

AL-FARABI KAZAKH NATIONAL UNIVERSITY  
THE FACULTY OF PHILOSOPHY AND POLITICAL SCIENCE  
DEPARTMENT OF GENERAL AND APPLIED PSYCHOLOGY

**FINAL EXAM PROGRAM  
ON THE DISCIPLINE**

**PSI1103 - PSYCHOLOGY**

**Educational program «6B10103 General Medicine» (1<sup>st</sup> year, Engl.)**

2 Credit Hours

**Fall (1) semester 2022 - 2023 academic year.**

**Teacher: Tazhina G.O.**

**PROGRAM**  
on the discipline  
**Psi1103 - Psychology**

**Study topics submitted for the Final exam** are the issues reflected in the course syllabus. The thematic content covers all types of works and is as follows: the topics of lectures, seminars, and assignments for students' independent work.

**The Final exam is held in a Multiple-Choice Test form in the UNIVER system.**

**Learning outcomes.**

**As a result of studying the discipline, the student will be able to:**

- Comprehend the psychological science and practice, the role of psychological knowledge in personal life and professional activities, and realize mental health and well-being.
- Understand the essence and causes of psychological phenomena.
- Identify the general psychological characteristics of one's personality, situation, and group of people.
- Make effective decisions in communication and group activities based on psychological knowledge.
- Apply the skills of personality self-regulation, psycho-correction, and prevention of psychological health.

**LIST OF TOPICS FOR THE FINAL EXAM PREPARATION**

1. **Psychology as a science.** Basic concepts in psychology. Methodological aspects of research in psychology. Research methods used in psychology.
2. **Me and my motivation.** General organization of the motivational domain. Motives and needs. The main concepts of motivation. The main theories of motivation and their limitations. Employee involvement and using rewards to motivate employees.
3. **Psychological characteristics of personality.** Concept of the personality. Psychological portrait of a gifted person.
4. **The human will and the psychology of self-regulation.** Human will and the psychology of self-regulation. Emotions. Functions and types of emotions. Emotional-volitional sphere of personality. Emotional Intelligence and its components. Outcomes associated with emotional intelligence.
5. **Individual typological personality traits.** Trait theories of personality. Individual differences. Personality. The Big Five Personality dimensions. The Cognitive Self: The Self-Concept. Self-Esteem. Self-Monitoring and Self-Presentation. Upward and Downward Comparisons Influence our Self-Esteem. Social Identity. Self-Monitoring. Locus of Control.
6. **Values, interests, norms as the spiritual basis of personality.** Concepts of values, interests, norms, spirituality. Cultural differences of these concepts.
7. **Psychology of life's meaning. Professional self-determination.** Psychology of professional and personal success. Barriers to professional growth and ways to overcome them. Psychological awareness in life and profession. Intersections of psychology for professional and personal success.
8. **Psychology of personal health. Lifestyle and health.** Health psychology. Healthy lifestyle as the basis of personality success. Stress factors. Individual's stress resistance. Emotion-focused stress coping strategies. Impact of negative emotions on health.
9. **Communication. Communication of groups.** Sending and receiving messages. Assertive, aggressive, passive-aggressive, submissive, manipulative styles of communication. Advantages of group and team communications.

10. **The communicative side of communication.** Exchange of information. Non-verbal communication. Verbal communication. Written communication. Visual communication.
11. **Interactive side of communication.** Proximity. Social interaction. Attitudes. Transactional analysis by Eric Bern. Types of interaction. Management and leadership. Communication for management and leadership.
12. **The perceptual side of communication.** Effects of interpersonal perception. Psychological barriers to effective communication. Effective ways to overcome communication barriers. Factors for effective persuasion.
13. **The concept and structure of socio-psychological conflict.** Social conflict. Main causes of conflict. Levels, stages, and types of conflict.
14. **Models of personality behavior in conflict.** The Thomas-Kilmann Conflict Mode Instrument. Integrating, obliging, dominating, avoiding, compromising behavior styles in conflict.
15. **Effective communication techniques.** Functions of communication as control, social interaction, motivation, emotional expression, information dissemination. Effective speech styles.

#### Methodical instructions for the Final exam.

**The Final exam format:** Each student answers 40 randomly distributed multiple-choice questions.

**Date and delivery time:** according to the Fall/Spring examination session schedule.

**Time to complete the task:** 90 minutes.

#### Grading Criteria:

Grade by the traditional system	Grade by letter system	Digital equivalent	Scope of evaluation points	Criteria
Excellent	A	4,0	95-100	90-100% of the chosen options in all multiple-choice questions were correct. The student performance is excellent. Learning goals were adequately achieved.
	A-	3,67	90-94	
Good	B+	3,33	85-89	70-89% of the options for all multiple-choice responses were correct. The student performance is good. Learning goals were adequately or reasonably achieved.
	B	3,0	80-84	
	B-	2,67	75-79	
	C+	2,33	70-74	
Satisfactory	C	2,0	65-69	Correct answers represent 50-69% out of 100% possible. Learning goals were met at the minimum level, i.e. not met for some items.
	C-	1,67	60-64	
	D+	1,33	55-59	
	D-	1,0	50-54	
Unsatisfactory	FX	0,5	25-49	Correct answers represent just 0-49% out of 100% possible. Learning goals were not met for all or almost all items. The Final Exam retake needed.
	F	0	0-24	

## REFERENCES

### Main

1. Kathryn Dumper, William Jenkins, Arlene Lacombe, Marilyn Lovett, Marion Perlmutter. Openstax Psychology. Textbook. 2023. <https://opentext.wsu.edu/psych105/front-matter/introduction/>
2. Malim Tony. Introductory Psychology / Malim Tony, Birch Ann. - USA: Palgrave Macmillan, 1998. - p.1007.
3. Baron Robert A. Social psychology / Baron Robert A., Branscombe Nyla R. - 12th ed. - USA : Pearson Education, 2008. - p.540.
4. Lecture Notes in the university educational portal.
5. Summary of lectures in the university educational portal.

### Additional

1. Frank J. Bruno. Psychology: A Self-Teaching Guide. John Wiley & Sons, Inc. 2002. – p.276.
2. Kilduff, M. and Krackhardt, D. Interpersonal networks in organizations: cognition, personality, dynamics, and culture (structural analysis in the social sciences). 1st ed. Cambridge University Press.
3. Funder D., 2006. Towards a resolution of the personality triad: Persons, situations, and behaviors. Journal of Research in Personality 40, 21–34.

### Internet resources

Coursera

Open.kaznu.kz

American Psychological Association

Association for Psychological Science

International Journal of Psychology <https://onlinelibrary.wiley.com>

Current Issues in Personality Psychology [http://www.termia.pl/Journal/Current\\_Issues\\_in\\_Personality\\_Psychology-75](http://www.termia.pl/Journal/Current_Issues_in_Personality_Psychology-75)

Perspectives on Psychological Science <http://pps.sagepub.com/>