

U3A Demystifying Psychology- Semester 2, 2021

A 10-session light-hearted course introducing “psychology in everyday life” and looking at some of the theories that attempt to explain how and why we do things. Each month will include a Course Content session plus a casual Group Discussion session.

Course Content sessions are structured. The plan is to cover personality types and preferred coping styles; theories and practices applied to drug treatment, states of mind, intelligence, and memory. Topics suggested by participants can also be included.

Discussion group sessions are casual and unplanned (in terms of content). Topics are loosely based on content covered in the previous Course Content session and are generated by discussion group participants.

Meeting times:

1. *Discussion Group* -First Tuesday – 10am to 12noon Coinda Aged Care Hub.
2. *Course Content* – Third Friday – 1pm to 2:45pm Senior Citizens Building 18 Fawckner Drive.

How to join:

Call or email convener with your queries and/or intention to join.

Convener:

Jane Rushworth 0437 621 576 janerushworth2101@gmail.com

Bring:

Notepaper, pen, life experience.

Covid19:

NOTE: During lockdowns, Zoom meetings will replace face-to-face for the affected sessions as per the calendar (below). A meeting link will be provided as needed. **V.I.P** - Assistance is available to get you on to Zoom.

Disclaimer

I have retired from practicing as a psychologist (prob)/counsellor/therapist. I do not offer clinical advice to participants. This series is not designed to provide group/individual counselling. Participants will not qualify as counsellors/therapists.

U3A Benalla: DEMYSTIFYING PSYCHOLOGY-Semester 2, 2021

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Convener: Jane Rushworth 0437 621 575 janerushworth2101@gmail.com

DATE

TOPIC

July 16

Session 1

Course Content

1pm to 2:45pm

Senior Citizens

Building 18

Fawckner Drive.

Some basics:

- What is psychology? History and schools of psychology.
- Ethical considerations.
- Theories and measurement – pre & post survey.
- Diagnostic Statistical Manual

Let the fun begin

- Personalities and coping styles - eagle, dove, owl or peacock?
- Theories, that is, who says what and why?
- #Topic suggestions.

August 3

Session 2

Discussion Group

Cooina Aged Care

Hub.

Casual and unplanned

August 20

Session 3

Course Content

A tad bit serious

- A day in a Residential Drug Rehabilitation Service

September 7

Session 4

Discussion Group

Casual and unplanned

September 17

Session 5

Course Content

Mad, bad, or sad?

- Mental states
- Emotional well-being.
- Personality and psychiatric disorders

October 5

Session 6

Discussion Group

Casual and unplanned

October 15

Session 7

Course Content

The elephant in the room

- Intelligence
- Memory

November 2

Session 8

Discussion Group

Casual and unplanned

November 19

Session 9

Course Content

Psychology of Christmas

- Shopping
- Lights and decorations
- and Jokes

December 7

Session 10

Discussion Group

Xmas Break-up