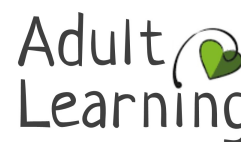


Adult Learning - Course Information Sheet



SZZ5BA12 - Introduction To Psychology

Virtual Classroom - Zoom

<https://zoom.us/>

ZZ99 9ZZ

Room

Start Date: 24 February 2023

End Date: 10 March 2023

Start Time: 5:30PM

End Time: 7:30PM

Day: Friday

Sessions: 3

Tutor: Mrs Virginia Antunes

Course Aim

The aim of this course is to introduce learners to Psychology. Psychology is a wide and varied field and in this course we will focus on understanding what it is, how it can help promote positive mental health and how it can be applied to everyday situations, for example by helping understand other people's behaviour. In this introduction to Psychology we will discuss five main perspectives of Psychology, which are just five different ways to look at the same issues. We will then explore common mental health conditions and how Psychology and psychotherapy can provide support.

Course Outcomes

- a) Identify common myths about mental health
- b) Recognise the five main approaches of Psychology
- c) List key types of symptoms considered in diagnosing mental health disorders
- d) Identify two main types of therapies that can be used for mental health conditions (Person-centred and Cognitive-Behavioural therapy)

How will the course be taught?

The course will be taught online via Zoom and will be a live interactive class. Joining instructions along with unique log in for the session will be emailed to you by our support services team prior to the course start date so please check your email address. To take part in the course learners will need either: a computer or laptop, phone or tablet connected to the internet and able to view a live video stream.

What do I need to bring?

We also recommend that you have a pen and notepad to hand during the sessions.

Further support or 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 or call 01604 368023 (answerphone available). Visit our website 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

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 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/>

