

## Journal #2

Explore your insights, connections, opinions, connections etc. Go in whatever direction you would like, as long as it is related to what we have talked about. Don't worry about spelling, grammar, punctuation, staying on the same topic, etc.

Journal must be typed, double spaced, size 12 font, one inch margins.

Grading: 3 pages = A; 2 ½ pages, = A-; 2 pages = B+; 1 ½ pages = B

1. As an authority figure, is it better to be feared or to be loved?
2. Go further with your experience of punishment and how specific experiences with it has affected who you are – your likes, dislikes, your behavior, etc. - for better and/or for worse (Note – you shouldn't be spending time reiterating the punishment story you wrote about for homework).
3. Go further with the idea of moving to a world that uses mostly punishment to a world that uses mostly reinforcement. How could teachers, and/or coaches, and/or parents, and/or law enforcement, etc., implement this idea in big and/or even small and subtle ways. How could you and others even use this idea in your relationships and every day interactions?
4. Think about the people you have seen or directly experienced who have used punishment. Evaluate the effectiveness of their methods of punishment using the guidelines for effective punishment that we talked about.
5. Go further with examples of schedules of reinforcement that you have seen or personally experienced.
6. What is your response to Seth Priebatsch's TED talk? Do you think that he is on to something with his idea of a game layer? Do you think his ideas would work in the real world? Are there further examples of these game dynamics that you see out there in the real world? What are some ideas that you have for implementing these ideas on a grand scale? Is there any aspect of this that disturbs you? What are some of the risks involved with the creation of a game layer?
7. Go further with the idea of adding a game layer on top of our school. How could we shift to a school that uses mostly punishment to a school that uses mostly positive reinforcement? How could we effectively implement schedules of reinforcement into our school? How could we make our school like a casino? And finally, how could we implement Priebatsch's 4 game dynamics into the way the school is run?

8. Same as #7 but add a game layer onto another specific situation or group or institution – within a family, on a team or club, law enforcement, health care, etc.
9. Reflect on our discussion of social norms. To what extent do social norms control us? What have you noticed about the way social norms work? What are some specific situations that you have noticed where people are adhering to social norms, in following them and/or enforcing them?
10. As you know, people have been conditioned to follow norms automatically, mindlessly, and without reflecting upon whether or not they agree with these norms. Are there certain norms that you believe are arbitrary, deserve to be challenged, and/or should not exist? That you think are ridiculous? Why? How might certain norms lead to individual and/or collective unhappiness?
11. What are your personal experiences with norms? To what extent do norms control you? What are certain norms that you follow too much? Or have difficulty understanding or following? Have you had any experiences where, like me, you suddenly realized that you did not know what the correct norm was? Or when you unwittingly broke a social norm and received strong reactions? What was that like for you?
12. Have you spent time in a place that had different norms from the norms we adhere to here? Have you visited or lived in a different part of the country and witnessed or experienced different norms, or visited or lived in a different country? How were the norms different?
13. Analyze a group that you are part of that has particular norms that are interesting and different from other groups that you are part of... perhaps your family, or friend group, or a club that you are a part of... Or, analyze situations and go deeply into the norms for that situation. For example, in class, we focused on classroom norms, hallway norms, norms around personal space, and conversational norms. What is another situation that you would like to analyze?