**Course Title:** Psychology for Discussion

**Instructor’s Name:** Professor Linville

**Level Target:** Intermediate and Advanced

**Course description and objectives:**

Why do we worry about what others think of us? What motivates us to get out of bed in the morning? Why did failure never stop Steve Jobs? These and many other questions about the human experience will be answered in this course. Welcome to the world of psychology—the science that studies the human mind and behavior. For the next two weeks students will do various activities including experimenting, surveying, debating, and discussing. Through these activities students will learn about various psychological concepts including personality, memory, process, conformity, motivation, intelligence, creativity, impressions, competition, cooperation, and self-perception. After completing this course, students will be able to understand, debate, and discuss various psychological concepts in English. They will also have better insight into how they can apply these psychological concepts to their own life.

|  |  |
| --- | --- |
| **Dates** | **Class Work** |
| Day 1 | **Who Are You? – Personality Types and the Ability to Change:**  *Many of us describe ourselves in a certain way: “I’m shy.” “I’m a positive person.” “I’m very smart.” But what we don’t realize is how flexible and adaptable we actually are when it comes to how we define who we are. In this class we will discuss the complexity of personality, why we define ourselves, and how we have the ability to change.* |
| Day 2 | **The Land of Nostalgia and Deja-vu – False Memory Syndrome and Imagination Inflation:**  *Many of us have vivid memories of certain events in our lives or we can’t help but feel like we have experienced the same exact event twice. In this class we will discuss how memory is somewhat false and how we can believe in something even if it never actually happened to us.* |
| Day 3 | **Why Did I Do That? – Decision Making and Contradiction:**  *We often make choices we aren’t proud of and we regret it later. The question becomes why do we make these decisions and why do we often contradict ourselves? In this class we will analyze the decisions we make, talk about ethical behavior, and how contradiction can be beneficial.* |
| Day 4 | **The Dark Side of Humanity – Prejudice and Conformity:**  *The Holocaust was one of the most unfortunate events of the 20th century. Why did it happen? In this class we will discuss prejudices we hold about people in areas such as race, ethnicity, gender, age, disability, social status, appearance, etc. We will also talk about the power and danger of group mentality.* |
| Day 5 | **Are You Willing to Wait? – Selective Attention and Motivation:** *Many of us never think about what motivates us or why we pay attention to certain things and not others. In this class we will discuss your attention span and what motivates you day by day.* |
| Day 6 | **The Ins and Outs of Talent – Intelligence and Creativity:** *What are you good at? Solving puzzles? Painting? Giving advice? Taking tests? Areas that we excel in have a lot to do with our intelligence type and how creative we actually are. In this class we will discuss the wide range of intelligence types. We also discuss how creativity and intelligence have very little to do with each other.* |
| Day 7 | **Forming Relationships – Impressions and Competition vs. Cooperation:**  *We all want to be respected and loved. However, we often treat each other badly and assume things about each other that turn out to be false. The good news is we can get better at this. In this class we will discuss how we form impressions and how those impressions can change. We will also talk about why both competition and cooperation are needed in society.* |
| Day 8 | **How Did They Do It? – Positive Thinking and The Power of Failing:**  *Most psychologists agree that being happy is really the key to having a good life. The problem is happiness has a lot to do with our own self-perception. For this final class discussion we will talk about how having positive thoughts can make you a happier person and allow you to be more confident in everyday life. We also will talk about our misconceptions of failure and how failing is actually very advantageous.* |