Assumption University
Theodore Maria School of Arts
Department of General Education
Course Outline 2/2026

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. 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%
Final Presentation	15%
Final Examination	25%
Total	100%

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. 13th 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 21st Century. 8th 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 : Psychology's Key Issues and Controversies

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 : Dynamic of Adjustment
Stress and Its Effect

Week 13

Class 1 : Coping strategies
Breathing Exercise
Class 2 : Psychological Aspects of Well-Being

Week 14

Class 1: Discussion#4: "Does money buy happiness?"
Class 2 : Quiz II

Week 15

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

----------FINAL EXAMINATION----------

Date: March 8, 2027 Time: 13.00-16.00 hrs.

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

February 19, 2027 : 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)
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.

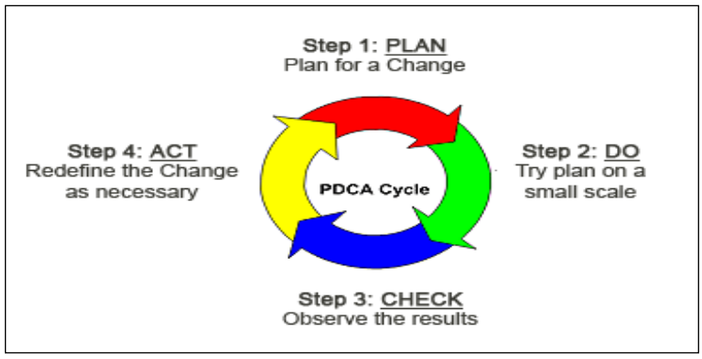


Figure 1: PDCA Cycle (http://www.swopehealth.org)

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.