JEP REFLECTIVE QUESTIONS

PSYC 201: The Science of Happiness
Professor Graham
PA: Anna
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These JEP Reflective Questions are designed to help you reflect upon your experiences as a member of a mini-team so that you can make the most of your community teaching experiences. 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 regular 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 USC course.

REFLECTIVE QUESTIONS HINTS:

1. **Read the questions first.** Reading the question before you go to your JEP site is required in order to answer many RQs and having the questions on your mind will when at your site will help focus your observations and improve your response to all RQS.
2. **Write as soon as possible.** As soon as possible after leaving your site, sketch out your answer to that week’s RQ. Even just taking a few notes with some difficult moments, things that surprised you or highlights will make writing later much easier and will provide the examples and observations you need to write an outstanding journal.
3. **Proof your work.** Like any college-level writing assignment, proof your work to make sure the writing is clear, error-free, and that you answer the question at hand.
4. **Read and respond to your PA’s comments.** The questions are related to and build upon one other. So refer back to previous responses and to take seriously your PA’s feedback each week and respond to the feedback by following the PAs suggestions.
5. **Be respectful.** Show your respect by being mindful of the limits of your experience and knowledge. Avoid generalizations and psychological explanations of behavior; in other words, do not make arguments that assume you know how someone else thinks or feels or use these assumptions to explain the way people act or their circumstances.
6. **Use examples.** Focus on writing detailed and concrete accounts of people, social settings and conversations (including direct quotes, when possible). Never make claims without evidence or examples!

YOUR ESSAY ASSIGNMENTS

The core parts of each assignment (which you need to focus on) are highlighted in bold. Use the additional questions to guide/supplement your answer. Please refer to the PA agreement you received in training for instructions regarding journal due dates and format requirements. *Note that some weeks require longer responses and are worth more points.*
ESSAY ONE - “Pre-reflection”  
(1 page, 10 points, due: 9/26)

Please respond to one of the following prompts. Question #2 is for returning students only.

#1: Over the next eight-weeks you will be taking your college education outside of the walls of the University. Based on what you know about JEP and what you know about your site, what do you imagine your JEP experience will be like? Make sure to explain why you think what you think and use examples from your experiences at USC and in the community to explain yourself. Make your imagined vision of your JEP experience specific by addressing these two questions: Ideally, what would you like to learn from your experiences in JEP? When you think about JEP, what makes you the most nervous or concerned?

#2: Think back to your last experience in JEP and think about how you can take what you've learned about JEP, USC and the surrounding neighborhood (or the organization or school you worked with) and improve your experience this time around. Now that you know something about JEP, what do you hope to learn from doing JEP again? What was the biggest obstacle you faced in your last JEP experience and how will you address that issue this time? Make sure to use clear and detailed examples from your last JEP experience to explain your reasoning.

ESSAY TWO: Assessing your Plan  
(1.5-2 pages, 15 points, due: 10/3)

Consider the eight-week curriculum you will be teaching with your mini-team. How does it relate to the contents of your PSYC 201 course? How do you think this curriculum will convey what you are learning through the Science of Happiness and the Art of Living to your students? What are your teaching goals? What are some of the challenges you expect over the coming weeks? What strategies will you use to overcome these challenges?

EIGHT-WEEK PLAN DUE  
(due: 10/10-10/14)
See your PA agreement for details.

ESSAY THREE: The Team  
(1.5-2 pages, 15 points, due: 10/17)
Describe your impressions of your mini-course team. How well are you gelling as a team? What strengths do you think each member brings to the table? What weaknesses are you concerned about, if any? How do you think about your own role in the team? That is, what strengths and weaknesses do you bring and what skills would you like to develop?

ESSAY FOUR: The Local Role of JEP and Art of Living Foundation  
(2 pages, 20 points, due: 10/24)
Explore the Art of Living websites (http://us.yesplus.org or http://us.artofliving.org/losangeles) to find more information about the organization and its programs. What is the Art of Living’s mission? What are some of the Art of Living’s goals? What types of programs does the organization operate both in the US and abroad? What programs do they operate in Los Angeles? Now explore the JEP website (www.usc.edu/jep)
and consider the ways in which the Art of Living’s mission might overlap with JEP’s? Do JEP and Art of Living have similar goals for the community? Finally, how does your assignment align with both the Art of Living’s goals and JEP’s goals?

BLACKBOARD DISCUSSION: Topic To Be Announced
(2 posts to Blackboard, 10 points, due: 10/31-11/4)

Instructions and topic will be posted on Blackboard.

Discussion purpose: Your weekly journals consistently reveal a wide range of interesting insights and abilities that result from your coursework and service-learning assignments. Since students participate in JEP from more than 100 different courses each semester, and rarely do all students in a particular class choose to enroll in JEP, we lack the opportunity to bring you together on a regular basis to learn from one another. As a result, the educational benefits of participating in JEP are limited mostly to your individual or small group experiences. This forum is designed to counter the relative isolation of JEP’s service-learning assignments by providing an opportunity for you to share your insights with your peers.

ESSAY FIVE: Meditation, Yoga and the Science of Happiness
(2 pages, 20 points, due: 11/7)

In your PSYC 201 class you are exploring the science of what makes people happy. You particularly discussed reaching “happiness from within” and the benefits of meditation. Along the same lines, the practice of yoga has been associated with a number of psychological benefits including, but not limited to, anxiety diminution, mood improvement and increased wellbeing. The Art of Living Foundation is an advocate of meditation as a way to achieve not only “peace in me,” but also “peace on earth” (http://us.artofliving.org/). In fact, Sri Sri Ravi Shankar, founder of the Art of Living, posits that, “if everybody in the world lives in the present moment, if we are able to accept people as they are, there will be no problems, no strife.”

Consider these statements in light of your PSYC readings and in the context of your JEP assignment. Have you witnessed any changes in your students’ attitude toward yoga and meditation? Do you think your intervention at your JEP site contributes not only to the wellbeing of your students, but also to the wellbeing of the larger community (yourself included)? If so, how? If not, why not?

ESSAY SIX: Defining Happiness
(1.5-2 pages, 15 points, due: 11/14)

Your PSYC 201 syllabus states that “The class is not meant as a recipe for happiness, but as an analytical study of how scholars struggle to define and study it. We’ll read some of the best contemporary writing on happiness, and in lecture we will analyze the research conducted by psychologists, economists, and neuroscientists that forms the basis for that writing.” Based on your course materials and your JEP assignment, what have you learned about happiness? Has your Art of Living experience given you a different perspective on happiness? If so, how? If not, why not? Finally, are your observations from your Art of Living assignment in line with some of the findings on happiness you discussed in class?

ESSAY SEVEN: Final Reflections
Take a look back at the essays you have written (make sure to use Blackboard, so you can see your PA’s comments), and think about what you have learned over the past few weeks. It is often noted that one of the benefits of service-learning for participating students is “higher academic achievement.” For this final essay, we want you to focus on this particular outcome vis a vis your JEP assignment. First, consider the premise itself: how does participating in a service-learning program lead to higher academic achievement? When does it fail to do so? Do students’ outcomes vary by the subject matter of the course? Or do they vary by their experiences in the community? Describe what you think are the most important factors in a service-learning assignment that ensure “higher academic achievement” for university students.

Next, think about your JEP experiences in the context of your USC course: What is the most significant “academic” outcome of your JEP assignment? How has JEP affected your understanding of the course content? Why do you think your professor is giving academic credit for JEP? What are his or her goals for you? In answering these questions, make sure to use specific examples from your course. Think broadly about the relationship between JEP and your course. Even if you believe there is no direct connection, consider how you could apply a course concept to help better understand or explain something you encounter in your JEP experience. You might focus on detailing a specific learning outcome (e.g., describing a particular theory and how it came to life through your experiences, or how teaching helped you to understand a particular course concept). Alternatively, you might reflect on how your experiences in JEP shed light on material you have learned in other courses at USC.

The goal of this assignment is for you to think critically about the academic outcomes of service-learning and describe what you learned from your experience. If you are struggling to make the connection, as an alternative, explain, in detail, how you think the course or JEP could be redesigned to foster a more meaningful connection between your course and a service-learning experience in the community.