

*Title and Code of Course:* ERPB-BPSA 1251 – General Psychology 2. practice

*Instructor's Name:* Áron Horváth

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Credit Point Value: <b>6</b>	Number of Lessons per Week: <b>2</b>	Type of Course: <b>Seminar</b> <input checked="" type="checkbox"/> <b>Lecture</b> <input type="checkbox"/>	Method of Evaluation: <b>Oral Examination</b> <input type="checkbox"/> <b>In-Class Presentation</b> <input type="checkbox"/> <b>Other</b> <input checked="" type="checkbox"/>
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**Course Description:**

The goal of the course is to provide an overview and personal experience in topics related to healthy adult psychological functioning, such as problem solving, creativity, emotions (recognition, triggering), communication, nutrition, eating disorders and body image, sexuality, performance motivation and aggression.

**Bibliography:**

- Sternberg, R. J., Sternberg, K., & Mio, J. (2012). Cognitive psychology. Cengage Learning Press:  
Problem solving and creativity (442-486)  
Decision making and Reasoning (p487-529)
- Oatley, K., Keltner, D., & Jenkins, J. M. (2006). *Understanding emotions*. Blackwell publishing.  
Communication of emotions (p83-112)  
Appraisal, Knowledge, and experience (p161-182)
- Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. R., & Lutz, C. (2014). Introduction to psychology. Cengage Learning.:  
Hunger, eating, and eating disorders (p367-378)  
Language and communication (p320-326)  
Gender and sexuality (p378-387)  
Aggression (p420-429)