

## Psychology: Early Theory to Today's Mindfulness

**Thursday | 11:00 AM - 11:50 AM | Via Zoom and/or in-person**

Instructor: Erin Vlasak

This interactive class fills quickly! Updated for 2025, our ongoing Psychology class offers students an opportunity to learn about the roots of Psychology and become well-versed in the science behind human behavior and theories within the world of Psychology. Students will be taught with the goal of providing a foundational understanding of how people think, feel, and act by examining:

- Key theories of psychology—mindfulness techniques and tools, etc
- Famous psychologists and their research findings
- Focus areas of psychology like perception, memory, and personality development
- Communication and how our unique learning styles shape our communication

This beloved class will also add in exploring the evolving field of animal behavior and even psychology's connection to the environment. Offered in person and online, instructor Erin Vlasak looks forward to welcoming students!

### CLASS SCHEDULE

Please review the dates your class will meet over the course of the selected session.

**Spring I | Thursday Schedule | 8 Weeks**

3/6, 3/13, 3/20, 3/27,  
4/3, 4/10, 4/17, 4/24



### PRICING

8 Wks: \$360

### REGISTRATION

To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org)  
More info at [www.abcommunityclasses.org](http://www.abcommunityclasses.org)