

PSY100 Introduction to Psychology A

School: School of Health - Psychology

2026 | Trimester 1

UniSC Sunshine Coast
UniSC Moreton Bay

**BLENDED
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

Online

ONLINE

You can do this course without coming onto campus, unless your program has specified a mandatory onsite requirement.

Please go to usc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This course provides an introduction to the social and cultural dimensions of human behaviour and mental processes, and their development. These are examined in relation to cognitive development, social development, social behaviour, personality, motivation, emotion, health and wellness, and intercultural and Indigenous cultural influences. The course also presents an introduction to methods of psychological research outside of the laboratory.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Tutorial/Workshop 1 – On-campus large class workshop - 2 hours	2hrs	Week 1	12 times
Tutorial/Workshop 2 – On-campus small class workshop - 1 hour	1hr	Week 1	12 times
ONLINE			
Tutorial/Workshop 1 – Online synchronous large class workshop - 2 hours	2hrs	Week 1	12 times
Tutorial/Workshop 2 – Online synchronous small class workshop - 1 hour	1hr	Week 1	12 times

1.3. Course Topics

- Science and pseudoscience in psychology
- Research methods
- Personality
- Emotion and Motivation
- Human Development
- Social Psychology
- Health Psychology
- Cross-cultural Psychology

1.4. Mature Content

Drug Use, Sex/Sexual references, Adult themes

2. What level is this course?

100 Level (Introductory)

Engaging with discipline knowledge and skills at foundational level, broad application of knowledge and skills in familiar contexts and with support. Limited or no prerequisites. Normally, associated with the first full-time study year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES MAPPING	PROFESSIONAL STANDARD MAPPING *
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...	Australian Psychology Accreditation Council
1 Remember, comprehend, apply, review, and explain the terminology, topics, issues, and theories of psychology.	Knowledgeable Creative and critical thinker Empowered Engaged	1, 1.1.1, 1.1.10, 1.1.12, 1.1.2, 1.1.3, 1.1.7, 1.1.9, 1.1, 1.2, 1.3, 1.4, 1.5, 1.6
2 Critically review empirical literature on a psychology topic and prepare a critical essay, that includes clear and concise academic writing and the appropriate use of APA formatting requirements.	Knowledgeable Creative and critical thinker Engaged	1.2, 1.3, 1.6
3 Use the scientific method to critically analyse information and develop knowledge about research designs.	Knowledgeable Creative and critical thinker Empowered	1.2, 1.3, 1.4, 1.5, 1.6
4 Participate in and identify different types of psychological research designs and methodologies used in psychological research.	Empowered Ethical Engaged	1.6

* Competencies by Professional Body

CODE	COMPETENCY
AUSTRALIAN PSYCHOLOGY ACCREDITATION COUNCIL	
1	FOUNDATIONAL COMPETENCIES: Graduates at this level have broad and coherent knowledge and skills in the scientific discipline of psychology. Programs for foundational competencies typically comprise an APAC-accredited sequence in psychology either as part of a 3-year program leading to a Bachelor Degree or as an equivalent stand-alone sequence of psychology units combined with a Bachelor Degree in a different discipline.

CODE	COMPETENCY
1.1.1	Graduates will be able to comprehend and apply a broad and coherent body of knowledge of psychology, with depth of understanding of underlying principles, theories and concepts in the discipline, using a scientific approach, including the history and philosophy underpinning the science of psychology and the social, cultural, historical and professional influences on the practice of psychology
1.1.10	Graduates will be able to comprehend and apply a broad and coherent body of knowledge of psychology, with depth of understanding of underlying principles, theories and concepts in the discipline, using a scientific approach, including social psychology
1.1.12	Graduates will be able to comprehend and apply a broad and coherent body of knowledge of psychology, with depth of understanding of underlying principles, theories and concepts in the discipline, using a scientific approach, including research methods and statistics
1.1.2	Graduates will be able to comprehend and apply a broad and coherent body of knowledge of psychology, with depth of understanding of underlying principles, theories and concepts in the discipline, using a scientific approach, including individual differences in capacity, behaviour and personality
1.1.3	Graduates will be able to comprehend and apply a broad and coherent body of knowledge of psychology, with depth of understanding of underlying principles, theories and concepts in the discipline, using a scientific approach, including psychological health and well-being
1.1.7	Graduates will be able to comprehend and apply a broad and coherent body of knowledge of psychology, with depth of understanding of underlying principles, theories and concepts in the discipline, using a scientific approach, including motivation and emotion
1.1.9	Graduates will be able to comprehend and apply a broad and coherent body of knowledge of psychology, with depth of understanding of underlying principles, theories and concepts in the discipline, using a scientific approach, including lifespan developmental psychology
1.1	Graduates will be able to comprehend and apply a broad and coherent body of knowledge of psychology, with depth of understanding of underlying principles, theories and concepts in the discipline, using a scientific approach, including the following topics:
1.2	Graduates will be able to apply knowledge and skills of psychology in a manner that is reflexive, culturally appropriate and sensitive to the diversity of individuals.
1.3	Graduates will be able to analyse and critique theory and research in the discipline of psychology and communicate these in written and oral formats.
1.4	Graduates will be able to demonstrate an understanding of appropriate values and ethics in psychology.
1.5	Graduates will be able to demonstrate interpersonal skills and teamwork.
1.6	Graduates will be able to demonstrate self-directed pursuit of scholarly inquiry in psychology.

5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

Not applicable

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

SCS101

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

Students will undertake early formative quizzes before Week 4 and a peer reviewed article summary in Week 4. These formative assessments will not be included in the final mark, but will help students prepare for the weighted assessment tasks that will contribute to their final grade.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Quiz/zes	Individual	30%	Refer to Canvas.	Throughout teaching period (refer to Format)	Online Test (Quiz)
All	2	Oral	Individual	25%	Refer to Canvas.	Throughout teaching period (refer to Format)	Online Submission
All	3	Essay	Individual	40%	1500 words.	Throughout teaching period (refer to Format)	Online Assignment Submission with plagiarism check
All	4	Activity Participation	Individual	5%	Refer to Canvas.	Throughout teaching period (refer to Format)	To be Negotiated

All - Assessment Task 1: Task 1 Quizzes

GOAL:	The aim of the Quizzes is for students to develop an understanding of the course content, to apply the knowledge of the course content, and to demonstrate their understanding of this knowledge.		
PRODUCT:	Quiz/zes		
FORMAT:	<p>This assessment task requires students to answer a series of questions on the content covered in the course. There will be a total of 4 quizzes spread between weeks 3 and 12.</p> <p>Quiz 1 will be due between weeks 3 and 4, quiz 2 between weeks 6 and 7, quiz 3 between weeks 9 and 10, and quiz 4 in week 12.</p> <p>Please refer to your course Canvas site at the commencement of the teaching trimester to confirm the due date for this assessment task.</p>		
CRITERIA:	No.		Learning Outcome assessed
	1	Accuracy and correctness of response.	1
GENERIC SKILLS:	Problem solving, Applying technologies, Information literacy		

All - Assessment Task 2: Task 2 Presentation

GOAL:	To create a presentation on a given psychological topic.		
PRODUCT:	Oral		
FORMAT:	This assessment task will be due between weeks 5 - 7 of the teaching trimester. The final date of submission for this task will be determined once public holidays and the course timetable have been published prior to the commencement of the trimester. Please refer to your course Canvas site at the beginning of the teaching trimester to confirm the due date for this assessment task.		
CRITERIA:	No.	Learning Outcome assessed	
	1 Ability to summarise and synthesis research article in an individual oral presentation.	1 3	
GENERIC SKILLS:	Communication, Problem solving, Organisation, Applying technologies, Information literacy		

All - Assessment Task 3: Task 3 Essay

GOAL:	The goal of this task is to write a psychology essay on a given topic within psychology.		
PRODUCT:	Essay		
FORMAT:	This assessment task will be due between weeks 10-12 of the teaching trimester. The final date of submission for this task will be determined once public holidays and the course timetable have been published prior to the commencement of trimester. Please refer to your course Canvas site at the commencement of the teaching trimester to confirm the due date for this assessment task.		
CRITERIA:	No.	Learning Outcome assessed	
	1 Ability to summarise and synthesise research literature in an argumentative (persuasive) essay.	2 3	
GENERIC SKILLS:	Communication, Problem solving, Organisation, Information literacy		

All - Assessment Task 4: Task 4 Research Participation

GOAL:	The goal of this task is to gain experience in psychological research by participating in real and/or mock research projects.		
PRODUCT:	Activity Participation		
FORMAT:	You can submit this task anytime throughout the Trimester, with a final submission in week 12.		
CRITERIA:	No.	Learning Outcome assessed	
	1 Participation in research.	4	
GENERIC SKILLS:	Information literacy		

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Required	Scott O. Lilienfeld, Steven Jay Lynn, Laura L. Namy	2025	Psychology: From Inquiry to Understanding	Fourth [Australian Edition]	Pearson

8.2. Specific requirements

Nil

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- (a) The final mark is in the percentage range 47% to 49.4%; and
- (b) The course is graded using the Standard Grading scale

10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:

- (a) One day: deduct 5%;
- (b) Two days: deduct 10%;
- (c) Three days: deduct 20%;
- (d) Four days: deduct 40%;
- (e) Five days: deduct 60%;
- (f) Six days: deduct 80%;
- (g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:

Less than 15 minutes: No penalty
From 15 minutes to 30 minutes: 20% penalty
More than 30 minutes: 100% penalty

10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email safe@usc.edu.au.

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.10. General Enquiries

In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au