

ACTIVITY 5.1 Connecting Media and Psychology Developed by Judy Van Raalte, PhD  
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The purpose of this assignment is to help students to find connections between what they experience in their lives and the field of psychology. Outcomes may be a class presentation (typically fewer than 5 minutes per presentation is most effective) or a paper. This may also be an out-of-class assignment. Student Instructions

(a) Select a newspaper or magazine article, song lyrics, drawings, or YouTube video that is meaningful or interesting to you relating, in some meaningful way, to a psychological disorder. The article, song, drawing, or video you select is your “media source.”

(b) Re-read or review your media source and type a paper or create a presentation in which you first describe your media source. What is your media source about? What is interesting or meaningful about it? Why did you choose this particular media source? Feel free to quote the essential characteristics with proper citations.

(c) Explain the connection between the media source and relevant terms covered in the textbook. Be as detailed as possible. You cannot do this from memory. You must be specific about your media source and the text terms. Use psychology terms (and underline them) and include their definitions. Where possible, consider the perspective taken in the article, song, drawing, or video (e.g., biomedical, psychodynamic, cognitive, behavioral, humanistic, sociocultural).