

# **Applied Psychology: 2018-19**

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## **Course Overview**

Psychology is generally defined as the study human behavior. However, human behavior is a vast field with many different topics to explore. This course will serve as an introduction to the field of psychology. During this semester long course, we will explore topics such as the functioning of the brain, motivation, learning, mental health, sports psychology, stigmas, and many other topics pertinent to the study of human behavior. Throughout this course, you will be engaging in the process of Design Thinking to work collaboratively to develop creative and innovative solutions using psychology as a guiding force. Our goal will be not only understand the core elements and understandings of psychology, but to apply those understandings in novel and meaningful ways.

### **Topics of Study & Assessment**

Quarter I: The Teenage Brain & Behavior: Rethinking Schools

Topic #1: An Introduction to the Teenage Brain

Design Thinking Challenge #1: Redesigning Tualatin High School

**Quarter II: Design Thinking Challenge Choice Workshop** 

<u>Combatting Stigmas Campaign Design</u>: How can we use psychology to combat stigmas in our community?

<u>Sports Psychology Design Challenge</u>: How can we use psychology to overcome the psychological obstacles that impede performance in our competitive endeavors?

<u>Product/App Design Challenge</u>: How can we use psychology to create a new product/app that will benefit our community?

<u>Mental Health Choices Design Challenge</u>: How can we use psychology to better understand the nature of mental health and design programs to promote it in today's teens?

<u>Law Design Challenge</u>: How can we use psychology to design and propose and change to an existing law or the creation of a new law?

Artistic Design Challenge: How can we use psychology to influence our creative endeavors?

## **Academic Honesty**

• Academic honesty is of the utmost importance to me and I will follow school policies in the unfortunate event that dishonesty occurs.

## Behavioral Expectations: Responsible, Respectful, Safe

- 1. **Be Present:** Be physically and mentally present while in class.
- 2. Everyone Talks, Every Day: Each of you have your own voice and ideas that are essential to the progress of our class. You will talk, whether in partners, small groups, with teachers, or to the whole class every day.
- 3. **Phones Boxes:** At the start of each class period, you will place your phone in your group's assigned box. The box will then be placed in my filing cabinet. You will have your phone returned to you at the end of the period. This policy is to create a successful learning environment for all students.
- 4. **Respect**: Show respect for the ideas and feelings of all members of our classroom and school community. *Sexist, racist, homophobic, or any other hurtful comments will not be tolerated in our classroom community.*
- 5. **Take Responsibility for your learning**: A sign of a true life-long learner is that they are willing to ask questions. If you have a question, ask. If you are doing something that is hindering your ability to focus, change that behavior. I am here to support you, but I need you as an ally to accomplish our major goals.

#### Homework

Homework will consist of potential work on ongoing projects. However, that said, one of my mottos is "Be present at school so that you can be present at home." So if you focus and stay engaged while in class, you will be able to be engaged at home. I highly encourage using your time at home getting sleep, exercising, reading for pleasure, meditating, eating with your family, or other stress reduction strategies. These will all help you find personal and academic success this school year.

## Website

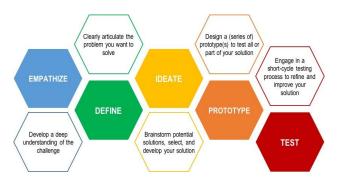
For this course, I have created a website, <u>TualatinPsych.weebly.com</u>, to help support our learning. On the website you will find course resources such as assignment overviews and key resources. If you miss class for any reason, this is a great first resource.

## Wellness Warm-Ups

I believe that school should not be just a place where you learn new information and ideas, but also how to become a happier, healthier, more compassionate person. In order to combat the negative stressors and emotions that school can often bring, I will be introducing you to a variety of scientifically defended wellness activities that promote mental and physical health. These may come in the form of guided mindfulness exercises, short yoga routines, gratitude exercises, and many other possibilities.

### **Design Thinking**

Design Thinking is a method of innovation that many major businesses around the world have adopted and found authentic success using. We will be using this process to guide our learning and help us develop new and original ideas that solve real world problems. This method will place the emphasis on you as a learner and focus on ideas and thoughts over mastery of content. All of our standards will be rooted in this process.



#### Assessment, Standards & Grades

Your grade will be determined based on your ability to demonstrate 10 core standards. All of these standards will be worked on throughout the semester and focus on the Design Thinking process. These standards will push you in your ability to ask questions, find answers in thoughtful ways, develop innovative ideas and prototypes, collaborate in meaningful ways, and to reflect on your learning and work.

See your Applied Psychology Standards Guide for additional information on the standards that I will be asking you to demonstrate throughout the semester.

A	В	С	D	F
4 Exceeds	7 Meets or	No more than	No more than	4 or more
6 Meets	Exceeds	1 Beginning	3 Beginnings	Beginnings
No nearly meets or beginnings	3 Nearly Meets No Beginnings			Insufficient Evidence: Standards not attempted.

### **TAG Statement**

To ensure that students designated as "Talented as Gifted" (TAG) receive academic instruction that is appropriate for their rate and level of learning, the curriculum and instruction of this course may be differentiated to include specialized groupings, compacting of curriculum, accelerated pacing, and providing of extension / challenge activities (this would be different work of a complementary nature and not extra work on top of existing assignments).

### **The Tualatin WAY**

 $W_{\rm e}$  Care.

All of you Matter.

**Y**ou are the Future.

### **My Educational Philosophy**

I believe that all students are not only capable of learning and being successful, but also that they have unique ideas and a voice that must be heard. I see myself as an ally in your learning process and will be doing everything I can to support you in your journey in this class and High School.

#### **General Psychology Movie Permission**

As part of the General Psychology course at Tualatin High School, students will have the opportunity to watch self selected movies that are rated PG or PG-13. These films will be approved by Mr. Bonica but may not be screened in detail. Students will have the responsibility to use their choice and judgment when determining the educational value of films.

#### Please circle one of the following choices.

- I permit my student to watch films rated PG, PG-13, and Unrated Documentaries in Psychology.
- I request an alternative assignment for my student when watching PG & PG-13 films.

Student Name:		
Parent/Guardian Signature:		