**School:** School of Social Sciences  
**Degree:** Bachelor  
**Course:** Psychology (cód. 497)

### 1st Year - 1st Semester

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3rd Year - 6th Semester

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Conditions for obtaining the Degree:

Para obtenção do grau de licenciado em Psicologia é necessário obter aprovação a 156 ECTS em unidades curriculares obrigatórias e 24 ECTS em unidades curriculares optativas, distribuídas da seguinte forma:

1º Ano
1º Semestre:
5 UC Obrigatórias num total de 30 ECTS
2º Semestre:
4 UC Obrigatórias num total de 24 ECTS
1 UC Obrigatória alternativa num total de 6 ECTS

2º Ano
3º Semestre:
4 UC Obrigatórias num total de 24 ECTS
1 UC Optativa num total de 6 ECTS
4º Semestre:
4 UC Obrigatórias num total de 24 ECTS
1 UC Optativa num total de 6 ECTS

3º Ano
5º Semestre:
4 UC Obrigatórias num total de 24 ECTS
1 UC Optativa num total de 6 ECTS
6º Semestre:
4 UC Obrigatórias num total de 24 ECTS
1 UC Optativa num total de 6 ECTS

Program Contents

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Celular and Hereditary Biology (BIO11085L)

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Epistemology and Psychology History (PSI11087L)
Infancy Development Psychology (PSI11088L)
1. The Psychology of Development in the framework of the scientific Psychology
   - Perspective of Developmental Psychology
   - Factors, processes and contexts of development
2. Prenatal Development and the Newborn Child
   - Conception, Pregnancy and Parenting
   - The neonatal period and the newborn
   - Early relationship and attachment
3. Cognitive Development
   - Theories and models of cognitive development
   - Stages of cognitive development in childhood and adolescence
   - Socio-cognitive and moral development
4. Socio-affective development
   - Social experiences in the first years of life: the baby and the family
   - Psychodynamic perspectives on child and adolescent development
   - Development of autonomy
   - Developing awareness of self and others
5. The child as a unit
   - Ecological development perspectives
   - The child and his expressions
   - Observation and evaluation of child development

Seminar in Personal and Academic Development (PSI11089L)
1. Integration in the University - personal, social and academic factors.
2. Conceptions and approaches to learning and their influence on the learning process.
3. Goal setting and motivation.
4. Planning, organizing and time managing
6. Management and monitoring of emotions / academic feelings in the learning process.
7. Self-regulation of the learning process - phases, components and strategies.

Statistics Applied to Human and Social Sciences (MAT2558L)

Introduction to Research Methods in Psychology (PSI11091L)
Neuroendocrine Biology (BIO11090L)

Neuro-endocrine Biology: A base física da função neuronal; Células do sistema nervoso; Transmissão dos sinais entre neurônios; Polarização da membrana; Transmissão sináptica; Neurotransmissores; Organização Geral do Sistema Nervoso; Sistema nervoso central: estrutura e funcionamento; Sistema nervoso periférico; Nervos cranianos e raquidianos; Mecanismos secretores; Neurotransmissores e hormonas; Composição química das hormonas; Circuitos endócrinos; Receptores hormonais; Sistema neuro-endo-crino; O controlo hipotalâmico da adeno-hipófise; Efeitos fisiológicos das hormonas; Hormonas metabólicas e de desenvolvimento; Hormonas da reprodução.

PRIMATOLOGIA: Aprendizagem em Primatas homínídeos; Organização social de Primatas homínídeos. Visionamento de filmes e documentários; assistência a palestras convidadas.

Psychology of Development in Adolescence, Adulthood and Old Age (PSI11092L)

Psychology of Perception and Attention (PSI11093L)

1. Cognitive Psychology
   1. Key assumptions: the information processing approach and the concept of internal representation
   2. Approaches to human cognition

   2. Perception
      1. General principles of sensation and perception
      2. The physics and physiology of vision
      3. Theories of visual perception
      4. Processes of perceptual organization, depth perception and colour perception
      5. Object recognition between- and within- categories of visual objects

   3. Attention
      1. Processing limitations and the selection of information
      2. Theories, models and methodological approaches to selective attention
      3. Theories, models and methodological approaches to divided attention
      4. Automatic vs. controlled processing

Contemporary Culture Themes (FIL2564L)

Module 1 - History: FROM ILUMINISM TO GLOBALIZATION
   1.1. Public Space - space of transformations
   1.2. Society, culture, science and technology - the triumph of the cities
   1.3. The intellectual movements of contemporary times

Module 2 - LITERATURE: LITERARY MOVEMENT OF THE 19th CENTURY AND ITS RELATIONS WITH CULTURE
   2.1. Notions of artistic vanguard in contemporary literary and political culture: complex and problematic relationships.
   2.2. The contemporary narrative fiction: the crisis of the subject and the realistic representation.

Module 3 - PHILOSOPHY
   3.1. The malaise in contemporary culture: From Freud to existentialism
   3.2. Art and technology: humanization and dehumanization
   3.3. Emergence of women in public space theory

Critical Thinking and Argumentation (FIL2321L)
Contemporary Philosophical Thinking (FIL2565L)

1. What is contemporary?
   - Historical, cultural and philosophical notions of contemporary
   - Contemporaneity, Modernity, Postmodernity
   - The ≪life of cultures≫: continuities, ruptures, the ≪new≫

2. What is new in contemporary times?
   - The fragmentation of knowledge in the early 20th century
   - From certainty to suspicion: the value of interpretation
   - Interpretation and transformation of the world
   - Technoscience and ideology

3. Streams of contemporary thought
   - Freud and Psychoanalysis
   - Husserl’s Phenomenology of intentionality
   - The phenomenological discovery of existence: Heidegger and Sartre.
   - The therapeutic extension of the philosophy: Phenomenology and Existential Analysis
   - The otherness of madness, according to Foucault
   - Exemplary analysis of an existential phenomenon (anguish)

4. Actually: love, liquid society, excess of positivity
   - Ferry: love as a new social paradigm
   - Baumann: the idea of a "liquid world"
   - Han: “smooth” and ”polished” in a society of fatigue.

Introduction to Social Sciences (SOC2320L)

I: The problem of knowledge and social sciences
1. Preliminary questions of Social sciences
2. The meaning of social: social facts and objectivity in social sciences
3. Classification of social sciences and interdisciplinarity: borders, complementarities and interceptions

II: Basic concepts of social analysis
4. The identification of the social: analysis, understanding and explanation
5. Social relations: solidarity and sociability
6. The individual and collective: social interaction and group phenomena
7. Other methodological considerations about observation and social facts analysis

III: Contemporary problems of social sciences
8. Dilemmas, problems and trends
9. Exemplifications of the applicability of the social sciences

Research Methods in Psychology (PSI11098L)
1- Paradigms and concepts: a look on the Body
1.1. Historical and multicultural perspective
1.2. The Body in Psychology
1.3. The phenomenological experience of the body in movement
1.4. The Person - a unit in a Body
2 - The symbolic and significant Body
2.1. Body and Emotion
2.2. Body and Relation
2.3. Body and Expression
2.4. Body Image
3- Body's language and nonverbal communication
3.1. The nonverbal communication's dynamics
3.2. Characteristics of body's language
4- Body and Pathology
4.1. Body and physical disability
4.2. Body and psychopathology
4.3. The somatic expression
5- Corporeity and therapeutic processes
5.1. Body in therapy and therapy of the Body
5.2. Interventions of corporal mediation
Psychology of the Family (PSI11119L)
1. Theoretical background: Epistemological Bases
   1.1. General systems theory and cybernetics
   1.2. Understanding fundamental systemic
   1.3. Changing and evolving systems
   1.4. The Pragmatics of Human Communication
2. The family in a systemic perspective
   2.1. Development and Family Life Cycle Family
   2.2. Evaluation of family functioning
   2.3. Intervention with Families

Elderly Psychology (PSI11121L)
1. Introduction;
   1.1. Historical antecedents ofgerontopsychology;
   1.2 Gerontopsychology as a scientific discipline: level of explanation, domains and object of study;
2. The adult and the elderly;
   2.1. Classic Perspectives;
   2.2. Life-cycle development perspectives;
   2.3. Empirical approaches;
   2.4. Other models ofdevelopment in adulthood and elderly: Neugarten, Havighurst, Tornstam, Carstensen;
   2.5. Approaches to aging as an adaptive process: The SOC model;
3. Representations ofthe adult and
   the elderly;
   3.1. Ihdadism, stereotypes and social beliefs;
   3.2. Intragroup relationships, intergroups relations and social support
4. Research methods and themes;
   4.1. Methodological and ethical issues in the study ofelderly;
   4.2. Research design in gerontopsychology;
   4.3. Success in aging: functionality, subjective well-being. self-esteem and wisdom;
   4.4. Depression and anxiety about death in elderly;
   4.5. Visual processes iii elderly;
   4.6. Adherence to medication;
   4.7. HIV and Aging

Early Intervention (PSI11122L)
1. Contextualization
   1.1 Definitions and objectives of Early Intervention;
   1.2 Levels of Intervention; Primary, secondary and tertiary Prevention. Pre, Peri and Post natal diagnostics. Diagnostic Levels.
   1.3 Risk factors and developmental disorders.
2. Ealry Intervention Process
   2.1 Intervention models
   2.2. Assessment and intervention planning.
   2.3.Intervention: child, family and community
3. Intervention Teams: conceptual models, supporting structures of the EI programs
Psychology of Justice (PSI11124L)
1. Psychology of Justice: general aspects
   1.1. Historical background
   1.2. Definition, goals and conceptual models
   1.3. Ethical and deontological issues in the context of justice: assessment, intervention and research.

2. Victimology: the study of the victim
   2.1. Evolution and criminal-justice system
   2.2. Models and concepts
   2.3. Domestic Violence: characterization

3. Criminology: the study of the offender
   3.2. Methodology and assessment tools
   3.3. Explanatory theories of the criminal phenomenon

Psychology of Health (PSI11125L)
1. Health psychology: object of study and main social-cognition models of health behavior
   1.1. Evolution of the concepts of health and disease
   1.2. The biopsychosocial paradigm
   1.3. Health behavior and its determinants
   1.4. Determinants of compliance
   1.5. Model of health beliefs
   1.6. Model of planned action
   1.7. Leventhal?s model of self-regulation
2. Relevant topics of health psychology
   1.1. Stress
   2.2. Additive behaviors: smoking and alcoholism
   2.3. Chronic pain
   2.4. Obesity and eating disorders
   2.5. Cardiovascular disease
   2.6. Oncological disease
Back

**Psychology and Gender Issues (PSI11126L)**
Introduction - 1. Psychology and Gender Issues: Perspectives and problematizations; 2. Psychological research on gender issues


Part II. Gender, Identity and Stereotypes; 1. Concepts of Sex and Gender; 2. Gender stereotypes, gender roles and standards of female and male behaviour; 3. Development of Gender Identity: theories and models; 4. The moral development of men and women; 5. Gender and intersectionality


Part IV. Social implications of gender studies

Back

**Self-knowledge and Emotion Regulation (PSI11127L)**

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**Psychology of Pregnancy and Motherhood (PSI11120L)**

1. THE TRANSITION TO PARENTING
   The waiting time (The desire to have children / Psychological changes in pregnancy / Prenatal attachment)
   The time of the encounter with the real baby
   The transition to parenthood in situations of risk (pregnancy risk and prematurity / psychopathological disorders and losses and grief during pregnancy and puerperium / teenage pregnancy and situations of relational risk-HIV, drug addiction, assisted reproduction, disability)

2. PARENTING
   Dimensions and determinants of parenting
   Coparenting
   Parenting competence and parenting styles
   Positive parenting and risk parenting
   Contexts of parenting (conjugal and family / single parenting, parenting in rebuilt families and homoparentality / adoption)

3. EVALUATING AND INTERVENING IN PARENTING (The role of the psychologist and other technicians in promoting early relationships / Programs for parents and future parents / Interventions in different ecological systems)

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**Multivariate Data Analysis (MAT2557L)**
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Neuropsychology (PSI11102L)
1. Neuropsychology: historical perspective and key concepts
2. Introducing the brain
   1. Structure and function of the neuron
   2. Brain organization and function
3. Methods and techniques in Neuropsychology
   1. Dissociations, associations, single case-studies and group studies
   2. Electrophysiological techniques (EEG and ERPs)
   3. Structural and functional imaging of the brain (PET and fMRI)
   4. Function inhibition (TMS)
   5. Integrating physiological and psychological findings
4. Neuropsychology of cognitive and emotional functions
   1. Attention and executive functions
   2. Visual recognition and space processing
   3. Memory
   4. Language
   5. Emotions
5. Brain lesions and neurological diseases

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Social Psychology of Groups (PSI11103L)

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Behaviour, Cognitive and Systemic Models (PSI11104L)

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Psychometry (PSI11105L)

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Relation and Communication (PSI2576L)
Psychology of Cognition and Emotion (PSI11108L)

1. AFFECTIVE PROCESSES: EMOTIONS
   1.1. Concept of emotion
   1.2. Components of emotions
   1.3. Theories of Emotions
   1.4. Types of Emotions
   1.5. Functions of Emotions

2. AFFECTIVE PROCESSES: FEELINGS
   1.1. Concept of feeling
   1.2. Components of feelings
   1.3. Theory of feelings
   1.4. Types of feelings
   1.5. Feelings, biology and culture

3. RELATIONSHIP BETWEEN COGNITIVE AND AFFECTIVE PROCESSES
   3.1. The relationship between emotions / feelings and cognitive processes
   3.2. Metacognition, affect and emotional regulation

Psychopathology (PSI11107L)

1 - Psychopathology: Subject of Study, Concepts, Methods and Semiology
   1.1. Psychopathology as a discipline
   1.2. Classification and diagnosis in psychopathology
   1.3. Psychopathological semiology

2 - Nosology: Description of Diagnostic Entities in Psychopathology
   2.1. Schizophrenia and other Psychotic Disorders
   2.2. The Depressive Disorders
   2.3. The Bipolar Disorders
   2.4. The Anxiety Disorders
   2.5. The Somatoform Disorders
   2.6. The Personality Disorders
   2.7. Anorexia and Bulimia
   2.8. The Substance Related disorders
   2.9. Some disorders of childhood and adolescence

Psychological Evaluation Methods (PSI11106L)

Differential Psychology (PSI11110L)
Psychology of Education (PSI11111L)
1. The Psychology of Education
   - Evolution of models
   - Psychological intervention in educational contexts: practice and research
   - Ethical issues
2. Development, Learning and Change in Educational Contexts
   - Psychological development, learning and change
   - Perspectives on learning: behavioral, cognitive and constructivist
3. Personal, Relational and Social Dimensions in Educational Contexts
   - Personal and affective dimensions: Self-esteem, self-concept, self-efficacy; Motivational processes
   - Interpersonal and relational dynamics in educational processes: Representations and expectations; Risk behaviors and resilience.
   - Social influences in school contexts and their impacts: Influence of peers; Influence of teachers; Influences of family and cultural contexts; Involvement of the student in the School
4. Perspectives for psychological intervention
   - Prevention and problem solving
   - Promotion of well-being and mental health

Psychosociology of Organizations (PSI11112L)

Clinic Psychology (PSI11113L)
1. Clinical Psychology history and foundations.
2. Psychopathology, Well-being and Development.
3. General principles, procedures and techniques in clinical psychology.
4. Basic competences and skills of a clinical psychologist. Personal and professional development for clinical psychologists.
5. Integrating science and practice in clinical psychology. Empiric support and contributes from the practitioners. Practice Based Research Networks.
6. Areas of practice in Psychology. Traditional contexts and new contexts of practice in clinical psychology.
7. Ethical questions and decision-making processes in clinical psychology.