

Personal Psychology

Course Number: SS759

Grade Level: 9th - 12th

Instructor: Holly Ryan

This course is an introductory level course designed to introduce students to basic psychological concepts and relate these ideas to the student's personal life. Key concepts to be learned include the following:

- * What is Psychology? Students will be engaged in activities that >help them understand the history of psychology and identify the current >trends in the field of psychology today.
- * The brain. What is it and what does it do? Students will learn the basic anatomy of the brain and how the brain functions to control human thinking and behavior.
- * Personality. Nature vs. Nurture. Students will investigate what determines human behavior. A discussion of heredity and environment as they affect personality will be explored. Students will complete the Kiersey Temperament Sorter to discover and evaluate their personal personality profile.
- * Intelligence. Students will explore the meaning of a variety of intelligence measures including IQ, Emotional Intelligence, and the Multiple Intelligences developed by Howard Gardner. Students will discover their individual intelligence strengths and complete activities that expose them to all of the multiple intelligences.
- * Motivation. What motivates human behavior? What factors influence our own personal behavior? Students will evaluate their personal motivational preferences while learning about tendencies in human behavior related to motivation.
- * Communication. How do people communicate with one another? What are effective forms of communicating so that others will hear and understand your point of view? What is your specific communication style and how can you improve your own methods of communication?
- * Resiliency. What helps people survive tough hardships in life? Students will investigate the 7 resiliencies developed by Sybil Wolin in her Resiliency Theory. Students will learn about the struggle to be strong through anecdotal stories and relate their personal stories through discussion and writing.

Required Materials: There is a set of handouts available for checkout at the bookrooms at CHS and CVHS.