Ext.2485

Email Address: general\_education@au.edu

**Au VISION 2000**

Assumption University of Thailand envisions itself as:

- an international community of scholars,
- enlivened by Christian inspiration,
- engaged in the pursuit of Truth and Knowledge,
- serving human society, especially through the creative use of interdisciplinary approaches and cyber technology.

**ENVISIONING Au GRADUATES**

Assumption University of Thailand envisions its graduates as:

- healthy and open-minded persons, characterized by personal integrity, an independent mind, and positive thinking,
- professionally competent, willing to exercise responsible leadership for economic progress in a just society,
- able to communicate effectively with people from other nations and to participate in globalization.

**AU MISSION**

Assumption University, an International Catholic University, is committed to be the light that leads learners and its stakeholders from all parts of the world towards wisdom, Truth, and Christian values and to discover “Treasure Within” themselves. Via effective teaching and research pedagogies of international standards as well as community engagement, the University aims to form individuals to be intellectually competent, morally sound, and spiritually enriching, accountable, righteous, and service-minded citizens; excelling in serving communities comprising of diverse cultures.

**Au UNIQUENESS**

“An International Catholic University”

**Au IDENTITY**

- Ethics
- English Proficiency
- Entrepreneurial Spirit

**THEODORE MARIA SCHOOL OF ARTS**

([www.arts.au.edu](http://www.arts.au.edu))

**VISION AND MISSION****Vision**

An international community of business communicators in Thailand

**Mission**

Theodore Maria School of Arts will ensure that: the School will...

1. Enhance business language skills
2. Promote cultural awareness
3. Foster academic networking
4. Encourage ethical standards and practices

**TAGLINE**

เติมเต็มศิลป์ภาษา พัฒนาศาสตร์ธุรกิจ

**Language Education, Business Inspiration**

**ARTS ORGANIZATIONAL CULTURE: More than faculty, we are family**

- Open communication
- Mentoring system
- Dedication
- Caring
- Teamwork

- Commitment
- Resource sharing

### Core Values

A = Adaptability  
 R = Responsibility  
 T = Togetherness  
 S = Sustainability

### Core Competencies

Employability  
 Multiculturalism  
 Internationalization

### Quality Assurance Process

Students should understand and apply the Quality Assurance Process in their study. The Plan-Do-Check-Act Cycle (PDCA) provides an easy but effective approach for problem solving and managing change, ensuring that ideas are appropriately tested before the full implementation. It can be used in all sorts of situations and can be clarified as follows:

**Plan:** Define the current problem, process, and issue and establish objectives and processes required to deliver the desired results.

**Do:** Implement the plans and new processes developed.

**Check:** Monitor and evaluate the implemented process by testing the results against the predetermined objectives.

**Act:** Apply actions necessary for improvement if the results require changes.

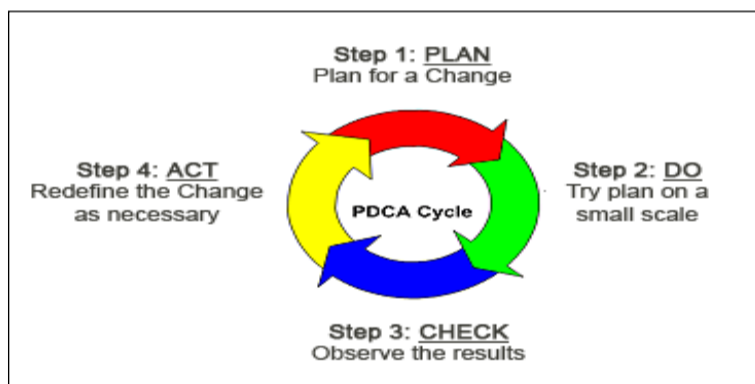


Figure 1: PDCA Cycle (<http://www.swopehealth.org>)

### **Plagiarism**

Plagiarism is a serious academic offence, a serious breach of ethical conduct and is unacceptable student behavior. Students who plagiarize copying words or ideas without acknowledging the original writer of the words or ideas, will face disciplinary action. This will range from receiving an “F” in the subject to university suspension.

## **THEODORE MARIA SCHOOL OF ARTS Advising and Counseling 1/2026**

All Arts students (Business English, Business French, Business Chinese, Business Japanese, and English - Chinese for Digital Communication) must meet with their advisors before they pre-register for the 2/2026 semester. Students who fail to come for their advising and counseling session will not be allowed to register for 2/2026 during the pre-registration period.

Names of advisors for semester 1/2026 will be posted on the faculty website ([www.arts.au.edu](http://www.arts.au.edu)), at CL 11 and on the Department Boards at SM Bldg. Arts students are required to check their advisors' names every semester and meet with them before the pre-registration.

