

# 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 6.5: Social Media and Brain Fog
- 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.

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