

Year:	2025-2026		
Course Name:	Intro to Health Psychology		
Lecturer Name:	Hazal Dincyurek		
Date		Content of lesson	Detailed Content of lesson
29.09.25	Week1	introduction	aim/obj of course, schedule
06.10.25	Week2	psychological science	scientific method and ethical research
13.10.25	Week3	state of consciousness	level of awareness, sleep, attention
20.10.25	Week4	sensing and perceiving	senses, webers law
27.10.25	Week5	sensing and perceiving	illusions
03.11.25	Week6	remembering	types of memory, retrieving
10.11.25	Week7	learning	behavioral perspective
17.11.25	Week8	First Assement	
24.11.25	Week9	emotions	theories of emotions
01.12.25	Week10	emotions	theories of emotions
08.12.25	Week11	psychology in social life	social psychology
15.12.25	Week12	culture	cross-cultural studies
22.12.25	Week13	personality	theories of personality
29.12.25	Week14	personality	theories of personality
05.01.26	Week15	summary	study questions
12.01.26	Week16	Midterm Exam	
19.01.2026-23.01.2026	-	Committee Exam	
26.01.2026-06.02.2026	-	Midterm holiday	
9.02.2026-13.02.2026	-	Committee Exam	
16.02.26	Week17	stress	physiology of stress
23.02.26	Week18	stress	studying stress in lab
02.03.26	Week19	coping with stress	psychological resources
09.03.26	Week20	coping with stress	psychological resources
16.03.26	Week21	theory of planned behaviour	understanding theory
23.03.26	Week22	theory of planned behaviour	understanding how theory applies to everyday
30.03.26	Week23	summary	study questions
06.04.26	Week24	Second Assesment	
13.04.26-17.04.26	-	Committee Exam	
20.04.26	Week25	anxiety	types of anxious disorders
27.04.26	Week26	the management of pain	physiology of pain
04.05.26	Week27	health behaviours	understanding health behaviours
11.05.26	Week28	health behaviours	changing behaviours
18.05.26	Week29	summary	study questions
25.05.26	Week30	presentation	assignment
01.06.26	Week31	presentation	assignment

08.06.26	Week32	Final Exam	
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Assesments

Type of evaluation	%
First Assesment	10%
Midterm Exam	30%
Second Assesment	20%
Final Exam	40%