Developing psychological thinking in pre-university psychology courses

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Abstract:

"There is no single best way of thinking about behaviour and experience, no single perfect model for creating psychological knowledge, no single solution to the puzzles of mental life." *(McGhee, 2001). In psychology we adopt different perspectives of knowledge, so it is essential to develop* **critical thinking skills** *among our students. Psychological thinking is one of the most important goals of pre-university courses of psychology; it is a transferable skill, which may help people to be more sensitive and to understand psychological aspects of everyday life, images in media and a psychologist´s profession. The aim of the workshop is to present and discuss several ideas and authentic and teaching materials for developing psychological thinking among psychology students and pupils in general. The authors will present materials of the KEGA project "Teaching of psychology and personal development courses" and a student's book "Psychologie Macchiato" by Udo Kittler and Sabine Stanicki.*

HOW DO WE ACQUIRE KNOWLEDGE?
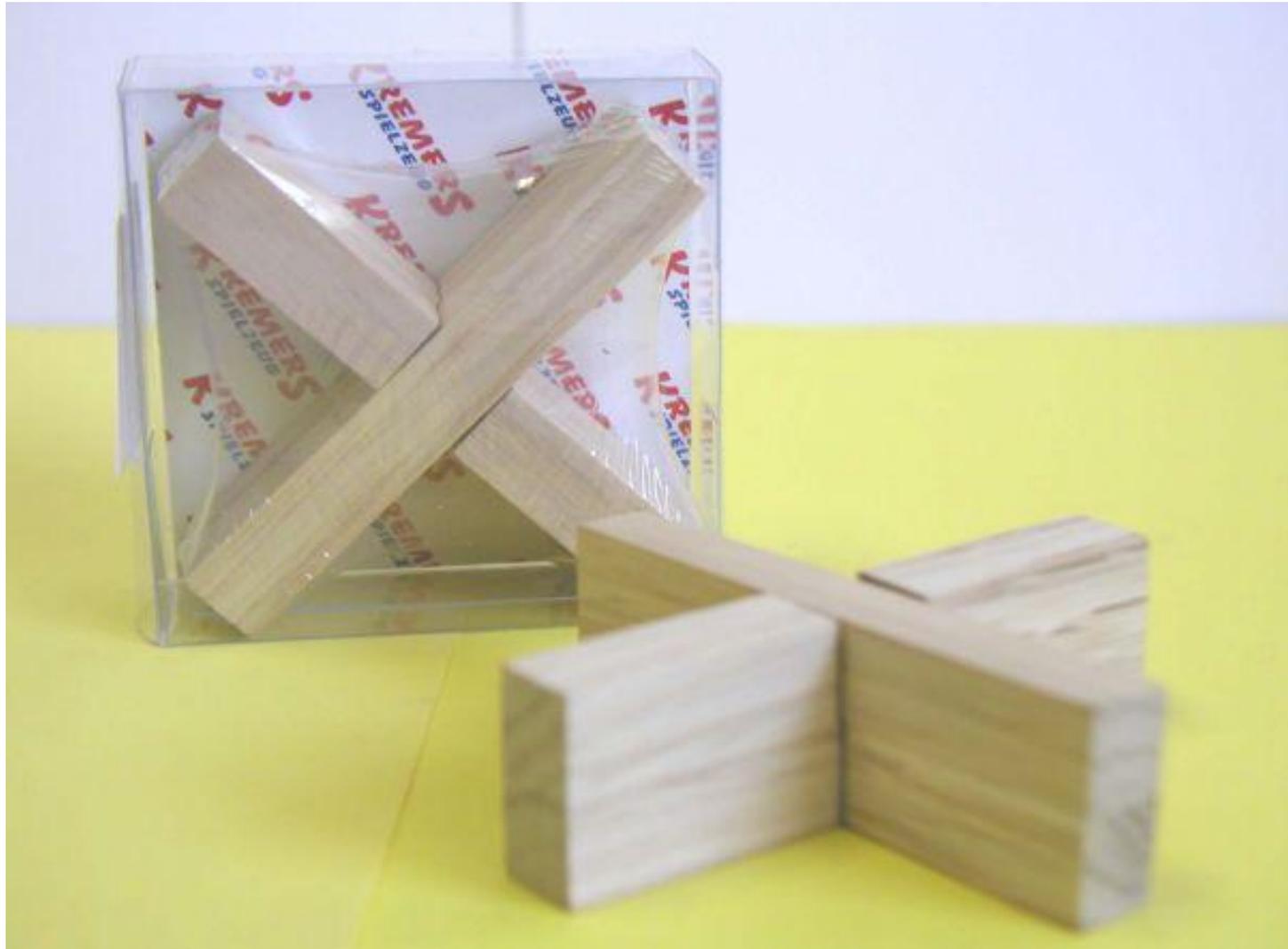
PSYCHOLOGY AS A BRAIN-TEASER

- At the first sight it looks easy and funny…

- It induces activity, curiosity and motivation…

- It is a challenge for our mental processes…

However,

- Sometimes the solutions are hard to find…

- Usual approaches often do not work…

- Sometimes we give up or spend a long time searching, because there is never the only right way…

DEVELOPING PSYCHOLOGICAL THINKING

Goals:

- Build „realistic" image of psychology as a science

- Join psychological theory into practice

- Show the examples of psychology in everyday life

- Lead students to critical thinking and thinking like a psychologist (e.g. in research studies etc.)

Three exercises

HOW TO DEVELOP PSYCHOLOGICAL THINKING

TOPIC: FIELDS OF PSYCHOLOGY

Content:

- Subject of psychology as a science and its branches and disciplines

Key words:

- Careers in psychology
- Role of a psychologist
- Academic versus practical psychology
- Fields of psychology

Where did psychology come from? (an interactive programme)

In most countries you have to study at least five years to become a psychologist. But in fact you have to study it your whole life. Psychology as a science is changing rapidly.

Similarly to medicine, psychology has many branches and fields. Graduates in psychology usually choose their specialization either in practice or in academic discipline.

Themes for the class discussion:

- Where could we find a professional psychologist?

- What is the role of psychology in modern society?

- What is the picture of psychology in the popular media?

TOPIC: EMOTIONS

Content:

- Emotions - understanding emotions, physiology of emotion

Key words:

- Classification of emotions
- Expressing emotions
- Decoding emotions
- Understanding the emotions
- Physiology of emotions

UNDERSTANDING EMOTIONS IN EVERYDAY LIFE

Watch the following spots and write down what emotions do they induce. What kinds of techniques and images did the authors use to induce the emotions and why?

	Spot no. 1	Spot no. 2
EMOTIONS		
WHAT TECHNIQUES ARE USED TO INDUCE THE EMOTION?		

Themes for the class discussion:

- Name the emotions.

- Discuss the physiology of emotions.

- Give more examples of the media influence upon our emotions.

- Why do the media try to induce specific emotions among people?

# Topic: Stereotypes

Content:

- Cultural and intercultural psychology (tolerance, prejudice and stereotype)

Key words:

- Nation, nationality and ethnic group
- Stereotypes, symbols and traditions
- Prejudices, hate, xenophobia, discrimination

Instruction: name at least one thing that is typical for each coloured country (the EFPTA member countries ☺)

YANKO TSVETKOV

Atlas
OF PREJUDICE
VOLUME 1
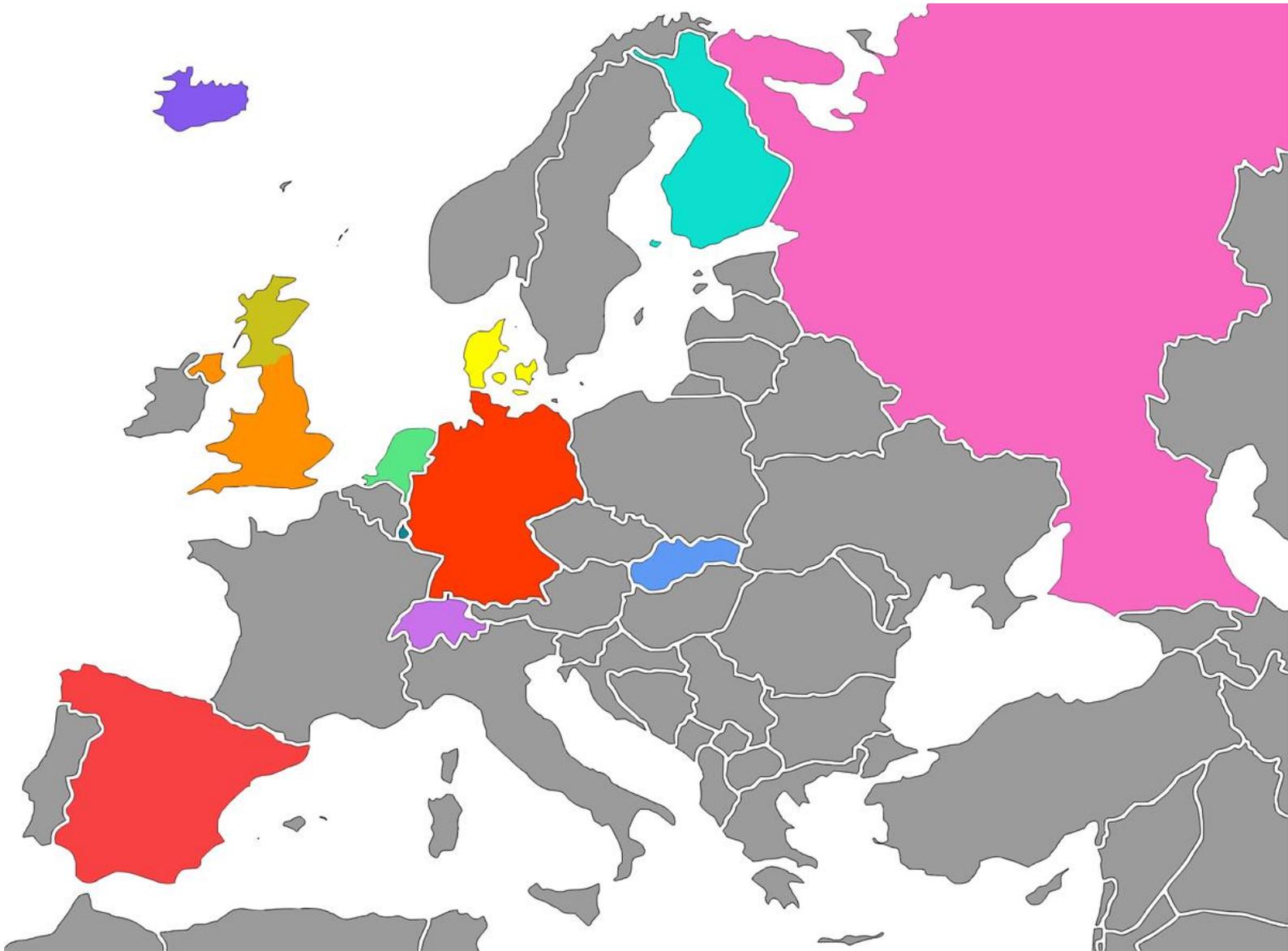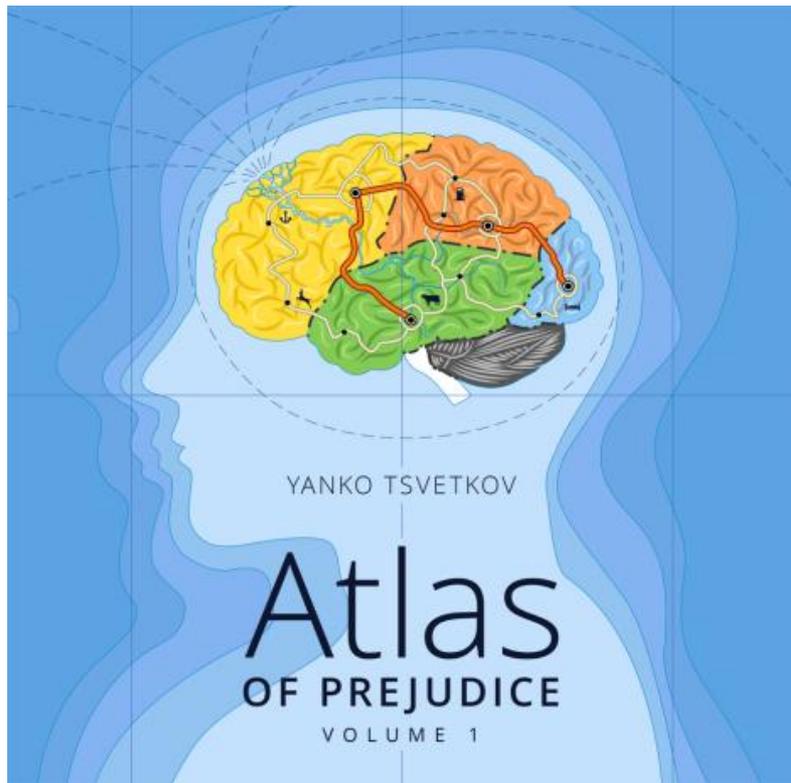
Exercise inspired by:

Yanko Tsvetkov in 2012 designed, wrote and illustrated his first book **Atlas of Prejudice**. In 2013 the book was published in English, Russian and German. In Germany it became a bestseller. The book is following a successful project Mapping stereotypes, which contained more than 40 maps based on different ideologies and subjective perceptions. The authors described these maps as cartographic caricatures ridiculing human narrow-mindedness.

Themes for the class discussion:

- Compare your answers with your neighbours'.

- Have you found any similarities?

- What are the „typical" preconcepts formed?

- What has influenced your „typical" image of a given country? (e.g. real experience, shared information, „feeling"?)

- Could the stereotypes influence our thinking, decision making and behaviour?

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THANK YOU FOR YOUR ATTENTION.