

JOURNAL Entries for Psychology B

{On the Inside Front Cover – (in small letters) make a Table of Contents with room for 50 Entries}

Journal Entry # 1B – *Posit* an answer to the question: What can learning about humanimal conditioning do for me?

2B. *Traditions: What does your family usually do for certain holidays (e.g. Thanksgiving?) Challenge question - WHY?*

3B. *Learning Reasons: What motivates you to learn best? Is it simply a matter of learning for consequences (e.g. read iPod instructions to hear music) or learning for the sake of learning? (e.g. curiosity)*

4B. *Learning Methods: How do you learn best? – What methods do you use for learning best? (e.g. – auditory, visual, kinesthetic?) Why?*

5B. *Learning Places: Where do you learn best? (WHY?)*

6B. *Learning Times: When do you learn best? (WHY?)*

7B. *Learning Interferences: What gets in the way of your learning? Why?*

8B. Review: Write out – Definition of Psychology; Goals/Purposes of Psychology; DNA - Rule of 4; ABC – 4 Window Panes; 5 Stages of Grief – Back to your BIG Question/Exploration...

9B. What is your earliest memory? How old were you? Why do you think you have this memory?

10 B. What is your favorite memory? A less favorite memory? Explain WHY

11B. What is the longest thing that you can remember? (lyrics of a song, stanzas of a poem, names of presidents, a speech?) Why?

Decision-Making and “Blink” – Col. Van Riper

(Journal Inventory)

12B. Why should we care about improving our memory-capacity? How can we improve our memory capacity? Examples

13B. What does the Limbic System [(Temporal Lobe) involving some Amygdala Truths – ANGER (thumos) AND FEAR (phobos)] have to do with our memories?

Millward Brown Case Study: *This research strongly suggests that greater emotional processing is facilitated by the physical material than by the virtual. The “real” experience that the physical media provides means it’s better at becoming part of memory.*

14B. Motivations and Emotions – List some holiday stressors & emotions (good & bad) and write down a positive experience that you had. Why was it positive?

15.B What are you most motivated to achieve in life and why?

READ “Expiration Dates” – get out the paper about Stress wherein you were determining what you would ask students to know about the video on STRESS (baboons, etc.) *“It’s not what happens to you, so much as what you CHOOSE to do with it.”*

16. B List as many people or “things” as you can that help to motivate YOU! – Try to explain WHY you are motivated by certain people or things.

17. B – What does stress do to you? – List the results of stress. Explain how expressing emotions (“like tays in the win”) can help to relieve stress.

18. B – What kind of music gets you motivated? WHY? List some favorite musicians and songs... AND/OR you can choose mood food...

19. B – In two paragraphs explain the connection between Motivations, Emotions, Expectations and STRESS. Be sure to relate it to YOUR life and YOUR goals.

20. Out of Howard Gardner's Multiple Intelligences, what kind(s) would identify you and WHY?
21. What is personality? List the different kinds. What kind do you have? WHY?
22. How has your personality changed over the years? HOW & WHY?
23. Explain strategies for dealing with difficult people
24. Are you more jazzed by Freud, Jung, Rogers, Skinner, or Maslow theories of personality? WHY???
25. Backtrack and review all journal entries: Then...

In good priming fashion – a cue/clue...Your first test will be your last test
Such is life... ever trying to overcome what has been by what may be...

**In the FINAL (classroom) Entry of your Journal
Discuss the conclusions you may have reached about *your*
Big Question**