

Psychology CSLE questions

PSY 120: Introductory Psychology

- What were your initial expectations of participating in _____ activity? How did your ideas/expectations change as a result of engaging in this voluntary activity and why? Based on your experience write a brief essay on the role that expectations play in human behavior. In writing this essay think about the following points:
 1. Expectations can set us up for success or failure.
 2. Expectations guide our behavior and how much we will invest ourselves in activities/projects.
 3. Expectations can change based on experience.
- Reflect on your volunteering experience in this community project and answer the following question:
What do you think of “required” volunteerism from classes, service learning requirements, or mandatory fraternity/sorority service? Can this approach increase Altruism or helping behavior? Why/Why not?
- Research indicates that people who feel good tend to do good to others or are more likely to help others (Forgas and others, 2008; C. Miller, 2009). For this extra credit assignment you were asked to help with a community project. Did this experience of helping contribute in any way to you feeling good about yourself? As a result of this experience, how likely are you to help others in the future? Why? Why not?
- Do you regularly participate in your community as a volunteer? Do you consider yourself to be a helpful person in general?
- Discuss how your tendencies toward pro-social behavior have been influenced by your family or relatives?

PSY 170: Abnormal Psychology

- Research indicates that helping others has positive mental health effects. Did you experience any such benefits from volunteering in your community?
- Why do you think volunteering might be beneficial in improving people’s mood, self-esteem and might even prevent depression?

Article on helping others in Psychology Today:

<https://www.psychologytoday.com/blog/do-the-right-thing/201207/helping-others-offers-surprising-benefits-0>

