

MENTAL WELLNESS HUB

SOCIAL MEDIA AND ATTENTION IN PSYCHOLOGY ONLINE CLASS

Course Outline

Module One: Introduction

- Lecture 1: Introduction (Attention)
- Lecture 2: Types of Attention
- Lecture 3: Attention and The Brain
- Journal Articles and Additional Reading

Module Two: Social Media

- Lecture 4: An Introduction into Social Media
- Lecture 5: Social Media and Adolescents
- Journal Article
- Worksheet

Module Three: Social Media and Attention Span

- Lecture 6: Socials and the Attention Span
- Lecture 7: Social Media, Attention and Dopamine
- Lecture 8: Rebuilding Your Attention Span
- Journal Article
- Discussion Forum

Assessments:

- 2 Quiz Assessments

Disclaimer:

This is NOT a substitute for a Degree in Psychology, Social Work or any Mental Health - related field.

1-868-359-9043 or 1-868-356-4569 (Whatsapp Only)

renee@mentalwellnesshub.org (email)

mentalwellnesshub.org (website)