

# ***Basic and Applied Psychology: From The Lab to Life***

**(\*Please Read This Carefully)**

Fall 2024 - 8 credits  
100% On-Line

Faculty: Mark Aaron Hurst, Ph.D.  
The Evergreen State College

## **Online Meeting Schedule (Saturdays from 9 a.m. to 2 p.m.):**

Weeks 1 through 10 will include of a variety of synchronous and asynchronous online interaction.

- 1) Synchronous “Faculty Sessions” (Saturdays from 9 a.m. to 2 p.m.) for the whole program on Zoom, which includes an interactive lecture, a breakout session, videos, and discussion. This would be much like an in-class period to cover the content of program material (with Keynote slides), and discuss your questions, insights, connections, and integration of ideas in breakout rooms and as a whole program.
- 2) Asynchronous prep material organized on Canvas modules.

## **Contact Information For Faculty**

e-mail: [hurstm@evergreen.edu](mailto:hurstm@evergreen.edu); Voicemail 360-709-8795; Cell Phone: 360-359-5332

## **Tentative Books and Resources:**

1. Aronson, E. (2010). *Not by Chance Alone: My Life as a Social Psychologist*. Basic. 978-0465031399
2. Cohen, G. (2023). *Belonging: The Science of Creating Connection and Bridging Divides*. W.W. Norton. 978-1324065944
3. Haidt, J. (2024) *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*. Penguin. 978-0593655030
4. Lindqvist, S. (2018) *Exterminate All the Brutes*. Granta. 978-1847081988

Access to psychological science databases

## **Program Description**

Our world has become increasingly complex and fast, regarding the big existential questions of who to be and what to do, as well as navigating the minute-by-minute particulars of day-to-day life. To more effectively navigate experiences within individual narratives, families, workplaces, social life, and cultural contexts, requires discerning awareness of nature and nurture variables regarding human consciousness, the brain, motivations, memory and intelligence, thought, emotion, and action, as well as situational and environmental factors, and the means for bringing about change. As an introductory program, we will link the basics of psychology to our examination of the full spectrum of human experience, limitations and potential.

This 8-credit program will provide you the opportunity to build a fundamental knowledge and skill base regarding contemporary psychology theory and concepts, as well as to begin developing your own applied “theoretical orientation” of human psychology, and to test it against the ideas of great scientists in the field of psychology. We will view psychological science in relation to our own lives and to life in our immediate community, while also seeing the application to the larger world. You should leave this program not only knowing yourself and others more accurately, but also understand: 1) how to “make sense” of life in more optimal ways; 2) how to maintain resilience, adapt to adversity, and flourish in vital absorbing

interests; and 3) how to balance control and belonging that is vital to investments in love, work, play, and service to others. This program is relevant for careers in psychology, sociology, education, media, journalism, government, criminal justice, law. Credits may be awarded in Introduction to Psychology, Biological Bases of Behavior, Community Psychology, and Theories of Counseling.

**Resources** will come from the full spectrum of psychological theory and peer-reviewed science. We will also explore resources from philosophy, literature, history, religion, etc.

**Assignments** will be: 1) development of an evolving theoretical orientation (your own personal philosophy) to guide future studies in any discipline; 2) development of a self-direction plan (related to social maturity) for future learning; and 3) “expert notes” for Jigsaw Classroom teaching and learning.