

# Psychology 3131: Human Emotion Outreach Project Guidelines



## OVERVIEW

You will be required to complete an outreach project, which includes 2 parts (detailed below). This goal of this project is to delve into a topic in human emotion from class that excites you. You have the freedom to delve into a topic of your choice, but you must make sure the topic is pertinent to the class and scientific study of emotion. The project will include two parts:

**Part I. Outreach project:** The first part includes an outreach project where your goal is to help educate others about human emotion via a video, newspaper article, brochure, or a creative outreach idea of your own. The aim is to have fun with the ultimate goal of helping to educate others about human emotion. You can cover a topic of your choosing, but it must be relevant to the course and the study of emotion. There will be opportunities for top class projects to be featured in-class during the final week of the course.

**Part II. 1-page research summary:** The second part of the project involves writing a brief research summary on your chosen outreach project topic. The goal is to provide a summary of the motivation and scientific background in emotion that lies behind your research project.

## DUE DATES AND GUIDELINES

### 1. Deadline

**Thursday, April 2** (in class no later than 11:00am MT)! Projects submitted after this time will be considered late, and 10% of your score will be deducted for each late calendar day.

### 2. Hard Copy of Paper and Project

Submit hard copy of both your research paper AND outreach project.

### 3. Electronic Copy of Research Summary (1 page)

Please email your research summary to [psych3131.emotion@gmail.com](mailto:psych3131.emotion@gmail.com) and do the following 3 things below. Failure to follow these directions will result in point deductions.

- (1) Type "Psych 3131 Research Summary" in subject line of email
- (2) Include attachment of 1-page summary (.doc or .docx format only)
- (3) Copy and paste text of paper in email body as well

## PART I: OUTREACH PROJECT GUIDELINES

Your goal is to help educate others about human emotion via a newspaper article, video, brochure or an exciting idea of your own. Suggestions for possible outreach projects are below, but you are not limited to these suggestions. If you have any questions regarding your emotion outreach project, please come to office hours or email [psych3131.emotion@gmail.com](mailto:psych3131.emotion@gmail.com).

### Possible Outreach Projects (More details below)



Newspaper article



Video



Brochure



Other Exciting Ideas



## Newspaper Article

Write a letter to the editor or an article for a local newspaper. The goal of your letter should be to educate your audience about your chosen topic, illustrating important trends and general findings. We strongly encourage you to discuss your topic during office hours.

A few questions you might consider answering are (though do not be limited to this list):

- What are current trends in the science of human emotion?
- Is meditation good for your emotional health?
- Are men and women really emotionally different?
- Is the pursuit of happiness possible?
- What is the biology behind \_\_\_\_\_ (insert emotion topic here)?
- What treatment options are available for emotional disorders?
- What are current ways to promote emotional awareness?
- Most importantly: Why should people care about this topic?

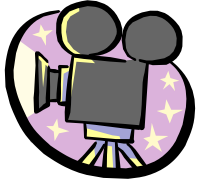
Newspaper article checklist:

- Brainstorm article ideas
- Write a rough draft
- Edit and make revisions, have a classmate or friend read over for errors
- Type and double space
- Must include 500 to 1000 words
- The article should be printed and include your name, identikey, email address, and word count for your article.
- **Bring newspaper article to class on April 2, 2015 (turn in with 1-page research summary)**

Tips:

- Plan ahead
- Have a classmate read through for errors
- Come to office hours with questions

**\*If you wish to submit the article to a local newspaper yourself prior to the due date, you will receive special recognition in class if your article is printed!**



## Video

Make a video about an emotion-related topic, working alone or in groups of up to 4 (note: if you work in a group, your research papers for Part I of the project will be written and turned in independently). Your video should be both informative and entertaining. You can use dialogue, interviews, or other methods to convey information. We recommend that you discuss your topic with one of the TAs before you and/or your group begin filming to ensure an adequate and appropriate topic.

### Video Checklist:

- Brainstorm video ideas
- Discuss video topic with a TA
- Shoot footage and EDIT (music is always fun!)
- Make sure your video is **between 5-10 minutes long**
- Copy your video onto a DVD
- Label your video with name(s), identikey, email address(es) and title of your video
- **Bring video to class on April 2, 2015 (turn in with 1-page research summary)**

### Tips:

- Look into borrowing video supplies ahead of time
- Adobe Premier (PC), Final Cut (Mac), and iMovie (Mac) are commonly used video editing programs
- Using a dedicated microphone not built into the camera can greatly increase the quality of the sound
- Come to office hours with questions

**\*The best videos, as judged by originality, quality of information presented, creativity and entertainment value will be shown in lecture, and you will receive special recognition for your good work!**



## Brochure

Your goal should be to create an informative, engaging brochure about an emotion-related topic. You are to design this brochure assuming that your audience does not have a background in human emotion.

Questions that you should consider answering include, but are not limited to, the following:

- What is the scientific term for the emotional phenomenon?
- When was this topic first discovered or researched? Who discovered it? Where is this researcher now?
- What is the current state of literature on this topic (i.e., what do we know about it)?
- What group of people (e.g., age, gender, ethnicity) is included in discussions of this topic?
- What are features of this emotional phenomenon?
- If discussing an emotional disorder, what can someone do if they think that they have this disorder? Are treatments non-invasive, pharmacological, etc?
- Contact information: Where could someone go/who can someone contact to learn more about this topic? Please include phone numbers, web pages, and any other information that may be helpful for people who want to learn more about this topic.
- Target Audience: Make it clear whom your target audience is (e.g., children, college students at CU Boulder, Boulder or Denver community) and tailor your brochure accordingly.

Brochure Checklist:

- Brainstorm ideas and consult with a TA
- Write a rough draft and find pictures to include in brochure
- Edit and make revisions, type and format - **include 500 to 1000 words**
- Includes at least three (3) columns of text on both the front and back of the brochure pamphlet.
- On a separate page, describe when, where, and how your brochure would be distributed.
- **Bring brochure to class on April 2, 2015 (turn in with 1-page research summary), along with the additional page on distribution instructions described above**

Tips:

- Have a friend look over for errors
- Come to office hours with questions

**After careful review, the best brochures (judged based on information presented, topic coverage, neatness, creativity in format, and visual appeal) will be shown in lecture, and you will receive special recognition for your good work!**



### **Other Exciting Ideas**

Do NOT feel obligated to the previously listed outreach options. Feel free to come up with your own creative ideas to raise awareness about human emotion! Unique, effective individual or group (no more than 4 people) outreach projects will receive special recognition (note: if you work in a group, your research papers must be written and turned in independently).

Some creative ideas might include:

- Creating a website dedicated to a topic in human emotion
- Conveying some of the information you have learned by giving a lesson to junior high or high school students
- Staging an “Emotion Awareness Day” on campus or in the community.
- Distributing copies of informative materials to groups of students and speaking with them about the importance of emotional well-being.

If you are interested in pursuing a unique option, please first seek approval from a TA or the course instructor. Lectures or information sessions will need to be documented with picture and/or video footage saved onto a DVD to turn in with your research paper.

## PART II: RESEARCH SUMMARY GUIDELINES

### Formatting Rules and Order

Paper format should be organized as follows:

1. Title Page
2. Body of Paper (i.e., one-page research summary)
3. Reference Page

### I. Title Page

1<sup>st</sup> page

1 page max in length, , single-spaced, Times New-Roman, Font size 12, 1" Margins

Includes: Name, identikey, Email Address, Project Title and Course Name/Number

### 2. Body of Paper

2nd page

1 page max, single-spaced, Times New-Roman, Font size 12, 1" Margins

Includes the following 3 things:

**A) Opening:** Why did you choose this topic? Why is it important? Explain the concept/issue/problem under investigation with an everyday example, by defining the relevant concept, and by establishing the importance of the topic. The goal here is to introduce the general topic to your reader so that s/he can place the information that you are about to describe into some kind of context. This should be approximately 1 paragraph long.

**B) Background.** The purpose of this section is to describe past research that is relevant to the topic you are covering. This is done by presenting information about the past research coherently so that it is held together by a central argument. Since this is a psychology class, you should report any citations and references you use in your paper in APA (American Psychological Association) format, both in-text and in the reference page (see instructions on correct citations on pg. 3). As a general guideline, you should include only as much detail as is necessary to make your point (do not discuss each reference in exhaustive detail). *Note: DO NOT quote material directly from the articles, but rather you need to read the articles, synthesize the material, and describe it for your reader in YOUR OWN WORDS. The best way to do this is to have a strong thesis or position that is used to link together common themes in the references you cite.* Length is approximately ½ page so brevity is important!

**C) Conclusion.** The goal is to provide the reader with a concluding statement that conveys the importance of the topic and the literature reviewed, and what it might mean for the field of human emotion. What are the implications of your literature review? What does it teach us about human emotion? What are next steps for future work in this area? This should be approximately 1 paragraph long.

### 3. Reference Page

3rd page

No page limit

Includes: Full citations for any references included in the one-page summary. Additional details below. Please pay careful attention to select articles that are relevant to the proposed research. Since this is a psychology class, you should report any citations and references you use in your paper in APA (American Psychological Association) format. For further information on APA citation guidelines, please see the following website: <http://owl.english.purdue.edu/owl/resource/560/01/>

- Any articles cited in the body of the paper in this way need to be included in a reference list at the end of your paper. This includes the names of authors, year of publication, title of paper, journal, volume, and page numbers. These references should take the following format:
  - *Journal Article:*
    - Goodman, H. & Clark, S. (1991). The suggestibility of children's memory. *Annual Review of Psychology*, 50, 419-439.
  - *Book:*
    - Gladwell, R. (1998). *Peers and Parents in Childhood Development*. Cambridge University Press; San Francisco. 522-534.
  - *Chapter in Edited Book:*
    - Roediger, H. L., III, Weldon, M. S., & Challis, B. H. (1989). Explaining dissociations between implicit and explicit measures of retention: A processing account. In H. L. Roediger & F. I. M. Craik (Eds.), *Varieties of memory and consciousness: Essays in honour of Endel Tulving* (pp. 3-14). Hillsdale, NJ: Erlbaum.
  
- **In-Text Citations (WITHIN BODY OF PAPER).** When you cite a source within the paper, you use the author's or authors' last name and year of publication. These are citations to your references within the paper. Do not use authors' first names or any titles (e.g. Dr., Mr, Mrs.) when citing work. See examples below:
  - For 2 authors:
    - Goodman & Clark (1991) argue that...*
    - Peers are more important than parents (Gladwell, 1998).*
  - For more than 2 authors (list them all in the first citation and use et al. for all subsequent paragraphs):
    - Roediger, Weldon, and Challis (1989) found... [first citation]*
    - Roedier et al. (1989) concluded that... [subsequent citations]*