

## **Why is learning psychology important?**

- (1) Describe an example of how learning about the psychology of Personality helps you understand others or yourself (eg. defense mechanisms, personal validation, or the self-concept/self-identity (what do you do if your self-concept is threatened?))?** How does understanding self-concept explain why well intentioned people claim that criticism of Israeli policy is being anti-Semitic?
- (2) Describe an example of how learning about the psychology of Personality helps you understand events in the world?**
- (3) Describe an example of how you can use the psychology of Personality in your personal life or potential career?**
- (4) Describe an example of misunderstandings or questionable beliefs that can arise if you didn't learn about the psychology of Personality?** (eg. a majority of Freud is not supported by empirical data)
- (5) Describe some social issues that can be addressed with the knowledge from the psychology of Personality?**
- (6) Describe an example of the concepts in the psychology of Personality?** Can you give examples that can lead to an incongruent self concept?

In a group of two or three, answer any of these questions (you can answer one more than once) for up to two points. Be as specific as possible to be applied to a specific situation. You cannot use examples from the textbook or those I presented. **Make sure you clearly identify the concept, what that concept is, and how it relates to the example. Six points maximum.** We will try to share these answer later today.

Do not write something like:

Learning about psychology of personality helps me understand people better so that I can interact with them a lot more.

I am asking two basic questions:

- (1) What is the psychological concept?
- (2) Does what you have written illustrate that you know the concept?

When I read through your answers, I am trying to answer the following questions:

What is the psychological concept (See key terms)?

Does your answer illustrate that you know the psychological concept?

How does knowing psychology change how you think?

(1) Describe one specific example where learning about The History of Psychology and Research Methods (Chapter 1) helps you understand the world, or can help you in your personal life or potential career. Be as specific as possible so that your example identifies the concept and that you understand the concept. Use complete sentences. You cannot use any answers used in the short answer section. You can modify your answer from a different question to make it qualitatively different.

Bad:

Learning about Research Methods is important because it helps me understand others  
Learning about the placebo effect is important for understanding how experiments are conducted.  
Learning about pseudosciences helps me become a better person  
Don't restate the definition

Better:

Learning about the placebo effect is important to understand how substances that have no pharmacological properties can help make a person improve their health. Just thinking that a treatment is going to help you can make your health improve, thus making treatments appear to be effective, when in fact it is the belief that the treatment is effective, and not that it is an effective treatment.

Bad:

Learning about the Psychology of Personality helps me understand others  
Learning about Freud helps me understand how personality develops

Better:

Learning about the defense mechanisms helps me understand my own behavior. For example, when I am mad at my parents, I tend to take it out on my dog (displacement). This is important to know so I can directly deal with my problems and not create other problems for other people and/or my dog.

Bad:

Learning about research methods helps me as a parent, doctor, etc.

Better:

Learning about research methods such as surveys help me understand that a representative sample is needed to make good inferences from, so when I see a TV poll, I know the sample is not valid and conclusions are not valid (yet we are still influenced by them).