Psychology has been “around” for about 150 years as a self-conscious field of experimental study. We’re going to narrow that down into some major events.

On those same lines, examine your own life. If you were to try to explain your own history in forty-five minutes, what four (4) major events would you discuss? Describe what they are and why you chose them.
History and Approaches Journal

Day 2

After learning about the various careers in Psychology, which one interests you the most? What do you think a typical day in their life would be like?

- Biological
- Clinical
- Cognitive
- Counseling
- Developmental
- Educational
- Evolutionary
- Experimental
- Forensic
- Industrial-Organizational
- Personality
- Social
History and Approaches Journal

Day 3

Use the perspectives of psychology to analyze the following aspects of yourself. If any of them don’t apply to you (you don’t have a pet, mom’s not around, etc.) then just skip it!

- **Biological Perspective** – your height
- **Evolutionary Perspective** – what you find attractive
- **Psychoanalytic Perspective** – your relationship with your mother
- **Behavioral Perspective** – how you train your pets
- **Humanistic Perspective** – what you want to pursue after high school
- **Cognitive Perspective** – your ideal method of studying
- **Social-Cultural Perspective** – how you greet your friends

You have five minutes to write. Keep your pen/pencil moving for the entire five minutes. Do not finish early. Begin with the instructed prompt. It's okay if your mind takes you elsewhere. It's more important to continue writing than to stay on the topic asked. You will have an opportunity to share if you'd like, but this is optional.
Do you think NATURE or NURTURE is more responsible for the following about yourself? Explain your answer for each.

- Happiness
- Intelligence
- Weight
- Ability to Focus
- Aggression
- Honesty
- Gender