

PSYC 5800 Y - THE PSYCHOLOGY OF SOLITUDE

Course	The Psychology of Solitude
Instructor	Robert J. Coplan
Term	Winter 2020
Email Address	robert.coplan@carleton.ca
Office Location	SSRB 214D
Office Hours	TBA

COURSE DESCRIPTION/INSTRUCTORS STATEMENT

The experience of solitude is a ubiquitous phenomenon. Over the course of the lifespan, humans spend time alone for many different reasons and subjectively respond to solitude with a wide range of reactions and consequences. In this course, we will explore psychological research related to the *costs* and *benefits* of solitude. The course content encompasses several psychological perspectives (e.g., developmental, social, personality, health, neuropsychological, clinical, evolutionary), and we will explore this topic over the course of the lifespan (from young children to the elderly), as well as across a broad range of contexts (e.g., school, natural environments, cyberspace, different cultures).

EVALUATION

Class participation, oral presentations, thought papers, written assignments, and research paper.

TEXT

There is not a specific textbook for this course. The weekly readings will be selected journal articles and book chapters. Some of these will be selected each week by a different student or group of students. These readings can be accessed via the library or course website.