**EXTRA CREDIT. Spring, 2021**

**15 points of Extra Credit are available. You may earn one point by completing the Class Survey and 2 points for the Procrastination Project. You may earn 3 points for each of 4 Extra Credit Projects.**

**COMPLETING AN EXTRA CREDIT PROJECT:**

1. **For movies, tv programs, books, articles, use the reaction form:**

**Reaction Form:**

Title**.** 1. Main idea. 2. 3 examples of the main idea. 3. An idea with which you agree and/or, An idea with which you disagree. 4. Connections with class material? 5. What would you like to know more about?

1. For questions or topics, do a library search:

**Library search:**

1. State the question or topic.
2. Conducting a Library Search Online:

1) Go to Santa Rosa Junior College Library

2) Go to Articles

3) Go to All

4) Go to Psychology and Behavioral Sciences

5) Enter the ID and Pin Numbers you use to access your Student Portal.

6) Enter your Research Question,

7) Go to each of three citations and print out citation and abstract.

1. Summarize what you found and state the answer to the question or that you were unable to find the answer.E

**EXTRA CREDIT OPPORTUNITIES SUGGESTED IN CLASS**

1. Article: “The Seven Sins of Memory” by Schacter (on canvas in the Extra Credit Module)
2. Optical Illusions. Find 5 Optical Illusions on line. Say on which of the Gestalt Laws of Perception (one or more) the Illusion is based, and/or if it is based on Linear Perspective.
3. Dreams

Write down 3 of your own dreams (manifest content). For each dream, do you find examples of:

1. Displacement
2. Projection
3. Condensation
4. Distortion
5. Hidden wisdom
6. Parts of your own personality
7. Nightmares – a part of your personality you dislike?

Whether or not you find examples of 1 through 7 above, what do you think your dream means?

1. Article: “Getting A Fix” by Specter (on Canvas in Extra Credit Module)
2. Article: **Undergraduate and Graduate Students’ Mental Health During the COVID-19 Pandemic**

Igor Chirikov, Krista M. Soria, Bonnie Horgos, and Daniel Jones-White

1. Topic: Hypnosis and stopping smoking
2. Book: The Things They Carried by Tim O’Brien
3. Peaceful conflict resolution role play

Imagine: A student wishes to leave High School at the end of the Junior Year. Parent does not

Want their child to leave High School at the end of the Junior Year.

    Role play. Student play the role of Parent. Participant play the role of student. Each person will speak for up to 5 minutes, with student going first and teacher Actively Listening. At the end of five minutes, parent will speak for up to 5 minutes and role playing student will Actively Listen. When the 10 minutes are over, the Student and the Parent will each write down whatever solutions they can think of to this problem. This is done separately by the Student and by the Parent. When both have completed this task, they share their lists of solutions and choose any solutions they have in common. In your write up of this extra credit project, include the lists of Solutions.