

JOURNAL Entries for Psychology A

{On the Inside Front Cover – (in small letters) make a Table of Contents with room for 50 Entries}
Part of knowing the self is comprised of asking the right questions. This is where healing begins.

1. (Collins Type 1) List Six Things – 3 of Acquisition (KNOWing), 3 of Application (Improving Life) that you might seek to gain from this course. (Choose Carefully!)
2. (Collins Type 2) **“Know Thyself”** - (Personal Character Descriptors) Entitled *ME: “I Am...* (Extra Credit: Create a Power Point about yourself with music, pictures, poetry, etc. that you would choose to share with your descendants about who you believe you are and what you are all about.)
3. (Type 2) What are your “golfballs?” **WHY?**
4. (Type 2) Limbless: Facts & Comparative Happiness Feelings – *Some Physical Problems I have endured...*
5. (Type 2) Happiness Response: (per your perspective/opinion) *Happiness is...* - (Consider Articles & “America’s Heart & Soul” – Consider “contentment versus complacency” – What can we do to achieve contentment?)
6. (Type 1) Stuff: Things that make me Smile 😊 - My Favorites List – Food, Music, Movies, Sports, etc.
7. (Type 2) Making Connections – Based upon the people in “America’s Heart & Soul” – which one was MOST inspirational to YOU? – **WHY???**
8. (Type 2) Explain your failures and successes in assessment and testing as you understand them. Explain **WHY** something works for you or does not seem to work for you.
9. (Type 2) Becoming: Human Stages of Development – Learning, Living, Loving – pain, grief & happiness. Write on an instance in your development that was especially difficult? **WHY?** What were the factors: Nature (biology) and/or Nurture (beliefs)?
10. (Type 1) Excelsior: List things you are good at? (e.g. – reading, sports, writing, gardening, gaming), Consider **WHY?** – nature? nurture?
11. (Type 2-3) Being Young Today: As a teenager, what do you feel are some of the greatest challenges that face teenagers these days and **WHY?**
12. (Type 2) Depression & Grief: List some of the things that have brought you “down.” Choose one specific instance and explain how you overcame the event/situation.
13. (Type 2) Mors/Mortis: What experience have you had with death? How did you respond to it? **WHY?**
14. (Type 1) List the Five stages of Dying/Grief. Which of the five have you spent the most time in? **Why?**

15. (Type 2) Tears Upon Our Shoulders: Open Response to Reading “Why We Cry”

ref: Church of the Weeping Madonna – spatzo??? placebo? or miracle?

16. (Type 2) Gender: What experience have you had working with the opposite gender. My experience working with others of the opposite gender has been??? Positive? Negative? WHY?

17. (Type 2) GOOD TRAINING: What Systems have you set up in your life to save neural energy? (to make life easier and/or safer? e. g. car keys always in the same pocket or “always buckle-up?) What learning, remembering systems do you have in place? WHY?

18. (Type 1) NeuroHealth: How can we keep our neurons happy & healthy? List some ideas.

19. (Type 1) Brain Gain: What do you do to improve your brain? Beyond your formal educational efforts, what do you do to exercise your brain?

20. (Type 1) List as many personal interests as you can. (Type 2) **WHY** do you have these interests?

21. (Type 2) The last book I enjoyed reading was? The last movie I enjoyed viewing was? The last song I enjoyed hearing was? **WHY?**

22. (Type 1) What is your routine/ SOP = standard operating procedure? From dawn to dusk, remind yourself of the things you do each day in a LIST.

23. (Type 2) **WHY** is your SOP what it is? Are you satisfied with it? Why/Why Not?

24. (Type 2) How much **sleep** do you get? **WHY?**

25. (Type 2) Do you believe that reality TV shows are REAL? Whose reality? **Why/Why Not?**

(Media Literacy: Subliminal Advertising – last extended credit opportunity: see the teacher)

Final Entry for Psychology A – To help you to understand yourself in years to come, what appropriate questions might you ask for in a search to become a “changed” light bulb in Psychology B?

***** In the front of your Journal (inside cover or first page)**

Write out what you want to explore for a Big Question