

Cognitive  
Psychology



PSYC  
0341

## WESTFIELD STATE UNIVERSITY

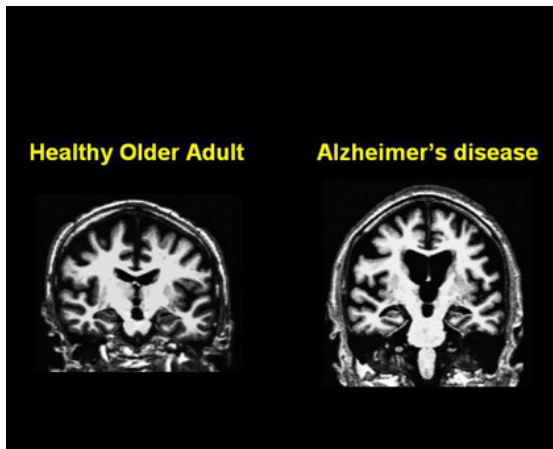
**INSTRUCTOR:** Barb Chalfonte, Ph.D.

**EMAIL:** all course-related emails take place through Plato, the online learning system

**PREREQUISITES:** PSYC 0101 and PSYC 0105

### COGNITIVE PSYCHOLOGY—WHAT IS IT?

How do we remember our experiences, learn new information, make decisions, solve problems, and perceive the world around us? What are attention, emotion, and creativity? And what happens when these mental processes break down? Cognitive psychology explores these processes of thought and mind and how we research them. By taking this course, you will learn theories, methods, and concepts of cognitive psychology and apply them to everyday life including your own learning and remembering.



### WHAT WILL I LEARN IF I TAKE THIS COURSE?

By the end of this course, as an active and engaged student, you will be able to:

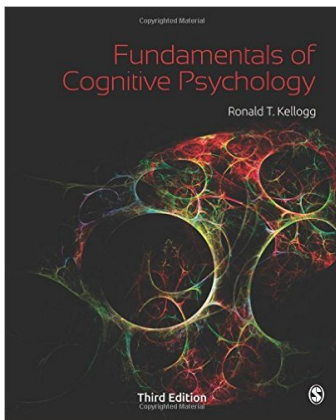
1. Critically distinguish major theories, research findings, and concepts of cognitive psychology;
2. Critique and apply research findings to support or refute hypotheses, ideas, or positions;
3. Communicate reasoned positions;
4. Apply core cognitive theories and findings to everyday experiences;  
and
5. Become a better life-long student by applying cognitive principles to your own learning.

## SHOULD I TAKE THIS COURSE ONLINE?

Learning through an online course format is different than the traditional face-to-face learning experience. [CLICK HERE](#) to learn about the differences in these course formats and whether online learning is a good fit for your time, interests, and learning style. Be sure to take the [SELF EVALUATION](#) if you've never taken an online course successfully before.

## WHAT DO I NEED TO TAKE THIS COURSE?

**Enjoyment of learning and willingness to try new things, particularly in learning about the mind and brain!**



### **The Textbook**

Title: Fundamentals of Cognitive Psychology

Author: Ronald T. Kellogg

Edition: Third Edition

ISBN-13: 978-1483347585

ISBN-10: 1483347583

## **Tech Skills and Equipment**

1. Computer or laptop, NOT JUST a smartphone
2. RELIABLE internet connection (your internet connection and your computer should be sufficiently speedy to handle watching videos from the web)
3. MS Office or MS Office-like software for completing assignments (you can get download them FREE for your PC or Mac [HERE](#))
4. Intermediate skills and comfort with all things techy

## **Diligence and Persistence**

Learning online requires more structure and diligence on your part since you are not arriving in a classroom 2-3 times a week. Instead, you'll be arriving in your virtual classroom frequently, at times that work for you, to have discussions, to provide feedback to your classmates, and to submit assignments on time. Making a weekly plan for your online coursework will keep you on schedule, optimize your learning, and help you avoid rushing at the end of the week.

**I look forward to meeting you on Plato!**