

Outside the Textbook - An Introduction to Psychology

Instructor: Lisa Workman

Email:

Class Time: Tuesdays 2:00 - 3:00 pm EST

Course Description: Welcome to Outside the Textbook - An Introduction to Psychology! Do you love the idea of learning about psychology, but don't want to get bogged down with heavy theories and textbooks? In this class, you'll be able to embrace the exciting ideas from the field of psychology in ways that allow you to see the connections between psychology and the real world, through engaging classroom activities, labs that will send you into the community, and lively discussions.

Objectives:

- To learn about the history of psychology
- To develop an understanding of a variety of concepts from psychology
- To be able to apply psychological concepts in the real world
- To recognize the application of psychology in all career fields
- To be able to compare and contrast varying perspectives within psychology

Texts:

Psychology, A Very Short Introduction by Butler and McManus

Opening Skinner's Box by Lauren Slater

Proust Was a Neuroscientist by Jonah Lehrer

The Man Who Mistook His Wife for a Hat by Oliver Sachs

Semester 1:

Week 1: History of Psychology

Week 2: Psychological Perspectives

Week 3: Scientific Method

Week 4: Neuroscience

Week 5: Neuroscience

Week 6: Sensation and Perception

Week 7: Sensation and Perception

Week 8: States of Consciousness

Week 9: States of Consciousness

Week 10: Learning

Week 11: Learning

Week 12: Memory

Week 13: Memory

Week 14: Thinking and Language
Week 15: Intelligence
Week 16: Intelligence

Semester 2:

Week 17: Motivation
Week 18: Motivation
Week 19: Emotion, Stress and Health
Week 20: Emotion, Stress and Health
Week 21: Human Development
Week 22: Human Development
Week 23: Personality
Week 24: Personality
Week 25: Psychological Disorders
Week 26: Psychological Disorders
Week 27: Psychological Disorders
Week 28: Therapies
Week 29: Therapies
Week 30: Social Psych
Week 31: Social Psych
Week 32: Final Project Presentations

Homework:

Outside of class, students will be responsible for readings and short video clips that will be available for free through YouTube or Tubi. On occasion a student may also have an assigned podcast. Readings should take no more than 1-2 hours a week, including a brief written response each week to the readings or assigned videos. There may be additional information provided that is optional for students who would like to deep dive into a particular topic.

Final Project:

Through the year, students will be working on a final project that involves designing the idea of a game. The design of this game will incorporate various concepts from the field of psychology, and as those concepts are covered pieces of the game will be created. There will be a midyear check in on the game project at the end of the first semester and feedback will be provided. The final project will be due during week 31.