**Psychology 12 Testimony**

I initially chose this course because I take an interest in the human mind and the inner workings of the brain. I didn’t know what to expect from a high school course on this topic, but I am pleased to say I am happy with the outcome. Not only did we learn about things I wished to, but things I wouldn’t even have considered under the genre of psychology before taking this class. We started off the year by studying everything about sleep such as different disorders, how the brain is affected by it and the science behind the functions. It’s not only reading a page and getting tested on it, but applying it to situations and relating it back to our own lives. This is a very engaging course where we are always intrigued as we can constantly inject ourselves into the lesson. We also covered psychology perspectives which are referring to the different methods of interpreting and analyzing a situation. The last topic we studied were cults and the deeper meanings of the twisted minds in control. By dissecting the behaviors of abnormal people there’s a lot that can be uncovered. Some may be surprising as their lives don’t start out too differently from ours. Whether or not you join this class with prior knowledge, you are bound to learn something new. I know many people took this class because they believed it was an easy A and would be boring but I can say in all honesty this is one of my favourite classes I have taken so far; it is definitely worth choosing over another elective. Not only does this course count for credits but you’ll learn information that you can carry with you forever and it can change the way you view the world. Psychology is really just a general pool of several different subjects put into one as everything plays a role in the way humans are programmed. If you are even just a little bit interested in learning about why people are the way they are, I can guarantee you will be satisfied. This is a great course to take and might just become your favourite too!