

# Centre for Continuing Education

---

## What is psychology and why is it useful?

Kevin Norton /Ianon Yusoff

The “science of behaviour and the mind” offers many benefits plus poses many fascinating questions. Psychology provides a tool for solving many human problems and it increases our knowledge through research. It is highly relevant to everyday human interactions and relationships. As part of this introductory course we present concise overviews of the historical evolution of psychology, types of it and how it is used as a profession in a variety of settings.

Some topics covered include:

- Psychology defined
- Discussion – benefits of
- Overview – historical evolution of this science
- Overview – types of eg. cognitive, research, educational, social, clinical, behaviourist, cultural
- Brief coverage of the brain and intelligence
- Learning
- Various mental disorders and their treatment
- Overview – psychology as a profession in a range of settings
- Applying it in everyday life – can enhance empathy, understanding, communication, negotiation, patience and tolerance. Psychology can be applied at the personal level and in relationships between individuals, groups and nations.

**Please bring a light lunch and/or refreshments for the day.**

Kevin Norton has studied psychology in the past and is currently studying counselling. He is a qualified teacher, trainer and public speaker.

DATES/TIMES: 9.30am-4pm Saturday 11 October

FEE: \$145 *no discount*

COURSE LOCATION: The venue for this course can be found on your tax invoice/receipt enclosed under “Course Information”. Please allow enough time to locate your course venue on the day.

*“The views expressed in this course/activity are those of the presenter and do not necessarily represent the views of The Australian National University”*

---

The Australian National University

CRICOS Provider No. 00120C

T: 61252892

F: 61255938

E: [enrolments.cce@anu.edu.au](mailto:enrolments.cce@anu.edu.au)

I: [www.anu.edu.au/cce](http://www.anu.edu.au/cce)

# Centre for Continuing Education

---

*"The views expressed in this course/activity are those of the presenter and do not necessarily represent the views of The Australian National University"*

---

The Australian National University

CRICOS Provider No. 00120C

T: 61252892

F: 61255938

E: [enrolments.cce@anu.edu.au](mailto:enrolments.cce@anu.edu.au)

I: [www.anu.edu.au/cce](http://www.anu.edu.au/cce)