

## LİSANS PROGRAMI DERS TANITIM FORMU

|                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             |                                         |                                        |                 |                                                      |         |                |  |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------------------------------------|----------------------------------------|-----------------|------------------------------------------------------|---------|----------------|--|
| Dersin Adı : <u>Humanistic psychology</u> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             |                                         | Kodu :                                 |                 | Program Adı : <u>Psychology</u>                      |         |                |  |
| <b>Education and Teaching Methods</b>     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             |                                         |                                        |                 |                                                      |         | <b>Credits</b> |  |
| Theory                                    | Application                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Lab.        | Project/<br>FieldStudy                  | Home<br>work                           | Other           | Total                                                | Credit  | ECTS<br>Credit |  |
| 3                                         | 0                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 0           | -                                       | -                                      | -               | 3                                                    | 3       | 5              |  |
| Semester                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             | <u>Fall</u>                             |                                        | Course language |                                                      | Turkish |                |  |
| Dersin Türü                               | Alan Eğitimi <input type="checkbox"/>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |             | Meslek Bilgisi <input type="checkbox"/> | Genel Kültür <input type="checkbox"/>  |                 | AE/MB/GK Seçmeli <input checked="" type="checkbox"/> |         |                |  |
| Compulsory/<br>Elective                   | This course introduces the history of positive psychology.                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |             |                                         |                                        |                 |                                                      |         |                |  |
| Learning<br>Outcomes and<br>Competencies  | 1- 1- At the end of this course, students; can evaluate the interaction of psychological, biological and physical elements of humanistic psychology with each other and the consequences of this interaction in terms of health and well-being.<br>2- 2- They recognize and discuss different theories about humanistic psychology.<br>3- 3- They recognize different concepts in humanistic psychology.<br>4- 4- They can discuss different theories and measurement methods about well-being, happiness and positive emotions. |             |                                         |                                        |                 |                                                      |         |                |  |
| Textbooks and /<br>or References          | Positive Psychology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |             |                                         |                                        |                 |                                                      |         |                |  |
| <b>DEĞERLENDİRME ÖLÇÜTLERİ</b>            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             |                                         |                                        |                 |                                                      |         |                |  |
| <b>Theoretical Courses</b>                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             |                                         | <b>Proje Course and Finishing Work</b> |                 |                                                      |         |                |  |
|                                           | mark it as<br>(x)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Percent (%) |                                         | mark it as<br>if (x)                   | Percent (%)     |                                                      |         |                |  |
| Midterms                                  | X                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 40          | Midterm exam                            |                                        |                 |                                                      |         |                |  |
| Quizzes                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             | in-period<br>control                    |                                        |                 |                                                      |         |                |  |
| Assignments                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             | interim delivery                        |                                        |                 |                                                      |         |                |  |
| Project                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             | Oral Exam                               |                                        |                 |                                                      |         |                |  |
| Laboratuar                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             | Final Exam                              |                                        |                 |                                                      |         |                |  |
| Final Exam                                | X                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 60          | Other                                   |                                        |                 |                                                      |         |                |  |
| Diğer                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             |                                         |                                        |                 |                                                      |         |                |  |
| <b>Week</b>                               | <b>ISSUES</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |             |                                         |                                        |                 |                                                      |         |                |  |
| 1                                         | Introduction to Humanistic Psychology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |             |                                         |                                        |                 |                                                      |         |                |  |
| 2                                         | Historical and Methodical Perspective on Humanistic Psychology                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             |                                         |                                        |                 |                                                      |         |                |  |
| 3                                         | Identifying Strengths                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |             |                                         |                                        |                 |                                                      |         |                |  |
| 4                                         | Mental Health                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |             |                                         |                                        |                 |                                                      |         |                |  |
| 5                                         | Subjective Well-being and Happiness                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |             |                                         |                                        |                 |                                                      |         |                |  |
| 6                                         | Control and Wise Awareness                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |             |                                         |                                        |                 |                                                      |         |                |  |
| 7                                         | Authenticity and the Quest for Uniqueness                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |             |                                         |                                        |                 |                                                      |         |                |  |
| 8                                         | Relationships and the Effect of Intimacy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |                                         |                                        |                 |                                                      |         |                |  |
| 9                                         | Forgiveness and Empathy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |             |                                         |                                        |                 |                                                      |         |                |  |
| 10                                        | Humanistic Psychology for Children                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |                                         |                                        |                 |                                                      |         |                |  |
| 11                                        | Aging Well                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |             |                                         |                                        |                 |                                                      |         |                |  |
| 12                                        | Humanistic Psychology in Business Life                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |             |                                         |                                        |                 |                                                      |         |                |  |
| 13                                        | Humanistic Psychology in the Context of Multiculturalism                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |                                         |                                        |                 |                                                      |         |                |  |
| 14                                        | General evaluation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |                                         |                                        |                 |                                                      |         |                |  |
| Sorumlu Öğretim<br>Elemanları             | Dr. Öğr. Üyesi Elvan KİREMİTÇİ CANIOZ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |             |                                         |                                        |                 |                                                      |         |                |  |
| Elektronik Posta                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             |                                         |                                        |                 |                                                      |         |                |  |
| Web Adresi                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             |                                         |                                        |                 |                                                      |         |                |  |