

High School Introduction to Psychology Course 2023-24

(Honors or AP Track)

Amy Ruff's Homeschool Tutorials

amy.ruff@outlook.com

(919) 219-4338

Prospectus: I'm going to make a bold prediction: **Introduction to Psychology will be your favorite class**, but not just for this school year—a **favorite of your entire high school experience!** I'm not predicting you'll be a psych major in college or need a psychiatrist's therapy by age 25, but I am certain that you will be zealous to do your psych homework, engage in psych class discussion, & apply psych material in your everyday life—because this science is absolutely fascinating!

Whether you're already exposed to some of the psycho-babble literature on the market today or coming at this class as a complete novice, you will love the course-content combo of challenging & sensible, academic & practical material that is **all about "you."** If you've taken literary studies with me, then you know that *psyche* means "soul" in Greek & that the **human soul is comprised of three invisible-yet very-real forces: intellect/mind, emotion/feeling, & volition/will.**

Intro Psych will develop your ability to **identify different types of people & grasp the "why" behind each type.** That insight includes **understanding yourself better** in order to **grow confidently into the person you are wired to be & to live conscientiously as the person you want to be.** Nature/Wiring plays a central role in who you are, but let's also remember the significant role of **nurture/environment.**

Intro Psych is loaded with take-away wisdom! Since you'll spend your life on Earth communicating & working with other humans, Intro Psych is your chance to **increase knowledge about self & others:**

- Learn **brain science** that will **equip you to study smarter, not harder.** Sound valuable?
- **Understand** the true "you" behind today's popular adage of "**you do you**" by **exploring** the following: how **you learn, your unique personality/temperament,** whether you're **intrinsically or extrinsically motivated,** if you have a **pessimistic or optimistic explanatory style,** & much more!
- Nail down the biological basics behind **optimizing the performance of your psyche**—as in, adequate **sleep enables learning & dietary self-discipline fuels endocrine balance & function.** Doesn't that sound like an ounce of prevention that's worth a pound of cure?
- **Comprehend** how a **developmental psychology** & how the **human brain functions before** you launch into the **critically important career of parenting.**
- **Identify signs of aberrant human behavior,** so you can **be on the global team of humanity to help someone—maybe yourself—when psychological well-being appears compromised.**

Student Testimony: "Mrs. Ruff's Intro Psych was a fascinating, engaging, eye-opening class.... Not only are the class materials easy to use & interesting to study, but Mrs. Ruff herself is an amazing teacher! She is incredibly kind & makes sure every student gets to participate & understand the material. The HW... is never too overwhelming & isn't designed as busy work. The videos, worksheets, & tests are all intended to ensure that students grasp the concepts—rather than having them simply work for a grade without comprehending the material. I would absolutely recommend this class to high school students." ~ L.C. from Apex

Class Time/Location/Dates:

- **Tuesday** Introduction to Psychology will be from **930-1045 AM.**
- **2023 fall** starts **8/22/23 & goes until 12/12/23** with **10/10/23 fall break.**
- **2024 spring** starts **1/9/24 & goes until 5/14/24** with **3/12/24 spring break.**
- **Grace Church Room #118:** 200 Sage Rd, Chapel Hill, across from Lowe's just off I-40 at 15-501

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Let's Get Real with a Tragic Vignette of the Psyche:

A close friend from my undergrad years at Duke visited me one summer. Our discussions have always gone from deep to deeper over the years. She is distinguished in her professional field of psychology & also had experienced a personal psychological tragedy when her father committed suicide by jumping off a bridge. Regardless of her level of experience & despite her breadth of knowledge, my friend absolutely "missed the signs" (in her words) that something was gravely wrong in the post-partum psyche of a first-time mom. This beautiful young mom of a precious baby girl took her own life. With a very heavy heart, my friend acknowledged to me a sense of responsibility in this tragic situation. In hindsight, my friend now sees the warning signs that sadly went unaddressed by her, by a loving husband, by a devoted grandma, & by others.

Amy Ruff's Vignette Take-Away Wisdom:

Application of our psych material can get very real—very fast! Someone who is "on your watch/in your circle" may be facing a similar challenge of psyche. Intro Psych will help you to notice, care about, & hopefully help if an in-crisis soul crosses your path in life. It's time to ditch the stigma attached to mental illness by replacing misinformed beliefs & irrational fears with knowledge & understanding that's coated in compassion.

During Introduction to Psychology, we'll ask hard questions & seek informed answers.
I hope you'll take the challenge & join us!

Bio: Amy Ruff lives next to her beloved alma mater, Duke University, & enjoys teaching, tutoring, & test prepping students in person as well as online in her areas of specialty: literary analysis; writing & composition; Spanish; psychology; philosophy & religion; SAT, ACT, & APs; executive-functioning & study skills.

Having completed her BA at Duke University with double majors in English & religion, Amy also earned a Certificate in Duke's rigorous interdisciplinary Women's Studies Program. While an undergraduate & after graduation, Amy worked in editing for the Duke University Press & continues to freelance edit.

Intuitive and seasoned at identifying & developing the potential in her students, Amy's energetic & engaging style enables students to grow in their knowledge of subject matter while also honing their critical-thinking skills & elevating their character. Having homeschooled her own children through high school, Amy continues to support the homeschooling community by offering group-class tutorials.

Counseling students to align self-understanding with their envisioned future, Amy has aided many to make wise choices for their post-high-school paths. She has assisted students to succeed on test prep & applications for acceptance into a range of schools. From Harvard, Duke, & Stanford to UNC & NCSU to community colleges across NC, Amy's students thrive in diverse academic, artistic, athletic, trade, & professional pursuits.

Of Argentine-Italian descent & hailing from Italian roots in Pittsburgh, PA, Amy attended boarding prep school on a full scholarship & received a college scholarship from the Spanish National Honor Society. Amy continued her Spanish studies at Duke & served on short-term missions as a Spanish interpreter. From the rudiments of grammar & vocabulary to encounters with cooking & dancing, Sra. Amy's students learn to love Latina language & culture!

Always eager to serve the local & global community, Amy is a supporter of two overseas NGOs, grad of REI (Racial Equity Institute) training, & volunteer with The Honor Foundation (helping special-ops retirees, like Amy's deceased big brother who was a decorated Navy SEAL).

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Directions for Deciding Which Track to Take: Intro Psych will have **2 tracks described below**. Though the **AP track** may sound like a greater level of work, it more accurately **involves more focused work**. In deciding between **AP & HT**, remember that **almost every college major these days requires Intro Psych**; therefore, **taking the May AP Psych Exam** will likely help the student **gain needed credit for college—unless majoring in psych** in which case the **AP credit** would “advance place” the student into a higher-level psych course.

Fine Print on Which Track to Take: While Mrs. Ruff details **HT/AP** assignments below, the **parent is still in charge of the student's homeschool class**, so **any assignment** on the syllabus **may be omitted, altered, etc.** as the **parent sees fit** or the **student's schedule necessitates**.

Materials:

For both **honors & AP-track** students:

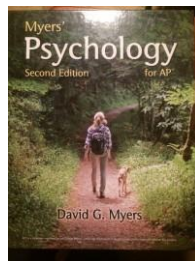
- Our terrific text is ***Psychology for AP, 2nd Edition*** by David G. **Myers** & ordered either new or used online **ISBN 978-1-4641-1307-9**.
- Inquire with Mrs. Ruff to see if she has any used AP Psych texts to sell to students.

For **AP-track students only:**

- Purchase an AP-prep manual: Barron's or Princeton Review are recommended.
- As a study-aid/memorization tool, students may opt to purchase the following boxed set of vocab/terms & names of major contributors to the field of psychology: **Barron's AP Psych 2nd Edition 500 Flash Cards** (ISBN 978-1-4380-0153-1).



GUEST



LECTURERS

For psychology class each year, Mrs. Ruff **engages 2-3 excellent guest lecturers**. These gifted professionals graciously add us to their busy schedules to share their academic/clinical experience & enrich our study of psychology. One of our brilliant guests bears a resemblance to—you guessed it—

Dr. Bunsen Honeydew

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Registration & Tuition:

- The nonrefundable **registration & tuition** are based on the track the student chooses to follow & should be paid via the following preferred **platforms**.
 - **Venmo** www.venmo.com/Amy-Ruff-8 • **Zelle** under Amy's cell 919-219-4338 • **CashApp** [https://cash.app/\\$AmyRT3](https://cash.app/$AmyRT3)
 - **Snail mail a check to** amy.ruff@outlook.com 1101 Anderson Street Durham NC 27705
- The **registration** is due in **June**, & **tuition** is due in **advance** as $\frac{1}{2}$ in **August** & $\frac{1}{2}$ in **January**:
 - **\$100 reg/\$750 tuition for honors track** • **\$125 reg/\$800 tuition for AP track**
- With payment, please include pertinent details as below: name(s), class(es), track, contact.

Names: Student's _____ Parents' _____

Address: _____

Grade _____ Age _____ Emails: _____

Phones: Student's _____ Parents' _____

Introduction to Psychology Tues at Grace Church 930-1045 AM <input type="checkbox"/> Honors Track \$100/750 <input type="checkbox"/> AP \$125/800	
Spanish I Registration/Tuition Tues at Grace Church 12-1 PM <input type="checkbox"/> Regular Track \$75/700 <input type="checkbox"/> Honors Track \$100/750	Spanish II Registration/Tuition Tues at Grace Church 830-930 AM <input type="checkbox"/> Regular Track \$75/700 <input type="checkbox"/> Honors Track \$100/750
American Lit Tues 1045 AM-12 PM <input type="checkbox"/> Regular Track \$75/700 <input type="checkbox"/> Honors Track \$100/750 <input type="checkbox"/> AP \$125/800	
Introduction to Literature Tues at Grace Church 145-245 PM <input type="checkbox"/> Regular Track \$75/700 <input type="checkbox"/> Honors Track \$100/750	
Middle School Composition on Tues at Grace Church 1-145 PM <input type="checkbox"/> One Track Reg/Tuition \$100/750	

Times for Amy's 2023-24 Classes on Tues – Hybrid offerings of each class are conducted in person & via Zoom (student preference):

- Tues/830-930 **Spanish II** (regular & honors tracks)
- Tues/930-1045 **Psychology** (honors & AP tracks)
- Tues/1045-12 **American Lit** (regular, honors, & AP tracks)
- Tues/12-1 **Spanish I** (regular & honors tracks)
- Tues/1-145 **Middle School Composition**
- Tues/145-245 **Intro Lit** (regular & honors tracks)

Academic Calendar for Amy Ruff's 2023-24 Classes:

- **8/22/23** First Fall Tues 2023 Class
- **10/10/23** NO Class for Fall Break
- **12/12/23** Last 2023 Tues Class
- **1/9/24** First 2024 Tues Class
- **3/12/24** NO Class for Spring Break
- **5/14/24** Last 2024 Tues Class