As a JEP student, your work in the community is similar to that of a social scientist who conducts “participant-observer” research. Throughout the course of the semester, you will observe and participate in the daily activities of those you meet at your JEP site, and you will write about your experiences on a weekly basis. These JEP Reflective Questions are designed to help you focus your observations and critically reflect on your experiences in relation to what you are learning about in your Science of Happiness course.

Please read through all of the reflectie uestions prior to einnin your JEP assinment. The questions are related to and build upon one other. We encourage you to refer back to previous responses and to take seriously your PA’s feedback each week. Doing so will help you to learn more from your experiences. Please note that your experiences in the community will provide you with a valuable opportunity to apply the theories you are learning about in class. Please e respectful of the community and the limits of your experience and noled.

ALTEATE UEST
If your experience at your JEP site doesn’t allow you to adequately answer a Reflective Question, you may substitute the question with the one listed at the end of this document. Please note that the Reflective Questions for Weeks One, Two and Eight cannot be substituted and have to be answered.

YU EELY ASSMETS:
The core parts of each Reflection Question (which you need to focus on) are highlighted in bold. Use the additional parts of the question to guide/supplement your answer.

EE E. First impressions of your JEP Site
Describe your initial experience at your JEP assignment include a detail ed description of the responsibilities and acities inole in your particular assinment. What are your most vivid impressions of the site? What were some of your expectations prior to beginning your assignment and what were these expectations based on (e.g., mass media images or personal encounters)? How do your experiences this week compare to your expectations?

EE T. uestions Comments or Concerns: issues to Discuss Durin 1:1 C hats
This week you will be meeting one-on-one with your Program Assistant to talk about your experiences in JEP. In place of a full-length journal assignment this week, we ask that you take a few minutes to rite don any uestions comments or concerns that you hae about your JEP assinment so far. For example, what are your tasks at the site and how are you adjusting to your new role? How are you relating to the people at your site? Are you having any problems with any of the logistical aspects of your assignment (e.g., schedule, transportation, Blackboard access, etc.)? Please sumit your comments approximately a paraph the same ay you ould sumit any other urnal throu at lacoard. Rather than providing written comments, your PA will discuss the issues with you during your “chat.”

EE THEEE
Chapter Three (Part 2) of Barry Schwartz’s The Paradox of Choice talks about the process of “goal setting.” Usin this chapter as your uide ho oud you explain to the students you are ori nth the importance of settin oals in order to succeed in life. How would you explain how they can set these goals and deal with any obstacles they may face upon the way? Be sure to use specific examples from the chapter in your answer.

EE FU. JEP and Expectations
This week, using observations from your JEP site, reflect on the expectations the student(s) you are working with may have of you and JEP in general. How does the student(s) treat you? Is s/he happy to see you, or reluctant or shy when interacting with you? Drawing from your JEP experiences and interactions with the student(s), can you think of any reason why they interact with you in the way that they do (other than personality-related)?

**EE FE Critical Incident**
Describe a meaningful event or series of events in which you were involved at your site. What are your thoughts and feelings about the event(s)? What are the perceptions and reactions of the other persons involved? How has this event affected or changed your relationship, your perspective roles, and/or your perspective about your assignment?

**EE S Happiness in Helping Others**
If you want to lift yourself up, lift up someone else.
— Booker T. Washington

It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself
— Ralph Waldo Emerson

The above quotations are based on the philosophy that when people volunteer to help others, they are also helping themselves. The course readings indicate that helping others has a lasting effect on people’s own well-being; a source of pleasure that is less prone to habituation that some other sources including wealth. Reflect upon these statements in relation to your on JEP volunteer experiences. What elements of the experience are particularly relevant to your own feelings of well-being? Have you gained skills and/or knowledge that you wouldn’t have otherwise had? What motivated you to volunteer for the JEP program? Has the program thus far met your expectations?

**EE SEE Unhappiness**
PSYC 201 focuses on the “science of happiness”—the understanding of what makes a person happy and/or unhappy. In your Week Six Journal, you reflected on the benefits of JEP for your own well-being. You have had some time now to interact with the student(s) at your JEP site. Drawing from these interactions as well as the concepts discussed in your course readings and lectures, what factors at your site could affect the degree of happiness of the student you are working with (e.g., classroom conditions, lack of attention, a student’s learning difficulties, unpopularity, etc.)? How do these factors relate to society at large (e.g., the educational system, shortage of teachers, consumerism, etc.)?

**EE EHT Reflections on Psychology and JEP**
How have your experiences in the community helped you learn about the science of happiness? What theories or concepts “came to life” most dramatically for you in your work with children? How have your perceptions of psychology changed, if at all? (Be sure to provide specific examples). How has JEP supplemented your classroom experiences? Highlight a noteworthy experience to illustrate your response.

**ALTEATE UEST**

**Theoretical Applications**
Apply one of the theories or concepts from the course you think is particularly apt or flawed for explaining the psychology of the children with whom you are working. First, briefly summarize the theory or concept. Next, describe the particular experience or encounter at your site of relevance to the theory. Finally, how well does the theory explain your experience? (Note: if you wish to substitute this question for more than one week, you must apply a unique concept or theory each time).
| % students receiving CalWorks (welfare)* | 12.7 | % students receiving CalWorks (welfare)* | 18.1 | % students receiving CalWorks (welfare)* | 22.0 |

Source: LAUSD and the California Department of Education
* Source: 2000 US Census Data

What do the data in the table indicate about the relative status of students in the Los Angeles Unified School District, compared to the student population at the County and State levels? Go to the California Department of Education website and look up information about your JEP site:

http://data1.cde.ca.gov/dataquest/

(If you are at a non-LAUSD school site, select one of the USC “Family of Schools.” A list of the schools is available at: http://www.usc.edu/ext-relations/ccr/programs/fos/)

For box #1 select “school”
For box #2 select “create your own report” at the bottom of the drop down list
Click the “submit” button
Check the boxes for relevant School Data, such as class size and pupil-teacher ratio, Socioeconomic Indicators, the Student Data for African Americans, Hispanics, Asians and whites and any other variables that interest you.
Scroll to the bottom of the page and make sure that the correct school is highlighted in the Select Agency box. (See note below.)
Click “Submit”

(Note that not all data points are available for all school for all years. Also, you can change the year to see change over time and to see if data is available for different years)

Look at the information provided about the school. How does the school compare on the socioeconomic and educational issues summarized in the table above? What other interesting information do you find? Based on your knowledge of the neighborhood and what you've learned so far about happiness, what do you think might account for any discrepancies that exist between the school and the LAUSD as a whole, and do you think this data has bearing on research seeking to understand happiness?

**WEEK SEVEN – (Un)happiness**
PSYC 201 focuses on the “science of happiness”—the understanding of what makes a person happy and/or unhappy. You have had some time now to interact with the student(s) at your JEP site. Drawing from these interactions as well as the concepts discussed in your course readings and lectures, what factors at your site could affect the degree of happiness of the student you are working with (e.g., classroom conditions, lack of attention, a student’s learning difficulties, un/popularity, etc.)? How do these factors relate to society at large (e.g., the educational system, shortage of teachers, consumerism, etc.)?

**WEEK EIGHT - Reflections on Psychology and JEP**
How have your experiences in the community helped you learn about the science of happiness? What theories or concepts “came to life” most dramatically for you in your work with children? How have your perceptions of psychology changed, if at all? (Be sure to provide specific examples). How has JEP supplemented your classroom experiences? Highlight a noteworthy experience to illustrate your response.

**ALTERNATE QUESTION – Theoretical Applications**
Apply one of the theories or concepts from the course you think is particularly apt or flawed for explaining the psychology of the child(ren) with whom you are working? First, briefly summarize the theory or concept. Next, describe the particular experience or encounter at your site of relevance to the theory. Finally, how well does the theory explain your experience? (Note: if you wish to substitute this question for more than one week, you must apply a unique concept or theory each time).