

## Introduction to Psychology

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Taught by an Instructor from UCLA Extension • 11 sessions for total of 22 hours

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### Course Description

This hands-on psychology course provides an overview of the vast and fascinating field of psychology. General introduction includes topics in cognitive, experimental, personality, developmental, social and clinical psychology. During the program, participants will examine case studies, model social situations and even design and perform their own mock situation.

### Course Objectives

By the end of this course, you will:

1. Have developed a strong foundation in the scientific study of the mind and mental processes.
2. Understand the different fields of psychology.

### Course Prerequisites

An interest in psychology and the social sciences is required.

### Schedule

Day 1:	Introduction; the Scientific Method; Research Designs
Day 2:	Perception; Stereotyping; Prejudice
Day 3:	Conflict; Conflict Resolution; Listening; Communication
Day 4:	Emotional Intelligence
Day 5:	Conditioning; Behaviorism
Day 6:	Cognition; Rational Emotive Behavior Therapy; Desensitization
Day 7:	Intro to Statistics & Research Methods
Day 8:	Memory
Day 9:	Experiment Class: Conduct Practice Experiment
Day 10:	Social Psychology: Milgram & Conformity
Day 11:	Final Review

Although there are no graded assignments in this course, students are expected to participate positively in all sessions.