

## COURSE OUTLINE

### 1. GENERAL INFORMATION

<b>FACULTY</b>	ECONOMY AND MANAGEMENT		
<b>DEPARTMENT</b>	ORGANIZATIONS MANAGEMENT, MARKETING AND TOURISM		
<b>LEVEL OF STUDY</b>	UNDERGRADUATE		
<b>COURSE CODE</b>	1605-230205	<b>SEMESTER</b>	2nd
<b>TITLE</b>	PSYCHOLOGY		
<b>Autonomous Teaching Activities</b>		<b>WEEKLY TEACHING HOURS</b>	<b>CREDITS</b>
Lectures		3	5
<b>COURSE TYPE</b>	GENERAL BACKGROUND		
<b>PREREQUISITE COURSES</b>	NONE		
<b>TEACHING LANGUAGE</b>	GREEK AND ENGLISH		
GREEK AND ENGLISH (ERASMUS STUDENTS)	YES		
YES			

### 2. LEARNING OUTCOMES

<b>Learning outcomes</b>
<p>Students after the completion of the course will be able to:</p> <ol style="list-style-type: none"> <li>1. Knowledge: acquire the necessary knowledge to describe mental functions, and to combine the behavior, emotions, and personality of the individual.</li> <li>2. Understanding: distinguish basic information about the stages of human development and explain the elements that characterize each stage. They will generalize basic information about the psychological problems of individuals as well as the basic methods of dealing with them.</li> <li>3. Application: discover basic principles of Psychology that are applied in the workplace and classify stimuli. They examine the psychological factors that affect stress at work and produce basic methods of effective management.</li> <li>4. Analysis: combine and develop how to apply basic communication skills in the work environment.</li> <li>5. Composition: compose and explain basic psychological principles related to group dynamics at work, and create their models in case studies.</li> <li>6. Evaluation: compare and define basic psychological supplies that will strengthen them in the process of evaluation and problem solving as well as support and manage tensions/conflicts in the workplace.</li> </ol>
<b>General Skills</b>
<ul style="list-style-type: none"> <li>• Search, analysis, and synthesis of data and information using the necessary</li> </ul>

technologies

- Adaptation to new situations
- Decision making
- Autonomous work
- Respect for diversity and multiculturalism
- Demonstration of social, professional, and moral responsibility and sensitivity to gender issues
- Exercise criticism and self-criticism
- Promotion of free, creative, and inductive thinking

### 3. COURSE CONTENT

The subject of the course is the study of the principles of Psychology in the context of their application in the field of Management of Organizations, marketing, and tourism. The topics included in the content of the course are the following:

1. Analysis of the scientific subject and the branches of Psychology.
2. Presentation of basic principles regarding the mental functions of the individual (learning, memory, perception, attention, thinking, intelligence, etc.).
3. Analysis of the basic principles of understanding the behavior, emotions, and motivations of the individual.
4. Presentation of the basic theories of personality.
5. Analysis of the stages of human development.
6. Presentation of the basic psychological theories explaining the mental problems as well as the basic therapeutic methods of dealing with them.
7. Analysis of the stress phenomenon and presentation of methods for its effective management.
8. Analysis of the concept of communication and presentation of basic communication skills.
9. Analysis of basic principles related to the dynamics of teams at work.
10. Presentation of problem-solving and tension management techniques in the workplace.
11. Leisure time management
12. Case studies in marketing
13. Psychology in shaping tourist destinations

### 4. TEACHING AND LEARNING METHODS - ASSESSMENT

<b>TEACHING METHOD</b>	Face to Face
<b>ICT USE</b>	The topics of the course will be presented using modern teaching techniques such as the use of PowerPoint slides, the use of audiovisual material, and the use of interactive and experiential exercises. At the same time, the digital platform of the International University of Greece, as well as the online e-mail of the University, will be utilized.

TEACHING ORGANIZATION	Activities	Working Load per Semester
	Lectures	39
	Interactive Teaching	31
	Bibliographic study and analysis	40
	Thesis writing	40
	Total	150
ASSESSMENT	<ul style="list-style-type: none"> <li>• Students will be assessed through the written exam process at the end of the semester. The written exams will include short answer questions (concluding assessment).</li> <li>• The test material is posted on Moodle and, before the test, time is spent on answering questions about the test material.</li> <li>• A file of students' examination documents is kept until they receive their degree.</li> <li>• After the exam, time is available to each student to clarify his / her mistakes and explain his / her grade.</li> </ul>	

## 5. REFERENCES

### ***-Suggested bibliography:***

- Aldridge, S. & Rigby, S. (2001). Counseling skills in context. Hodder and Stoughton.
- Bennett, P. (2015). Clinical psychology: psychopathology through the lifespan. Open University Press.
- Bosniadou S. (2007). Introduction to Psychology: Biological, Developmental and Behavioral Approaches. Gutenberg. Athens 2007
- Galanakis, M. (2012). Work Psychology. Stamoulis Publications.
- Cooligan, H. (2008). Psychology of work. Papazisis Publications.
- Feldman, R.S. (2017). Understanding psychology (12th edition). McGraw - Hill.
- Griggs, R.A. (2016). Psychology: a concise introduction (5th edition). Worth Publishers.
- Hayes, N. (2011). Introduction to psychology (ed. A. Kostaridou - Euclid.). Field Publications.
- Hook, D., Franks, B. & Bauer, M.W. (2011). The social psychology of communication. Palgrave - McMillan.
- Schacter D, Gilbert D, Wegner D, Nock M. (2018). Introduction to psychology. Gutenberg Publications
- Warr, P. (2002). Psychology at work. Penguin books.

### **Related scientific journals**

Journal of Applied Psychology  
Annual Review of Psychology  
Hellenic Journal of Psychology  
Journal of Business and Psychology  
European Journal of Work and Organizational Psychology  
Journal of Personality and Social Psychology  
Journal of Health Psychology  
International Journal of Stress Management