

Quarter 4 Project – Due **Monday, June 13**

Just like the quarter 3 Project, the goal is to take something that you have learned in this class and go further with it in a way that is meaningful to you. The most important part of this project is selecting what you want to do. You want to select a direction that you are genuinely excited about and that gives you the opportunity to put your personal stamp on the material. With this in mind, I have created the choices below; however, if you have a different idea that you think is better for you, run it by me; there is a good chance that I will be fine with it.

Before getting into the choices, here is an overview of the material we have explored since the last project. Look for those topics that you found most interesting and/or relevant to you.

- Stress and its effects on the brain and the body
- Anxiety Disorders – GAD, Panic Disorder, Social Anxiety, Phobias, Agoraphobia, OCD
- Behavioral Therapy – Exposure / Systematic Desensitization
- The Psychopharmacological Revolution
 - o Models of Abnormality – Continuum Theory, Medical vs. Psychological Model
- ADHD
- Mood Disorders, with an emphasis on Depression
 - o Out of the Shadows Documentary
 - o Theories/Causes of Depression – Freud’s theory of Loss, Depressive Explanatory Style, Learned Helplessness
- Cognitive Therapy – Cognitive Distortions
- The Stigma of Mental Illness
- Freud
 - o Model of the Mind – Id, Ego, Superego
 - o Theory of Sexuality and the Oedipus Complex
 - o Subliminal Advertising
 - o Psychosexual Stages of Development
 - o Defense Mechanisms
- The Shadow
- Dissociative Identity Disorder
- Existential Givens

Choice #1 – Self-Analysis (or Other-Analysis)

Take a few concepts that you feel have really helped you to better understand yourself, and use these concepts to write a paper in which you analyze your own thinking, behavior, and experience. This paper might draw upon material from your earlier journals and/or responses to questions from homework, but should go beyond these responses and/or explore these self-insights in a new way. It is great to take concepts from different units, and yet, I should see how your self-insights *come together* to explain specific aspects of your thinking, behavior, and experience; in other words, this should not like several mini-papers, but a unified whole where insights connect with each other. My advice to you here is that less is more; in other words, it is better to take only a few concepts and *really* explore them, rather than to

explore lots of concepts on a more superficial level. If you do this choice, make sure that you:

- Provide lots of concrete, specific examples from your life - specific experiences, stories, specific behaviors and thought patterns, etc. Spend the time to support your observations with evidence.
- Start your paper with a story, written in an engaging and interesting fashion – a real-life experience that gets the reader engaged and highlights an important piece of your analysis.

If you would like to analyze another person, rather than yourself, go ahead. If you do this, respect the confidentiality of your subject.

Length Requirement – 4 pages *minimum* (no maximum), double-spaced, size 12 font, 1-inch margins

Choice #2 – Movie Analysis

Use concepts that you have learned about to analyze a character or characters from a movie. Here are some movies that would certainly work based on the theories we have discussed:

Fight Club – Freud, Shadow, Existential Givens

Black Swan – Freud, Shadow

Shutter Island - Freud

Good Will Hunting - Freud

Taxi Driver - Freud

One Flew Over the Cuckoo's Nest – Mental Institution, Stigma

American Beauty – Depression, Freud

Matchstick Men – Freud, OCD, Existential Givens

Analyze This – Depression and Anxiety

The Perks of Being a Wallflower – Depression, Freud

Ordinary People - Depression

Girl, Interrupted – Mental Institution, Depression

Silver Linings Playbook – Bipolar Disorder

If there is another movie or TV series that you are interested in doing, run it by me...

While I want the majority of your analysis to focus on concepts learned in quarter 4, it is also ok to use concepts from quarter 3 in your analysis.

If you do this choice, make sure that you:

- Provide lots of concrete, specific examples from the movie – specific moments, events, quotations, specific behaviors, etc. Spend the time to support your observations with evidence.
- Start your paper with a gripping moment from the movie, written in an engaging and interesting fashion, that gets the reader engaged and highlights an important piece of your analysis.

My suggestion to you is to research plot synopses of these movies online, especially the ones that deal with concepts in Psychology that have interested you, and then make a selection.

Length Requirement – 4 pages *minimum* (no maximum), double-spaced, size 12 font, 1-inch margins

Choice #3 – Artistic Expression

Create a work of Art (painting, scene screen-play, musical work, etc.) that accomplishes the following:

- a. Shows in-depth knowledge of a concept or concepts that you have learned about in the fourth quarter.
- b. Says something unique about the concept or concepts.
 - What the concept(s) *means* to you, or your opinion about it or interpretation of it.
 - How you *experience* it, or how it plays out in your life / affects you or someone else.
 - Certain aspects/characteristics of the ideas at hand that you find especially important and want others to recognize.

While it does not have to be, you can see this choice as another way of doing Choice #1 – Self-Analysis.

Note: You can be a great artist, but you do not have to be. I will be judging you on the content of your work, rather than artistic technique!

Accompany your artwork with a **2-page paper** explaining what you were hoping to accomplish / communicate through your artwork, how your work is inspired by and is a demonstration of ideas learned in this course, and whatever you would like to say about your creative process.

Off-Shoot of Choice #3 – Subliminal Artwork

Create pictures that I can put up in my classroom that use subliminal techniques to get my students to do what I want them to do. I do not want pictures with subliminal sexual imagery here; rather, I want the subliminal content to convey messages about the characteristics of being a good Psychology student. Your artwork should demonstrate the techniques that we explored (Gestalt ideas and laws of perception).

Accompany your artwork with a **2-page paper** explaining what you are communicating, how you used techniques learned in class, and whatever you would like to say about your creative process.

Choice #4 – Make your own project – As with the Quarter 3 Project, if you have an idea in mind that does not fit any of the above choices, but inspires you and is relevant to the material, run it by me. Most likely, I will approve it (perhaps with a few guidelines / suggestions of my own).