

## PSYC4001D/5800W: THE PSYCHOLOGY OF SOLITUDE

<b>Course</b>	PSYC4001D/5800W
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<b>Term</b>	Winter 2021
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### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

Over the course of the lifespan, humans spend time alone for many different reasons. In some cases, solitude is a welcomed opportunity to be productive, creative, and to relax. However, solitude can also be intertwined with feelings of loneliness, anxiety, and sadness. In this course, we will critically discuss psychological research exploring some of the potential costs and benefits of solitude. We will explore solitude: (a) from several *psychological perspectives* (e.g., developmental, social, personality, health, clinical, evolutionary); (b) over the course of the *lifespan* (from early childhood to older adulthood); and (c) across a broad range of *contexts* (e.g., school, natural environments, online, different cultures, quarantining during a pandemic).

This course will be delivered synchronously.

### EVALUATION

- Weekly thought papers (10%)
- Class participation/discussion (15%)
- Written assignment (15%)
  - Undergraduate students: 5 pages + references
  - Graduate students: 8 pages + references
- Oral presentation (25%)
- Final paper (35%)
  - Undergraduate students: 12 pages + references
  - Graduate students: 15 pages + references

### TEXT

***There is no specific textbook for this course.*** Instead, weekly readings will be selected journal articles and book chapters. Some of these will be selected each week by students. These readings can be accessed via the course website.