



UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Psychology

Academic Year 2026/2027

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



UNIVERSIDADE LUSÍADA
LISBOA

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. Critically examine the historical development of Psychology, with particular emphasis on the major intellectual, methodological, and scientific factors that contributed to its emergence as an empirical science from its philosophical origins.
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.

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



UNIVERSIDADE LUSÍADA
LISBOA

17. Teaching Methodology

The teaching and learning methodologies underpinning this curricular unit will primarily comprise expository and interrogative approaches. Tutorial sessions will further involve the critical analysis of illustrative cases pertaining to psychological mechanisms and processes, as well as the discussion of scientific literature and selected texts relevant to specific themes covered by the curricular unit programme.

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

The assessment of knowledge and competencies shall be governed by the Supplementary Regulations currently in force. Continuous assessment shall include mandatory oral contributions distributed throughout the teaching period and a final written assessment, as specified in the relevant Continuous Assessment Plan.

20. Didactic Resources

Computador, projector, videos, documentos a partilhar pelo docente

21. Sustainability Objectives

- SDG 4 - Quality Education
- SDG 8 - Decent Work and Economic Growth

22. Keywords



UNIVERSIDADE LUSÍADA
LISBOA

Psychology
Behavior
Mind,
Personality
Ability
People management



UNIVERSIDADE LUSÍADA
LISBOA

23. Main Bibliography

Author(s): Brennan, J., & Houde, K. A.,
Title: History and Systems of Psychology
Edition: 8ª Edition Year: 2022
Local: Cambridge CB2 8BS, United Kingdom
Publisher: Cambridge University Press
ISBN Code:

Author(s): Corr., P.J., & Matthews., G. (eds)
Title: The Cambridge Handbook of Personality Psychology
Edition: 2º Editon Year: 2020
Local: Cambridge
Publisher: Cambridge University Press
ISBN Code: 9781108264822

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

24. Complementary Bibliography

Author(s): Veloso, A., Sá, C. P.
Title: Da Psicologia à Gestão de Pessoas: Casos de Intervenção em Organizações
Edition: 1º Edition Year: 2020
Local: Lisboa
Publisher: RH-editora
ISBN Code: ISBN 978-972-8871-76

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



UNIVERSIDADE LUSÍADA
LISBOA

ISBN Code: ISBN 978-989-616-898

Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOLOGIA': Academic Year 2026/2027
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
(c) Universidade Lusíada, 2026	