SUBJECT DATASHEET

PSYCHOLOGY

BMEGT52A002

I. SUBJECT DESCRIPTION

1. SUBJECT DATA

Subject name
PSYCHOLOGY

ID (subject code) BMEGT52A002

Type of subject
in person and online lessons (hybrid)

Course types and lessons

Type	*Lessons*
Lecture	2
Practice	0
Laboratory	0

Type of assessment
mid-term grade

Number of credits
2

Subject Coordinator

Name	*Position*	*Contact details*
Dr. Séllei Beatrix	associate professor	sellei.beatrix@gtk.bme.hu

Educational organisational unit for the subject
Department of Ergonomics and Psychology

Subject website
https://edu.gtk.bme.hu

Language of the subject
magyar - HU

Curricular role of the subject, recommended number of terms

Direct prerequisites

Strong	None
Weak	None
Parallel	None
Exclusion	None

Validity of the Subject Description
Approved by the Faculty Board of Faculty of Economic and Social Sciences, Decree No: 580389/21/2026 registration number. Valid from: 27.05.2026.

2. OBJECTIVES AND LEARNING OUTCOMES

Objectives

The aim of the course is to provide students with a comprehensive overview of the fundamental concepts and key processes of psychology, while offering insight into the scientific approach to understanding human behavior. The course goes beyond the transmission of theoretical knowledge by creating opportunities for experiential learning, self-reflection, and active exploration. Students will become familiar with the psychological foundations of thinking, decision-making, motivation, emotion, learning, and social functioning, and will examine their relevance within engineering and business studies as well as in future professional practice. The course supports the development of self-awareness, a deeper understanding of one's own patterns of functioning, and the integration of psychological perspectives into technical and economic thinking. The course lays the foundation for subsequent subjects that require psychological knowledge (e.g., management, ergonomics) and contributes to the development of students' collaboration, problem-solving, and reflective skills.

Academic results

Knowledge

1. They know the characteristics of perception, perception and attention, and the illusions of perception.
2. They know the stages, types, and process of memory, and the possibilities of the development memory.
3. They know learning theories, characteristics of classical and operant conditioning and insightful learning, and learning styles.
4. They know the types and process of thinking and the stages of problem solving, and the characteristics of creativity.
5. They know the characteristics of personal perception, the distortions of personal perception, the possible causes of stereotypes and prejudices, and the possibilities of their prevention.
6. They know the components of attitude and attitude dynamics, the operational features of persuasion and influence.
7. They know the process and stages of socialization, the characteristics of social learning, and role learning and socialization at work.
8. They know the concept of personality, the main approaches to its study, and the factors of self-knowledge.
9. They know the content and process theory models of motivation, and the possible tools and methods of motivation.
10. They know the physiological bases, characteristics, types and dynamics of emotions, the components of emotional intelligence.
11. They know the possible causes of stress and burnout, the types of reaction to stress, the symptoms of burnout, and the possibilities of stress management.
12. They know the forms of the groups, the characteristics of team processes, team dynamics, and the stages of team formation.

Skills

1. They can recognize simple psychological relationships and regularities.
2. They can use psychological knowledge to increase their everyday efficiency.
3. They can distinguish psychology as a science from pseudopsychology.
4. They can apply psychological knowledge in their later studies.
5. They can look for deeper psychological relationships, knowing how and where to look for them.
6. They are able to recognize when someone in their environment needs psychological help.

Attitude

1. They collaborate with the lecturer and fellow students to expand knowledge.
2. They develop theirself by continuously acquiring knowledge and using the acquired knowledge.

3. They seek to integrate their psychological knowledge into their everyday life (learning, private life, work).
4. They are open to the reception of psychological knowledge.
5. They seek to combine their psychological knowledge with their professional work, seek interdisciplinary connection.

Independence and responsibility

1. They think in system approach using their knowledge on psychology and human characteristics.
2. They are open to new knowledge and open to well-founded critical remarks.
3. In specific situations, as part of a team, they work with their fellow students to perform tasks and are able to recognize when external help is needed.

Teaching methodology

Interactive in-class lectures, complemented by online videos and podcasts for independent study, as well as written supporting materials.

Materials supporting learning

- Juhász Márta, Takács Ildikó (szerk.) (2010): Pszichológia. Typotex .
- Séllei B., Takács I. (2014): Pszichológia a gyakorlatban. Typotex Kiadó.
- Séllei B. (2025): A változás pszichológiája. Scolar Kiadó.
- Előadásanyagok letölthetök a tanszéki oktatástámogató portálról (https://edu.gtk.bme.hu/)

II. SUBJECT REQUIREMENTS

TESTING AND ASSESSMENT OF LEARNING PERFORMANCE

General Rules

The learning outcomes specified in Section 2.2 are assessed based on the results of two midterm tests, or alternatively on the result of one midterm test combined with the accumulated semester points.

Performance assessment methods

A. Assessment of Academic Performance: The knowledge- and skills-based competency elements of the course are assessed through a comprehensive
written midterm test. The test primarily evaluates the acquired knowledge and the ability to apply it. The scope of the material covered in the assessment is determined by the course instructor. The duration of the test is 40 minutes. Successful completion of both midterm tests is a prerequisite for obtaining a final grade. In each midterm test, at least 40% of the total points must be achieved in order to earn a passing grade. One of the midterm tests may be replaced by continuous semester work through a point-collection system. Points may be earned in the following categories: active participation during in-class sessions (7 × 2 points), completion of micro-assignments (7 × 4 points), and completion of a project assignment (1 × 12 points). Active participation and micro-assignments
may also provide additional bonus points alongside the two written midterm tests. The list of micro-assignments and project options available in the given semester is published on the course Moodle page. Students may select their preferred completion pathway from this portfolio. B. Performance Assessment During the Examination Period: -

Percentage of performance assessments, conducted during the study period, within the rating

- **midterm exam test**: 50
- **midterm exam test**: 50
- **optional gamified point-collection system**: 50

Percentage of exam elements within the rating

Conditions for obtaining a signature, validity of the signature

Issuing grades

Excellent	95
Very good	85–94
Good	71–84
Satisfactory	55–70
Pass	40–54
Fail	< 40

Retake and late completion

The midterm test may be retaken or improved during the designated retake period. The first retake or grade improvement opportunity is free of charge. In the case of grade improvement, the later result will replace the previous one. If the student is still
unable to obtain a passing grade after the first retake referred to in point 1), a second retake attempt may be made in a consolidated format, subject to the payment of the fee specified in the applicable regulations, in order to improve the unsuccessful first retake. Micro-assignments
and the project work may be submitted until the end of the semester.

Coursework required for the completion of the subject

Participation in in-person classes	14
Independent study of online learning materials	14
Gamified assignments	0
Preparation for the midterm test	32
Total	60

Approval and validity of subject requirements

Consulted with the Faculty Student Representative Committee, approved by the Vice Dean for Education, valid from: 04.05.2026.

III. COURSE CURRICULUM

THEMATIC UNITS AND FURTHER DETAILS

Topics covered during the term

To achieve the learning outcomes specified in Section 2.2, the course is structured into the following thematic modules. In each semester,
the syllabus of the announced course schedules these thematic elements according to the academic calendar and other relevant circumstances.

1 What Is Psychology – and How Do I Fit Into It? (History of Psychology and Self-Knowledge)

2 Who Am I? (Personality Psychology)

3 Inner Compasses (Motivation, Emotion and Well-Being)

4 The Spice of Everyday Life (Stress)

5 Communities (Group Processes)

6 Mirrors and Their Distortions (Social Cognition and Influence)

7 The World Within Me (Human Information Processing)

Additional lecturers

Approval and validity of subject requirements