



TA DISTANCE LEARNING CENTRE

Student and teacher: Use this cover sheet for mailing or faxing.

SSN2172: General Psychology 20

Introduction to Psychology

Assignment Booklet 1

FOR STUDENT USE ONLY

	(If label is missing or incorrect)
Date Assignment Submitted:	File Number:
_____	_____
Time Spent on Assignment:	Lesson Number:
_____	_____

FOR ADLC USE ONLY

Batch Number:

Assigned Teacher:

Graded By:

Grading: _____

Date Lesson Received:

Student's Questions and Comments

Apply Assignment Label Here

Name	Address	City/Town	Province	Postal Code
_____	_____	_____	_____	_____

Please verify that preprinted label is for correct course and module.

Summary

	Total Possible Marks	Your Marks
(S)1 Lesson 1 Assignment 1	25	
(S)1 Lesson 1 Assignment 2	37	
(S)1 Lesson 1 Assignment 3	18	
(S)1 Lesson 1 Assignment 4	20	
TOTAL	100	

Teacher's Comments:

Teacher

These instructions are for students registered with the Alberta Distance Learning Centre.

INSTRUCTIONS FOR SUBMITTING THIS DISTANCE LEARNING ASSIGNMENT BOOKLET

When you are registering for distance learning courses, you are expected to submit Assignment Booklets for correction regularly. Try to submit each Assignment booklet as soon as you have completed it. Do not submit more than one Assignment Booklet in one subject at the same time. Before submitting your Assignment Booklet, please check the following:

- Are all the assignments completed? If not, explain why.
- Has your work been reread to ensure accuracy in spelling and details?
- Is the booklet cover filled out and the correct course label attached?

MAILING

1. Postage Regulations

Do **not** enclose letters with Assignment Booklets.

Send all letters in a separate envelope.

2. Postage Rates

Take your Assignment Booklet to the post office and have it weighed. Attach sufficient postage and seal the envelope. Assignment Booklets will travel faster if sufficient postage is used and if they are in large envelopes that do not exceed two centimetres thickness.

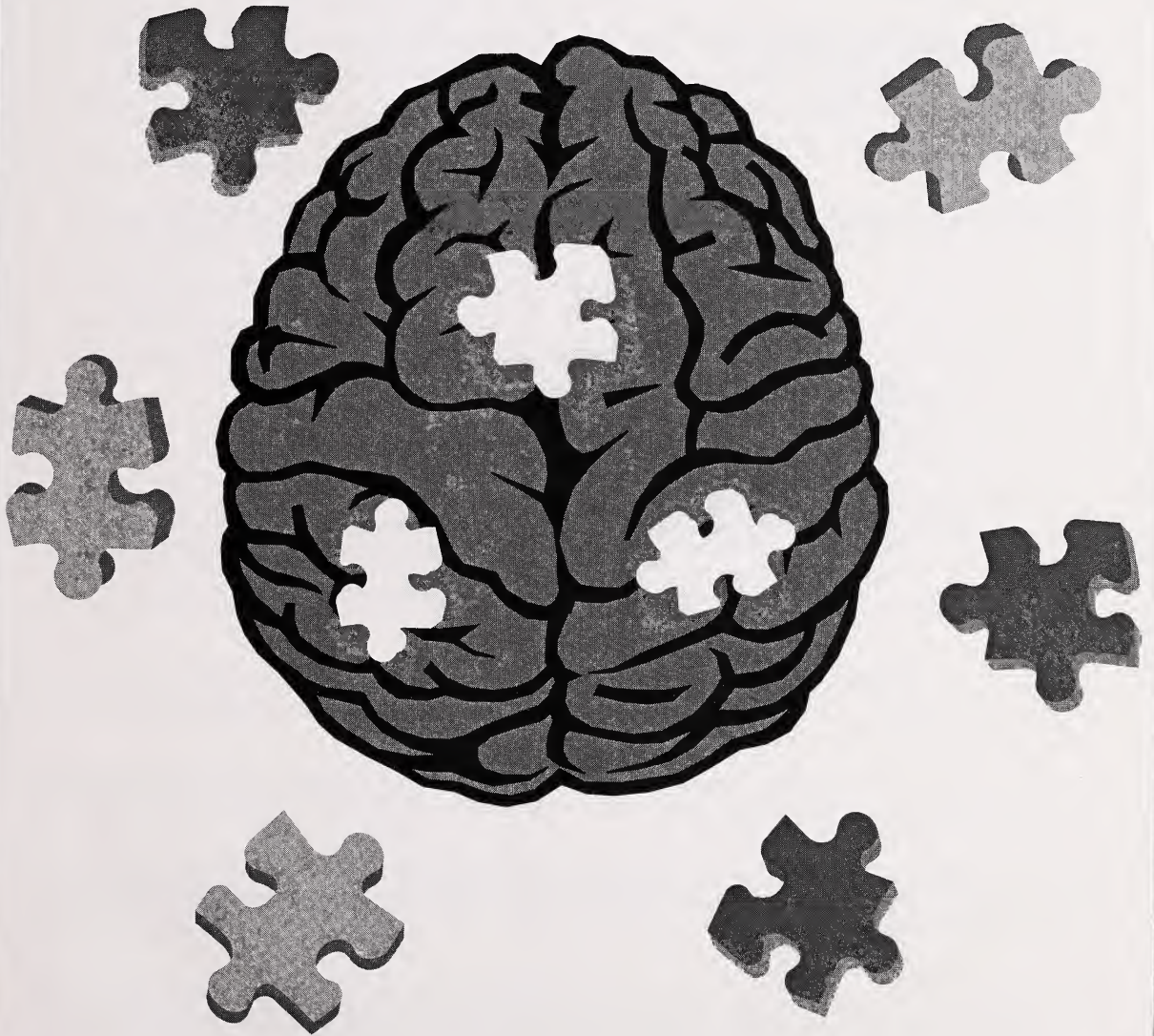
FAXING

1. Assignment Booklets may be faxed to the Alberta Distance Learning Centre. Contact your teacher for the appropriate fax number.
2. All faxing costs are the responsibility of the sender.

E-MAILING

Assignment Booklets may be e-mailed to the Alberta Distance Learning Centre. Contact your teacher for the appropriate e-mail address.

GENERAL *PSYCHOLOGY 20*



ASSIGNMENT BOOKLET 1

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The address is as follows:

<http://www.adlc.ca>

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General Psychology 20

Assignment Booklet 1

Advice:

Your mark for this module will be determined by your success on the assignments in this booklet. Your answers give your teacher indications of your understanding of the course.

- Before attempting to answer the assigned questions, please be sure you have read all the relevant course material and have completed the self-correcting activities in the module booklet.
- Proceed **slowly** and **carefully** through the assignments.
- If you encounter difficulties, review the pertinent section notes.
- If you are still having problems, please contact the course teacher at the Alberta Distance Learning Centre for assistance.
- The marks possible for each individual exercise is indicated.
- Good luck in your studies!


Warning:

- Failure to complete all questions and/or poor responses due to obvious lack of effort may result in your teacher returning the assignment booklet marked “incomplete”. No grading will be awarded until such exercises are completed to the teacher’s satisfaction.
- Discussing various aspects of the course with others is encouraged, but all work submitted should be your own.
- If there is a large discrepancy between the assignment score and the final exam score, the teacher has the discretion to assign a final mark based solely on the examination results.

Our Pledge to You:

Everyone at the Alberta Distance Learning Centre is committed to helping you achieve your educational goals. We happily assist students who are sincere in their desire to learn. We may be reached by phone, fax, e-mail, voice mail, postal mail, or in person.

Any journey consists of single steps; you have taken another by enrolling in this course. We want to help you successfully reach your destination.



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Section One: Introduction to Psychology

Value
25

Assignment 1: Understanding Psychology

1. a. Of what major importance was the establishment of Wundt's laboratory?

- b. If you had the resources to set up a psychological laboratory, describe **two** areas you would research. Explain why each of the areas you have chosen is particularly important to human knowledge.

Area 1

Area 2

2. Why did Freud use dream interpretation to help diagnose a patient's problem?

3. Which part of the personality would you say is most important - the id, ego, or superego? Why? (The most important part of this answer is not the part of the personality you select as being most important, but rather the strong arguments you propose to support your choice.)

4. Carl Jung is well known for his introvert – extrovert theory. How would you classify yourself?

Give a good reason for your response.

5. Briefly describe Carl Jung's view of the unconscious mind.

Value
37

Assignment 2: Understanding Human Behaviour

The following statements about human behaviour were made by psychologists. For questions 1 to 6, tell if you believe they are a **Freudian psychologist**, a **Behaviourist**, or a **Humanist**. Write your choice in the line provided under each psychologist's statement.

1. "If given the opportunity, human beings will display behaviour that is creative, spontaneous and humorous".

2. "There is nothing like a good reward or a bonus to make an employee or a student strive a little harder".

3. "Since people in Third world countries have barely enough resources for basic survival, they must be helped to satisfy those needs so they can become productive citizens".

4. "By studying and understanding your dreams, you will be uncovering the largest part of your mind".

5. "Even in the slums of Calcutta, India we can find people who are honest, good, and trying to achieve their goals".

6. “Studies with laboratory rats indicate that they can learn to run through a maze (a puzzle with pathways) more quickly if the food rewards are gradually increased each time”.

7. Look at Maslow’s hierarchy of needs in your notes. At which level on the pyramid do most people in our society seem to be focusing their attention?

8. Mary Jane has a secret dream to be a relief worker in a war-torn country. Her friends talk about establishing themselves professionally and how their economic success will take them to easy street. Mary Jane begins to direct her talents toward securing a high paying job and thinking of settling into a comfortable neighbourhood close to her friends. How would Abraham Maslow explain Mary Jane’s behaviour in terms of the pyramid of needs?

9. Describe someone you know who you believe is, or comes close to being, a self-actualizing person. What qualities does this individual possess that clearly indicate the person is self-actualizing?

10. State one important fact you learned about sleep.

11. Explain what the eclectic system is and describe one advantage of this system.

Assignment 3: Matching Terms

1. Match the terms with their correct definitions.

TERMS		DEFINITIONS
_____	1. free association	a. a clean slate
_____	2. hypothesis	b. a person's self-identity
_____	3. superego	c. talking about early memories
_____	4. REM	d. a scientific guess or hunch that must be proven
_____	5. Behaviourist	e. a sleep disturbance
_____	6. self-concept	f. eye movements indicating dreaming
_____	7. insomnia	g. taking bits and pieces from different theories
_____	8. consciousness	h. the conscience or moral idea of right and wrong
_____	9. tabula rasa	i. studied people from the view of responses they make to a stimulus
		j. an awareness of one's surroundings

Assignment 4: Reviewing Psychology

For the following questions

choose **P** for Psychoanalytic or Freudian psychology;

choose **B** for Behaviourism;

choose **H** for Humanistic psychology

Write your choice of letter (P, B, or H) on the line beside the appropriate statement.

- _____ 1. Avoids the use of the word *mind* as far as possible
- _____ 2. Its chief representatives were Freud and Jung
- _____ 3. Made very careful studies of child psychology
- _____ 4. Built its foundation on human potential
- _____ 5. Used hypnosis to bring repressed memories to the surface
- _____ 6. Placed emphasis on unconscious mental processes
- _____ 7. Stressed needs are fulfilled by following a hierarchy
- _____ 8. Indicated the divergence of psychic energy
- _____ 9. Classified growth needs as the ultimate human goal
- _____ 10. Found word association a useful tool

END OF ASSIGNMENT BOOKLET 1

