



THEORY AND CONTENT OF PSYCHOLOGY

About Myself

My name is Adam Romero. I was born in Salinas California Memorial hospital February 17, 1997 I am a senior at California State University, Monterey Bay majoring in Psychology.

My plan after graduating is to attend graduate school to become a School Psychologist. School Psychologist is more in the field that applies to the principles of educational psychology, developmental psychology, clinical psychology, community psychology, and applied behavior analysis to meet children's behavioral health and learning needs in a collaborative way with educators and parents.

About myself Cont...

Why California State University, Monterey Bay? Before attending California State University, Monterey Bay I grew up in Gonzales California my whole life. Attending La Gloria Elementary School and Fairview middle school.

Then my parents decided to send me to Palma High School in Salinas. Which is where I graduated high school from in 2015. After high school I attended a community college called Hartnell College. I was there from summer 2015 till Fall 2017. I received my AA in Psychology and my General Ed at Hartnell college

About myself Cont...

I then transferred to CSUMB because one it was close which means no rent. Also, financial aid helped me with all my classes.

Then seeing how affordable the Graduate program to be a School Psychologist was made me not hesitate to come here. That decision on becoming an otter really helped me in life financially by saving my money and also by giving me all the help possible to be successful in the classroom.

Why Psychology?

There are many reasons why obtaining a psychology degree is rewarding. A degree in psychology opens doors to a variety of careers including: child psychologist, clinical psychologist, cognitive psychologist, cognitive neuroscientist, community psychologist, counseling psychologist, developmental psychologist, forensic psychologist, military psychologist, sports psychologist and many more.

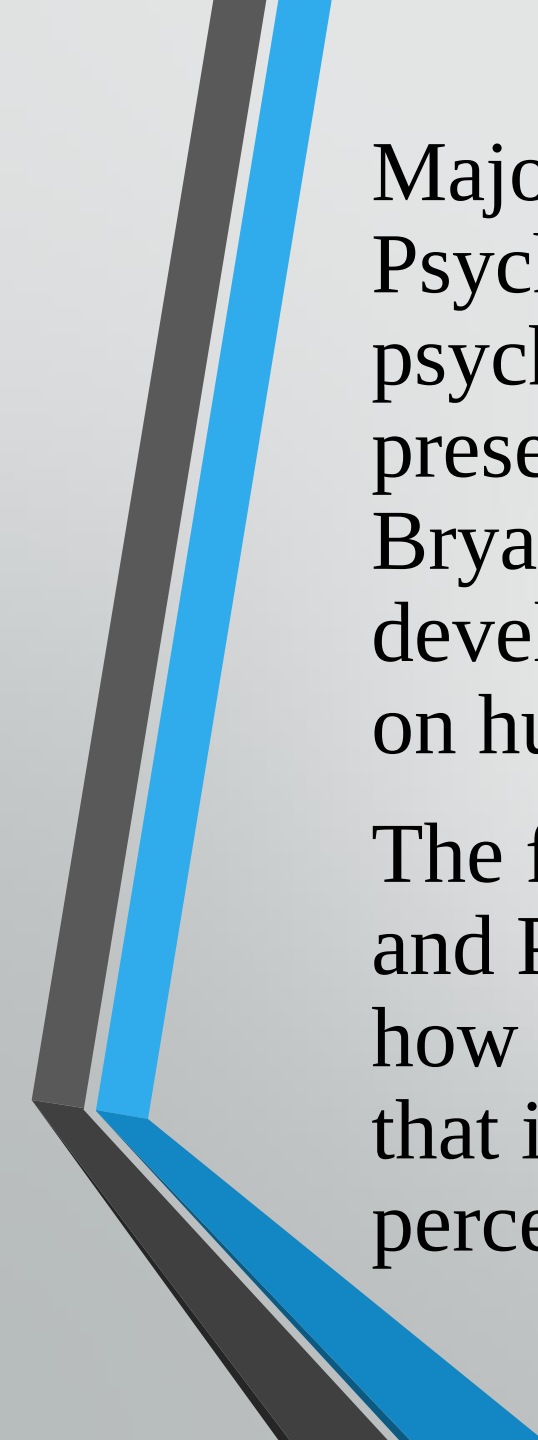
A degree in psychology is a great way to learn more about yourself and others as well as working in the field can be fun, rewarding, and challenging.

Why Psychology? Cont...

It can also allow you to make a difference in peoples lives as well as learn more about yourself. With a degree in psychology you are also able to learn how to record, organize, analyze, and interpret data. Another benefit to a psychology degree is that you can pursue a specialty area that you are passionate about, and within psychology there are many different areas that you can pursue. The reasons why I decided to major in psychology were because of my little brother. Growing up as a child he was different than me and my sister.

Why Psychology? Cont...

He had trouble with school, making friends, and was very depressed. We then took him to Stanford to get tested and he was mildly autistic and socially awkward. So me and my family realizing at 10 years of age instead of sooner really had me motivated to get kids help. So that's why I decided to study in this field and become a School Psychologist to get the kids the help they need to be successful in the classroom or with their peers.



Major Learning Outcome one (Theory and Content of Psychology) suggests that there is an understanding of various psychological perspectives and how its history has shaped the present view of psychology. I took a Psych 315 class with Bryan Holbrook which was learning the study of the drug development and testing, drug action, and drug use and abuse on human behavior.

The following semester, I took Psych 334 which was Sensation and Perception with Yamashita which was an examination of how information about the outside world is sensed and how that information is organized and interpreted to form perceptions.

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Learning about adolescent development theories such as, Piaget's theory of Cognitive Developmental and Erik Ericson's Stages of Psychological development were extremely insightful and helpful, which provided me with a barometer of what "normal" adolescent development looks like. Introduction to Counselling, was the first class that gave me the opportunity to apply what I have learned in a counseling setting.

Major Learning Outcome two, Research Methods in Psychology, means being familiar of the different types of research methods and the types of data that can be gathered from each one. It means having the ability to read and understand a research study.

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The purpose of this second MLO is to ensure that upon graduation students are able to “understand and apply basic research methods, including research design, data analysis and interpretation.” Research methods have been taught throughout several courses taken at California State University Monterey Bay (CSUMB) but can be most clearly seen in Psychological Research Methods and Data Analysis (PSY 301 Lab, I took the class 2 semesters ago at CSUMB and my teacher was professor Rhonda and I learned statistical evaluations of many research designs and methodology used in psychology including correlational design, experimental design, and quasi-experimental design.

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In addition, this course provides a familiarity with SPSS which is a valuable skill in the classroom and in the professional world. In my opinion, the most valuable part of this course is the ability for students to follow their interests and apply it to meaningful work. We developed an observation sheet that all observers would use to record our observations standardized our results and increase the reliability of our study. I took Psych 334 which was Sensation and Perception with Yamashita which was an examination of how information about the outside world is sensed and how that information is organized and interpreted to form perceptions.

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This course, sensation and perception, required a final paper on sensual perception topic. The thesis for the paper written was stated “reading and interpreting facial expressions proves effective cross culturally.” In this course, an introduction to researching information efficiently was taught and applied to writing effectively.

In psychology, critical thinking skills are essential in the field of psychology. When the term critical thinking is applied to psychology, it can be defined as the ability and willingness to evaluate claims and make objective judgments on the basis of well-supported evidence.

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The major learning outcome in critical thinking is to develop scientific approach with skeptical understanding, creative and critical thinking and being respectful. . It includes reasoning when arguing or persuading others and sophisticated approach in problem solving. In my opinion, the major learning outcome means that when we look at studies, theories, or interpreting research findings we must be open minded and able to put rational thoughts into perspective.

I did several different assignments that demonstrated critical thinking in the following classes: Research Methods, Cognitive, Psychopathology, and SPA 201 Life Span.

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In Research Methods we watched a film called the “Quiet Rage” (Stanford Prison Experiment) and answer 8 questions. These eight questions were general questions asking about the study; what is the IV and DV, hypothesis testing, random assignment important, real world implications, sampling procedure, findings, and significance of 5 prisoners released. In Cognitive Psychology, we did 5 reading assignments and answered the critical thinking questions.

The readings were all articles and the topics were: Minds and Brains, Visual Perception, Memory, Language and Solving Problems and Making Decisions.

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In Psychopathology we watch videos of cases or interviews of several people, some of which included Andrea Yates, John List, Charlie Starkweather, Jeffery Dahmer and much more.

For most of the people we viewed we were given a Clinical Workup sheet which had clinical features, historical features and the 5-Axes of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) which include; the Global Assessment of Functioning, Mental Retardation and Personality Disorders, Environmental and Psychosocial Problems, Medical Conditions and Clinical Syndromes.

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In PSY 333 Life Span, we wrote a paper in which we were asked to evaluate a case study of a couple who was expecting a baby and were immigrants to the U.S. We were asked to answer several questions in regards to the developmental, contextual, and psychosocial aspects in their lives. Critical thinking skills in psychology are a very important aspect in the field. With attaining these skills not only will you be able to acknowledge other perspectives but be able to fully understand the theories and content.

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Research findings in psychology can be applied and misapplied in many ways. The objective of psychology is being able to apply psychological training. This shows evidence that it is an interdisciplinary program

The major learning outcome in psychology applications is the application and understanding of the organizational issues as well as the principles of psychology. , I have gained the major learning outcomes through two specific classes. These two classes are on Psychopathology and PSY 350 Social Psychology. In these two subfields, we take the application of research findings and apply them to real life

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In Psychopathology, we learned about abnormal behavior and mental disorders. Using the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) we take specific behaviors and see where it fits under any of the 5-Axis to diagnose a particular disorder. Dyscalculia, Dyspraxia, Dyslexia, and Auditory Learning. Although this assignment was done in collaboration, we each focused on one of the disabilities, I covered Dyspraxia. Dyspraxia is a disorder that affects motor skill development. People with dyspraxia have problems with movement and coordination, they have trouble planning and completing the fine motor task.

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In PSY 350, Social psychology is the study of how we think about, influence, and relate to one another. In PSY 350 Social Psychology we applied concepts and theories directly to issues in society. For this class participated in many group discussions both in class and on ilearn. Discussions in class applied to the whole, not just an individual. We discussed how our beliefs and attitudes affect others as well as how social issues affect the micro, marc, and global levels. The importance of the application of psychology is not just about being able to apply research findings to real-life situations but to promote the welfare of human beings.

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This can be accomplished by understanding the recognition of ethical difficulties and public policies of psychology application.

Values are a very important component within the field of Psychology. Values in psychology mainly focus on the understanding of the disciplines found in this field. For instance, focusing on respect and ethical sciences. Within this learning outcome, I can apply several classes but will focus only on three: PSY 305, 301L, 350. In PSY 305, Test and Measurements, we created a questionnaire for our research project which consisted of 25 questions regarding the choice of preferences when studying.

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Since we did a questionnaire we had to administer a consent form so that we would be able to use the responses.

We demonstrated ethics by giving out consent forms. In PSY 302, Research Methods, we watch a video of a study and then wrote a paper. The Stanford Prison Study is known for its debate on ethicality. Watching the film alone we were able to see the need for ethical behavior and respect for human diversity. Following this film and a set of questions, we were asked to read the study and write a paper on the "methodological implications of the Stanford Prison Study." In this paper, we were to describe the Stanford Prison Study and discuss how it illustrated the "power of the situation" in determining social behavior.

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In PSY 350, social psychology, we conducted a study that was doing something out of the norm of society. This study was to simply record the reactions of individuals who paid attention or came in contact with. My group somewhat pushed it and decided to see people's reactions to a girl who "looked" to be pregnant drinking at a restaurant. As a student here at CSUMB I can honestly say that I have learned much.

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To me the most important things that I have learned have been the importance of technology use, how to work in collaboration with others, how to overcome my fear of public speaking and most importantly I have learned a lot about myself.

Coming into CSUMB I wanted nothing more than to become a high school counselor just as great as the one who helped me find the inspiration I needed to seek a university level education.

Conclusion

However, in my experience at CSUMB, I have found my passion for the role that psychology plays in juvenile criminal justice and the benefits that can be given to the youth who are victims of violence and crime.

I want to seek employment in a Salinas elementary or middle school to help children in disadvantaged families or with mental illness or trauma and to be successful in school and get them the extra help they need by being the school psychologist. Coming into CSUMB I wanted to be nothing more than a school psychologist.

Professional Goals Before CSUMB and Current Goals Now

My professional goals before CSUMB was to go to Graduate school after I get my Bachelors in Psychology and become a School Psychologist. This goal has not changed since my little brother has been my motivation to become pursue that profession. I am very certain that I will stay on track and hopefully get my Masters degree in School Psychology and become a School Psychologist to help as many kids as I can get help for what they need.

General Life Goals

My life goals is to get my Bachelors in Psychology and my Masters in School Psychology to give my family a better life than I did.

I found my passion for psychology once my family found out my brother has mild autistic and social anxiety. Seeing my brother struggle in school and making friends really motivated me to become a school psychologist to give other children support like my brother with speech therapy and the extra help with teachings that he needs.

