

Intro to Psychology (High School Elective, Year-Long, NGSS-Aligned)

Ever wonder why people think, feel, and act the way they do? In this hands-on, year-long Psychology course, students explore the fascinating world of the human mind, behavior, and brain function. You'll examine the history of psychology, major thinkers, famous experiments, and the anatomy and function of the brain—all while discovering how psychology connects to everyday life.

Topics include memory, learning, motivation, personality, social behavior, lifespan development, and mental health. Students investigate mental disorders and treatments, learn how psychologists use the DSM, create a PowerPoint on a real disorder, and analyze movie characters for fun diagnostic exercises. Classroom discussions, interactive activities, and experiments bring concepts to life, while at-home readings, projects, and papers allow students to apply scientific reasoning and evidence-based analysis.

High School NGSS Standards Covered:

HS-LS1-2: Develop and use models to explain how body systems, including the brain and nervous system, interact to process information and maintain homeostasis

HS-LS1-3: Plan and conduct investigations to explain how stimuli and sensory input influence behavior

HS-LS1-6: Construct explanations for how the body uses energy to support brain function, learning, and behavior

HS-LS2-2: Use models to explore how individuals interact with social and environmental systems

HS-LS2-6: Evaluate the impact of social behaviors and group interactions on mental health and survival

HS-ETS1-1 to HS-ETS1-3: Apply problem-solving and design thinking to understand real-world psychological challenges

This course is perfect for students who are curious about themselves and others, ready to explore the science behind human behavior, and want to develop critical thinking and evidence-based reasoning skills.