



Practical Psychology

Tools for Navigating Life

What teachers are saying

“In Practical Psychology, the real-world and personal application of the material is obvious. The topics that we cover—learning, emotions, decision making, bias, mental health—engage students because it is giving frameworks for how to understand the teenage challenges that they confront daily.”

What students are saying

“I really truly learned more from these few weeks that I can use and apply in my everyday life than I have ever learned in high school.”

“I think that we are all better people from having taken this course because we are self aware and we understand our emotions and we understand each other on a deeper level

What is Practical Psychology?

A new high school psychology class that pulls together the **most important & applicable concepts** from the fields of psychology, neuroscience, behavioral economics, and evolutionary biology.

Objective: The primary objective is for students to gain **practical knowledge** that they can apply in their own lives.

Students will...

.... become **more effective learners**, developing the skills to own their own learning
.... **increase their emotional agility**, learning how to better relate to their emotions
.... **see the hidden influences** negatively shaping their behavior and thinking--from cognitive biases to tribalism--and learn ways to mitigate them.

Who is it for?

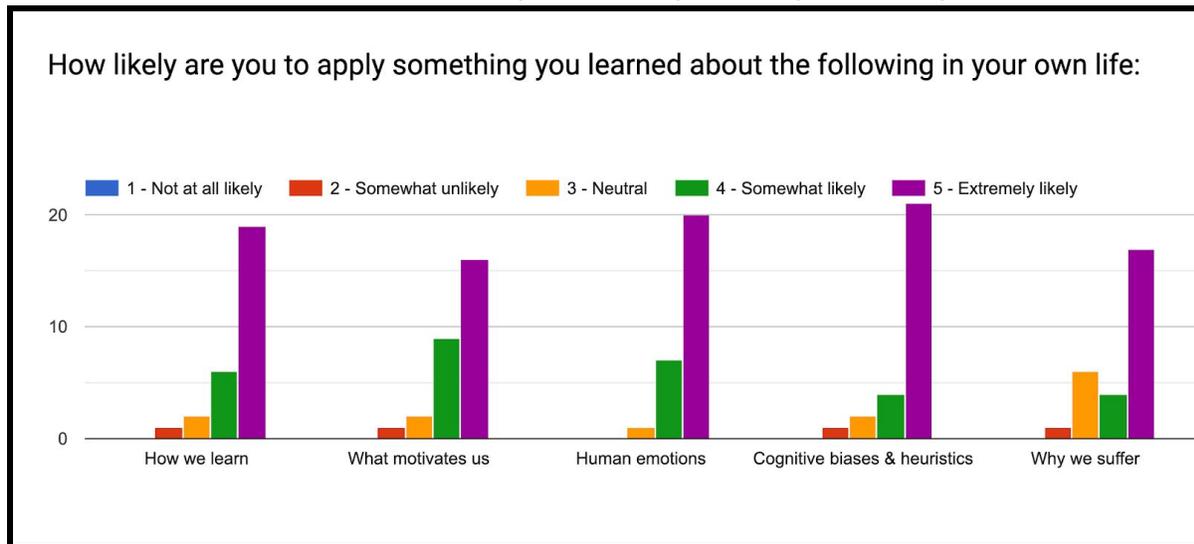
- This class is designed for **high school students** of all ages.
- While we’re designing a yearlong class (150 contact hours), we realize that schools may want to use less material. Teachers may elect to either drop units or choose to

introduce ideas but go less deep with them. We think any amount of exposure to practical psychology is better than no exposure.

Design

In summer 2019, we ran a mini version of Practical Psychology with high school students in Washington, DC. 34 students from 15 high schools participated. **After taking the class, 100% of students agreed they have better tools/strategies for making decisions.**

Across all domains, students said they were likely to apply what they learned:



Course Topics:

- How our brains work
- Learning
- Motivation
- Individual decision-making
- Cognitive biases
- Group decision making
- Emotions
- The adolescent brain
- Mental Health - Practical Tips
- Relationships, connection & happiness

Interested in learning more? We're looking for thought partners, contributors, & pilot schools.

For more information, including access to our Goals & Topics document and a sample unit plan, email info@kaleidoscope.education.