

Review last class (lesson 1):

The reflective process –

*Reflection examines the processes of experience, enhances awareness of learning about those processes, and highlights changes in feeling, thinking or behaving from that experience.

This reflective process happens and we are largely unaware: Ex. skill development -when kicking a soccer ball.

Journal Assignment #1

Psychologist observing high school culture- behaviours (signs) that build trust - write out your observations.

Text books – Library

Discussion: Building trust in relationships.

Popsicle Sticks

Paper towel role (talking stick)

Confidentiality, Suspending Final Judgements

Today's Class: (Lesson 2)

Read the quote below:

**To be trusted is a greater
compliment than being
loved.** George McDonald

<http://www.goodtherapy.org/blog/the-psychology-of-trust-issues-and-ways-to-overcome-them>

Discussion: What makes a high school class one in which you feel like you can let your guard down and feel safe to just be yourself?

Journal Entry #2 Trust me!

Is it easy or hard for you to trust people? Write out why you think it is so?

Profile page: Using Mr. Pontalti's profile as a template begin developing your own profile page using google documents. You will need to sign up for a free gmail account if you do not have one.

Profile: PART 1

1. Insert a picture of yourself (see your face clearly) and a favorite Quote
2. Write a paragraph all about yourself
List three things you have accomplished.
Answer the four personal profile questions. (see template on teacher web site: Psychology 11 tab)

Profile: Part 2

Please answer the following three questions?

1. Learning: What is it?
2. Psychology: What is it?
3. Text book: What topics/chapters interest you and why?

*In your google document -Click the blue "Share" button and insert Mr. Pontalti's email address trent.pontalti@sd23.bc.ca – select the comment only option

Features of the text book: Layout - making learning easier – Titles and sub titles, learning objectives, chapter summary and questions.