

# 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 [unisc.edu.au](http://unisc.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
<b>BLENDED LEARNING</b>			
<b>Tutorial/Workshop 1</b> – On-campus large class workshop - 2 hours	2hrs	Week 1	12 times
<b>Tutorial/Workshop 2</b> – On-campus small class workshop - 1 hour	1hr	Week 1	12 times
<b>ONLINE</b>			
<b>Tutorial/Workshop 1</b> – Online synchronous large class workshop - 2 hours	2hrs	Week 1	12 times
<b>Tutorial/Workshop 2</b> – 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

### 5.5. Microcredential Information

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

<b>GOAL:</b>	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.									
<b>PRODUCT:</b>	Quiz/zes									
<b>AUTHORSHIP STATEMENT:</b>										
<b>FORMAT:</b>	<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>									
<b>CRITERIA:</b>	<table border="1"> <thead> <tr> <th>No.</th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Accuracy and correctness of response.</td> </tr> </tbody> </table>	No.	Learning Outcome assessed	1	Accuracy and correctness of response.	<table border="1"> <thead> <tr> <th>No.</th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>1</td> </tr> </tbody> </table>	No.	Learning Outcome assessed	1	1
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1	Accuracy and correctness of response.									
No.	Learning Outcome assessed									
1	1									
<b>GENERIC SKILLS:</b>	Problem solving, Applying technologies, Information literacy									

### All - Assessment Task 2: Task 2 Presentation

<b>GOAL:</b>	To create a presentation on a given psychological topic.		
<b>PRODUCT:</b>	Oral		
<b>AUTHORSHIP STATEMENT:</b>			
<b>FORMAT:</b>	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.		
<b>CRITERIA:</b>	<b>No.</b>		<b>Learning Outcome assessed</b>
	1	Ability to summarise and synthesis research article in an individual oral presentation.	1 3
<b>GENERIC SKILLS:</b>	Communication, Problem solving, Organisation, Applying technologies, Information literacy		

### All - Assessment Task 3: Task 3 Essay

<b>GOAL:</b>	The goal of this task is to write a psychology essay on a given topic within psychology.		
<b>PRODUCT:</b>	Essay		
<b>AUTHORSHIP STATEMENT:</b>			
<b>FORMAT:</b>	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.		
<b>CRITERIA:</b>	<b>No.</b>		<b>Learning Outcome assessed</b>
	1	Ability to summarise and synthesise research literature in an argumentative (persuasive) essay.	2 3
<b>GENERIC SKILLS:</b>	Communication, Problem solving, Organisation, Information literacy		

### All - Assessment Task 4: Task 4 Research Participation

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

You need regular access to the resource(s) below. Many texts are available as ebooks through the [Library](#) at no additional cost.

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. 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>

#### 10.5. 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.

#### 10.6. General Enquiries

For course-specific questions, contact your teaching staff or Course Coordinator.

For other enquiries or to access support, please contact Student Central:

- [UniSC Student Central](#)
- [UniSC Adelaide Student Central](#)