



Faculty of Arts and Social Sciences  
Psychology

# Syllabus

## Outlook on life and global trends

**Course Code:**

PSAM04

**Course Title:**

Outlook on life and global trends

*Livsåskådning och globala trender*

**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. describe similarities and differences between Western and Eastern views of knowledge and worldviews, as well as between the beliefs of Indigenous peoples and the world religions, and how these influence people's attitudes toward climate, environmental, and resource issues,
2. provide examples and apply theories about human psychological potential and development to sustainability efforts,
3. reflect upon how theories of consciousness, presence, and self-awareness can be used as

tools in addressing sustainability challenges, and  
4. reflect upon how spirituality, religion, and atheism are related to climate, environmental, and resource issues.

### **Content**

The course addresses and compares various spiritual and religious beliefs, both within the major world religions and among indigenous peoples and smaller communities. It describes and analyses comparisons between Western perspectives on worldviews and interpretations of knowledge and those expressed in non-Western societies. The course problematises how different beliefs and epistemologies influence people's behaviour and attitudes toward climate, environmental, and resource issues. It also explores societal trends in spirituality, both current and historical, and their connection to human psychological potential and development. The significance of how presence, connectedness, and states of consciousness can be used as tools in sustainability work is evaluated and assessed.

The course includes various assignments involving self-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.