



Practical Psychology 120 Hours

Overview

Practical Psychology brings psychology and its practices into the realm of the personal, the immediate and the real. Human behavior is endlessly fascinating to observe. If you are like most people, you enjoy watching people and observing their behavior. In this class you will learn what makes people tick and how to understand human behavior better.

Outline

Practical Psychology Module 1 The Basics of Behavior

- Psychology as Common Sense
- Basic Questions about Human Behavior
- Controlling Human Behavior
- Sensation versus Perception
- How Our Sense Organs Work
- Sensory Deprivation
- Subliminal Perception
- Visual Illusions
- Learning
- Classical Conditioning
- Operant Conditioning
- Observational Learning

Practical Psychology Module 2 Problem Solving and Reasoning

- Memory
- Testing Your Memory
- Types of Memories
- Anxiety and Memory
- Forgetting
- Memory Distortion
- Steps in Problem Solving
- Problem Solving Strategies
- Reasoning
- Creative Thinking
- Motivation
- Intrinsic and Extrinsic Motivations
- Biological and Social Motives



Practical Psychology Module 3 Understanding and Controlling Emotions

- Physiology of Emotional Arousal
- Reading Emotions in Others
- Gender Differences in Emotionality
- Anger and Aggression
- Love & Happiness
- How the Mind and Body are Linked
- Life-styles and Health
- Stress and the Immune System
- Responses to Stress
- Defining Abnormality
- Myths and Mental Illness
- Assessing Psychopathology
- Psychological Well-Being
- Personality Disorders
- Mood Disorders
- Suicide
- Eating Disorders

Practical Psychology Module 4 Treatment for Problem Behaviors

- Types of Mental Health Professionals
- Approaches to Therapy
- Evaluating Psychotherapy
- Interacting with Others
- Communicating with Others
- Impression Formation
- Origin of Attitudes
- Changing Attitudes
- Why People Change
- Prejudice and Discrimination
- Compliance



Practical Psychology Module 5
Working with Other in Groups

- Group Functioning
- How Groups Change
- Performance in Groups
- Group Decision Making
- Leadership
- Psychology and Law
- Environmental Psychology
- Industrial/Organizational Psychology
- Human Factors Psychology
- Sports Psychology
- Consumer Psychology
- Educational Psychology