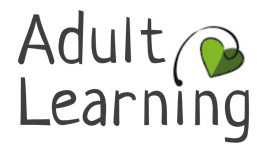


# Adult Learning - Course Information Sheet



## AZZ4BA15 - Introduction To Psychology

### Virtual Classroom - Zoom

<https://zoom.us/>

Start Date: 26 September 2024

End Date: 17 October 2024

Start Time: 7:00PM

End Time: 8:30PM

Day: Thursday

Sessions: 4

Tutor: Mrs Virginia Antunes

ZZ99 9ZZ      **Room** Virtual Classroom - Zoom

### Course aim

To introduce you to different psychological theories which enables you to understand human mind, behaviours and mental health issues.

### Course outcomes

- 1 – State what Psychology is and is not.
- 2 – Describe psychological theories.
- 3 – Consider how the mind, behaviour and mental health can be affected using psychological theories.
- 4 – Discuss how psychological approaches could help with behavioural and mental health issues.

### How will the course be taught?

This course is classroom based and will be taught face to face. Methods and resources will include Powerpoints, handouts and interactive discussions.

### What do I need to bring / have ready?

- Pen and notepaper.
- An open mind.
- A packed lunch/drinks.

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01536 535809 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

**Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>**

