

## **Introduction to Psychology**

### **Bullinger**

#### Junior/Senior Project

Please note that this will take the place of your final exam and thus will be 20% of your final grade.

**Note that the portfolio includes the proposal, the literature review (graded), and the action research.**

Your Job: To propose and conduct a detailed research project on a topic of choice in which you complete your own hands-on research and synthesize, compare and contrast research that others have done on your topic.

Objectives: To demonstrate an understanding of research techniques presented in this course, facilitate an in depth understanding of an appropriate topic of interest within the field of psychology, provide you with a hands-on opportunity, learn how to write using APA documentation style and expose you to the ideas of other psychologists beyond what the textbook and other course readings have offered.

Format: Each of these will be separately labeled, written in 12 point font (Times or Times New Roman) with one inch margins, double spaced.

#### Title Page

#### Part I: Proposal

- ☉ 1 page
- ☉ Presents your idea for a research topic
- ☉ Identifies why you want to explore this idea
- ☉ Identifies how you plan on conducting your research and collect your data. Note that you want to demonstrate an understanding of the most effective research methods for your topic.

#### Part II: Literature Review

- ☉ 2-3 pages
- ☉ APA documentation style
- ☉ Must have at least four sources that you specifically cite (i.e. professional journal articles)
- ☉ Identifies what psychologists and psychiatrists in the field have discovered in relation to your topic
- ☉ Includes works cited APA format – works cited page needs to reflect at least four sources

#### Part III: Action Research/Presentation

- ☉ You will report out on your action research in the form of a presentation that:
  - Describes your research techniques and findings
  - Includes graphs and tables of data
  - Includes appendices with methods of data collection
  - Includes documentation that you actually conducted the research
- ☉ Your presentation should:
  - Be 10-15 minutes
  - Represent the findings of your lit review and action research
  - Be interesting, dynamic, and creative
  - Be professional

Formatting and other specifics:

**Part I: Proposal (15 points)**

Your proposal need only be a page. Note that want to save the proposal once it is returned to you as it will be turned in again with your final project as part of your portfolio. You need to have three paragraphs. Paragraph one should tell me what – specifically – you wish to do. Paragraph two should justify why you want to explore your topic; that is there should be some personal investment in your topic. Paragraph three should tell me – very specifically – how you plan on structuring your own research. That means that you need to be specific regarding whether or not you wish to conduct a survey, use classmates, work with a trailblazer or OG etc. As a further example, if you are doing a survey you need to provide some discussion as to what kind of questions you will ask and who you will include in your survey sample.

**Part II: Literature Review (75 points)**

Your literature review essentially is a short research paper that provides you with knowledge regarding what others have found related to your topic. Thus, you report findings from several professionals in the field. You should provide a brief introductory paragraph that provides necessary background information on your topic and culminates with a general statement regarding what people seem to have found. If there is controversy, you should indicate this. The “body” of your literature should be the report of findings of those in your field. Therefore, you will report what findings exist from professionals in the field of psychology. Rather than cite one source per paragraph, you should cite multiple sources in each paragraph. Your conclusion should synthesize what you have learned from various professional studies.

**Part III: Action Research/Presentation (75 points)**

**Presentations will take place the last week of class for seniors – and potentially the few days prior given the size of the class.**

This is the “hands-on” portion of your project. It should have five parts: 1. introduction, 2. research methods 3. results 4. conclusion, and 5. Appendix. Each part should be separately titled. AR includes documentation that you completed and conducted the research (completed surveys, photos, etc.). Please be reminded that your field research must be consistent with your proposal and must fall in line with the ethical specifications within our field.

Introduction:

The purpose of your introduction is to introduce your topic. Your introduction should address why you feel the topic is one of importance. Additionally, you should end your introduction with your hypothesis; that is, what you expect to find. If applicable to your specific project you may also want to address why you expect the findings that you do.

Research methods:

The purpose of this section is to specifically describe and define your research methods and justify why you chose these methods. For example, you should clearly specify that you did a case study, a survey, naturalistic observation, an experiment etc. If your study involves a survey sample, you should clearly explain the demographics of that survey sample and whether or not you included a control group. Lastly, you need to justify *why* you chose this research method. Though you do need to be practical and make sure that your research methods are reasonable you also need to demonstrate an understanding of the field of psychology in terms of taking a critical look at what research methods are most conducive to what kinds data.

Results:

Quite simply, this is the report of your findings. What happened? You need to specifically report your findings and data. Many of you will choose to insert tables and graphs in this section. Just remember that you need to make sure that you explain the results of the data reflected in your tables and graphs in writing. Make sure that your tables and graphs are clearly labeled. If you used a survey, you can reference those in the appendix.

Conclusion:

This allows you to reflect on your findings. You should discuss whether or not you supported your hypothesis. If your data did not support your hypothesis, you should provide some sort of discussion/critical commentary as to why you think this did not happen. For example, perhaps you were not able to include certain demographics in your survey sample.

Appendix (this you will hand to me):

Your appendix will include copies of surveys or other methods of data collection that you used in your research. Each should be separately labeled – e.g. “Appendix A, Appendix B” etc. Note that your works cited page will go at the end of your literature review. Also includes documentation that you conducted your research. E.g. examples of completed surveys, and/or photographs, and/or a letter from a supervising teacher if you are a trailblazer etc.

## Scientific Method (teacher notes from textbook):

Psychology based on empirical evidence = evidence that is a result of observation, measurement, and experimentation

### General Overview (of scientific method) – steps:

1. creating testable questions
  - formulate a hypothesis that can be tested empirically
  - *hypothesis* = a tentative statement that describes the relationship between two different variables. *Smoking can cause lung cancer.*
  - *Variables* = the factors that can vary or change. Variables are capable of being observed, measured, verified.
  - *Operational definition* = defines the variable in terms of how the factor is to be measured or manipulated.
2. designing a study to collect data
  - determine which research method will be used
  - two major methods – experimental and descriptive
  - experimental method = used to show that one variable causes change in second
  - descriptive method = strategies for observing and describing behavior. Answers the who, what, where, when kinds of questions about behavior
3. analyzing the data to arrive at conclusions
  - statistics = mathematical methods that are used to summarize, analyze, draw conclusions about data
  - results need to be statistically significant
4. reporting the results
  - publish and share findings
  - allows others to replicate
  - replicate = gives new theories more credibility

goal of scientific method = to minimize error and faulty conclusion

**Theory:** is a tentative model or explanation that tries to account for diverse findings on a topic.

Theories are neither hypothesis nor fact.

### Experimental methods:

- \* Cause – effect relationships between variables
- \* Independent Variable – deliberately vary
- \* Dependent Variable – measure effects in this variable
- \* Way to remember – the dependent variable “depends” on the changes in the independent variable
- \* Example: children’s behavior becomes more violent when exposed to violent cartoons.
  - o Independent variable – expose children to different levels of violence in cartoons
  - o Dependent variable – change in behavior based on exposure

**Random Assignment:** means that all subjects have an equal chance of being assigned to any experimental conditions

- \* Insures differences among subjects = spread across all sections
- \* Better way of creating a representative sample of the actual human population
- \* Insures that assignment is not biased

### Experimental Conditions:

Note that in some experiments more than one variable is manipulated

- \* Control group: (like a placebo) this is a group of subjects that does not experience the independent variables.
  - o Purpose of a control group is to give a baseline
  - o Simple example: when you go for an allergy test (the “prick variety” – they will prick your skin without applying an allergen to see how sensitive your skin is. Then they will compare the response w/ the allergen and w/o the allergen

- Placebo control group and how to eliminate “expected effects”
- Expected effects occur b/c the subjects expect change to occur
  - Double blind study: neither the participants nor the researcher who interacts with the subjects is aware of which experimental condition each participant has been assigned to.
  - Purpose: to keep the researcher from inadvertently giving clues to the subjects that will influence the research results
  - Single blind study: researcher, but not the subjects = aware of critical information

Limitations of experiments: sometimes important information depends on a “natural” environment and cannot be conducted in a controlled “laboratory” environment. For example, when studying the etymology, frequency, and nature of school bullying, it is necessary to be in a school. A school, however, is not a “predictable” or “controlled” environment from a scientific standpoint.

- \* Descriptive Methods: Don’t involve deliberately manipulating variables, to which subjects are exposed, but rather involve observing and describing behavior.
  - \* Naturalistic Observation: Observation/recording of behaviors as they occur in their “natural” setting
    - Bullying in school = go to the school, lunchroom, or playground
    - Wolf “pack” behavior = go to Yellowstone and observe behavior patterns
    - Famous example – Jane Goodall and chimp study in Tanzania
    - Researcher tries to avoid detection by subjects whether people or animals. Both wolves and children will behave differently when they notice you watching them...
    - Important to define behaviors and know what you intend to study before you begin research
  - \* Case Studies: intensive, in depth investigation of an individual
    - Involves a great deal of information, specific information
    - The completion of several case studies = case study research on certain subjects
    - Examples = progression of mental disorders, memory, development, personality, psychotherapy.
    - Early understanding of development evolved from psychologists that did case studies on their own children
  - \* Surveys, Questionnaires, Interviews:
    - Surveys, questionnaires, personality tests often same question asked in different ways, several times
    - Tests/discovers the behavior, attitudes, opinions of people
    - Able to gather information from a much larger group of people
    - A Sample = a segment of larger population or group.
      - That is a sample should reflect the demographics of a group. For example, a sample of American citizens better not be singularly composed of old, white, males.
      - Representative Sample: Closely matches the larger group on relevant characteristics including age, sex, race, marital status, educational level, gender identity, cultural identity, etc.
      - Random Selection: every member of the larger group has an = chance of being selected for inclusion in the sample
  - \* Correlational Studies: Once again, descriptive techniques answer the “who, what, where, when” and can be analyzed to show various factors are related
- Correlational studies: examine how strongly two variables are related to or associated

Notes on APA Style:

Sources: *APA Manual; A Writer's Reference (Hacker, 2006)*

Please also see the Online Writing Lab at Purdue University

<https://owl.english.purdue.edu/owl/resource/560/01/>

This course requires that you have at least one opportunity to expose yourself to APA format. This initial introduction will be helpful to those of you electing to go on to college where often you do not receive the same opportunity to ask questions. This initial introduction should allow you to enjoy your freshman year of college a bit more ☺

Note that different degree programs and academic fields employ different documentation styles. You will most likely use APA in psychology and science, possibly history. You use MLA for English.

APA style requires that you double space your document using a reasonable 12 point font. I suggest Times or Times New Roman. Your document should also be left justified. Let me know if you don't know what that means. You will use this format for the Literature Review.

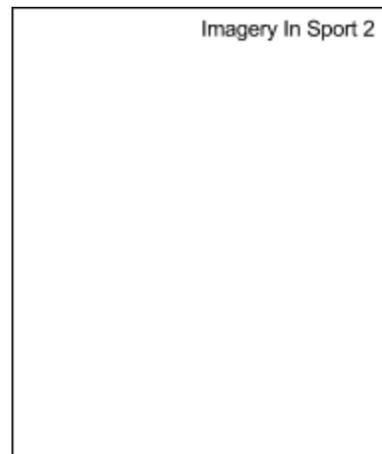
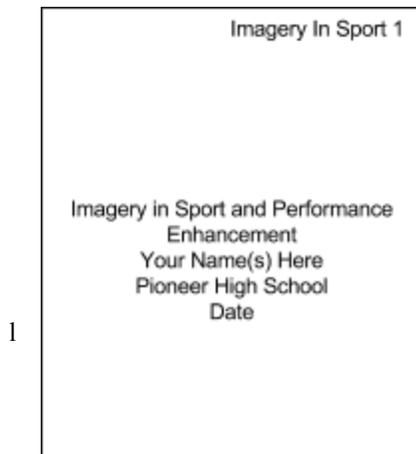
Title Page

(see diagram below)

Page Numbers: Justify top right. Should include an abbreviated form of your title plus the number of the page. For example, Imagery in Sport 2

Title Page:

Page Number Format:



**Reference Citations in Text:**

Document your study throughout the text by citing by author and date the works you used in your research. You need to do this for anything that is not your own idea and anything that is not common knowledge.

Otherwise, you could be cited for plagiarism in the college and professional environment. This style of citation briefly identifies the source for readers and enables them to locate the source of information in the alphabetical reference list at the end of the article. Please note that you use the LAST NAMES of researchers, authors and the year only. You DO NOT include FIRST names.

Works by one author:

APA journals use the author-date method of citation; that is, the surname of the author (do not include suffixes such as Jr.) and the year of the publication are inserted in the text at the appropriate point:

Walker (2000) compared reaction times

In a recent study of reaction times (Walker, 2000)

If the name of the author appears as part of the narrative, as in the first example, cite only the year of publication in parenthesis. Otherwise place both the name and the year, separated by a comma, in parentheses (as in the second example). Even if the reference includes month and year, include only the text citation. In the rare case in which both the year and the author are given as part of the textual discussion, do not add parenthetical information.

Single work by multiple authors:

When a work has two authors, always cite both names every time the reference occurs in text.

(Smith & Jones, 1998)

When a work has three, four, or five authors, cite authors the first time the reference occurs; in subsequent citations include only the surname of the first author followed by et.al. and the year.

Wasserstein, Zappula, Rosen, Gerstman, and Rock (1994) found that...  
[first citation]

Wasserstein et. al. (1994) found...  
[subsequent citations]

Single work with SIX or more authors:

Cite only the surname of the first author followed by et. al.

Wasserstein et.al. (1994)

Personal Communication:

Interviews, memos, letters, email, and other similar unpublished person-to-person communications should be cited as follows:

One of Atkinson's colleagues, who has studied the effect of media on children's eating habits, has contended that advertisers for snack foods will need to design ads responsibly for their younger viewers (F. Johnson, personal communication, October, 20, 2004)

Electronic Document:

When possible, cite an electronic document as you would any other document (using author-date). If the source lacks authors' names or dates, here are some guidelines:

Unknown Author – If no author is named, mention the title of the document in a signal phrase or give the first word or two of the title in parenthesis:

Example: The body's basal metabolic rate, or BMR, is a measure of its at-rest energy requirement ("Exercise," 2003)

Unknown Date:

When the date is unknown, APA recommends using the abbreviation "n.d." (for "no date").

Example:

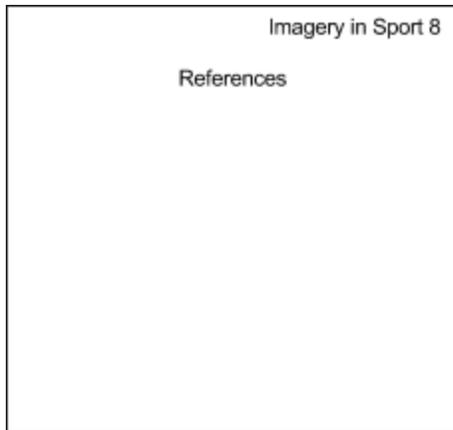
Attempts to establish a definitive link between television programming and children's eating habits have been problematic (Magnus, n.d.).

Indirect/Secondary Source: If you use a source that was cited in another source (a secondary source), name the original source in your signal phrase (lead-in). List the secondary source in your reference list (works cited page) and include it in your parenthetical citation, preceded by the words, "as cited in." In the following example, Critser is the secondary source.

Example:

Former surgeon general Dr. David Satcher described "a nation of young people seriously at risk of starting out obese and dooming themselves to the difficult task of overcoming a tough illness" (as cited in Critser, 2003).

**Works Cited Page: What you need to know:**



- Make sure to double space reference list as well
- Make sure to alphabetize but author's last name.
- If you use two works by the same author, list in chronological order (looking at year of publication)
- If you use two works by different authors that have the same last name, use first name to alphabetize.
- You use the last name of the FIRST author listed in the source so if there are three authors as in Guire, Bullinger, and Ashley 2005, then you would use Guire for purposes of alphabetizing.

Formulas for various types of publications:

Periodical: Includes items published on a regular basis: journals, magazines, scholarly newsletters, and so on.

Author, A.A., Author, B.B., & Author, C. C. (1994). Title of article.  
*Title of Periodical*, xx, xxx-xxx.

Non Periodical: Includes items published separately: books, reports, brochures, certain monographs,

manuals, and audiovisual media.

Author, A.A. (1994) *Title of work*. Location: Publisher.

Part of a nonperiodical: (e.g. book chapter): *use this if you used the textbook*.

Author, A.A., & Author, B.B.G. (1994). Title of chapter. In A. Editor, B. Editor, & C Editor (Eds.), *title of Book* (pp. xxx-xxx). Location: Publisher.

Online Periodical:

Author, A.A., Author, B. B., & Author, C. C. (2000). Title of article.  
*Title of Periodical*, xx, xxx-xxx. Retrieved month, day, year, from source.

Online Document:

Author, A. A. (2000). *Title of work*. Retrieved month day, year, from source.

Example:

Ashley, S., Guire, M., Bullinger, J. (2005). Imagery and performance enhancement in sport.  
*Journal of Sports Psychology*, 4, 94-100. Retrieved April 2, 2005, from the PsychARTICLES Database.

\* If you retrieve information from a document on the Internet, provide the Internet address for the document at the end of the retrieval statement. Thus, in the example above, you would place the Internet address after "PsychARTICLES Database."

### **Notes on Quotations:**

Short quotations: Quotations of fewer than 40 words should be incorporated into the text and enclosed by double quotation marks “ ”.

Long quotations: Display quotations of 40 or more words in a block of typewritten lines with no quotation marks. DO NOT single space. Indent five to seven spaces or ½ in. ( one TAB) from the left margin without the usual opening paragraph indent. If the quotation is more than one paragraph, indent the first line of second and additional paragraphs five to seven spaces or ½ in. ( one TAB) from the left margin without the usual opening paragraph indent. If the quotation is more than one paragraph, indent the first

Project Presentation Rubric

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Topic \_\_\_\_\_

Day/Time \_\_\_\_\_

Hour \_\_\_\_

\_\_\_\_\_/45 Presentation is professional and indicates a high degree of time, thought and care. Presentation accurately reflects the components of the introduction and action research in an appropriately structured manner with a high degree of clarity.

\_\_\_\_ Presentation identifies the hypothesis/testable question group set out to address

\_\_\_\_ Presentation clearly identifies the research methods and provides justification for the selection of those research methods.

\_\_\_\_ Presentation identifies and discusses (✓ all that apply)

\_\_ demographic and # of respondents (survey)

\_\_ variables (independent/dependent) structure of study (single/double blind

\_\_ case study

\_\_ interview (make sure to note qualifications and credentials of person interviewed

\_\_ meta-analysis

\_\_ observational method (naturalistic)

\_\_ other (describe)

\_\_\_\_ Presentation discusses results in detail

\_\_\_\_ Presenters reflect (conclusion) on their findings (did we prove hypothesis – why/why not?)

\_\_\_\_/15 presentation discusses how your own research integrates with that in the field (literature review) properly cited – APA format. There is a high degree of clarity and professionalism. You note similarities and differences.

\_\_\_\_/15 quality/professionalism of visuals – documentary, poster, presentation, other.

\_\_\_\_/15 Action Research/Scope - action research indicates an understanding of research methods and demographic and is of a quality and scope consistent with the expectations of a college preparatory introductory psychology survey course. Action research demonstrates the very best of your own individual and collective capacity for creative and innovative thought.

\_\_\_\_/10 Presentation is dynamic and interesting. Presentation is well organized and comes across as well-rehearsed. If applicable, transitions between group members are seamless and logical.

\_\_\_\_/100

\_\_\_\_ (check) verification of completion = required for credit

Comment:

\_\_\_\_\_

\_\_\_\_\_

Psychology

Name \_\_\_\_\_

Junior/Senior Project Interest Survey...

Please bullet point your interests (etc.) below so that I can provide you with some suggestions regarding your junior/senior project topics. We'll have the computers tomorrow so as to allow you to explore options.

Interests:

Hobbies:

Extra-Curricular Pursuits:

Career Goals:

College Goals (area of study):

Things you think about:

What you enjoy doing in your free time (school appropriate please! – no “TMI”):



