

University of Mohammed Boudiaf, M'sila.

Department of psychology

Module: English language.

Level: second year.

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You are
the best
students

This poem is for you my lovely students

Dear students,

You are very special students

And I want you to know

How I loved to be your teacher,

How fast the year did go

Please comeback to visit me

As through the grades you grow

Try hard to learn all you can

There is so much to know

The one thing I tried to teach you

To last your whole life through,

Is to know that you are special

Just because you are Freud's sons and daughters

I love you so much and best of luck.

I miss you my dears

The syllabus

You are
stars

Lessons:

- 1. Psychology.**
- 2. The psyche division according to Sigmund Freud.**
- 3. Defense mechanisms.**
- 4. Models of Psyche.**
- 5. Disorders.**

Projects

- 1. Psychology.**
- 2. The psyche division.**
- 3. Behavior.**
- 4. Defense mechanisms.**
- 5. Phobias.**
- 6. Dreams.**
- 7. Social introversion.**

8. Psychological issues.

9. Causes of pressure.

10. Depression.

11. Shocks.

Never stop
shining

Np:

*Try to send the projects in well-written form via my email so that i can send you the feedback later. (Students, who did not present during the semester and the ones, who presented but did not submit a written form).

*Try to answer the homework very well and respect the deadline.

* do not use google when it comes to the answer of your homework because I trust your ability.

I cannot believe the end is here, I
hate to see you go, because you
are stars that light up my life

Our memories together

Group one:

Such beautiful faces I remember how you changed your way of sitting in class so that we can walk freely and when I wanted to give you chocolate, fatiha said: I want to come to the board and take my chocolate. You made me astonished.

Group two:

The nicest group ever, I still remember the first day we met, Miss Hanane was so nervous because we did not find a class. Then we enjoyed our trip together and how Mr. Khaled gave me the beautiful flower and paper in women's day. I love you so much.

Group three:

The happy group and the one I love a lot, you used to attend even if the session was at 8 morning you never say no. you are hard workers. I still remember Alia's stories.

You are stars.

Group four:

My first session was with you, such lovely group, you used to laugh a lot and ask me to translate. I still remember how you used to laugh about your classmate Aissa. Such lovely group, I miss you

Group five:

The noisy group ever but even though I love you so much. I still remember how we played the game; it was amazing. You made me astonished because you changed all your hobbits and became amazing. Mr Ashour Yousef, you really made me astonished by attending all my lectures.

Lesson 01: Psychology

Text:

Psychology can be defined as the study of the mental processes and the behavior of human beings. The term psychology comes from the Greek word psyche, which means "breath, spirit, soul" and the word logia, which means, "Study of."

Psychology emerged from biology and philosophy and is closely linked to other disciplines including sociology, medicine, linguistics, and anthropology.

Topics and questions in psychology can be looked at in a number of different ways. Let's take the topic of violence as an example. Some psychologists may look at how biological influences contribute to violence, while other psychologists might look at how factors such as culture, family relationships, social pressure, and situational variables influence violence.

Some of the major perspectives in psychology include the:

Biological perspective

Cognitive perspective

Behavioral perspective

Evolutionary perspective

Humanistic perspective

Each perspective helps contribute a new level of understanding to a topic.

Questions:

A/Answer the following questions from the text:

- 1) What is the origin of the word Psychology?
- 2) How Psychology came to be what it is today?
- 3) What are the major perspectives of Psychology?
- 4) What is the function of the different perspectives in Psychology?

B/ Translate the following words to Arabic:

- 1/Cognitive perspective
- 2/Social pressure
- 3/Humanistic perspective
- 4/ Biological perspective
- 5/Mental processes
- 6/Psyche

NP:

Project one: psychology

Lesson two: the psyche division according to Sigmund Freud

Definitions:

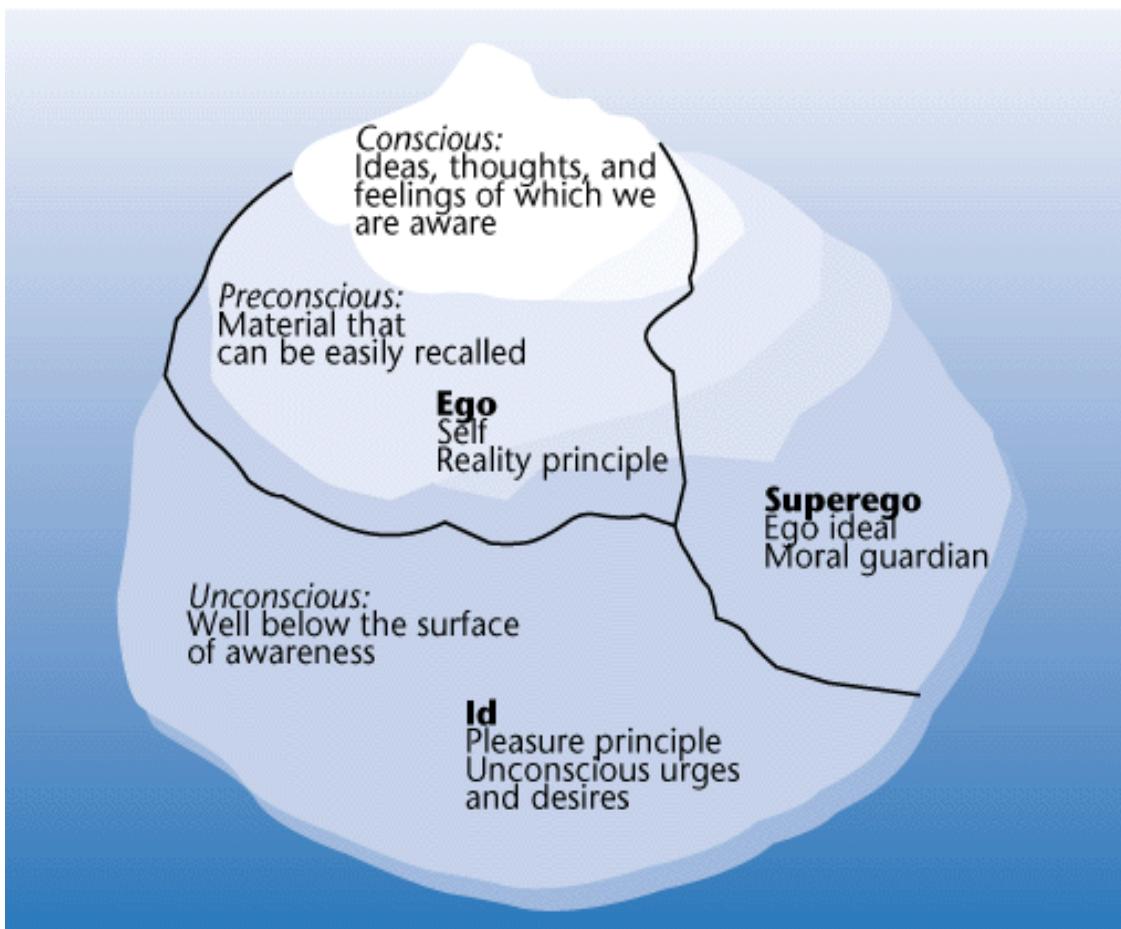
id: "...the location of the drives" or libido; seeks pleasure, avoids pain.



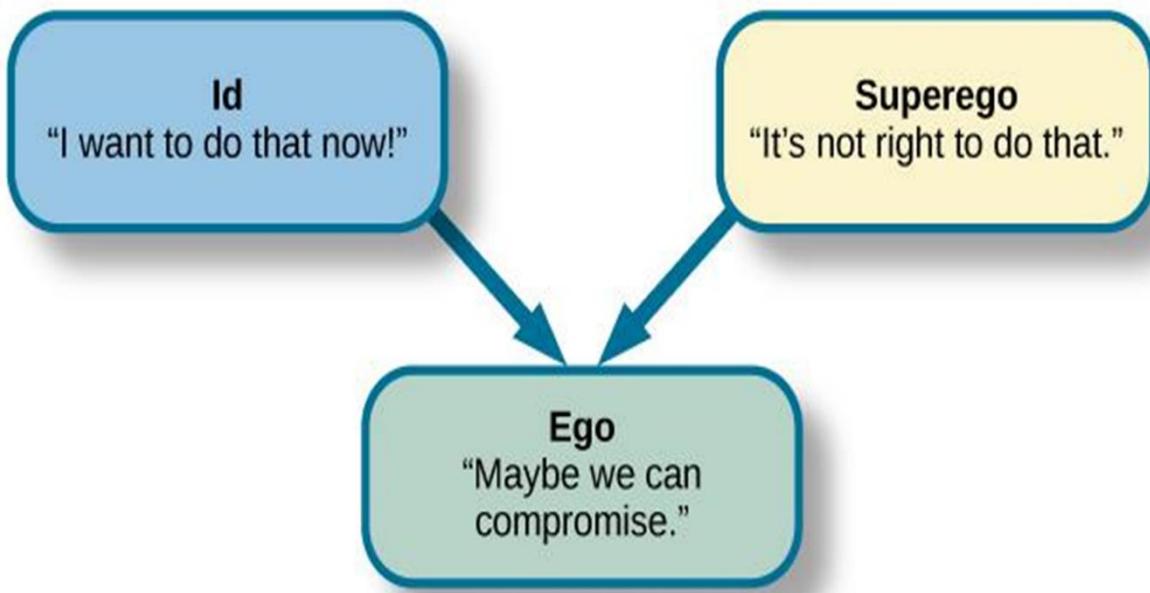
Ego: "...one of the major defenses against the power of the drives..." and home of the defenses listed above; balances id and super-ego.

Superego: the area of the unconscious that houses judgment (of self and others) and "...which begins to form during childhood as a result of the Oedipus complex"; strives for perfection.





Sigmund Freud, the founder of psychoanalysis, compared the human mind to an iceberg. The tip above the water represents consciousness, and the vast region below the surface symbolizes the unconscious mind. Of Freud's three basic personality structures—id, ego, and superego—only the id is totally unconscious.



Psychotic Psyche



Examining “Cinderella” from a Psychoanalytic Perspective

*Consider Cinderella as a representative of the id: expressing desire.

*Consider the stepmother and stepsisters as representatives of the superego:
preventing the id from fulfilling its desire.

*Consider the fairy godmother and the prince as representatives of the ego:
negotiating between

NP:

Projects:

1/the psyche division.

2/ Behavior.

Lesson three: defense mechanisms

**Keep us
unaware of
our
unconscious
experiences**

**Can break down
and result in
anxiety, which
reveal CORE
ISSUES**

**Defenses do not
operate in the
same manner they
do when awake**

**an unconscious
psychological mechanism
that reduces anxiety
arising from unacceptable
or potentially harmful
stimuli**

1/DISPLACEMENT

It Occurs whenever dreamer use a safe person, event, or object as a “stand-in” to represent a more threatening person, event, or object.

2/Repression: when a feeling is hidden and forced from the consciousness to the unconscious because it is seen as socially unacceptable.

3/Regression: falling back into an early state of mental/physical development seen as "less demanding and safer.

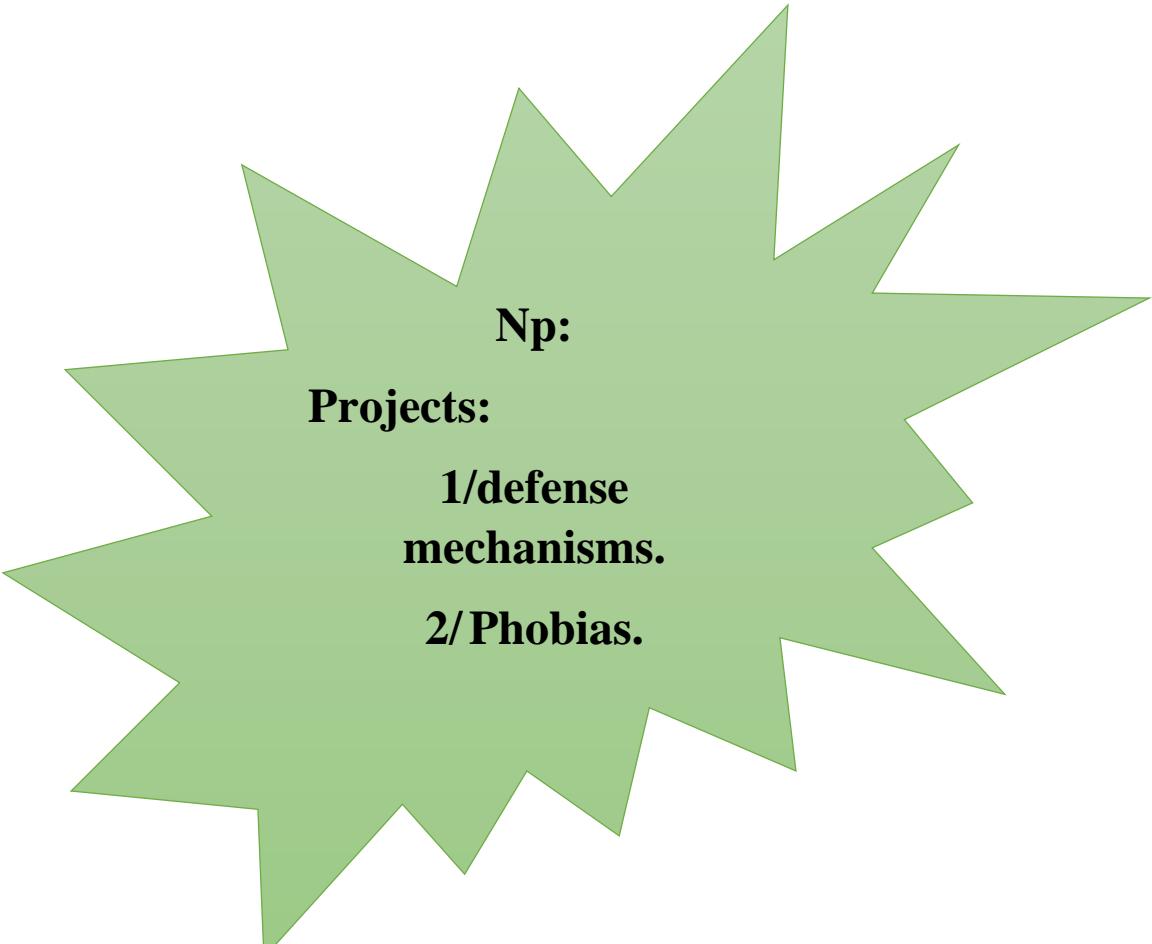
4/Projection: possessing a feeling that is designed as socially unacceptable and instead of facing it, that feeling or "unconscious urge" is seen in the actions of other people.

5/Sublimation: Sublimation is similar to displacement, but takes place when we manage to displace our unacceptable emotions into behaviors, which are constructive and socially acceptable, rather than destructive activities.

6/Denial: it involves a refusal to accept reality, thus blocking external events from awareness.

12 Defense Mechanisms: Sigmund Freud

- | | |
|----|--|
| 1 | Compensation: Strengthen one to hide another. |
| 2 | Denial: Refuse to face a negative behavior. |
| 3 | Displacement: Take it out on someone else. |
| 4 | Identification: Attach to something positive. |
| 5 | Introjection: Conform feelings for approval. |
| 6 | Projection: See your faults & foibles in others. |
| 7 | Rationalization: Excuse and justify mistakes. |
| 8 | Reaction Formation: Pretend you are different. |
| 9 | Regression: Act much younger to feel better. |
| 10 | Repression: Putting things into darkness. |
| 11 | Ritual & Undoing: Override negative with habit. |
| 12 | Sublimation: Divert negative into acceptable. |



Np:

Projects:

**1/defense
mechanisms.**

2/ Phobias.

Lesson four: Models of Psyche

Unconscious/Pre-conscious/Conscious

1) Unconscious: the site of conflict and trauma, what one has repressed, what one cannot know without analytical help (It is not that one does not know she is obsessively washing her hands, but rather that she cannot explain why). It makes itself manifest through "gaps" ;unintended lapses in memory, slips of tongue, puns and dreams.

*The unconscious is influenced by childhood events

- a. The developmental stages
- b. Relationships with parents
- c. Drives of desire and pleasure form where children focus (oral, etc.)
- d. Fear of loss (loss of physical ability, loss of affection from parents, loss of life, etc.)

2) Pre-conscious: what one is not thinking, but could if one chose to (short and long-term memory). It consists of anything that could potentially be brought into the conscious mind.

3) Conscious: what one is presently aware of. It contains all of the thoughts, memories, feelings, and wishes of which we are aware at any given moment. This is the aspect of our mental processing that we can think and talk about rationally. This also includes our memory, which is not always part of consciousness but can be retrieved easily and brought into awareness.

Np:
Projects:
1/dreams.
2/Social introversion.

Lesson five: Disorders

Introduction

Psychological disorders, also referred to as mental disorders, are abnormalities of the mind that result in persistent behavior patterns that can seriously affect your day-to-day function and life. Many different psychological disorders have been identified and classified, including eating disorders, such as anorexia nervosa; mood disorders, such as depression; personality disorders, such as antisocial personality disorder; psychotic disorders, such as schizophrenia; sexual disorders, such as sexual dysfunction; and others. Multiple psychological disorders may exist in one person.

The specific causes of psychological disorders are not known, but contributing factors may include chemical imbalances in the brain, childhood experiences, heredity, illnesses, prenatal exposures, and stress.

Famous Disorders

- 1) **Neurosis:** overwhelmed by reality and superego, the ego flees reality by suppressing id, desire, conflict, or trauma it cannot manage.
- 2) **Psychosis:** with no support from the super-ego, the ego forecloses upon and remodels reality according to unchecked id, desire, conflict, or trauma
- 3) **Perversion:** Due to a founding trauma, which it disavows the reality of, the ego gives up real sexual pleasure for a symbolic substitute.
- 4) **Stress:** When faced with important events (stressors), which are threatening or very hard to deal (cope) with, people experience stress. Psychological symptoms of stress include anxiety and tension, uncontrollable worrying, irritability, distractibility, and difficulty in learning new things. Physical symptoms include difficulty in sleeping, loss of appetite or excessive appetite, fatigue, and aches and pains.
- 5) **Schizophrenia :**A set of severe psychological symptoms which make it very hard to work, play, and be with other people. "Positive" symptoms include delusions (irrational beliefs), hallucinations (sensory experiences in the absence of stimuli), incoherent thought and speech, intense and uncontrollable anxiety or paranoia, and bizarre behavior. "Negative" symptoms include loss of both emotional experiences and emotional expressiveness, loss of willpower and

initiative, inability to experience pleasure or interest in things, and withdrawal from contact with others.

6)Depression: A severe emotional problem in which the person cannot stop feeling sad or "down" or "empty," and constantly feels helpless and hopeless. Depressed people often struggle with anxiety and irritability, a lack of motivation, a loss of pleasure in things they used to like to do, and problems with eating, sleeping, and aches and pains. Many depressed people have suicidal thoughts, and 10-15% will eventually take their own lives.

Np

Project:

1/Psychological issues.

2/Causes of pressure.

3/depression.

4/shocks.

Homework

Many people have seen different psychological issues occur in their own societies, or sometimes they read or watch about them. Based on your own experience try to write a coherent essay or a paragraph about one of the psychological issues that you have passed by or seen.

**The deadlines of submission:
05 may 2020 via my personal
email.**

NP:

I am looking for some interesting papers on this topic based on your own knowledge (No for google), because I trust your own ability in answering this kind of questions.

Best of luck