

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK**

DEPARTMENT OF PSYCHOLOGY

CURRICULUM CHANGE

1. **Type of change:** From Experimental Course to Permanent Course

2.

Department(s)	Psychology
Career	☒ Undergraduate ☐ Graduate
Academic Level	☒ Regular ☐ Compensatory ☐ Developmental ☐ Remedial
Subject Area	Psychology
Course Prefix & Number	PSY 322
Course Title	Technology, Mind, and Behavior
Description	Historical, theoretical, empirical, and ethical aspects of technology's impact on human cognition, emotion, and behavior, including its application in learning, therapy, workforce, and leisure.
Pre/ Co Requisites	PSY 166
Credits	3
Hours	3
Liberal Arts	☒ Yes ☐ No
Course Attribute (e.g. Writing Intensive, WAC, etc)	Remove Experimental Course Attribute
General Education Component	☒ Not Applicable ☐ Required ☐ English Composition ☐ Mathematics ☐ Science ☐ Flexible ☐ World Cultures ☐ US Experience in its Diversity ☐ Creative Expression ☐ Individual and Society ☐ Scientific World

3. **Rationale:**

From social media's impact on self-esteem and relationships to virtual reality's applications in therapy, technology can both enhance and challenge mental health and well-being. As such, the psychological implications of technology are now more relevant than ever to the diverse student body of Lehman College and the populations they will serve in a variety of professional settings. A course on the intersection of Technology, Mind, and Behavior will benefit the students in the Psychology Department because it will provide an in-depth exploration of the psychological implications of technology across settings and psychological domains, preparing students to critically and mindfully assess and engage with applications of technology in their chosen fields and careers. The topics introduced in the course will also help students become more intentional consumers of technology themselves.

This proposed 300-level course immerses students into the complicated and interdependent world of psychology and technological advancement. Through exposure to theoretical and empirical literature and engagement with hands-on projects and case studies, this course provides students with a comprehensive understanding of the technology's impact on human psychology. First, students will learn ways in which technology has historically influenced psychology as a field, including its role in research design and theory building. Second, students will learn about the complex effects of technology on psychological processes and mental health, including its role in shaping and advancing mental health treatments through the application of virtual reality and artificial intelligence. Third, students will learn about psychological implications of human-machine interactions and its effects on education and the workplace. Fourth, students will develop an ethical awareness around the application of technology in psychology and beyond. Fifth, students will apply their knowledge and understanding of these topics and processes to identify potential psychological concerns with current use of technology (or lack thereof) and think critically and creatively to propose solutions.

Below is a sampling of topics that may be covered in the course:

1. Introduction to Technology and Psychology: Overview of how technology has historically influenced psychological theory and practice, including its role in research design and data analysis.
2. The Psychology of the Internet and Social Media: Examines the impact of digital communication on identity, relationships, and mental health.
3. Digital addiction and its discontents: Investigates the psychological basis of technology addiction, including gaming disorder and social media dependency.
4. Virtual reality and augmented reality: Explores the use of VR and AR in therapeutic settings, education, and training, including their effects on perception and cognition.
5. Artificial intelligence and human behavior: Analysis of how AI influences decision-making, job markets, ethics, and the future of human-machine interactions.

6. Privacy, surveillance, and psychological well-being: Examines the psychological effects of digital surveillance and privacy breaches.

7. Technology in learning and cognitive enhancement: Investigates how digital tools can enhance or impair learning processes and cognitive development.

8. The future of work: Explores the psychological impacts of remote work, the gig economy, and automation on job satisfaction and organizational behavior.

9. Ethical considerations in digital life and research: Critical discussion on the ethical implications of technological advancements, including biases in AI and digital inequalities and its role/application in psychological research.

4. **Learning Outcomes (By the end of the course students will be expected to):**

- Critically analyze the impact of technology on psychological processes and social behavior.
- Apply psychological theories to understand the effects of digital environments.
- Evaluate the ethical implications of technology use and development.
- Propose innovative solutions to mitigate negative psychological effects of technology.

5. **Date of Departmental Approval:** May 11, 2026