



# Psychology for Psychologists: A Problem Based Approach to Undergraduate Psychology Teaching

*Alexia Papageorgiou, Peter McCrorie, Stelios Georgiades, Maria Perdikogianni*

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Most undergraduate psychology curricula are based on knowledge rather than skills. Undergraduate psychology students experience knowledge overload and diminishing motivation to learn as current techniques, such as lectures, continue to encourage superficial learning. This book uses psychological theories and learning processes, such as Problem Based Learning (PBL), to provide a new approach for teaching psychology at an undergraduate level. It creates a detailed example of a psychology degree using the PBL method and suggests how the course could be planned.

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