

2023 Semester 2 - Demystifying Psychology Course

The 2023 Demystifying Psychology Course begins on Tuesday 18 July. This structured 5 session program will be held on 3rd Tuesdays of the month from July to November, 10:00 to 12:00 noon, at U3A room #1 at Benalla Seniors Community Centre, 18 Fawckner Drive.

Demystifying Psychology Course content:

The 2023 program content is a re-vamp of the 2020 Demystifying Psychology Course. It is not designed to offer group or individual therapy.

The aims of the five-session course are to create a relaxed introduction to psychology in everyday life; a review of theories that explain how relationships/events happen; and to apply these theories to our everyday life.

Key psychological concepts/theories will include:

- Pre/post testing.
- Personality types and preferred coping styles.
- Addiction (including drugs) treatment.
- Raising children.
- Leadership and the rise and rise of Donald Trump (yep, that old “T” word).
- .. plus topics suggested by participants.

How to join:

- A. U3A Members - sign or add your name to the attendance list ... and say “Hi”.
- B. Non-U3A members –
 - a. Enroll - see <https://u3abenalla.weebly.com/join-us.html> OR go to RedB4 bookshop at 111 Bridge St East: open 9.30-4pm Mon-Sat.
 - b. Once enrolled, attend the session and sign or add your name to the attendance list ... and say “Hi”.

The first Demystifying Psychology Course group will be held:

Day/Date: Tuesday 18 July
Time: 10:00 – 12:00 noon
Venue: U3A room 1, Benalla Seniors Community Centre, 18 Fawckner Drive, Benalla

Other 2023 dates –

- Course dates - 15 August, 19 September, 17 October, and 21 November.
Course review date – 28 November 10:00 to 12:00 noon. Location to be advised.

Want to know more?

- Review past content at <https://u3abenalla.weebly.com/demystifying-psychology>;
- Contact convener Jane Rushworth 0437 621 575 / janerushworth2101@gmail.com

