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NMH SUMMER SESSION

2010
College Prep Program
INTRODUCTION TO PSYCHOLOGY

Equivalent to a year-long course, Introduction to Psychology provided a broad overview of the varied approaches to modern psychology. The students explored the biological, cognitive, behavioral, evolutionary, social-cultural, and psychodynamic perspectives of psychology, with a particular emphasis on how these perspectives operate in their everyday lives. Through a balanced examination of the contributions and limitations of each of these perspectives, they were encouraged to think critically about the field of psychology and its applications to their lives.

Throughout the course, the students actively applied their understanding of psychological principles through experiments, reflective writings, projects, presentations, and research. They had the opportunity to conduct surveys and analyze their results, build a model brain, visit a neuroscience laboratory, research a psychological disorder of their choice, and examine the disorder's portrayal in modern film. We also discussed memory, intelligence, motivation, emotion, personality, social psychology, and psychological disorders.

The primary text used was *Psychology* (8th edition) by David Myers. Educational videos viewed during the course included the PBS series "Discovering Psychology"; the Annenberg/CPB series "The Brain"; the Media Education Foundation's "Tough Guise," which illustrates how media plays a role in the social construction of gender roles; and "The Wave," a video about the formation of prejudice.

The course met for three hours, six mornings per week, plus 1.5 hours, four afternoons per week, for the five-week session. Two to three hours of homework were assigned each night.

Master Teacher: Shannon Bryant
Smith College

Teaching Intern: Cassandra Rudden
College of the Holy Cross