

Psychology: Cognition, Mind, and the Work of Being You



Faculty

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“A word devoid of thought is a dead thing, and a thought unembodied in words remains a shadow.”
— **Lev S. Vygotsky**

Description

How does the brain create the mind, and how does that mind do the work of being you? What processes go on inside your head, and why? To what degree are thoughts, languages and behaviors individual acts, and how are they influenced by the social contexts in which we live?

In this first-session, 4-credit course we will explore how our brains and cognitive processes create perceptions, language, memories, and values; how our choices impact our brains and thought processes; and the ways in which these processes and choices are conditioned by environmental factors. We will cultivate a knowledge base and critical thinking skills that are relevant to many professions and fields, but will be particularly helpful in social and human services, health care, and education.

Weekly Schedule

Note that this schedule is for online meetings: there will be readings and other activities that students will move through at their own pace.

Tuesday	Thursday
9:00am -11:50 Lecture / Workshop	9:00am -11:50 Lecture / Workshop

Text

This course will utilize an open textbook, Andrade & Walker's *Cognitive Psychology*, which can be obtained free of charge here: https://drive.google.com/drive/folders/1VkbR-B4V5WoyoM-73prusfJQq_hYk1Mq

Class activities may include lectures, workshop activities, group discussions, and independent work. We will utilize class structures that maximize students' engagement, agency, and well-being. For example, to reduce the time spent in front of computers, students will have opportunities to apply their learning to creative media they are comfortable with.

To successfully participate in this program, students will need access to a computer (preferred) or smart phone, the internet, required texts, and writing and note-taking supplies. This is a fully remote class, so in addition to Zoom meetings, they will need to access instructions and upload assignments via Canvas. Students will also take Canvas quizzes each week, and present a “poster” on a research topic at the end of the course.