

Psychology

Week of May 11th

Instructions: Answer the following questions to the best of your ability. Do background research, if you can, in an effort to ground your answers in solid psychological research.

Activity One:

List three pieces of advice you would give to someone with an addiction. Explain the reasoning behind each piece of advice.

Activity Two:

How many types of consciousness are there? Explain your answer. Also, provide three examples of types of consciousness.

Week of May 4th

Instructions: You are expected to complete two activities for the week of May 4 — May 8 .

The activities are labeled “Activity One” and “Activity Two.” You should record the Activities as you complete them in a notebook/journal — List the dates you completed the activities and any observations as to what you learned as a result of the activities.

Activity One:

Answer the following question. Do whatever research you need to do in order to provide an informed answer:

In the area of psychology, what is the value of studying twins, especially identical twins?

Activity Two:

List the reasons that animals are useful subjects of psychological experiments. (There are at least 5 reasons).

Week of April 27th

Instructions: You are expected to complete two activities for the week of April 27 — April 31. The activities are labeled “Activity One” and “Activity Two.” You should record the Activities as you complete them in a notebook/journal — List the dates you completed the activities and any observations as to what you learned as a result of the activities.

Activity One:

List at least 5 ways that a person can use psychology to succeed in a job interview. Include explanations as needed for each item.

Psychology

Activity Two:

Drawing upon your practical experience, explain why schools often ask for the help of people trained in psychology throughout the course of a school year. Write this explanation out in paragraph form (answer should not exceed more than one handwritten page).

Week of April 20th

Instructions: You are expected to complete two activities for the week of April 20 — April 24. The activities are labeled “Activity One” and “Activity Two.” You should record the Activities as you complete them in a notebook/journal — List the dates you completed the activities and any observations as to what you learned as a result of the activities.

Activity One:

Review the Harlow Monkey Experiment — Write down a brief, basic description of the experiment, then write the result of the experiment. Then answer the following question: “How has the Harlow Monkey Experiment helped save the lives of thousands of babies treated in intensive care units?”

Note: If you do not have your psychology “class notes,” information about this experiment can be found with an internet search or by searching the index of any psychology textbook. If you do not have internet access or access to a psychology book, call someone who has internet access and have them help you with this review.

Activity Two:

List five questions that anyone having a basic understanding of psychology should be able to answer.

Week of April 13th

Instructions: You are expected to complete two activities for the week of April 13 — April 17. The activities are labeled “Activity One” and “Activity Two.” You should record the Activities as you complete them in a notebook/journal — List the dates you completed the activities and any observations as to what you learned as a result of the activities.

Activity One:

Psychology

Evaluate yourself. Make a list of 5 strengths that you possess. Then make a list of 3 weaknesses that you have. After looking over the two lists, choose at least one of the strengths, then write a short explanation of how you could use this strength to help you make a living.

Then, chose one of the weaknesses, and write out a brief plan to help yourself conquer or eliminate this weakness.

Activity Two:

Write a letter of advice to yourself. (You might possibly use “activity one” observations as a basis for this letter.) In the letter discuss methods that you can use to improve in at least one way (and possibly in several ways).

Week of April 6th

Instructions: You are expected to complete two activities for the week of April 6 — April 10. The activities are labeled “Activity 1” and “Activity 2.” You should record the Activities as you complete them in a notebook/journal — list the dates you completed the activities and any observations about what you learned as a result of the activity.

Activity One

Interview someone that considers himself/herself to be “shy.” Ask the person at least 5 questions about their shyness (examples: When are you most aware of being shy? What helps you become less shy?). Record the questions and the answers that the person provides. note: You are responsible for composing the remaining 3 questions. If there is no one in your household to interview, the interview can be done over the phone or via email. An adult would be a better subject than a child.

Activity Two

Review the famous “Pavlov’s Dog” experiment, either by reviewing your class notes (if you have them available), looking up the experiment in a psychology book or encyclopedia or by calling someone who knows something about the experiment. If you can get online, simply look the experiment up online. Make sure that you write down the conclusion that Pavlov reached as a result of the experiment.

Week of March 30th

Instructions: You are expected to complete two activities for the week of March 30 — April 3. The activities are labeled “Activity 1” and “Activity 2.” You should record the Activities as you complete them in a notebook/journal — list the dates you completed the activities and any observations about what you learned as a result of the activity.

Psychology

Activity One — Recruit one person to help you with this activity: Both of you close your eyes and listen for 45 seconds. Without talking to each other, after the time has elapsed, each person quickly jots down what you heard. Now compare the list. Note the differences in the lists, if there are any. This activity often exposes the different levels of awareness that two people can have to outside stimulation. It also demonstrates how shutting down one sense can heighten other sensitivities.

Activity Two — List five different jobs, then discuss with someone the ways that an understanding of psychology can help a person who holds each of those five jobs. Write down any particularly insightful observations that are made during your discussion. (You might even send a simple email to a friend or talk about this topic with someone via other social media).

Week of March 23rd

Instructions: You are expected to complete two activities for the week of March 23 — March 27. The activities are labeled “Activity 1” and “Activity 2.” You should record the Activities as you complete them in a notebook/journal — list the dates you completed the activities and any observations about what you learned as a result of the activity.

Activity 1

For 5 consecutive days keep a sleep journal for yourself and one other person (you must have this person's permission and cooperation). In this journal list the following: time going to bed at night, time waking up in the morning, any sleep disruptions (waking up to go to the bathroom, get a drink of water, bad dreams that wake you/the other person up). If the person or you is working during the night and sleeping during the day, make adjustments.

Note in the journal if you/the other person finds it necessary to nap. Also, note anything of interest that you think is related to the amount of sleep you/the other person gets each day.

Activity 2

Make an imaginary (or real) grocery list of ten items. Devise a way to memorize the list IN ORDER. Work on the list until you can repeat the items quickly in order.