



MEMORANDUM OF AGREEMENT

between

**The Faculty of Teacher Training and Education, Universitas Pancasakti Tegal,
Indonesia**

And

Obour High Institute for Management & Informatics

The Faculty of Teacher Training and Education, Universitas Pancasakti Tegal, Indonesia, represented by its Dean Dr. Yoga Prihatin, Jl. Halmahera KM. 1 Tegal, Central Java Indonesia, 52121 and Obour High Institute, Egypt, represented by its prof. Dr. Mohamed Farag, Egypt have reached an agreement to co-operate and the terms under which they will accomplish activities in order to contribute to the development of their common objectives for mutual benefit. Both parties have agreed on the following articles:

Article 1 - Objective

The objective of this Memorandum of Agreement is the development of exchange and co-operation activities in the academic, research, scientific and technological areas between the parties.

Article 2 - Activities

Common activities will include:

1. Exchange of students, teachers, research and administrative staff
2. Co-operation in research and science.
3. Exchange of academic materials, publications and information.
4. Other academic and scientific activities of mutual interest.
5. Joint International Conferences within the field in both institutions



Article 3-Financial Arrangements

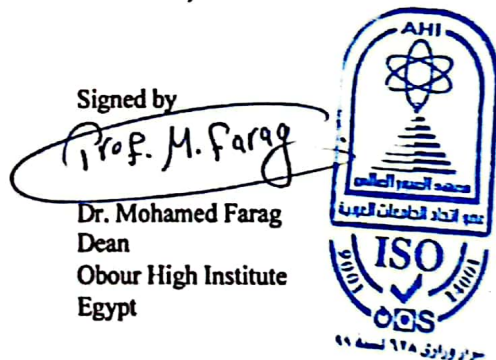
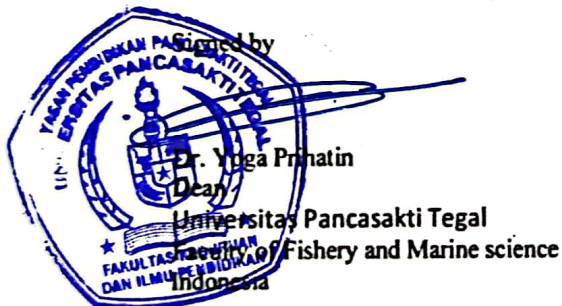
Each project or activity of common Interest will be funded individually, according to the resources available. The resources necessary for the implementation of common activities can be negotiated by the activity co-ordinator.

Article 4- Validity

This Memorandum of Agreement is valid for the period of five (5) years, unless one of the contracting parties notifies the another one in writing its intent to terminate it at least three (3) months prior to the termination date. This Memorandum of Understanding will become effective on the day of its being signed by the representatives of both parties. This Memorandum of Understanding is signed in two (2) exemplars in the English language. Each party shall retain one (1) exemplar.

.....
Prof. Mohamed Farag
.....

The Memorandum of Agreement (MoA) was signed on 9, March, 2024.





LAPORAN KEGIATAN SUMMER COURSE PROGRAM STUDI BIMBINGAN DAN KONSELING

Selasa ,30 Juli 2024



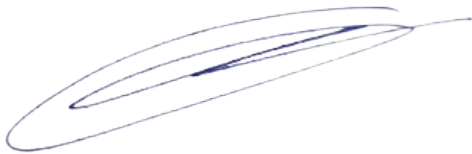
LAPORAN KEGIATAN
SUMMER COURSE PROGRAM
BIMBINGAN DAN KONSELING
FKIP UPS TEGAL
DENGAN
OBOUR HIGH INSTITUTE EGYPT

Selasa, 30 Juli 2024

PROGRAM STUDI BIMBINGAN DAN KONSELING
FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN
UNIVERSITAS PANCASAKTI TEGAL
2024

LEMBAR PENGESAHAN

Dekan FKIP,



Dr. Yoga Prihatin, M.Pd
NIDN. 0603067403

Tegal, 16 Agustus 2024
Kaprod BK



Mulyani, M.Pd
NIDN.0615107502

KATA PENGANTAR

Puji syukur kami atas kehadiran Allah SWT atas karunia yang telah melimpahkan rahmat dan karunia-Nya. Agar kami dapat menyelesaikan pelaksanaan kegiatan dan penyusunan laporan ini. Kami juga mengucapkan terima kasih yang sebesar-besarnya kepada semuapihak yang telah mendukung pelaksanaan kegiatan ini baik secara moral maupun materi, termasuk kepada:

1. Dr.Taufiqulloh,M.Hum sebagai Rektor Universitas Pancasakti Tegal
2. Dr.YogaPrihatin,M.Pd sebagai Dekan FKIP Universitas Pancasakti Tegal.
3. Mulyani, M.Pd sebagai Ketua Program Studi Bimbingan dan Konseling FKIP Universitas Pancasakti Tegal
4. Semua pihak yang tidak dapat kami sebutkan satu per satu yang telah berkontribusi untuk mendukung kegiatan FKIP Summer Course Program tahun 2024 ini.

Selanjutnya, kami menyadari bahwa dalam kegiatan yang telah kami dilaksanakan, masih banyak kekurangan yang perlu ditangani.Oleh karena itu, kritik, saran atau masukan konstruktif dari berbagai pihak sangat dibutuhkan agar mereka dapat menjadi acuan dalam melakukan kegiatan FKIP Summer Course Program kedepan dalam rangka menciptakan sistem pendidikan yang lebih baik.

Tegal, Agustus 2024

Panitia

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BAB I

PENDAHULUAN

FKIP *Summer Course Program* merupakan event kegiatan rutin tahunan yang diselenggarakan Fakultas Keguruan dan Ilmu Pendidikan Universitas Pancasakti Tegal bekerjasama dengan Perguruan Tinggi Luar Negeri. Sebanyak 40 mahasiswa Obour High Institute, Mesir belajar di Fakultas Keguruan dan Ilmu Pendidikan Universitas Pancasakti Tegal untuk *Summer Course Program* di Prodi

Bimbingan dan Konseling, Prodi Pendidikan ekonomi serta Prodi Pendidikan IPA di bulan Juli 2024.

Misi Universitas: mengembangkan jaringan kerjasama untuk meningkatkan kapasitas dan daya saing universitas ditingkat nasional dan internasional di implementasikan oleh Prodi Bimbingan dan Konseling Fakultas Keguruan dan Ilmu Pendidikan bekerjasama dengan Obour High Institute Egypt. Prodi Bimbingan dan Konseling diwakili oleh Bapak Dr. Rahmad Agung Nugraha, M.Si Sebagai *Guest Lecturer*.

1.1 Tujuan Kegiatan

Tujuan *Summer Course Program* adalah memperkenalkan Universitas Pancasakti Tegal khususnya Bimbingan dan Konseling di dunia internasional dan media pengembangan jejaring internasional. "Kedepan Fakultas Keguruan dan Ilmu Pendidikan Universitas Pancasakti Legal akan melaksanakan Tri Dharma Perguruan Tinggi bertaraf internasional, bagian dari komitmen Fakultas Keguruan dan Ilmu Pendidikan Universitas Pancasakti Legal yang unggul diatas SNI DIKTI baik tenaga pendidik, tenaga kependidikan, mahasiswa, sampai dengan lulusan. Kegiatan *Summer Course Program* mendukung capaian akreditasi internasional yang diharapkan semua prodi di Fakultas Keguruan dan Ilmu Pendidikan Universitas Pancasakti Legal dimana saat ini telah terakreditasi Institusi (APT) Unggul.

1.2 Program

1. Memperluas wawasan dan pengetahuan tentang budaya luar negeri dan pengembangan kerjasama antar institusi pendidikan dan budaya.
2. Menciptakan jaringan global yang lebih luas dengan mempromosikan interaksi dan pertukaran budaya antara mahasiswa lokal dan mahasiswa asing.
3. Membangun hubungan yang lebih baik antara mahasiswa lokal dan mahasiswa asing dengan meningkatkan kompetensi mereka.
4. Membantu mahasiswa lokal untuk meningkatkan keterampilan bahasa asing, kemampuan belajar, dan kemampuan akademik.
5. Menciptakan lingkungan yang inklusif dan kondusif di mana mahasiswa dari berbagai latar belakang budaya dapat berinteraksi dan belajar satu sama lain.
6. Memperluas jaringan kolaborasi antar lembaga pendidikan dan budaya yang berbeda.
7. Memberikan kesempatan bagi mahasiswa untuk mengembangkan kemampuan adaptasi dan fleksibilitas.
8. Mengembangkan kemampuan mahasiswa lokal untuk beradaptasi dengan budaya luar negeri.
9. Menciptakan jaringan pertukaran budaya yang lebih luas antara lembaga pendidikan dan budaya lokal dan luar negeri.

10. Mempromosikan budaya antar bangsa melalui kegiatan pengabdian masyarakat, pertukaran pelajar, dan pertukaran budaya.

BAB II

DESKRIPSI KEGIATAN

A. Materi Kegiatan

1. *Materi kegiatan Summer Course Program adalah Dasar Dasar Psikologi*
2. *Apa itu Psikologi*
3. *Cakupan Psikologi*
4. *Peran Psikologi*

B. Metode Pelaksanaan

Kegiatan di lakukan secara daring pada tanggal 29-30 Juli 2024, baik Universitas Pancasakti Tegal maupun Obour High Institute masuk ke link yang di sediakan pada jam 12.00 wib atau jam 08.00 waktu Mesir. Adapun Link perkuliahannya adalah:

<https://us06web.zoom.us/j/89299971440?pwd=YgyqT9tVKadrZmX6fbO0zCQzn2efeA.1>

BAB III

HASIL DAN CAPAIAN

A. Hasil Kegiatan

Kegiatan yang dilaksanakan selama 2 hari ini diisi oleh 10 Lecturer, 3 dosen FKIP UPS Tegal yaitu Prof. Dr. Purwo Susongko, M.Pd, Dr. Dewi Amaliah Nafiati, S.Pd., M.Si, dan Dr. Rahmad Agung Nugraha, M.Psi. Sedangkan 7 lainnya dosen dari Obour High Institute. Program dibuka oleh Dr. Yoga Prihatin, M.Pd as Dean of Teacher Training and Education Faculty juga Prof. Dr. Mohamed Sayed Farag as Dean of Obour High Institute. Pembelajaran dihadiri oleh 40 mahasiswa Obour dengan 2 translator dari kedua belah pihak dan di koordinatori oleh Prof. Nashaat Edward Nashed dari Obour High Institute. Kegiatan summer course program dilaksanakan dengan lancar baik dan terlaksana lancar oleh kedua belah pihak.

B. Capaian Kegiatan

Peserta summer course ini sangat aktif berpartisipasi dalam setiap kelas. Mereka belajar mengenai *Psikologi* bahkan pertanyaan yang diajukan cukup beragam hingga kami kewalahan dalam menjawab di karenakan keterbatasan waktu. Kerjasama akademik dan non akademik dilakukan berbaagai strategi untuk peningkatan.

BAB IV

PENUTUP

A.Simpulan

Summer Course sukses di laksanakan oleh Universitas Pancasakti dan Obour High Institute dan memberikan manfaat yang nyata bagi peserta. Peserta mendapatkan informasi mengenai ilmu Psikologi yang bisa diterapkan dalam kehidupan sehari-hari. Kami berharap dapat melebarkan sayap kerjasama sehingga dapat melaksanakan kegiatan-kegiatan sejenis yang lebih luas

B.Saran

1. Bagi Universitas: Terus melakukan kegiatan- kegiatan internasional sehingga visi global universitas tercapai dan UPS makin mendunia
2. Bagi Dosen: untuk mengembangkan kompetensi dan mengasah keberanian untuk mengajar mahasiswa asing dengan belajar bahasa inggris
3. Bagi Mahasiswa: ikuti kegiatan-kegiatan yang nilai positif semacam ini

LAMPIRAN

معاهد النور
Obayt Institute

Kampus Merdeka
INDONESIA JAYA

2023 Summer Semester Program

Dr. Nashed Edward Nashed
Coordinator

LECTURERS

Dr. Mohamed Abdelaziz Syam

Dr. Hoda Suliman Elazomy

Dr. Ashraf Heikal

Prof. Dr. Purwo Susongko

Dr. Dewi Amaliah Nafati

Dr. Alzahraa Abdelhamed Gouda Amin

Ahmed Mostafa Mohamed Mohammed

Dr. Karem Adel Abd Elatif Abd Elwahab

Dr. Rahmad Agung Nugroho

<https://kip.upstegal.ac.id>

<https://pmb.upstegal.ac.id>

Psychology Basics You Need to Know

Dr. RAHMAD AGUNG NUGRAHA, S.Psi., M.Si



Ahmed Jada



Rahmat Agung Nug



Siti Rahena Alfiah



Yusuf Hidayat



Radia Ahmed



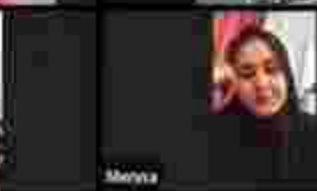


Mariam Khub



Mohamad Haidir





Merya



Hamed Alaa



Mariam Reda Hossan



*Phone *Marhan



Dr. Inifa elazoty



Hend Fatty



Dr. Nuhast Edmond



Afsun Aulia



Rahmad Agung Nugroho



Siti Rahma Alifiah





Nadia Ahmed





Mariam Ishak



Mohanad Nader





Menna



Hamed alaa



Mariam Reda Hossien



*iPhone *Norhan



Dr. Hoda Elazony



Hend Fathy



Dr. Nashaat Edward

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OBOUR High Institute Egypt
In collaboration with Teacher Training and Education Faculty
Universitas Pancasakti Tegal

معاهد العبور
Obour Institutes



Presents to

Dr. Rahmad Agung Nugroho

this
CERTIFICATE OF RECOGNITION
as a

Distinguished Lecturer in Summer Course Program
July 30, 2024



Nasbaat Edm
30.7.2024

Coordinator
Dr. Nasbaat Edward Nasbed
Obour High Institute Egypt

Psychology Basics You Need to Know

Dr. RAHMAD AGUNG NUGRAHA, S.Psi., M.Si

Psychology can be fun and fascinating, but it can also be a little bit daunting if you have no background in the subject. If you want to start studying this social science, it can be helpful to start with the basics. It's not required (or even offered) in many high schools, so your college Intro to Psychology class might be your first experience learning about psychology.

Psychology encompasses the scientific study of the human mind and behavior as well as the application of these principles to help prevent, treat, and diagnose mental health conditions. Psychologists explore both typical and atypical behavior to understand the human experience fully.

Psychologists also play a vital role in health care by caring for individuals experiencing mental health issues, performing psychotherapy, investigating treatment options, and teaching patients how to manage their symptoms effectively.

Psychology plays an important role in helping people live better lives. By learning about the basics of behavior and the human mind, people can better understand themselves and others. It may seem a vast and daunting topic initially, but understanding a few basic facts can make it easier to start. Once you understand the basics, you will be better prepared to explore ways psychology may help improve your everyday life, health, and well-being. So, let's take a closer look at the science of psychology, how it studies the human mind and other key facts, you should know.

Psychology Is the Study of the Mind and Behavior

Psychology can be defined as the study of mental processes and behavior. The term comes from the Greek words *psyche*, meaning "breath, spirit, soul," and *logia*, meaning "study of."

Psychology has not always existed as it has today. In fact, it is considered a relatively young discipline, although, as the eminent psychologist Hermann Ebbinghaus explained, it has a short past but a long history.

Psychology emerged from biology and philosophy and is closely linked to other disciplines including sociology, medicine, linguistics, and anthropology.

Psychology has quickly grown to play a tremendous role in the world today. Psychologists are employed in hospitals, mental health clinics, schools, colleges and universities, government agencies, private businesses, and private practices.

They perform a wide variety of tasks and roles ranging from treating mental illness to performing research to influencing public health policy.

Psychology Relies on Scientific Methods

One of the most common myths about psychology is that it is just "common sense." The problem with this is that psychological research has helped demonstrate that many of the things that we believe are just common sense are actually not true at all.

For instance, it's become "common sense" that smoking cigarettes is dangerous. However, people continue to smoke anyway. Psychology helps us go deeper than common sense and understand why human behavior occurs, as well as how to change it.

By challenging some of our misconceptions about how and why people behave as they do, psychologists are able to provide answers that help solve real-world problems.

Psychology relies on scientific methods to investigate questions and arrive at conclusions. Using empirical methods, researchers are able to discover relationships between different variables.

Psychologists use a range of techniques to study the human mind and behavior, including naturalistic observation, experiments, case studies, and questionnaires.

Psychologists Take Multiple Perspectives

Topics and questions in psychology can be looked at in a number of different ways. Each perspective helps contribute a new level of understanding to a topic. Some of the major perspectives in psychology include:

- Biological perspective

- Cognitive perspective

- Behavioral perspective

- Evolutionary perspective

- Humanistic perspective

Imagine, for example, that psychologists are trying to understand the different factors that contribute to bullying.

One researcher might take a biological perspective and look at the role of genetics and the brain. Another might take a behavioral perspective and look at how bullying behaviors are reinforced by the environment. Another might take a social perspective and analyze the impact of group pressure.

No single perspective is the only way of looking at or thinking about a problem. Each one contributes to our understanding of a topic and allows researchers to analyze the myriad influences that contribute to certain actions.

Then, they can come up with multi-faceted solutions to combat problematic actions and encourage better outcomes and healthier behaviors. Looking at the problem from different perspectives allows psychologists to come up with better solutions.

Psychology Has Subfields

In addition to many different perspectives, there are many branches of psychology. Psychologists often opt to specialize in a particular area. Some of the biggest subfields within psychology include the following areas:

Clinical psychology: Clinical psychologists provide mental and behavioral health care and often provide consultation to communities, as well as training and education. If you are experiencing emotional or psychological symptoms, you might need a clinical or counseling psychologist.

Cognitive psychology: This subfield focuses on mental processes such as attention, thinking, language, and memory.

Developmental psychology: Developmental psychologists study human behavior over a lifespan. If you have a question about whether your child is developing normally, then you might want to ask a developmental psychologist.

Forensic psychology: Sometimes referred to as "legal psychology," forensic psychology is a branch that focuses on psychological assessment of people who are involved in the legal system. Forensic psychologists must have strong clinical skills.

Industrial-organizational psychology: This branch of psychology addresses the workplace as well as human performance and motivation.

Personality psychology: This subfield of psychology addresses personality and its development, traits, variations, and maladaptive forms (such as personality disorders).

Social psychology: Social psychologists focus on human behavior in a group setting. They study group behaviors such as prejudice, bias, bullying, criminal behavior, and substance use.

Psychology Is More Than Mental Health

When you think of psychology, do you envision a therapist jotting down notes as a client recounts childhood experiences?

While therapy is certainly a big part of psychology, it is not the only thing that psychologists do.

In fact, many psychologists don't work in the field of mental health at all. Psychology encompasses other areas including teaching, research, and consulting.

Mental health is certainly a major area of interest in psychology, but psychologists also do things such as help athletes hone their motivation and mental focus, help design products that are safe and useful, and help businesses understand how to influence consumers.

Psychology Is All Around You

Psychology is not just an academic subject that exists only in classrooms, research labs, and mental health offices. The principles of psychology can be seen all around you in everyday situations.

The television commercials and print ads you see every day rely on psychology to develop marketing messages that influence and persuade people to purchase the advertised products. The websites you visit on a regular basis utilize psychology to understand how people read, use, and interpret online information.

Psychology can also play a role in improving your health and well-being. For example, understanding some of the basic principles of behavioral psychology might come in handy if you are trying to break a bad habit and establish new routines.

Knowing more about some of the things that motivate behavior can be useful if you are trying to stick to a weight loss plan or exercise regimen. Overcoming phobias, managing stress, improving communication skills, and making better decisions are just a few of the things with which psychology can help.

Psychology Has Many Career Paths

For some people, an interest in psychology is fueled by a desire to pursue a career in the field. Others may want to learn more out of curiosity or because they are thinking about consulting a psychologist for help with a health concern.

No matter the reason, building a better understanding of emotion, motivation, cognition, love, communication, and research methods will serve you well.

Understanding Career Paths Can Help You Choose the Right Professional

For example, if your child is experiencing problems at school, you might seek advice from a school psychologist specializing in helping kids deal with academic, social, emotional, and other issues.

Suppose you are concerned about an elderly parent or grandparent. In that case, you might want to consult with a developmental psychologist who is specially trained and knowledgeable in issues related to the aging process.

Can Also Help You Choose Your Own Career

Understanding the different training and licensing requirements for different specialty areas can help you determine which professional is right for your needs. If you are trying to select a psychotherapist, it may also be helpful to learn more about which professionals can provide therapy services.

If you are thinking about majoring in psychology, there are many career paths to choose from. These depend largely on your educational level and work experience, so it is important to research the training and licensing requirements of your chosen specialty area.

Psychology Career Options

Just a few of the possible career options include:

Clinical psychology

Forensic psychology

Health psychology

Industrial-organizational psychology

Experimental psychology

School psychology

Psychologists Make Human Lives Better

Among the major goals of psychology are to describe, explain, predict, and improve human behavior. Some psychologists accomplish this by contributing to our basic understanding of how people think, feel, and behave. Others work in applied settings to solve real-world problems that have an impact on everyday life.

And finally, many psychologists devote their lives to helping people who are struggling with psychological issues.

You may find these professionals working in hospitals, mental health clinics, private practices, and other settings to diagnose psychological disorders and provide psychotherapy to people from all walks of life.

While the work of psychologists may be highly varied, they all share one overriding goal: to help people live better lives.

Takeaways

Psychology is a rich and fascinating subject that has many practical applications in many areas of life. If you have ever wanted to learn more about why people think and act the way they do, then studying psychology is a great way to gain greater insight into the human experience.

Psychology has a powerful impact on the world today. Our daily lives are deeply impacted by the interaction of biological factors, social relationships, and mental processes. Psychologists are skilled at understanding the role these factors play in influencing health, happiness, and overall well-being.