



# SCHOOL OF PSYCHOLOGY

- Mind Matters: Thoughts and Mental Health
- How Psychology Affects the Way Humans Think and Behave



# MIND MATTERS: THOUGHTS AND MENTAL HEALTH

Trainer: Mala Khare

## **COURSE SYNOPSIS**

Cognitive psychology upholds what William Shakespeare famously said “There is nothing either good or bad, but thinking makes it so.” A collection of thoughts and beliefs creates a mindset that shape our view of reality. Since mindset is the mind’s habit to view the world based on past experiences, it often leads to a coloured view, leading mindsets to either serve us or disempower us and affect our mental health. Good mental health is a state of well-being that facilitates healthy thinking such that we can appraise reality more realistically and with less bias.

This course provides an awareness of the power of mindset in promoting good mental health. More importantly, it will teach you how to change mindsets at any stage of our development.

The course consists of the following five chapters in understanding mindset and mental health:

1. Introduction to the concepts of mindset and mental health
2. Thoughts and mental health
3. Happiness/Success is a state of mind
4. The role of Motivation in pursuit of good mental health
5. Changing mindset

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## **COURSE DATE**

October 2020  
24 (Sat)

# HOW PSYCHOLOGY AFFECTS THE WAY HUMANS THINK AND BEHAVE

Trainer: Dr Amir Singh, Assistant Trainer: Ms Lau Xiao Shan

## COURSE SYNOPSIS

*“Psychology is defined as Mental Processors and Behaviour; while Behaviour is a product of conditioning and learning.”*

The six core schools of thoughts in Psychology are Structuralism, Gestalt Psychology, Behaviourism, Psychoanalysis, Humanistic and Cognitive Psychology. These schools of thoughts includes defining the conscious and unconscious mind, understanding a human being and analysing the brain. Having gone through all six of them, is it possible that we have evolved to a 7th school of thought without even realising?

Our thinking has gone from having no free will to allowing us to think and decide what to follow and what to ignore as we see fit. Did we learn this behaviour or was it entrenched in our genes from past generations? Did we evolve based on necessity? Was this “necessity” brought on by the environment or imagined?

This module will allow you to learn why and how we have evolved to a smart thinking society. Will there be further evolution? Let’s discuss at the end of the session.

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## COURSE DATE

October 2020  
28-29 (Wed-Thu)