



## Psychology Primer 80 Hours

### Overview

Psychology Primer is a class that will immerse you in the world of psychology. Each of us brings a different idea of what psychology is to this course. And each of us has a special interest in psychology. For most people psychology is all about things like: Why do people act the way they do? How can I know myself and others better? Why do people commit crimes? or go to war?

As you go through this class, you will find, that psychology is about these things, and a whole lot more. What about: What is the structure of the brain? How does aging effect intelligence and memory? How much do babies really understand about the world around them?

Why not take a few moments now to think about:

- What psychology means to you right now?
- What you would **really** like to know more about?

### Outline

#### **Psychology Primer Module 1 Introduction to Psychology and Research Methods**

- Find out where psychology stands in relation to other attempts to understand the human being, such as philosophy and religion
- Have an overview of the history of contemporary psychology
- Learn how psychologists do research

#### **Psychology Primer Module 2 Biopsychology, Sensation and Perception**

The mind-body connection is a fascinating one, and we are hearing more about it every day. This module will give you a good grounding for your future work: it will show you the brain in an unforgettable yet simple way; it will help you understand the connection between the body, the brain, and the mind in perception and sensation; it will provide an excellent, clear list and explanation of the key chemicals that influence behavior and emotion. Which comes first, the body or the mind? or is the human an inextricable whole?



### **Psychology Primer Module 3** **Learning, Memory, Intelligence and Behavioral Psychology**

- How do we learn behaviors?
- How can we change behaviors?
- What does intelligence really mean?
- How much can we trust our memory?

### **Psychology Primer Module 4** **Motivation, Emotion, and States of Mind**

In this module you will encounter some of the classic theories on motivation. And you will hear more of the debate on whether we are motivated by events, by our physical states, by our thoughts, or by our emotions. Be sure to note:

- Classic theories of motivation
- Varying explanations of emotion
- What happens when we sleep?
- What varied states of consciousness do human beings experience?

### **Psychology Primer Module 5** **Human Growth and Development**

Human development is a process we all go through, each in his or her own particular way. Yet there seem to be common pathways, common schemas, that all human beings follow through the course of life. And, if you thought that development was just kids stuff, think again! Adults grow and change and many find increasing meaning in life as the years go on.

In this module you will:

- Be introduced to the major developmental theories. Take note and learn them well. Apply what you learn in the assignment.
- Gain some insights into that fascinating fast moving time called adolescence
- Read some great common sense advice about how to "be" with your kids. Make every moment a quality moment!
- Find out how getting older may really mean getting better!