



Psychology 101

Hi and welcome to Psych 101 with your instructor Holly. Together, we're going to explore the wonders of the mind and brain to better understand ourselves and those around us. Psychology is part of everyday life and is useful no matter your future career. Being able to better understand those around you can help you communicate and help others.

For each video, there will be a before the video activity and an after the video activity. The before activity will usually be vocabulary but could be something more such as watching a video. The after video activity will be an experiment with key questions to expand and think about what was learned in an open ended fashion. Sometimes, there's no right or wrong answer.

The course will start with the history of Psychology. We'll start from the beginning and work our way through the timeline learning about famous psychologists and their experiments. We'll discover ways to replicate them to test them at home too!

Join me as we discover the exciting history of Psychology and how we can use that knowledge and those experiments to enrich our lives.