

PSY 335: Reflection on Experiential Activities Assignments

There are 4 Reflection Assignments, each worth 3% each, for a total of 12% of your grade. Each Experiential Activity and Reflection is different, so be sure to carefully read the description for each assignment.

Each of these involve engaging in an experiential activity 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 toooo 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 and personally informative, while promoting both critical and creative thinking. The experiential activities and respective reflections are designed to help you integrate and apply course information into your own life; thereby gaining a richer understanding and appreciation of the course material. They require an honest effort, while not being overly taxing.

CRITERIA & FORMATTING FOR ALL REFLECTION ASSIGNMENTS: READ CAREFULLY

Formatting

- No cover page - instead in the Header at the top of the page, in a single line, indicate: PSY 335A | Your Name | Student ID | Reflection # | Word Count | Date Submitted
- All reflections are to be between 475 and 575 words (a maximum of 1 page) single-spaced, 12-pt Times New Roman or other serif font
- 1" margins top, bottom, right, left
- first line of each paragraph indented ½" and no extra spaces between paragraphs
- Reflections are to be handed in to me IN CLASS as a paper copy on or before each deadline.

General Criteria:

- 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 reflections can be written using with *informal* style - these are *reflections*, not academic formal papers.

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]

- 64%: Minimum requirements met but no real depth of reflection demonstrated, overly focused on facts of course content or more surface level thoughts.
- 76%: 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.

** Reflections submitted late (up to 24 hours) will be bumped down a grade.

- See syllabus for further information on "Class Policies - Missed work".

Reflection Assignments Instructions

Reflection Assignment 1: Character Strengths

Introduced in Class 3, September 8
Due Tuesday, September 15, beginning of Class 5

Take the VIA character-strengths questionnaire at:
<https://www.viacharacter.org/survey/account/register> and then reflect on the results.

In writing your reflection, you might consider the following questions:

- List your “top 5” signature strengths from the report.
- Were you surprised the results? Do you think this might be different 5 years ago or 5 years from now?
- How can you use your top strengths to engage with this course (and all your courses)?
- How can you use your top strengths in new ways to engage with this course (and all your courses)?
- What character strengths do you see others using? How is this different than your top character strengths or from how you use your character strengths?

[**Note:** Do not include this sheet with your reflection. Follow the criteria noted above with respect to formatting and writing. Write a true reflection – go beyond surface level, quick responses to the above questions. This should read like a narrative – so please don't include bulleted lists.]



Who are you at your best?

You are unique in the world and united in your strengths with all of humanity. Discover your Character Strengths Profile and begin living each day as the very best version of yourself.

Reflection Assignment 2: Meaning in Life

Introduced in Class 9, September 29
Due Tuesday, October 6, beginning of Class 11

Complete the *Prioritizing Meaning* and the *Experiential Appreciation* scales below. Then, In writing your reflection, consider the following questions:

- Reflect on your “scores” from each scale. What insight dd you gain?
- How (be specific) can you prioritize and experience meaning more often in your life?
- In what situations do experience greater experiential appreciation? How add more of such moments to your life at this time?

*** You do not hand in or include your scores on these scales in your reflection.***

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 ca 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 Appreciation 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: Play

Introduced in Class 13, October 13
Due Tuesday, October 20, beginning of Class 15

This assignment requires pre-reflection and writing – and then putting that into action and adding a brief extra bit of reflection on this to your main reflection. (For this assignment, it's OK if you go over the 1 page limit.) The timing of this assignment is deliberate, as it is this time of the semester when we all particularly need to inject moments of play and playfulness into our daily lives.

Step 1:

Carefully consider the material presented in lecture about what "play" and "playfulness" actually are.

Then reflect on:

- 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?

Step 2:

Write your reflection on the above points and experiences.

Step 3:

Play!! Seriously, spend some time just playing – with no purpose – just play.

and then:

- Add a brief section to your main reflection noting how you felt when playing, and how you felt afterwards.

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 with public (i.e., strangers) around and likely noticing. Make the subject line of your posting: Play video: FirstName LastName!

See next pages for further information and options!

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.

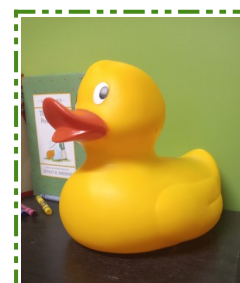
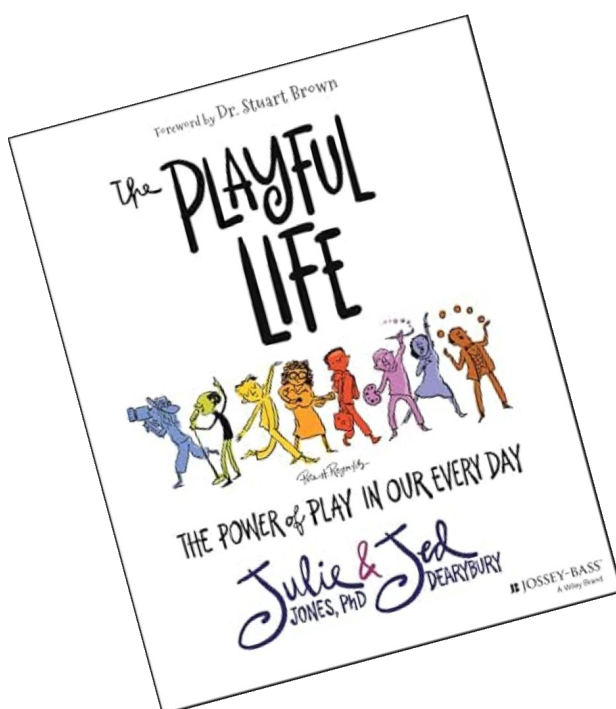
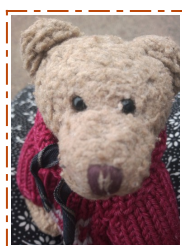
Scoring - DON'T PEAK UNTIL YOU'VE ANSWERED THE QUESTIONS!

#		Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	q13
	artist/creator	a	b	b	c	c			b	b			b	
	joker		d	a		a	b		d		a	b		e
	kinesthete	e	a	d	a		a	b		c		d		
	explorer		e	c		b	c		a		c		a	b
	competitor	b			e	d	d	a			e		c	a
	director	c	c	e				c	b	a	d	e		
	collector				d	e	e			d	b	a	d	c
	story teller	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 4: Wellbeing Intervention

Introduced in Class 19, November 3
Due Thursday, November 26, beginning of Class 24

This activity and reflection represents a sort of culmination of the practical side of Positive Psychology and this course.

- 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.

