

Psychology



Contact Information

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Course Overview:

Psychology focuses on individual behavior and why an individual thinks, feels, and reacts to certain stimuli. Major emphasis will be places on research methods, stages in childhood and adolescence, how the brain works, altered states of consciousness, psychological testing, and psychological disorders.

Course Objectives

Overall Objectives

Students will discuss contemporary psychology topics and research methods, as well as laws and ethical concerns surrounding the industry. Various fields of psychology will be introduced and will help interested students determine possible career paths in psychology. Students should also learn different research techniques used to gather information, and they practice gathering and analyzing data. They also discuss significant past and present contributors to psychology.

Sociocultural Objectives

The class will help students appreciate that psychology is a diverse and constantly evolving discipline. Students will realize that cultural expectations highly influence their behavioral choices, thought patterns and psychological health. They identify social and cultural norms that are considered acceptable in their own culture that might be frowned upon in other parts of the world, such as their style of dress or gender roles. Students should be able to identify social or cultural situations that cause stress in their own life and to work on stress reduction techniques. For example, students might learn ways to diffuse relationship conflict by talking through problems or by using deep breathing to calm down before an important test.

Human Development Objectives

This class will cover every major developmental stage of life, including development of fetuses in the womb. Students identify major milestones for normal childhood growth, such as the approximate age babies learn to sit up unassisted or preschoolers learn to write. They will learn that children develop at different rates, but some delays might be cause for concern, such as children who are not yet walking by their second birthday. We will discuss what kind of factors influence human psychological development, such as parental influence and nutrition. Learning objectives also require students to learn about the mental, emotional, sexual and social changes that occur during adolescence and consider their effects on psychological health.

Internal Systems Objectives

High school students will learn about the different internal systems of the body, including hormonal and other internal influences that impact psychological health. During these biopsychology lessons, parts of the brain and nervous system are identified. Students consider the effect of hormones on mental health and learn how human behavior and motivation can be influenced by genetics or heredity. They should develop an understanding of the importance of sleep on psychological health. Dreams are interpreted and analyzed, and students learn to recognize levels of consciousness.