

## Psychology A/T

“When I look at the world I’m a pessimist. When I look at people I’m an optimist”

Carl Rogers

Psychology is the study of the human mind and behaviour. Students develop an understanding of themselves and others by exploring the interactions between the individuals and groups as well as the roles of biological and environmental factors.

Students develop skills which promote higher-order thinking and apply evidence-based research for understanding and interpreting human behaviour. Students develop analytical and critical thinking skills and learn to question and challenge assumptions about human behaviour. They develop skills to communicate effectively and present logical and coherent arguments.

The study of Psychology enables learners to understand how individuals think, feel and act within different contexts. Such knowledge has the potential to empower and enhance individual abilities and facilitate awareness of the human condition, along with tolerance and respect for others.

Students develop their knowledge and understanding of theories, concepts and perspectives to explain cognition and behaviour. They analyse the nature and purpose of psychology and develop insights into types of behaviour across a range of contexts.

### Course Patterns

Unit 1: Individual Differences  
Unit 2: Into the Mind  
Unit 3: Psychology of Wellness  
Unit 4: Psychology in Society

There are no compulsory or pre-requisite units in this course. The units shown are classified A and T.

Unit 5: Independent Study is possible for T students on application.



### Units

In each unit students examine at least two electives for the semester to explain human behaviour as an outcome of influences and interactions. Students explore the assumptions, applications and limitations of psychological research and literature related to the unit.

#### Unit 1: Individual Differences

Students study individual differences in human cognition and behaviour. Through their studies, students explore the nature of the individual and how these differences relate to society. The key conceptual understandings covered in this unit are: differences in mental abilities and intelligence, personality, development, learning and motivation.

Examples of elective content: introduction to psychology and personality

#### Unit 2: Into the Mind

Students study the biological basis of human cognition and behaviour. Through their studies, students explore how heredity, environmental and biological factors influence behaviour. The key conceptual understandings covered in this unit are: sensation and perception, consciousness, memory, emotion and neuroscience.

Examples of elective content: cognitive psychology, consciousness and perception

#### Unit 3: Psychology of Wellness

Students study the factors that influence physical and mental wellbeing. Through their studies, students explore how heredity, environmental and biological factors influence physical and mental wellbeing. The key conceptual understandings covered in this unit are: positive psychology, mental health, stress, resilience and coping and human relationships.

Examples of elective content: positive psychology and mental health

#### Unit 4: Psychology in Society

Students study the role of psychology in society. Through their studies, students explore how individual perceptions and interaction influence social relationships. The key conceptual understandings covered in this unit are: attitudes, prejudice, forensic psychology, human relationships, organisational psychology and social influences.

Examples of elective content: attitudes, prejudice and forensic psychology

