Introduction to Social Psychology Projects Spring 2022

 You are required to do 5 projects this semester. Each project must be typed, not the body of an email.

The first project is worth 10 points

The other 4 are worth 25 points apiece.

10 points for answering assignment questions

5 points for including all of the elements of the assignment

5 points for providing enough information/detail/accuracy

5 points writing details (like spelling or grammar)

Points may be deducted for lateness

Make sure you save a copy of your projects. E-learning is set up in a way that sometimes a score gets deleted so we want to make sure we have them.

Normally, I prefer hard copies of the assignments. During our pandemic semesters, assignments must be **emailed to tan@uni.edu**. I will email you back that I have received it. It might not always be immediate.

**Please place in your email subject line: “Name, Social psychology Project #, and date”**

**Project 1: Tell me about you.**

**January 25**

With social distancing, we don’t get much of the interaction we normally have in face to face classes and some students may choose to do the class totally online. Still, part of the college experience and learning involves interaction.

I used to have students make a trading card on themselves in another class but since you’re emailing these in, I won’t send out a template card--you can just answer these questions on one page.

 1-a recent picture of you without a mask. Don’t use your ID picture, we already have those. It should be one that’s recognizable

2- your major and expected graduation date

3-Likes

4-dislikes

5-Something about you that would give me an idea of who you are as a person.

This is not a formal assignment but please introduce yourself and tell me about yourself.

**Project 2: Feedback about Yourself**

**Due February 3**

Every day, we learn more and more about ourselves. Sometimes what people tell us isn't what we want to hear. We soak up, deny, or question feedback we receive about ourselves. How does this feedback influence you, your behavior, and your opinion of the person? Does the impact of the feedback change if you have known the person for a long time? In one week's time, gather various pieces of feedback you receive about yourself (**at least 10**). This is unsolicited feedback...do not go ask people for feedback. Set them up in a chart with the columns containing:

1. Feedback ("I like your shirt, " "You shouldn't act up in class, " You are such a goofball!" You are SUCH a slob").

Comments such as “clean up that table”or “Excuse me” are NOT feedback—they are commands

 2. Rate the feedback as (+) (N) (-) --you might find that the same feedback differs in rating depending on who it's from

 3. Source of the Feedback

 4.How long have you known the source of the feedback?

 5. How did the feedback influence your behavior (e.g., did you feel guilty, did you not like the person, did you feel stupid, did you suddenly feel confident, get defensive, were your feelings hurt?)

Enclose the observation chart and write about 2 more pages about how you present yourself (or how you want other people to see you) and how you react to feedback.

Don’t just say you want to give off a good image! What does that mean to you? Do you want to present yourself as confident? Feminine? Tough? Intelligent? What have you learned about yourself from this project? How do you think other people react when you give them feedback?

Project 3: Gender Roles

 **Due February 25**

From an early age, we learn the differences between how males and females are supposed to behave. People use gender as a baseline to interact with someone. Even if you don't break a social norm, you might refrain from engaging in a certain behavior because of your own personal standards.

Part 1: Take this test:

 The Bem Sex Role Inventory Test/Open Sex Role Inventory

<https://openpsychometrics.org/tests/OSRI/>

 \*What do you think of the nature of the questions? Do they imply that there are traits that are masculine and feminine? Would it make you uncomfortable to answer these questions publicly?

\*How did you score? Do you agree or disagree with this assessment? Does it seem odd that human behavior has a gender attached to it?

Part 2: Take a week to observe the behavior of others (and yourself) on and off campus (by off campus, you shouldn’t limit yourself to your roommates or your residence: look at stores or behavior in public).

Generate 10 examples of behavior that people seem to use gender as a baseline. Do not use my examples in your 10 and do not use obvious ones like wearing dresses or nail polish and makeup. I prefer you use ones from recent observations and NOT ones from general knowledge.

For example, people expect women to smile more (strangers will often tell women to smile). If females did not smile often, people are critical of them.

Who is opening the doors for others? Who tends to smile and laugh more? After observing the behavior of others and

Do we judge people if they don’t fit in with the gender roles we expect them to have?

Part 3: Sum up your experiences and discuss ways that you have learned these roles? Do you think you’d be more true to yourself if you were able to exhibit characteristics people often labeled for the opposite sex (like assertiveness or nurturance)? Would society be a better place with fewer sex roles? Why or why not?

**Project 4: Choose between A or B**

March 22

**Option A**

**Persuade me!**

Persuade me to give you a good grade in Intro to Social Psychology. You are basically making an advertisement for yourself and I am the audience. Pretend that you are genuinely requesting that I give you an A and why I should do so. I will not be grading your artistic ability (but I don’t want this to look like an assignment for 4th graders), just your creative effort and application of what you've learned.

\*Use your knowledge of central and peripheral route persuasion tactics, likability, mere exposure, similarity, reciprocity, vividness, humor, etc. (Please do not use threats--and checks stapled to the advertisement will be returned. Cash only, just kidding on that, too). Basically, how do you get someone to like you? Respect you? Not think you’re just a complainer?

 Write a summary of the tactics that you tried to use to persuade your audience (this is the important part). For example, you might say that you used mostly peripheral route approach by using humor and similarity, but you also used some legitimate arguments on why it would be cool to give you a good grade.

\*keep in mind your audience. What do you know about me? Try what you think will work.

\*I want to see about 3 pages total on this one. One can be the ad itself (so it doesn't have to be all type if you include pictures or big graphics), and the rest should be an explanation of the tactics you tried (about 1.5 pages on the explanation). You MUST have an explanation as to why it would work. Please be more creative than printing up your name with a bunch of As and a bunch of chicken pictures. It’s established that it’s not that persuasive.

B: Effects of Breaking a Social Norm

**Due March 22**

Give some thought to the social norms influencing your current behavior. Identify one that you will break.

Be sure that you do not pick one that will cause harm to you or someone else

 And DO NOT break any laws. Let me repeat that,

**DO NOT PUT YOURSELF OR ANYONE AT DANGER AND DO NOT BREAK LAWS.**

Also

**DO NOT BE A JERK or RUDE**. Coughing on people or pretending to cough on people is not funny. Violating the social distance of people who do not consent is not funny.

Yes, you will need to be more creative in the time of pandemic. Some examples of social norms that students have violated in the past are sitting with strangers at the same table at the food court in the mall, men wearing lipstick and nail polish, going into the revolving door with a stranger ,singing happy birthday in the elevator, taking items out of other people’s grocery carts, etc. Obviously, a lot of these you cannot do now. The point is that you want to observe how our society and culture treats people who are different.

 After you have decided what social norm you will break, pick a couple of situations which you will break this norm. These should be situations where other people will witness your behavior. The kind of situations you pick will depend on the norms you choose. Pay attention to your feelings and reactions just prior to breaking the norm, how you feel while you are breaking the norm, and also after you are done. Pay attention to the reactions of other people around you as you are breaking the norm. Some students have found this easier to do if they have a friend with them who knows what is going on as they break the norm.

1.What social norm did you decide to violate? Why did you pick this norm?

2. Describe how you felt just before you broke the social norm, during and after violating the norm. Did you bring a friend with you? If so, how did it affect your reactions to breaking the social norm?

3. What were the reactions of people around you? Would the reactions have differed if you were a different sex? Different race? Different religion (for example, would people react differently if you were Muslim?), different age?

 4. What did you learn from this project about social norms? Why do you think our society has social norms?

**Project 5: Random Acts of Kindness**

**Due April 8**

We hear a lot about random acts of violence. We are more likely to pay attention to the negative, unexpected events that happen than the mildly pleasant events that occur. We notice that things go wrong and don't consider the number of times when things go according to plan. Consequently, we are likely to overestimate how often bad things occur. In this project, you will commit three **RANDOM** acts of kindness.

You will do something kind for someone else that requires you to go somewhat out of your way to do. They do not have to be around for someone to witness your act or to acknowledge what you have done. They should be considered “unexpected” and beyond common acts of courtesy (like holding the door open for someone right behind you). Examples are putting money in someone's parking meter (be careful--this is sometimes considered illegal), paying toll for the people behind you, shoveling the snow off the neighbor’s porch, rolling in the neighbor’s trash cans, helping someone load groceries into the car. You don’t need to spend money to do this, though some people choose to do so. You must do something from this semester.

Remember: these should be random! Treating your significant other to a movie and date, or buying a round of drinks for everyone at the bar, are not random acts of kindness because you obviously have something to gain.

1. *What were your three random acts of kindness?*
2. *How did you feel about committing this act and how did you feel afterwards?*
3. *Did anyone react to your act of kindness? What sort of reaction did they have?*
4. *Did you notice anyone (not necessarily a classmate) doing any acts of kindness for you during this time period in which you were doing the project? What was your reaction to these acts?*
5. *Do you believe there is a norm of kindness to others or more of a norm of putting "number one" first? On what are you basing your opinion? Do you notice more acts of kindness after doing this project or fewer?*