

## **Tutorials in Psychology**

### **Brain and Behaviour**

This tutorial presents key topics of neuroscience. Biological theories are discussed in the context of psychology, covering basic brain neuroanatomy and linking it to human behaviour and mind functions such as learning, memory, emotion, motivation, eating, and sleeping, as well as psychological dysfunction and disorders such as amnesia, and mood disorders. The tutorials will familiarize students with general principles in biological psychology so that they can apply various approaches in order to better understand the human self.

### **Cognitive Psychology**

Cognitive psychology is dedicated to understanding the inner workings of human thought, memory, language, and perception. This tutorial includes topics such as attention, awareness, language, and memory. We will explore the flow of information within the mind, uncovering how we perceive, encode, store, retrieve, and manipulate the vast amount of data we encounter constantly. We will also look at the mechanisms underlying language comprehension and production, examining how we not only learn languages but also leverage them for effective communication.

The tutorial aims to cultivate a critical eye for research methodologies, enabling you to assess the validity of presented evidence on human cognition and the limitations that shape our experiences. Moreover, you will develop the ability to apply these cognitive principles to real-world situations, enriching your understanding of everyday life.

### **Developmental Psychology**

This tutorial will examine biological, cognitive, social, and emotional changes that occur from conception to adulthood. Its main emphasis is on infancy and childhood. It covers a wide range of approaches, from behavioural and molecular genetics to longitudinal cognitive studies of development.

It will also investigate language development and the formation of social networks and relationships, and will incorporate recent insights from cultural and historical studies on child development.

### **History of Psychology**

Psychology is the study of human behaviour. It takes the form of a number of different approaches, including biological, psychodynamic, cognitive, behavioural, and social theories. In this tutorial students are introduced to key research studies in each of these areas, and find out the answers to questions such as: What does the brain

look like? How does it work? How do we think? How do we learn languages? How do we remember, and why do we forget? Why do we like to eat, drink, sleep, and have sex? Why do we conform and whom do we obey? Why do we disobey? Why and how do we fall in love? How do relationships break up? This tutorial explores the richness of human functions and uncovers the secrets behind the brain, revealing its complexities and answering questions about how and why we behave (and misbehave). It reveals how psychologists study human behaviour in laboratory conditions and explains some of the difficulties encountered in doing so.

## **Language and Cognition**

This tutorial is concerned with the interplay between language and cognition. Since language is considered one of the key human cognitive abilities, its development is dependent on basic cognitive processes, including both verbal and non-verbal cognitive abilities.

Throughout the sessions we will explore the development of language (spoken and written), impairments of language (including aphasia, apraxia, etc. resulting from neurological damage), and the inter-relationship of language with other cognitive systems, among other topics. The tutorial will also cover some approaches and theories (behaviourist, nativist, usage-based) around language development and acquisition (including second language acquisition) and issues around bilingualism and language processing, as well as some formal properties of language.

By the end of the tutorial you will be familiar with the basic neuroanatomy of language (particularly the areas of the brain related to language) and the theories that connect developmental psychology, semiotics, and cognitive psychology. You will also have engaged with existing research studies that look at this relationship.

## **Neuropsychology**

This tutorial on neuropsychology presents experimental and theoretical information for students from the perspective of both clinical and experimental psychology. It takes as a starting point the notion that brain and mind are linked and overlapping. The tutorial covers neuropsychological theories of attachment and John Bowlby, social behaviours linked to obedience and Milgram, personality traits, and stress. It discusses both healthy and disrupted attachments within an integrative, neuroscience-based approach. Stress and the HPA Axis ('fight-or-flight' response), in particular with reference to the experimental findings on cortisol and arousal, are explained with regard to adverse childhood experiences (ACEs), neglect, early parental loss, grief, and PTSD. Different types of psychological therapies are presented alongside discussion of specific conditions such as autistic spectrum disorder and personality disorders, with emphasis on positive processes including post-traumatic growth, self-compassion, and resilience.

## **Personality Theories and Individual Differences**

Who am I? Why am I this way? Why do I make certain choices? Can I change? This tutorial introduces the main theories of individual differences like intelligence, and how psychologists measure personality. It explores the history behind personality measurement, as well as Freudian, behavioural, and neuroscientific theories. Topics will include definitions of personalities and its measurement, trait theory, psychoanalytic theories, neurobiological research from brain scanning studies, and theories of emotion and motivation. We will analyse the key tools used in assessment of personality traits, and will look at basic abnormal personality and the definition, diagnosis, and treatment of personality disorders.

## **Psychological Disorders**

This tutorial introduces psychological disorders with reference to incidence and presentation of symptoms, details about treatment, and issues connected to classification. Topics are typically include the classification of abnormality, anxiety disorders including phobias, obsessive-compulsive disorder (OCD), PTSD, mood disorders including bipolar disorder, depression, schizophrenia, and eating disorders. We will also look at current research and theories of causation, experimental evidence, biological theories, and psychological and psychopharmacological treatment.

## **Psychology of Religion and Spirituality**

This tutorial introduces the scientific study of how religious and spiritual beliefs and practices shape our thoughts, emotions, and behaviours. The tutorial starts by examining theories on the nature of religion and spirituality. We will then explore the psychological dimensions of religious experiences, including phenomena like rituals, prayer, and mystical experiences.

The tutorial also explores the relationship between religions/spirituality and health, looking at a variety of expressions, from church attendance to meditation/mindfulness practices and the social functions of religion, including its ability to stimulate social bonding and cooperation.

## **Social Psychology**

This tutorial introduces social psychology, the science of how thoughts, feelings, and behaviours are shaped by the social world. We will examine how we form impressions, uncovering the impact of stereotypes and social thinking on our perception of reality. You will learn about conformity, obedience, persuasion, and group dynamics.

In this tutorial we will explore how groups influence individuals, from the pressure of conformity to the power of leadership and the tensions that lead to conflict. We will

also delve into social perception, how we see ourselves and others, and the psychology behind attraction, relationships, prejudice, and discrimination.