Dr Andrea Chester, senior lecturer in the School of Health Sciences, used this lesson plan for her first lecture of the year in Foundations of Psychology.

## Foundations of Psychology
### Lecture 1: Introduction

<table>
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<tr>
<th>Aim</th>
<th>Activity</th>
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| Intro | Research on what students are thinking in early morning lectures:  
- 10% students sleeping  
- 20% wondering what they’ll have to eat when the lecture finishes  
- 20% wondering what time the lecture will finish  
- 50% sexual fantasy  
Whichever group you fall into, enjoy! |
| To invite the students to “dive in” | PP 1 Metaphor of diving we’ll come back to throughout lecture, but for moment, invite you to come and stand on the diving platform with me and take a look out. Thomas Bimis and Nikolaos Siranidis diving for Greece in the synchronised diving in 2004 in Athens. Never won a title in major world competitions. Requires great skill, coordination, practice, and hard work. |
| To introduce the staff (academic and administrative) | PP 3 – list of all staff. |
| To get to know the students as a group and allow them to see the diversity and commonalities in the group | First year students?  
Programs:  
- Applied Science (Psych),  
- Social Science (Psych),  
- Social Science,  
- Double Degree,  
- Social Work  
- Grad Dip in Behavioural Science  
- Single subject etc  
Psych in VCE?  
Anything you’d like to know about the group? |
| **To explore what psychology is and get students talking to each other and provide an opportunity for individuals make comments to the whole group.** | **PP 4-8 Consider what psychology isn’t:**  
- Mindreading (picture of stage hypnotist)  
- Therapy (picture of Freud and patient) – not surprising, because so many psychs in films/TV are therapists, eg., TV – Sopranos, Frazier. Movies - Meryl Streep in *Prime*, Billy Crystal in *Analyze This*, Nani Moretti in *The Son’s Room* (therapist whose son dies in scuba diving accident and see his coping through his work with clients), Barbara Hershey’s character in *Lantana* (marital problems, but dealing with others problems as a therapist), Robin Williams in *Good Will Hunting, Ordinary People, Colour of Night* (Bruce Willis).  
- Experimentation (picture of person in white coat testing rats)  
- Common sense  
**PP 9-10 Common sense quiz – do in pairs, process answers in large group. All statements are “false”.* |
|---|---|
| **To define psychology** | **Now we know what psychology isn’t, but what is it?**  
**PP 11 Ask students, working pairs or alone, to write a definition of psychology. Put suggestions on whiteboard to build coherent definition.**  
Psychology is the science of behaviour and mental processes  
- Science (to be covered in later lectures)  
- Behaviour and mental processes  |
| **To introduce the topics for the semester** | **PP12 Thomas Bimis and Nikolaos Siranidis won a gold medal for Greece in the synchronised diving in 2004 in Athens. Never won a title in major world competitions, but won after the leading Chinese pair made a huge mistake in the final dive and scored 0.**  
What psychological processes allowed the pair to win?  
- **Biological processes (PP13).** Imagine standing on top of diving tower (Antwerp Olympics 1920) – all of our experiences, from the most physical to the most introspective, are the result of neural firing. Very micro-level processes. These process impact on our bodies. Next two weeks exploring how biology contributes to our psychology. Weeks 2 and 3 - Sophie  
- **Perception (PP14)** – need to be able to perceive where the water level is – Week 4 - Peter  
- **Learning (PP15)** – early experiences with water. Can shape range of animal behaviours, all using same processes, rewards and punishments. Reward the good dives. Weeks 5 & 6 - Peter  
- **Memory (PP16)** – store those memories. What are the behaviours necessary to execute an excellent dive? Access them appropriately. Weeks 7 & 8 – Peter |
### Emotion (PP17)
Imagine about to dive in the Olympics in front of a few 1000 people. How emotions might you feel? How can we harness these emotions, so that we are aroused, but not overwhelmed? Weeks 9 & 10 - Me

### Motivation (PP18)
What propels a person to train day after day, to repeat the same dive 100s of times to perfect it? Week 11 – Me

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<th>To demonstrate the interrelated nature of each of the above concepts</th>
<th>PP19 What animal is this? Reveal bit of the animal in stages and invite students to guess what it is. Studying first year psych is a bit like this – doing little bits, but need them all to understand and keep an eye on the whole person. PP20 Psychology is a biopsychosocial science. Any behaviour e.g., diving, falling in love, studying psychology, relies on biological processes and it is impacted by social context, but it is also about psychological processes: our perception of events, our past learning, our memories, our emotional and motivational processes.</th>
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<tbody>
<tr>
<td>To go through the Course Guide, assessment, online material</td>
<td>Link to learning hub and show how to log on. Show User Guide for Students for information on passwords etc, tour of course site.</td>
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<tr>
<td>To provide a chance to reflect and ask questions</td>
<td>Write down three things you learned this morning in this class and at least one question you are left with. Leave the questions at exit and I will post some responses on the learning hub.</td>
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| To conclude | PP21 Play *Canon in D major* by German composer, Johann Pachelbel, written 1680.
The same two-bar bass line and harmonic sequence is repeated over and over, about 30 times in total. Simplicity, repetition of themes – analogous to this course. Fundamental building blocks of psych. |