

Shadle Park High School

**Psychology**

Janie VandeBerg, Instructor

[janiev@spokaneschools.org](mailto:janiev@spokaneschools.org)

Name \_\_\_\_\_

Student ID \_\_\_\_\_ Period \_\_\_\_\_

Orientation to Psychology Papers...Personal Statement

**Directions:** This paper is worth 100 points. Please type this assignment using 12-point Times New Roman or Arial font and double-spaced. Please note that late assignments are not accepted. Be thorough and complete while being direct and to the point. Please write in paragraphs using appropriate English and grammar. Know that homework is confidential and never shared with anyone else. I suggest that you save this assignment or make an additional hard copy as it may be valuable to use for your college application and is required if you want me to write you a letter of recommendation.

**Motivation:** Psychology is defined as *the science of human and animal behavior and mental processes* (Myers, 2001). In order to get to know you better, I would like to learn what I could about how you view yourself and the world in which you live. Please answer each of the eight questions below. Be as open as you feel comfortable in being. Remember that I would never reveal your private ideas and thoughts as expressed in this paper to anyone else. Reading these papers gives me a feel for you as a person and helps me pick topics to study and discuss that are relevant and meaningful to you. Please title each section (see below) so that I know what question you are answering. You will receive extra credit for an outstanding paper.

**You and your traits:**

1. What kind of person are you? Describe characteristic personality qualities, talents. It is ok to share both positive and negative traits. Trust me, we all have them.

**Your family and friends:**

2. What kind of family and friends do you have and how have they affected your life?

**Your social persona:**

3. How has your gender, race / ethnic background, religious beliefs and socioeconomic status effected your attitudes and life?

**Your achievements:**

4. List as many of your accomplishments, times, recognition, awards that you can recall. Describe two that you consider to be your greatest achievements. Make one an intellectual achievement such as a paper, project, product, or performance.

**Your present and past problems:**

5. What have been or are your greatest problems? Describe any unusual circumstances or challenges you have faced and the ways you have responded.

**Your future plans:**

6. What do you plan for yourself after high school and after college or whatever?

**Your interests:**

7. What are your interests? List all areas or as many as come to mind. Include something academic like your favorite subject in school.

**You and psychology:**

8. What subjects, issues, questions, in psychology would you like us to discuss in depth?

For example: why young adolescents rebel and sometimes hurt themselves and their families; boy-girl relationships; body image; what makes people popular; how God and spirit might interact with our genetic inheritance; specific mental disorders such as depression or sexual obsession; effects of divorce on children; effects of emotional, physical, and sexual abuse on children, teens or even adults; effects of death and loss; how to improve your intelligence or your social or athletic skills; how to motivate yourself to deal with an addiction or strong habit; the truth about drugs and their effects on your maturation, etc., etc., etc...

I'm looking forward to getting to know each of you and hope that you will feel the same about each other and myself. Together we can have a very exciting class.