UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Psychology

Academic Year 2025/2026

1. Organic Unit

Faculty of Business and Economic Sciences

2. Course

Human Resource Management

3. Cycle

1st

4. Course Unit

Psychology (11302)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutor JOÃO JOSÉ DA SILVA PISSARRA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

1- Framing the discipline of Psychology and the different fields in understanding and explaining individual and collective behavior.
2 - Make students aware of the understanding of psychological phenomena, with particular emphasis on processes related to people management.

15. Specific Objectives

1. Describe and explain the evolution of psychology from a philosophical discipline to a scientific discipline.
2. List some of the most important questions that concern psychologists.
3. Describe the basic schools of psychology and how each school contributed to the shape of the discipline.
4. Highlight the main connections between psychology and human management resources.

16. Skills to be acquired

1. Distinguish and differentiate the main stages in the history of psychology;
2. List and distinguish the scientific foundations of the discipline;
3. Differentiate and characterize research methods in the disciplinary field;
4. Differentiate disciplinary fields in psychology
5. Recognize the main applications of psychology knowledge in the field of human resources management

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17. Teaching Methodology

The privileged pedagogical methods will be the expository and interrogative methods. In the context of OT sessions, cases, practical exercises simulating negotiation situations and discussion of articles or texts relating to specific points of the UC program will also be analyzed.

18. Course Unit Program

What is psychology?
2. Fundamentals of psychology
2.1 Behavior vs mental processes
3. Brief historical synopsis of the discipline
4. Research methods in psychology
5. Differentiation and contextualization of the disciplinary field
5.1 Experimental psychology
5.2 Differential psychology
5.3 Developmental psychology
5.4 Psychodynamics
5.5 Social psychology
5.6 Cognitive psychology
5.7 Educational psychology
5.8 Neuropsychology
6. Psychology and Human Resources Management
6.1 Attitudes towards work
6.2 Personality and work
6.3 Stress and mental health at work

19. Assessment Methods

According to the assessment rules in force at UL, two tests will be carried out

20. Didactic Resources

Computador, projector, videos, documentos a partilhar pelo docente

21. Sustainability Objectives

Education and quality, Job and economic growth

22. Keywords

Psychology
Behavior
Mind,
Personality
Ability
People management

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23. Main Bibliography

Author(s):	Brennan, J., & Houde, K. A.,		
Title:	History and Systems of Psychology		
Edition:	8ª Edition	Year:	2023
Local:	Cambridge CB2 8BS, United Kingdom		
Publisher:	Cambridge University Press		

Author(s):	. Corr., P.J., & Matthew., G. (eds)		
Title:	The Cambridge Handbook of Personality Psychology		
Edition:	2º Editon	Year:	2020
Local:	Cambridge		
Publisher:	Cambridge University Press		

Author(s):	Furnham,A.,		
Title:	50 ideias psicologia que precisa mesmo de saber		
Edition:	2ª	Year:	2021
Local:	Alfragide		
Publisher:	D. Quixote		

24. Complementary Bibliography

Author(s):	Veloso, A., Sá, C. P.		
Title:	A psicologia das organizações e do trabalho e a gestão de pessoas		
Edition:	1º Edition	Year:	2020
Local:	Lisboa		
Publisher:	RH-editora		

Author(s):	Klein,G., & Oppenheimer, D.,		
Title:	Introdução à Psicologia em Banda Desenhada		
Edition:	1ªEdição	Year:	2019
Local:	Lisboa		
Publisher:	Gradiva		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOLOGIA': Academic Year 2025/2026
Autor / Author	Prof. Doutor JOÃO JOSÉ DA SILVA PISSARRA
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
Formato de dados / Data Format	Texto / Text, PDF
Estatuto de utilização / Usage	Acesso público / Public Access
Relação / Relation	Version 1,0

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