

PART 1: Orientation to Psychology Paper (should be done FIRST! BEFORE part 2)

Orientation to Psychology Paper...Personal Statement

Directions: This paper is worth 50 points. Please type this assignment using 12-point Times New Roman or Arial font and double-spaced. Please note that late assignments will be penalized 10% of total points. Be thorough and complete while being direct and to the point. Please write in paragraphs using appropriate English and grammar. I suggest that you save this assignment or make an additional hard copy as it may be valuable to use for your college application essays either this year or next.

Motivation: Psychology is defined as the science of behavior and mental processes (Myers, 2014). In order to get to know you better, I would like to learn what I could about how you view yourself and the world in which you live. Please answer each of the eight questions below. Be as open as you feel comfortable in being. Remember that I would never reveal your private ideas and thoughts as expressed in this paper to anyone else (*Beyond what I am legally bound to share by law!*). Reading these papers gives me a feel for you as a person (as well as a first look at your writing skills) and helps me pick topics to study and discuss that are relevant and meaningful to you. Please title each section (see below) so that I know what question you are answering.

You and your traits:

1. What kind of person are you? Describe characteristic personality qualities, talents. It is ok to share both positive and negative traits. Trust me, we all have them.

Your family and friends:

2. What kind of family and friends do you have and how have they affected your life?

Your social persona:

3. How has your gender, race / ethnic background, religious beliefs and socioeconomic status effected your attitudes and life? (Try and connect to current events as a way to relate.)

Your achievements:

4. List as many of your accomplishments, recognitions, awards that you can recall. Describe two that you consider to be your greatest achievements. Make one an intellectual achievement such as a paper, project, product, or performance.

Your present and past problems:

5. What have been or are your greatest problems? Describe any unusual circumstances or challenges you have faced and the ways you have responded. (This is core to Psychology)

Your future plans:

6. What do you plan for yourself after high school and after college or whatever?

Your interests:

7. What are your interests? List all areas or as many as come to mind. Include something academic like your favorite subject in school.

You and psychology:

8. What subjects, issues, questions, in psychology would you like us to discuss in depth? (Use the definition above to come up with some possibilities)

For example: why young adolescents rebel and sometimes hurt themselves and their families; boy-girl relationships; body image; what makes people popular; how God and spirit might interact with our genetic inheritance; specific mental disorders such as depression; effects of divorce on children; effects of emotional, physical, and sexual abuse on children, teens or even adults; effects of death and loss; how to improve your intelligence or your social or athletic skills; how to motivate yourself to deal with an addiction or strong habit; the truth about drugs and their effects on your maturation, etc., etc., etc...

Part 2: The importance of sleep and your social/academic health

Sleep is a vitally important component to being aware and focused in school and in life. Prior to the start of this course, I want you to get an idea of how important it is and how having it can be beneficial to you in MANY ways.

1. Take your sleep survey FIRST. Take a screenshot of your FREE evaluation report and insert the image into your document.
2. Then watch the TED talk about the importance of sleep. It is one of the many topics we will be exploring, but it is one of the first things I want you to explore as you reflect on your sleep habits. Sleep has a DRASTIC impact on your cognitive and physical abilities and will directly affect how you do in this course as well as all your other courses.
3. Response assignment: “The shorter your sleep, the shorter your life” is a statement that the speaker makes about sleep. Explain why he says this is true. Reflect on the video and your own sleep habits (from the hygiene test). Tell me about the things that you are doing “right” in terms of sleep and the things that you are doing “wrong”. For the things that are wrong, what are some ideas for how you might be able to address to improve or fix these things.

Links:

[Sleep Hygiene Test](#)

[Sleep is your Superpower – Matt Walker](#)

Part 3: Getting to know what Psychology is all about through “TED”

TED is a nonprofit organization devoted to spreading ideas in short, powerful talks in 18 minutes or less. TED is an acronym for technology, entertainment, and design. I have sifted through the psychology section of TED and found 10 “talks” that could be of interest. Of these ten, you are to watch any **FIVE** of your choosing. After listening to these lectures, you will provide a long one paragraph summary/reaction OF EACH LECTURE consisting of at least seven sentences.

In addition to summarizing the content, incorporate your opinion of the talk and discuss terms you were interested in, as well as terms you were unsure about.

1. Philip Zimbardo: The Psychology of Evil
2. Keith Barry: Brain Magic
3. Susan Cain: Power of Introverts
4. Martin Seligman: New Era of Positive Psychology
5. Angela Lee Duckworth: The Key To Success - Grit
6. Amy Cuddy: Body Language Shapes Who You Are
7. Dan Gilbert: Surprise Science of Happiness
8. Pamela Meyer: How To Spot A Liar
9. Ben Ambridge - 10 Myths About Psychology Debunked
10. Shawn Achor: The Happy Secret To Better Work

To find these TED talks search them by title on the website <https://www.ted.com>

**ALL ASSIGNMENTS NEED TO BE TURNED IN ON SCHOLOGY BY
Wednesday September 3rd!**

Late assignments will be deducted 10% each day it is late