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Statement of participation

Guest user

has completed the free course including any mandatory tests for:

Starting with psychology

This 5-hour free course gave an introduction to psychology and the thinking behind its explanations of why we feel, think and behave the way we do.

Issue date: 14 March 2022

www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:
https://www.open.edu/openlearn/health-sports-psychology/psychology/starting-psychology/content-section-0

COURSE CODE: **Y183_1**

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Starting with psychology

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Course summary

The most 'important and greatest puzzle' we face as humans is ourselves (Boring, 1950, p. 56). Humans are a puzzle, one that is complex, subtle and multi-layered, and it gets even more complicated as we evolve over time and change within different contexts. When answering the question 'what makes us who we are?' psychologists put forward a range of explanations about why people feel, think and behave the way they do. Just when psychologists seem to understand one bit of 'who we are' up pops some new evidence to show a different side! It is not easy to pin down all the many influences. This free course, Starting with psychology, makes a start.

Learning outcomes

By completing this course, the learner should be able to:

- analyse a range of factors within and outside individuals which influence mind and behaviour
- consider multiple influences in case studies
- describe the way that influences are interlinked in complex ways
- discuss the multiple factors involved in what makes us happy.

Completed study

The learner has completed the following:

Section 1

Studying people

Section 2

A brain of two halves

Section 3

It's the thought that counts

Section 4

Adult and intimate relationships

Section 5

Group pressure

Section 6

What makes us who we are?