How this course will work for you

Your Personal Adult Psychology Tutor

Each participant on the Adult Psychology programme is assigned a private and personal psychology tutor. The tutor is fully qualified and well expirienced, providing expert guidance with a clear understanding of how to teach from a distance to the student learning privately at home.

Remember also your psychology tutor is not only your teacher but also is available throughout the programme for advice on matters either arising directly from the course or on matters that have occured during the programme.

Continuous Assessment

This course is divided into 12 study units. At the end of each study unit is an assignment to be completed and sent in to your tutor at the college. Each will be promptly returned to you with helpful comments and your next study unit.

Throughout your course you will receive regular feedback and encouragement from your tutor to help ensure the successful completion of your studies.

Confidentiality

All your course work and any correspondence with the college will be treated as strictly private and confidential.

Textbook

The internationally recognised and superbly written textbook consists of 300 pages of fascinating information that will intrigue the student. The textbook is linked with the study units of the course, and will be a valuable and a permanent reference long after you have completed the course.

Our Diploma

Here at Kilroy's College, our Diploma is awarded to students based on their work throughout their course. So, on the successful completion of all your written assignments, you will receive your Kilroy's College Diploma in Adult Psychology.

The Future

Many of our students tell us that completing a Kilroy's College course has given them the training and confidence to improve their perfomance in sport, study further, begin work, change careers or earn more income.

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Studying Adult Psychology with Kilroy's College will bring you many advantages

From the first study unit of this course, you will begin on a journey of self-exploration of YOUR feelings, personality and abilities. Then, as you complete each study unit of the programme, your knowledge of psychology will increase. You will learn why psychology is concerned with the private experience of people. "Adult Psychology" will enhance your own experience of life and will guide you to a greater understanding of yourself, which in turn will bring about greater contentment in your job, family or relationships and the social areas of life.

- The college is open all year, so you can start at the time that suits you best.
- This Adult Psychology course allows you the flexibility and confidentiality of studying at home without having to take time out from work or personal commitments.
- It offers you valuable savings in time and transportation because you complete your entire course from home.
- At Kilroy's College there is no age limit, no need for previous study and no pressure to progress any faster than you wish. You decide the pace at which you progress.
- Our tuition is private and personal - you will be in a "class of one" with your own tutor, an experienced and qualified specialist in adult psychology.
- Getting started is easy – simply return your enrolment form to us by FREEPOST or, to save time, you can enrol by credit card over the phone. Once enrolled, you will receive everything that you need to get started in your student study pack.
- On the successful completion of your course, you will be awarded the Kilroy's College Diploma in Adult Psychology in recognition of your educational achievement.

You are in a correspondence class of one but you are never on your own. Our team of Student Advisors is here to assist you if you wish to get more information about this course or if you have any queries during your studies. You can phone us during office hours or leave a message on our voice mail service.

LOCALL: 1850 700 700 (24 hrs)
CALL: 353 (0)1 639 4660
WRITE: Wentworth House,
Grand Canal Street,
Dublin 2, Ireland
EMAIL: homestudy@kilroyscollege.ie
www.kilroyscollege.ie

PSYCHOLOGY

PA

Adult Psychology

A journey of self exploration -
greater contentment in jobs and relationships



KILROY'S COLLEGE

Bringing education home since 1932

An adult education home study
Adult Psychology programme

Course Content

UNIT 1

BEGINNING PSYCHOLOGY

- Historical aspects
- Different schools of psychology
- Psychology in everyday use

UNIT 2

THE PSYCHOLOGICAL POINT OF VIEW

- Psychology and philosophy
- Illusions
- Mind and brain
- Methods in psychology
- Theoretical approaches
- The primacy of the person

UNIT 3

IS THE MIND THE BRAIN?

- Behavioural genetics
- Our individual development
- Brain and behaviour
- Behaviour and the nervous system
- Psychochemistry
- States of awareness
- Brain abnormalities
- Paranormal psychology

UNIT 4

MAKING SENSE OF OUR SURROUNDINGS

- Cognitive psychology
- The senses
- Sight
- Hearing
- Early experience
- Social perception
- Remembering
- Language learning
- Movement and skill
- Thinking
- The artificial brain

- KILROY'S COLLEGE -

Specialists in home study training courses

UNIT 5

GROWING AND CHANGING

- Living in time
- Aspects of development
- Stages in development
- Developmental tasks
- The importance of childhood
- Lifespan development

UNIT 6

HAVE YOU CHANGED RECENTLY?

- Habits
- Styles of learning
- Behaviour change
- The behaviouristic model of man

UNIT 7

THE ORIGINS OF NEED

- What are feelings?
- The birth drama
- Views of emotion
- Emotions and relationships
- Motivations
- The hidden self
- Sleep and dreams
- Defence mechanisms
- Specific emotions
- Anxiety and stress
- Emotions and thinking
- Emotions and health
- Happiness as an emotion

UNIT 8

JUST WHO'S DIFFERENT HERE?

- Individual differences
- Who's average?
- Gender differences
- Dividing up the person
- Measuring intelligence
- Predicting behaviour
- The roots of individuality
- Who is likely to be violent?

Founded in 1932, Kilroy's College is Ireland's largest correspondence college with a record unique in Irish educational enterprise

The Irish Independent

UNIT 9

WHAT MAKES A PERSON?

- Multiple personality?
- The enigma of personality
- Personality and the universe
- Popular approaches to personality
- Images of man
- The importance of self-concept

UNIT 10

THREE'S A CROWD

- What is social about psychology?
- Physical appearance
- Facial expression
- A model of social behaviour
- Communication - let's get in touch
- Liking and loving
- Falling in love

UNIT 11

JUST WHO'S CRAZY HERE?

- What is mental health?
- What is normal?
- The stress of life
- Neurosis and psychosis
- Anxiety disorders
- Approaches to treatment
- Self-help psychotherapy
- Medical psychology

UNIT 12

PUTTING IT ALL TOGETHER

- Psychology - an applied science
- Kids and teachers - educational psychology
- Non-specific educational problems
- Teachers and psychologists
- Psychology at work
- Managing stress at work
- Sex in the office - sexual harassment
- Applied psychology and society

Now you have a choice. You can complete your course by distance learning using the postal system or you can use our new on-line study facility. Should you need any help using the online system, we'll be happy to offer advice. Our e-learning co-ordinator is on hand to take phone calls or email enquiries.

Contact online@kilroyscollege.ie +353 (0) 1 639 4660 (9-5 Mon-Fri)

We are with you every step of the way