

Course Title:	Applied Psychology
Grade(s):	11-12

Course Description
Applied Psychology focuses on the members of the class as individual behaviors and personality development are studied. In a sense, the class members are the content of the course. The main component of study is the Transactional Analysis Model which stresses behavior analysis and behavior modification. This model requires students to study individual behaviors and group interactions (of self and others) through the lens of the three ego states that are present in transactional analysis. The other components of the course are stress management theories and strategies, and practice in group dynamics-both processing techniques and activities. How and why do we do the things we do? How can people modify their own behavior over time?
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing (Semester Course)
Unit 1: Introduction to Applied Psych	In this introductory unit, students will learn the basics about their own communication methods (structural analysis) as well transactions with others (transactional analysis). Students will investigate how body language, including their own, can positively and negatively impact interactions with others; opening themselves up or cutting themselves off from communication and possibly impacting relationships.	2-3 weeks
Unit 2: Strokes and Time Structure	This unit introduces students to the human need for recognition. Students will analyze various case studies on both strokes and time structure, identifying how these concepts impact individuals' lives, and ultimately relationships. Observing various strokes in stories and other visuals, students will break down transactions to the strokes being used; and then reflect on the strokes being used within their own lives. Next, students will consider how they are spending their time-both in	2-3 weeks

	school and out of school; and how to reshape and reframe energy to best become their most genuine and authentic self.	
Unit 3: Scripts and Drama	In this unit, students will investigate how life scripts and the drama triangle have shaped their past, impact their current lives and could affect their future selves. Students will analyze various case studies on each key topic and then apply the learning to their own transactions. Students will identify which dramatic role(s): victim, rescuer or prosecutor are being played, whether authentically or not, and learn how each can impact communication and relationships within different areas of life.	5-6 weeks
Unit 4: Ego States	Students will dig deeper into the components of transactional analysis, applying the child, parent and adult ego states to their own lives. Students will analyze various case studies of interactions, then apply their learning to their own transactions. Students will investigate how changing roles and ego states can impact communication as well as relationships with others. Ultimately students will evaluate the need for each ego state, which ego state drives their lives, and how to effectively put the adult ego state in 'driver's seat' to become the most genuine and authentic self.	7-8 weeks