

# Psychology

Psychology is a NSW Department of Education Approved Elective Course

Course details are not included on RoSA

Course details are included on School Report

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This course provides students with the opportunity to learn how to learn in a more student-centered environment. This means that they are encouraged to concentrate on learning what they want to learn, rather than what the teacher tells them to learn. Students will learn how to be more creative, improve memory, organise thoughts, think better, manage their time and enjoy the moment.

Components of the course include:

**1. Preferred learning styles and how the brain works**

Complete a questionnaire to discover your brain dominance. Discover the degree of preference you have for thinking in each of the four brain quadrants. Learn how to communicate with those who think the same as you and those who think differently than you. Once you understand your thinking style preferences, the door is open to improved teamwork, leadership, creativity, problem solving, and other aspects of personal and interpersonal development.

**2. Thinking skills and Positive Psychology**

Learn how to extend your way of thinking about a topic by wearing one of Edward de Bono's Six Thinking Hats. This method encourages Parallel Thinking, where everyone explores all sides of an issue at the same time. It encourages a cooperative exploration of the subject and ensures that all aspects of an issue are considered.

**3. Problem solving skills and techniques**

Learn to analyse problems using thinking scaffolds such as Plus-Minus-Interest, SWOT analysis, Venn diagrams and Y charts.

**4. A Personal Interest Project (PIP)**

Choose an area in which you have a personal interest. Then use this area to further develop specific skills, for example the area of interest could be football and the specific skill could be to develop a database. Learn to design a work plan and time schedule.

**5. The art of meditation and mindfulness**

Emotional intelligence strongly suggests a relationship connecting awareness to one's surroundings to emotional regulation. Learn the skills of Mindfulness. Research the history and practice the art of meditation.

**6. A student volunteering and service-learning project**

This can be entirely at the student's discretion. Previous activities have included: manning the Ulladulla Milton Lions Club merry-go-round and hot food van at the monthly markets; volunteering at local schools to: landscape, play with pre-school children, read to students, draw designs for murals, and assist students with a disability to play music and sport.

Other activities could include joining one of Shoalhaven City Council's Bush care groups or learn governance by becoming a Junior Committee Member with a local community organisation.

**Course Adviser** Mr B Barry