



Faculty of Arts and Social Sciences
Psychology

Syllabus

Introduction to psychology, sustainability, and global challenges

Course Code:	PSAM01
Course Title:	Introduction to psychology, sustainability, and global challenges <i>Introduktion till psykologi, hållbarhet och globala utmaningar</i>
Credits:	7.5
Degree Level:	Master's level
Progressive Specialisation:	Second cycle, has only first-cycle course/s as entry requirements (A1N)

Major Field of Study:
PSA (Psychology)

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2025-09-05, and is valid from the Spring semester 2026 at Karlstad University.

Prerequisites

A Bachelor degree of at least 180 ECTS credits, with 90 ECTS credits in Psychology, including an independent project of at least 15 ECTS credits at the G2E level, and upper secondary level Swedish 3 and English 6 or Swedish level 3 and English level 2, or equivalent

Learning Outcomes

Upon completion of the course, students should be able to:

1. give an account of and identify science-based facts about climate, environmental, and resource issues from a multidisciplinary perspective,
2. give an account of and provide examples of various aspects of psychological reactions to

climate change that can act both as obstacles and as driving forces,
3. give an account of the international goals in Agenda 2030, and
4. demonstrate the ability to address and manage individuals' different reactions to environmental and climate issues.

Content

The course focuses on how psychological perspectives can provide an understanding of climate, environmental, and resource issues, as well as the types of transformative actions needed to address future threats. It covers scientifically grounded basic facts from a multidisciplinary perspective, such as fundamental biological processes and the importance of biodiversity in enabling individuals to have agency and influence societal development toward greater sustainability. Various international goals for managing crises are addressed. Furthermore, the course problematises different possible psychological reactions to environmental and climate issues. The course includes group and individual exercises aimed at promoting personal reflection.

Reading List

See separate document.

Examination

Assessment is based on written and oral, individual and group assignments presented and discussed in seminars.

If students have a decision from Karlstad University entitling them to Targeted Study Support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.