

## PSY 335: Reflection Assignments:

There are 6 Reflection Assignments, each worth 1% each, for a total of 6% of your grade. Each Reflection is different, so be sure to carefully read the description for each Reflection.

Some reflections involve reflecting on specific course material, others involve completing a brief experiential intervention or assessment and then reflecting on it. Each Reflection Assignment will be discussed in class. However, it's a good idea to have a look over these at the beginning of the semester, then complete them as per the due dates noted on the Schedule posted on Moodle.

You are strongly encouraged to NOT actually complete each assignment too far ahead of time though, so that you have complete information and context for it from class. If you are gung-ho and want to start super early, I strongly encourage you to check in with me.

These Reflection Assignments are meant to enhance your learning of course content at a personal level, and boost your engagement with the course. The assignments are meant to be fun, to promote both critical and creative thinking, and to help you integrate and apply course information into your own life. While requiring a honest effort, these are not meant to be overly taxing.

### CRITERIA & FORMATTING FOR ALL REFLECTION ASSIGNMENTS: READ CAREFULLY

- All reflections are to be 1 page maximum, single-spaced, 12-point-font, with proper paragraphs.
- You are not being graded on your grammar and punctuation, but it still has to be clear and you need to use proper paragraphs (but not headings). These can be written using with an *informal* style – these are reflections, not academic formal papers.
- At the top of the page, in a single line, indicate:  
Your Name | Student ID | Reflection # | Date Submitted
- Reflections are to be handed in to me IN CLASS as a paper copy on or before each deadline.



## Grading Criteria

Each Reflection will receive a grade of either: C (64%), B (76%), A (90%) [on rare occasions an A+ (95%) for extraordinary work]

- 60%: Minimum requirements met but no real depth of reflection demonstrated, overly focused on facts of course content or more surface level thoughts.
- 75%: Requirements met and moderate depth of reflection and effort demonstrated, but few specifics or examples used. Some links to course content.
- 90%: Requirements met and real depth of reflection demonstrated – specifics noted, examples used, in-depth creative links made to course content.

\*\* Assignments submitted late (up to 24 hours) will bumped down a grade.

- So if 90%, then 75%. If 75% then 60%. If 60%, no mark given. Assignments submitted more than one day late will not be graded; a 0% will be given.
- Consideration *may* be given for *extraordinary* circumstances which you bring to my attention before the deadline. Not planning, having other assignments in other classes also due, work obligations, icy roads, etc. will **not** be considered valid reasons for submitting an assignment late.
- This criteria is set to enable me to schedule my time for grading assignments, in addition to reinforcing consequences for “life outside academia”. Job, scholarship, grant (and even contest) deadlines are, by and large, hard and fast deadlines.

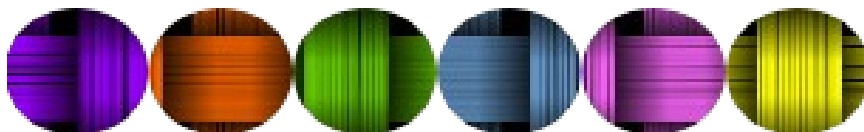
**You will receive this sheet back for your grade for each Reflection.**

**Student Name:** \_\_\_\_\_ **Student ID** \_\_\_\_\_

**Reflection #:** \_\_\_\_\_ **Due:** \_\_\_\_\_

**Comments:**

**Grade:** \_\_\_\_\_



## Reflection Assignments Instructions

### Reflection Assignment 1: Character Strengths.

[ Due Tuesday, September 17, beginning of Class 5: Introduced in Class 3, September 10 ]

Take the VIA character-strengths questionnaire at:

<https://www.viacharacter.org/survey/account/register> and then reflect on the results. In your reflection, include answers to the following questions:

- List your “top 5” signature strengths from the report.
- How can you use your strengths to engage with this course (and all your courses)?
- How can you use your strengths in new ways to engage with this course (and all your courses)?

## Reflection Assignment 2: Meaning in Life

[ Due Thursday, October 3, beginning of Class 10: Introduced in Class 7, September 24 ]

Complete the Prioritizing Meaning Scale and the Experiential Awareness below.

- Reflect on your “scores” from each scale.
- Reflect on how you can prioritize and experience meaning more often in your life.

\* You do not have to hand in your scores on the scale – that is for you.\*

### Prioritizing Meaning Scale

Russo-Netzer, P. (2019). Prioritizing meaning as a pathway to meaning in life and well-being. *Journal of Happiness Studies*, 20(6), 1863–1891. <https://doi.org/10.1007/s10902-018-0031-y>

1	2	3	4	5	6	7	8	9
disagree strongly								agree strongly

- \_\_\_\_ 1. I prefer to engage in activities which are related to the sense of meaning in my life.
- \_\_\_\_ 2. I devote as much time as I can to activities that have great meaning for me.
- \_\_\_\_ 3. The manner in which I organize my day reflects values that are meaningful to me.
- \_\_\_\_ 4. My major decisions in life (e.g. the job I choose, where I choose to live) are influenced by how much I might experience meaning as a result.
- \_\_\_\_ 5. I admire people who make their decisions based on the meaning they will gain.
- \_\_\_\_ 6. One of the main considerations in my choice whether to do something is the sense of meaning it will bring me.
- \_\_\_\_ 7. In my day-to-day life, I choose to do things in accordance with my life’s purpose.
- \_\_\_\_ 8. I choose and prefer activities which stimulate a sense of value and meaning.
- \_\_\_\_ 9. The consideration which guides the priority I give to activities is the extent to which I will be able to be involved in things that are meaningful and make a difference in the world.
- \_\_\_\_ 10. I structure my day to be involved in things that are meaningful and valuable to me.
- \_\_\_\_ 11. The activities I choose to be involved with reflect who I really am.
- \_\_\_\_ 12. I choose to include in my life activities that are meaningful to me, even if they often require effort.

### Experiential Awareness Scale

Kim, J., Holte, P., Martela, F., Shanahan, C., Li, Z., Zhang, H., Eisenbeck, N., Carreno, D. F., Schlegel, R. J., & Hicks, J. A. (2022). Experiential appreciation as a pathway to meaning in life. *Nature Human Behaviour*, 6(5), 677–690. <https://doi.org/10.1038/s41562-021-01283-6>

1	2	3	4	5	6	7
disagree strongly						agree strongly

- \_\_\_\_ 1. I have great appreciation for the beauty of life.
- \_\_\_\_ 2. I take great interest in my daily activities.
- \_\_\_\_ 3. I appreciate a wide variety of experiences.
- \_\_\_\_ 4. I appreciate the little things in life.
- \_\_\_\_ 5. I tend to find myself deeply engaged in conversations with other people.

### Reflection Assignment 3: Wellbeing Intervention

[ Due Thursday, October 17, beginning of Class 14: Introduced in Class 11, October 8 ]

- Choose an intervention from the UC Berkeley's Greater Good in Action website at <https://ggia.berkeley.edu> .
- Complete the intervention as described on the site. (If you chose a multi-day intervention, at least have started and been engaging in the intervention for a few days prior to writing this reflection.)
- Provide the link and name of the intervention at the top of the page. Provide a *brief* explanation about what you did (or are doing) for this this intervention.
- Reflect on why you choose this intervention.
- Reflect on your experience and your emotions before, during, and now reflecting back on, your engagement in this intervention.
- Will you continue engaging in this intervention? Discuss why or why not.

## Reflection Assignment 4: Play

[ Due Tuesday, November 8, beginning of Class 19: Introduced in Class 16, October 24 ]

- How can you incorporate more free play into your life? (I am referring here to unstructured free play.)

Activities to do to help you think about this:

- Think about your play personality (optional: you could take the The Personality Type Quiz attached).
  - Think about your play history.
  - Bounce a ball with a friend and talk about what you did to play as a kid.
  - If you had to buy a gift for a child, what would you buy?
  - Go to a toy store. What are you immediately drawn to?
- **Play!! Seriously, spend some time just playing – with no purpose – just play.**
  - **Reflect on how you felt when playing, and how you felt afterward.**

*I will give a bonus 0.5% to your overall course grade to anyone who posts on the Moodle course discussion forum a link to a video of themselves playing / doing something childlike in public. Make the subject line of your posting: Play video: FirstName LastName!*

### Optional Play Personality Type Quiz

1. Which of these could you do for hours?
  - a) Build a city from Legos
  - b) Beat your high score
  - c) Make party treats
  - d) Perform in local theater
  - e) Jump in a leaf pile
2. What's your pick for a hot summer's day?
  - a) Water balloon fight
  - b) Taking photos
  - c) Planning an indoor fun house
  - d) Chilling inside watching a comedy Marathon
  - e) Exploring a new trail hoping to stumble upon a waterfall
3. What are/were you like in school?
  - a) Class Clown
  - b) Artistic
  - c) Daydreamer
  - d) Athletic
  - e) Leader of all things
4. Of the following, which of these do you prefer most?
  - a) Trampoline
  - b) Costume set
  - c) Colored pencils
  - d) Car collection
  - e) Xbox
5. Which of these apps do you use most often?
  - a) BuzzFeed or Reddit
  - b) Airbnb or Outdoorsy
  - c) Minecraft or Procreate
  - d) Words with Friends or GamePigeon
  - e) EBay or Etsy
6. If you could go on an adventure, which would you choose?
  - a) BMX biking
  - b) Going to a carnival
  - c) Go camping cross country
  - d) Competing in *The Amazing Race*
  - e) Getting stamps from all the national parks
7. What do you enjoy most about sports?
  - a) Winning
  - b) Playing
  - c) Coaching
  - d) The write up in tomorrow's paper
  - e) None of these

8. What is your favorite type of movie?
- a) Adventure
  - b) Animated
  - c) Drama
  - d) Comedy
  - e) Documentary
9. If you could learn something new, it would be \_\_\_\_\_.
- a) Party or wedding planning
  - b) Painting, pottery, or carpentry
  - c) Boxing, surfing, or yoga
  - d) Geocaching
  - e) Cinematic design
10. Which of the following would you enjoy?
- a) Playing jokes on family/friends
  - b) Adding to your collection of cherished items
  - c) Exploring local creeks in search of new play places
  - d) Organizing group games with friends
  - e) Field days, mud runs, or escape rooms
11. When you are procrastinating, you
- a) Flip through your collection of comic books
  - b) Relieve the boredom by sending funny memes to friends
  - c) Imagine you're in a movie and act the part of the scholar
  - d) Get fidgety and do something active to relieve the wiggles
  - e) Organize the work, then delegate or tackle each item
12. Which of the following careers would you most enjoy?
- a) Anthropologist exploring new lands
  - b) Graphic designer for your favorite magazine
  - c) Sales for a gaming company
  - d) Antiques dealer
  - e) A novelist or news journalist
13. In your social group, you
- a) Find ways to make every situation a game
  - b) Encourage group trips together
  - c) All have a common collection--books, journals, coins, jewelry, art
  - d) Take lots of pictures to use for the group holiday cards
  - e) Make everyone laugh, always lightening the mood

**See next page for scoring.**



**Scoring – DON'T PEAK UNTIL YOU'VE ANSWERED THE QUESTIONS!**

#		Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	q13
	<b>artist/creator</b>	a	b	b	c	c			b	b			b	
	<b>joker</b>		d	a		a	b		d		a	b		e
	<b>kinesthete</b>	e	a	d	a		a	b		c		d		
	<b>explorer</b>		e	c		b	c		a		c		a	b
	<b>competitor</b>	b			e	d	d	a			e		c	a
	<b>director</b>	c	c	e				c	b	a	d	e		
	<b>collector</b>				d	e	e			d	b	a	d	c
	<b>story teller</b>	d			b			d	c	e		c	e	d

Which play personality did you choose the most?

What's your second highest? Third highest?

Do you think this represents who you are? Have a conversation with a friend about your results.

### **Reflection Assignment 5: Quote**

[ Due Thursday, November 21, beginning of Class 22: Introduced at beginning of semester ]

- Choose one of the quotes on your name card.
- Reflect on the quote and how it relates to course content.
- How can you see this playing out in your own life and those around you?

## **Reflection Assignment 6: Overall**

[ **Due Thursday, December 5, beginning of Class 26: Discussed throughout the semester** ]

- Reflect back on the entire course.
- What stood out for you the most – what are some big takeaways for you? What content did you find most valuable?
- How can you continue to incorporate course content into your life to maintain your overall wellbeing? To contribute to others' wellbeing?