



EVERYDAY PSYCHOLOGY

Seminar Leader: **Zhengzhi Xu**

House Leader: **Yuko Yokoi**

Course Description

Psychology is the science of behavior and the mind. Aspects of the human body, mind, and human interaction secretly control the decisions we make. This seminar will discuss some of these rules through the lens of behavioral and social psychology, using multimedia tools such as documentaries, movie clips, interactive exercises, readings, and self-assessments. In this course, students will obtain some basic knowledge of psychology that can guide them in defining their own identities and interacting with others.

Schedule

Day 1: *How Behaviors Are Formed without Thinking*

The first class begins with a brief introduction of psychology and a fun quiz to understand why psychology is important. Then we will dive into the main theme of the day: how do we learn? The study of behaviorism started with Pavlov's experiment, where a dog was conditioned to drool at the sound of bell ringing. Such experiments are important in explaining and understanding human behavior. By understanding the reasons behind the actions people make, students can apply those reasons to their own understanding of the world.

Day 2: *Social Cognition: Making Sense of Ourselves and Others*

Everyone is different. By using terms such as "gender," "race," "sexual orientation," and "social roles," we try to understand our position in society. Because our roles and minds are very complicated, psychology often plays games with our minds and creates false ideas that we take in as our own. We will discuss the tricks our mind plays on us in forming opinions about ourselves and the people around us. Through video clips, readings, and exercises, the class will discuss topics such as stereotyping, fundamental attribution error, and cognitive dissonance, which will allow students to learn how they define their identities and how they perceive other people.

Day 3: *Interacting With Others: Helping, Hurting, and Conforming*

After the discussion on how we perceive ourselves and others around us, the class then explores how we interact with the rest of the world. Through the interesting but tragic cases of Kitty Genovese, the Stanford Prison Experiment, and the Milgram Experiment, social psychology reveals the dark sides of humanity. Students will use the knowledge they acquire to analyze these cases and develop critical thinking skills about interactions between humans.



Day 4: *Psychology Within*

Students will be asked to complete online research surveys about implicit social attitudes through laptops or smartphones (<https://implicit.harvard.edu/implicit/>). Results from the online survey can help students understand their own biases. Then, students will be asked to share their favorite concept learned in this course, a relevant personal experience that can serve as an example of this concept, and how they have developed through this seminar.

Pre-Seminar Assignments and Readings

- (≈ 5 minutes) Complete this short survey to get to know your bias in psychology:
<https://is.byu.edu/is/site/sample/psych111/secure/lesson1p4.htm>
The subject that has the lowest score is the perspective of psychology that you most agree with.
*If you have trouble understanding the English materials in part 1, here is the translated version made by Yuko, HL:
<https://drive.google.com/file/d/0B81YN19eFKNPb3ZRdmNPaxUweDA/view?usp=sharing>
- (≈ 30 minutes) Read and complete the exercises on this page (click Enter Course, you do not need to login):
<https://oli.cmu.edu/jcourse/workbook/activity/page?context=0d0058f580020ca60031d8e2932b454b>
*If you have trouble understanding the English materials in part 2, here is the translated version made by Yuko, HL:
<https://docs.google.com/document/d/1mVz3NzZEDe4KoF94WMclcZnGbuVCnp8jbNkWtdN228/edit?usp=sharing>

After each class, students and instructors will be asked to write down three things they feel grateful for and should be ready to share them the next day. It is easy to forget the nice things others have done for us, and through this assignment we can find more kindness around ourselves.

Message from the House Leader

Hi! I'm Yuko, a junior majoring in Education at Keio University. My life so far is a combination of Kyoto, Kobe, New Jersey and Tokyo, so I'm fluent in Japanese and English. I grew up playing tennis and the piano and what I've learned from these is to keep trying until you make it, which I think became my attitude in life. So what I want you guys to find is the perseverance within yourselves and the passion that drives you forward even in hard times. In order to find your passion and the path for your future, understanding yourselves is crucial. There are lots of things that you do in your daily lives unconsciously and if you can understand what they are, you will definitely deepen the understanding of your own self when interacting with others in life! How exciting is that! I'm looking forward to meeting you all and to spend the best summer ever!



Xu and Yokoi

Message from the Seminar Leader

Hi everyone! My name is Zhengzhi. I am a rising-sophomore at Duke University, double majoring in Visual Arts and Computer Science. Before college, I have watched many anime, such as Card Code Geass, One Piece, Hana wa Saku Ka and Gintama, etc. Currently, I am very interested in Japanese television shows such as Getsuyoukara Yofukashi and Kanjani8's Chronicle. I can speak Mandarin and English, hoping that one day I can become as fluent in Japanese as well. I learned psychology in high school and since then it has become a positive influence and source of motivation on how I think about myself and how I interact with others. I hope the knowledge you will gain from this seminar will continue to help you in the future.