EDU 102
Introduction to Educational Psychology

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EDU 102

University of Jos

Course Outline

1. Concept and Branches of Psychology
2. History of Psychology
3. Meaning of Educational Psychology and its Importance to the Teacher
4. Cooperative Areas of Educational Psychology
5. Learning and Types of Learning
6. Transfer of Learning
7. Attitude to Learning
8. Principles of Learning
9. Factors Affecting Learning
10. Individual Differences and Learning
11. Creativity and Learning
12. Effective Study Habits & Self-Regulation

Psychology

- **Psychology:** Scientific study of behavior and the mind
  - **Scientific:** Uses systematic, objective methods of observation
  - **Behavior:** Any activity that can be observed, recorded, and measured
  - **Mind:** All conscious and unconscious mental states
- Psychology can be divided into two branches
  - **Basic:** Research conducted to test theories and build a foundation of knowledge
  - **Applied:** Research conducted to solve practical human problems

Branches of Psychology

- **Cognitive Psychology:** How people think
- **Developmental Psychology:** How people develop over the lifespan
- **Social Psychology:** Understand social behavior, including group behavior, social interactions, and leadership
- **Clinical Psychology:** Diagnose and treat mental disorders (e.g., anxiety, depression, schizophrenia)
- **Counseling Psychology:** Improve individual functioning through life (e.g., family, marriage, vocational, etc.)
- **Cross-cultural psychology:** How culture influences the mind and behavior
- **Sports psychology:** How psychology influences sports, athletic performance, etc.

Psychology

	Basic	**Applied**
Cognitive	How does memory work?	How can we improve learning based on knowledge of memory?
Developmental	How does thinking change from nursery to secondary school?	How can we teach children based on their developmental level?
Social	How do friends influence a person's behavior?	How can we create a classroom climate of support among students?
Clinical	How do learning disabilities develop?	How can we help a child with a learning disability successfully learn to read?

Psychology