

DEPARTMENT HUMANITIES AND SOCIAL SCIENCES

COURSE OUTLINE – WINTER 2026

PY1050 (B3): Social and Individual Behaviour – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR:	Dr. Ali M. AL-Asadi, R.Psych (AB)	PHONE:	780-539-2061
OFFICE:	C311B	E-MAIL:	aalasadi@nwpolytech.ca
OFFICE HOURS:	By appointments		

CALENDAR DESCRIPTION: This second introductory course in psychology follows PY1040 and gives students an understanding of themselves and other people through the study of basic concepts, principles, theories, and methods used in the scientific study of behaviour. The course covers biological and cognitive development, emotion and motivation, social psychology, personality theories, mental and behavioural disorders, treatment of mental and behavioural disorders, and stress and health.

PREREQUISITE(S)/COREQUISITE: PY1040 - Basic Psychological Processes (3)

REQUIRED TEXT/RESOURCE MATERIALS:

- AL-Asadi, A. M. (2025). Principles of Psychology. Open-Sourced textbook. Chapters of the textbook are posted on this course's D2L site at: <https://myclass.nwpolytech.ca/d2l/home>
- Additional option: you may also acquire a free copy of the Openstax textbook titled Psychology (2nd Edition) by Spielman, R. M., Jenkins, W. J., and Lovett, M. D. (2023) for extra resources (<http://cnx.org/content/col131502/1.4>)

DELIVERY MODE(S): On-Campus

LEARNING OUTCOMES:

As a result of taking this course, students will be able to:

- define, describe, and evaluate the methods of measurement of intelligence, personality, knowledge, and creativity
- identify and articulate the theories of Human Development, including biological, physical, intellectual, social, and moral development across the lifespan
- explain the theories of emotion and the relative contributions of nature and nurture: Darwin's reflexive theory, James-Lange, Schachter and Singer's Two Factor theory
- explain the theories of motivation: Hull, Maslow, McClellan, and others
- identify and articulate the current understanding of health and stress in normal and abnormal psychology and its application to daily living and self-healing
- identify and articulate the established historical and current theories of Personality: Psychodynamics, Humanism/Existentialism/Phenomenology, Behaviourism, Cognitivism, and Trait theory
- identify and describe the causes of psychological abnormalities and disorders.
- identify and explain the current and established treatments of abnormal and disorder psychology: Psychoanalysis, Behavioural Modification, Humanistic, Cognitive, and Drug Therapy
- identify, describe, and apply the following concepts in the area of Social Psychology: person perception, social perception, attribution theory, conformity, obedience, attitude formation and change, leadership, love and friendship

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page

<http://transferalberta.alberta.ca/transfer-alberta-search/#/audienceTypeStep>

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Exam 1 Chapters 9 & 10 25%

Exam 2 Chapters 11 & 12 25%

Exam 3 Chapters 13 & 14 25%

Final Exam Chapters 15 & 16 25%

* Remember, all exams may include questions from lectures that may not be covered by your textbook.

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Grading Chart*

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100		C+	2.3	66-69
A	4.0	90-94		C	2.0	63-65
A-	3.7	85-89		C-	1.7	60-62
B+	3.3	80-84		D+	1.3	55-59
B	3.0	75-79		D	1.0	50-54
B-	2.7	70-74		F	0.0	00-49

*This grading criterion is specific to this course and differs from the general criteria.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Week	Topics*	Evaluation
Week 1	Introduction	
Week 2	Chapter 9: Intelligence and Assessment	
Week 3	Chapter 10: Human Development	
Week 4	Test1	Exam 1 25%: Ch 9, 10
Week 5	Chapter 11: Emotion and Motivation	
Week 6	Chapter 12: Personality	
Week 7	Test 2	Exam 2 25%: Ch 11 & 12
Week 8	Chapter 13: Psychological Disorder	
Week 9	Chapter 14: Treatment	
Week 10	Test 3	Exam 3 25%: Ch 13 & 14
Week 11	Chapter 15: Health Psychology	
Week 12	Chapter 16: Social Psychology	
Week 13	Review	
Week 15	No Classes. Final Exam Period. The Registrar's Office schedules the Final Exam	Exam 4 25% Ch 15 & 16

***Note: These discussion topics/dates may be modified, and/or other topics may be added.**

STUDENT RESPONSIBILITIES:

Each class's assigned readings and exercises should be completed before attending. As this course depends heavily on discussion, at times practice exercises, and illustrations, attendance at all sessions is required and critical to the student's success in the course. In case of illness or emergency, notify the instructor as soon as possible. If you have difficulty in this course, please contact me immediately for assistance. Please let me know if you would like to discuss any aspect of the course or your aspirations.

You are accountable for attending to the delivered lectures, assigned readings, and any announcements made in class. If you are unable to attend a particular class, it is your responsibility to find out what was missed. For optimal learning and readiness for class participation, you are expected to attend class regularly (no less than 80% attendance) and read the assigned chapters/topics before coming to class on the dates indicated on the timetable, except for the first session. Past course records show that class attendance is highly correlated with the final grade.

If you are unable to write a test or exam at the scheduled time due to illness or an emergency, you should notify me immediately, preferably at least 1 day in advance. A message may be left on my voicemail (780-539-2061) or e-mail (aalasadi@nwpolytech.ca), including a phone number where you may be reached, to arrange an alternative date to write the test, if feasible. Failure to notify the instructor will result in a grade of zero for the missed tests unless proof is presented that you were physically or mentally unable to do so due to a sudden illness, emergency, or unavoidable circumstances beyond the student's control.

All students are expected to display a professional attitude and behaviour in the classroom. This includes reliability, respect for and cooperation with fellow students and the instructor, attention to fellow students' questions and the instructor's response, determination to achieve first-class work while meeting deadlines, and constructive response to criticism.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

****Note:** all Academic and Administrative policies are available on the same page.

Additional Information:

MOST IMPORTANT: Instructors reserve the right to use electronic plagiarism and AI detection services on written assignments. **Instructors also reserve the right to ban the use of any form of electronics (cell phones, Blackberries, iPods, tablets, scanning pens, electronic dictionaries, etc.) during class and exams.**

Cell phones, tablets, notebooks, laptops, and other electronic devices are strictly forbidden in my classes and exams. Also, I use plagiarism and AI detection software for all written assignments and essays. A score greater than 10% on these detectors will result in a mark of 0 on the assignment.

In Addition:

1. The format of each exam will be discussed in class.
2. Exam grades are final, and there is no substitute work for your poor exam grade.
3. The nature and topics of your written paper will be discussed in class
4. It is your responsibility to read each and every chapter and assigned reading (if any) and attend all lectures.
5. Lectures will not always cover the reading materials. Lectures may cover topics and include information not covered in your reading materials. Therefore, you must attend every class, as your exams may include materials from the lectures that are not covered by the reading materials.
6. Students are expected to display a professional attitude and behaviour. These attitudes and behaviours are many and will be discussed in class. Any violation or misconduct may result in dismissal from the class.
7. Talk to me if you have concerns or if you are experiencing difficulties that may have a negative impact on your academic performance.

Please keep this course information sheet for future reference.