## COURSE - U3A Demystifying Psychology Course Simplified 2024

Date:
Location: Benalla
SESSION \#1 Instructions: Thinking about how confident you feel about a topic, place $a X$ on the line for each topic.

SAMPLE: Place a $X$ like this if you feel very confident.
$\because$


Place a $X$ like this if you are very unsure about the topic.

Topic 1: What is Psychology?


Topic 2: History and schools of Psychology


Topic 3: Ethical considerations


Topic 4: Theoretical explanations

Topic 5: Measuring - theories and progress

Topic 6: Diagnostic Statistical Manual - DSM


Topic 7: Personalities and Coping Styles


SESSION \# 5 Instructions: Thinking about how confident you now feel about a topic, place a $\mathbf{O}$ on that line.

