

# Psychology 40s

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## Welcome to Psychology!

Have you ever wondered ... why people dream? How stress could affect your health? Why some memories are more vivid than others? What the long-term effects are of chronic drug-use? Why do some people become anxious or depressed?

PSYCHOLOGISTS study every aspect of how people perceive the world. You may take a brilliant sunset for granted, but psychologists don't. They study the entire experience, from how colors stimulate cells in the eyes to the emotions that a beautiful sunset evokes.

Psychologists study people – how we think, how we see ourselves, and why we behave the way we do. They're also interested in why things go wrong in people's minds. Professional Psychologists try to develop ways to relieve these types of problems.

You are about to begin the study of behavior and mental processes ~ the study of PSYCHOLOGY. By understanding psychology, you will gain a deeper understanding of yourself and others.

# General Learning Outcomes:

There are a variety of critical thinking skills that you'll be able to develop and demonstrate over the course of this semester:

## Higher-Level Critical Thinking Skills:

Critical Thinking builds on an assortment of skills that go from basic to more advanced:

remembering information

- *Assessment:* Tests, Quizzes

understanding the facts, concepts, and ideas we're learning by describing and giving examples

- *Assessment:* Daily Assignments, Tests, Class Discussion

applying the information to your own life and reflecting on how the info we're learning actually affects you

- *Assessment:* Note Reflections, 30-Day Challenges, Class Discussion

analyzing information and finding relationships between differing facts

- *Assessment:* Assignments, Note Reflections, 30-Day Challenges, Class Discussion

evaluating information to see whether you agree or disagree, find it valid or invalid, etc.

- *Assessment:* Short Video (or written) Responses, Class Discussion

creating something new based on the information you have learned

- *Assessment:* Projects, Assignments

## Group Communication Skills:

Learning in the context of a class community requires more of you than simply sitting quietly and taking notes. In this class, you'll be expected to practice and demonstrate your ability to participate in and lead discussions as a group. The skills required to do this include:

- active listening
- asking open-ended and insightful questions
- thoughtfully extending others' ideas
- using thorough and specific examples or ideas to support their own ideas.

*Assessment:*

Appropriate, consistent, and constructive participation in class discussions and group activities is a **daily requirement** of this course.

You're expected to be actively involved in the learning process and be willing to step outside your comfort zone in order to thoughtfully engage with new ideas.

Rubrics will be used assess daily participation, and the mark will include teacher assessment and student self-assessment.

# Assessment:

85% of the final grade will come from term work in the class

- Tests / Quizzes: 20%
- Notes Reflections & Assignments: 35%
- 30-Day Challenges: 20%
- Participation in Class & Group Discussion: 10%

15% of the grade will come from a large final assessment [individual inquiry project] at the end of the semester. Time will be given to complete the assessment in class. This project will take the place of a final exam in this course.

# Expectations: .....

\* **The Pack:** There's a direct connection between your manner and the atmosphere in the room; please bring the best version of yourself to class for the well-being of this group. Kindness & Respect are key.

We'll talk about this more in class.

\* **Come to Class Prepared:** arrive with the required materials.

\* **Washroom Breaks:** Rare and unusual, please; ask first.

\* **Punctuality:** You [and your assignments] are expected to arrive on time.

See late assignment and test policy in student handbook.

\* **Text & Chat:** When you're in the room, *be* in the room.

No texting, food, drink, etc. in class. Turn off your phone and place your phone face-down on your desk. If your phone proves to be too much of a distraction to you, others, OR to me, I will take it for the duration of the class.

# Sign Up: .....

Please sign up for Google Classroom for this class:

Use your GVS email account, and there should be a message from me with this code:

TBA

Work your technological magic and you'll be signed up.