

WELCOME GUIDE

FOUNDATIONS OF PSYCHOLOGY

Here is a quick overview of your course plus useful information about navigating the online platform.

Your semester starts once you have completed your onboarding.



***Tomorrow belongs to people
who prepare for it today.*** - AFRICAN PROVERB



COURSE OVERVIEW

This course gives you practical psychology knowledge to understand people, behaviour, and mental health in daily life and work. It introduces key psychological ideas and shows how they apply in South African workplaces, families, and communities. You will explore how behaviour develops, how people think and feel, what motivates them, and how mental health and social forces shape our lives.

WHAT YOU WILL LEARN

Your course contains 9 substantive units. By the end of the course, you will be able to:

- ✓ Explain what psychology is and why it matters.
- ✓ Show how psychologists research behaviour.
- ✓ Describe how the brain, body, and environment shape behaviour, stress, and emotions.
- ✓ Outline human development across life stages.
- ✓ Explain how people sense, perceive, and interpret information.
- ✓ Describe how people learn and remember.
- ✓ Summarise personality and motivation theories.
- ✓ Recognise common mental health challenges.
- ✓ Explain how social and cultural forces influence behaviour.

ASSESSMENT INFO

You must submit and pass formative assessments that are compulsory for each unit, and then also one summative assessment at the end of your course. All assessments are completed online via a digital quiz on the student portal.

The formative assessments contributes 40% to the final course mark, while the summative assessment contributes 60%. So the final pass mark for your course is 50%.

EXPERTISE YOU CAN TRUST

- | 15 YEARS OF INNOVATIVE LEARNING
- | OVER 65,000 SUCCESSFUL STUDENTS
- | CURRICULA DEVELOPED BY LEADING ACADEMICS AND INDUSTRY EXPERTS
- | RELEVANT MODERN LEARNING

- 3 MONTHS
- +- 8H STUDY TIME PER WEEK
- FULLY ONLINE
- MOBILE FRIENDLY
- EARN AN INDUSTRY-READY CERTIFICATE

HOW TO STUDY ONLINE

You will study entirely online, using our iQ Virtual Campus as follows:

- Log into your profile.
- Complete the Onboarding (including New Rules).
- Start your course by working through the Welcome unit containing your course overview, course guide and structured learning schedule.

Your course content will be made available based on a structured learning path to guide you through the learning process over a fixed period. For your convenience, the study guide units are available separately in the respective Unit sections on the learning platform (in digital format). You can download this for offline use.

ACADEMIC SUPPORT

We understand that studying online can sometimes be isolating and challenging, so we have worked hard to ensure your course is interactive and you are supported to ensure academic success. If you need to contact your course coordinator or require admin or account related support, complete a form for assistance, [click here](#).

