



# Bell Ringers

# 4th Quarter

MRS. REYNOLDS' CLASS



# Bell Ringer 38

WELCOME TO OUR CLASS

## DO NOW



**Quick Write: What prevents people (barriers) from seeking mental health treatment? Why would people stop going to treatment in the middle of it?**

ADVANCED PLACEMENT • PSYCHOLOGY



# Bell Ringer 39



Carl Gustav Jung e  
Emma Rauschenbach

Carl Jung, a renowned psychologist known for his fascination with symbols and their meanings, married Emma Rauschenbach on Valentine's Day. They believed that symbols hold special significance and can reveal deeper truths about ourselves and the world. Their decision to marry on Valentine's Day not only reflected their belief in the symbolism of love and connection but also served as a symbolic union of their own souls and shared journey of understanding the human psyche.

1. What are some other symbols associated with love and marriage? How can symbols help us understand ourselves better?
2. Do you think symbolism is important in everyday life? Why or why not?



# Bell Ringer 40

On this day in 1961, the American Psychological Association (APA), their president Madison Bentley chose three people - Robert M. Yerkes, Paul T. Young, and Edward C. Tolman - to be part of a committee. This committee was called the Committee on Precautions in Animal Experimentation, and it was the very first group in the APA that focused on how animals were treated during research. Over time, this committee evolved into what is now known as the APA Committee on Animal Research and Ethics, which still exists today.



1. What are your thoughts on the APA's decision to create a committee specifically for the treatment of animals in research? Do you think it was necessary? Why or why not?
2. How do you think the creation of the Committee on Precautions in Animal Experimentation reflects society's changing attitudes towards the treatment of animals over time?



# Bell Ringer 41

WELCOME TO OUR CLASS

## DO NOW



**Quick Write: In your opinion,  
why are more American  
teenagers than ever suffering  
from severe anxiety?**

ADVANCED PLACEMENT • PSYCHOLOGY



# Bell Ringer 42



On this day in 1973, after a talk by Charles Silverstein, the Nomenclature Committee of the American Psychiatric Association decided to reconsider whether homosexuality should be considered a mental disorder. This was a crucial move towards removing homosexuality as a labeled illness in the Diagnostic and Statistical Manual of Mental Disorders, a widely-used guide for diagnosing mental conditions.

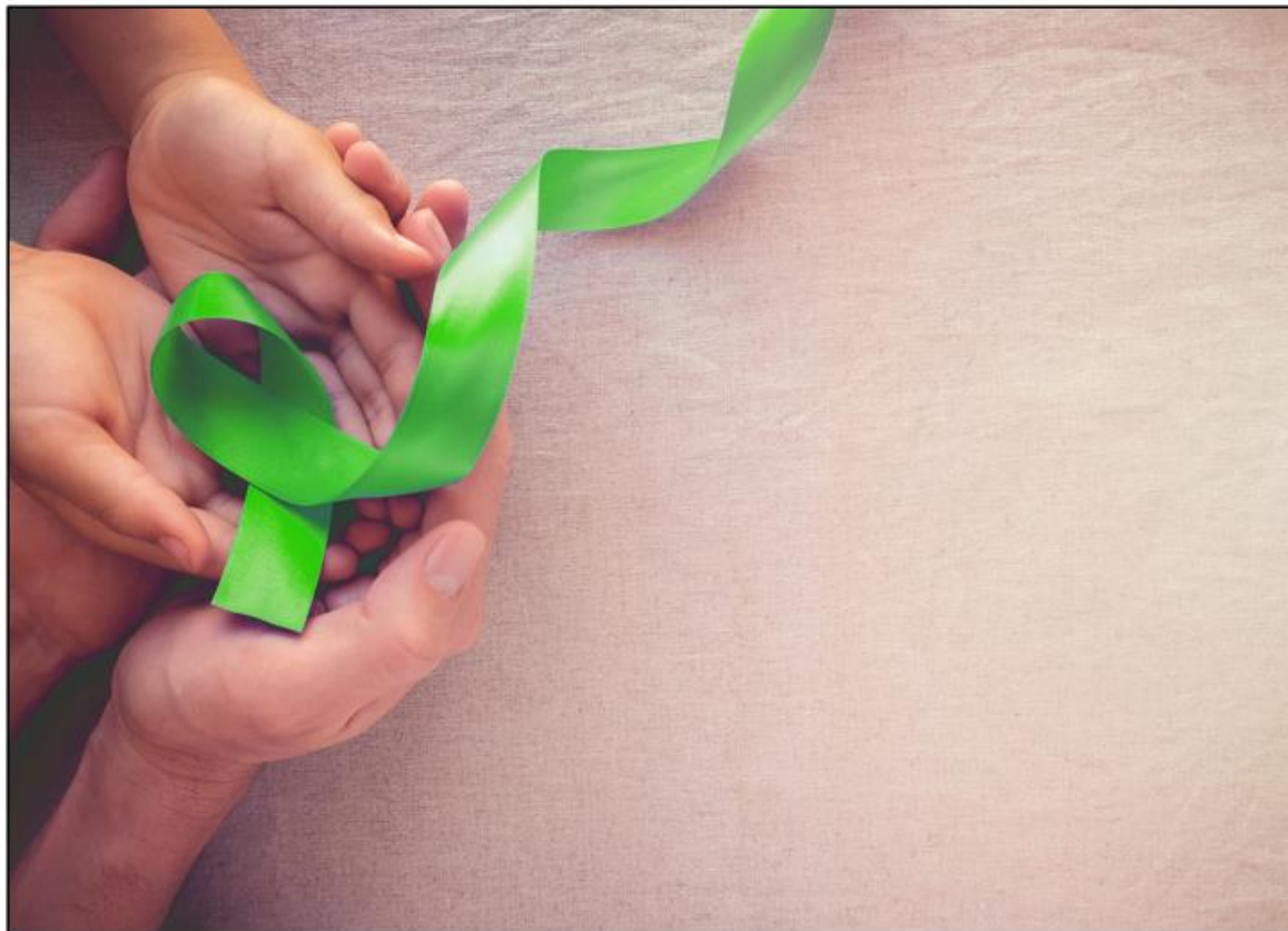
1. What impact do you think it had on the LGBTQ+ community when the American Psychiatric Association decided to review the status of homosexuality as a psychiatric disorder?
2. Why is it significant that the decision to remove homosexuality as a mental disorder came after a presentation by Charles Silverstein?



# Bell Ringer 43

WELCOME TO OUR CLASS

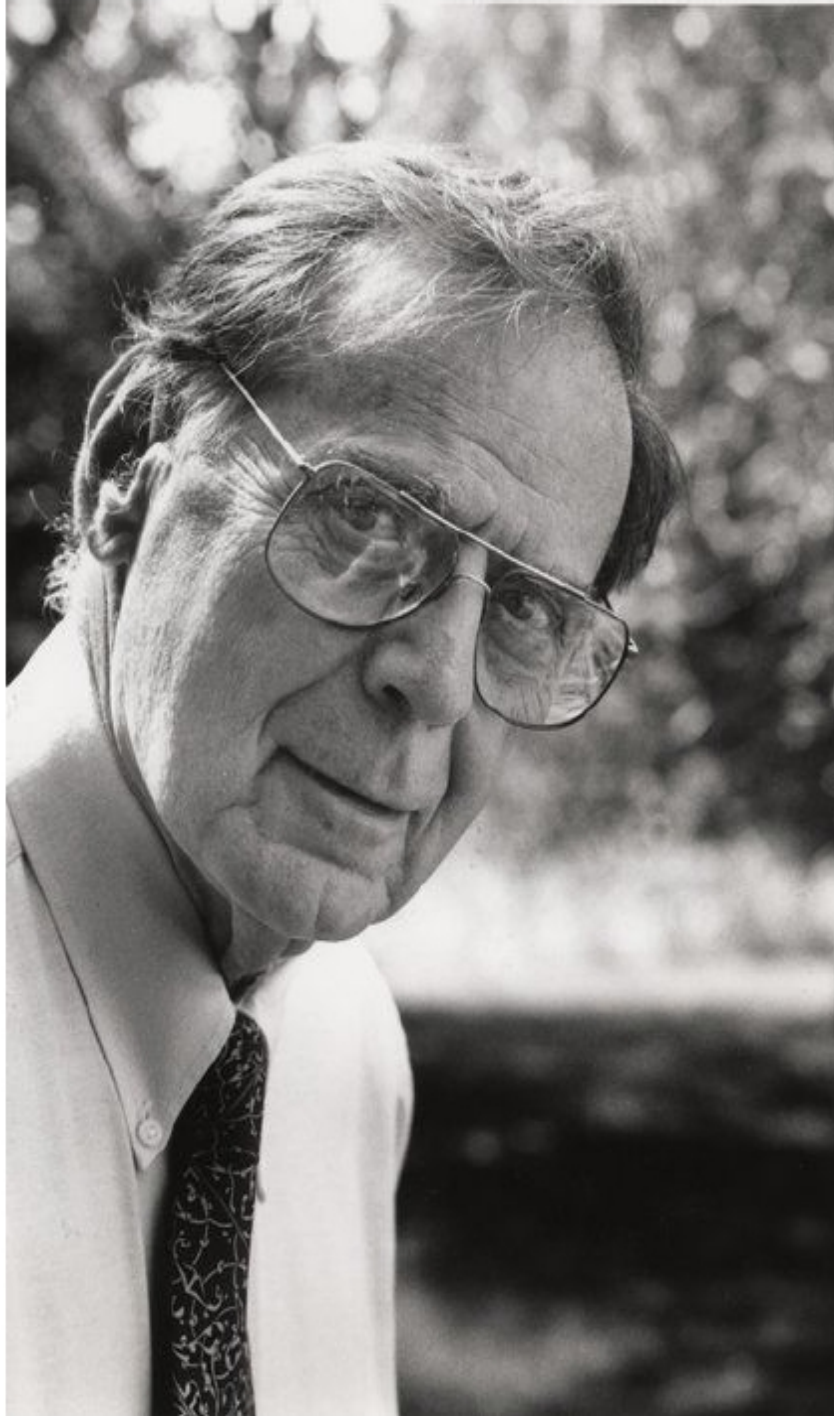
## DO NOW



Quick Write: What would be helpful to increasing **Mental Health Awareness** in our school and community?  
(Posters, Events, Social Media?)

ADVANCED PLACEMENT • PSYCHOLOGY

# Bell Ringer 44



On this day in 1920, Morton Deutsch was born. He was dedicated his career to studying and finding solutions for significant social problems. Through his extensive research, he made notable advancements in our understanding of racial prejudice, individual conformity, and social justice, shedding light on the complexities of these issues.

1. Why do you think studying and finding solutions for social problems is crucial for creating a better society?
2. In your opinion, how can understanding the complexities of racial prejudice, individual conformity, and social justice contribute to fostering a more inclusive and equitable society?



# Bell Ringer 45

WELCOME TO OUR CLASS

## DO NOW



**Quick Write: What can you not live without? Identify something that you absolutely need in your life. Why is it so important to you?**

ADVANCED PLACEMENT • PSYCHOLOGY



# Bell Ringer 46



On this day in 1918, Jane Loevinger was born. She dedicated her studies to various topics such as women's attitudes, ego development, measurement, and test construction. Throughout her career, she actively participated in the American Association of University Women, showcasing her commitment to advancing women's rights and education. Her work has had a significant impact on understanding human psychology and personal growth.

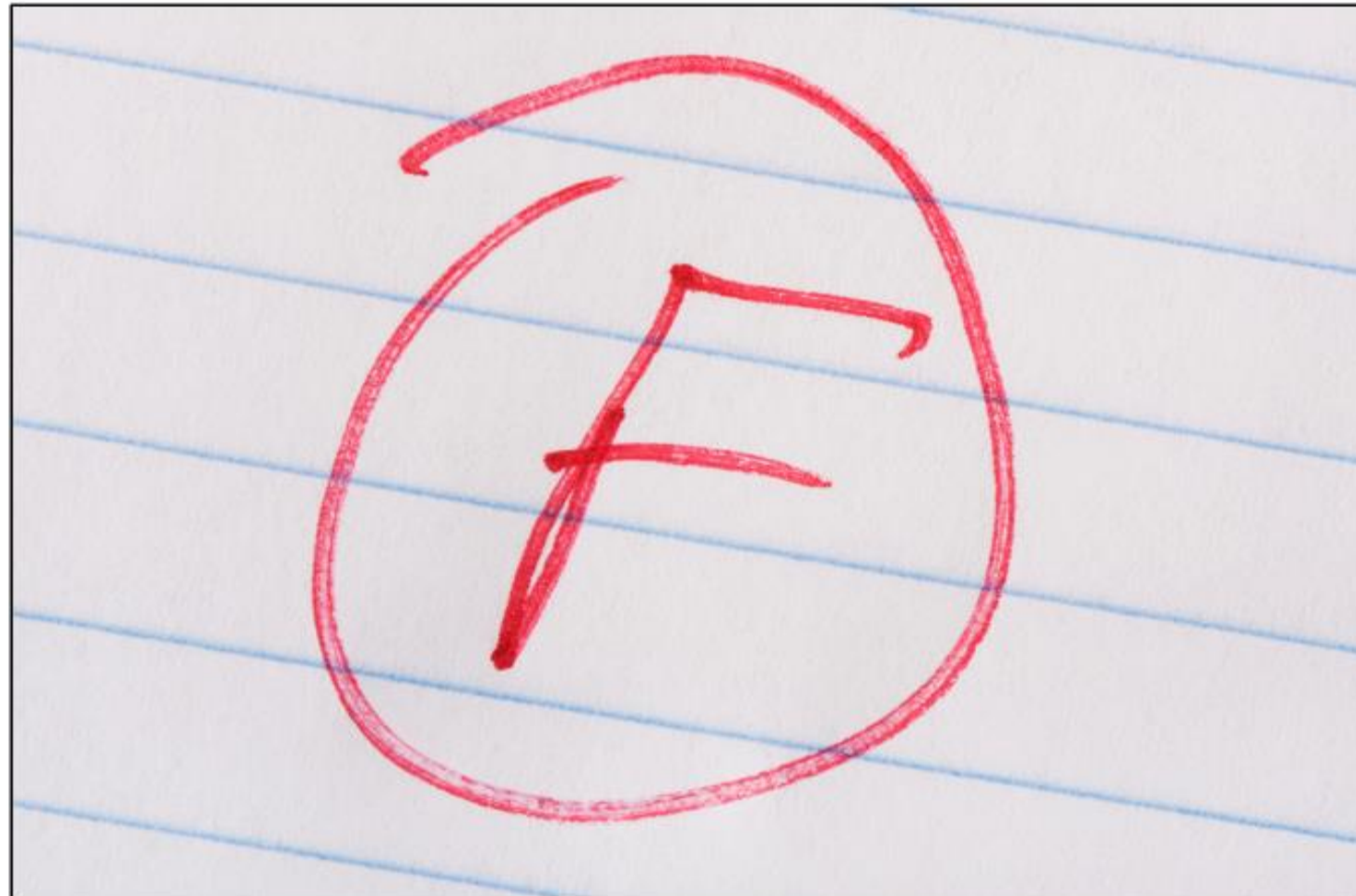
1. How might Jane Loevinger's studies on ego development and measurement contribute to our understanding of human behavior?
2. In what ways do you think active participation in organizations like the American Association of University Women can promote positive change in society?



# Bell Ringer 47

WELCOME TO OUR CLASS

## DO NOW



**Quick Write:** Imagine you have just been given an F on your most recent test/project. Write an explanation of why you received this grade and who is to blame.

ADVANCED PLACEMENT • PSYCHOLOGY

# Bell Ringer 48



On this day in 1933, Edward L. Thorndike, a researcher, wrote an article in *Science* where he presented evidence supporting the law of effect. This law suggests that the consequences of our actions can influence our future behavior. In 1941, the National Academy of Sciences asked its members to highlight their significant contributions. Thorndike mentioned the "spread of effect" phenomenon as his most important finding. This phenomenon shows that the consequences of a mental connection can actually strengthen that connection.

1. How do you think the law of effect can impact our everyday lives?
2. Can you provide an example of a situation where the spread of effect phenomenon might occur?



# Bell Ringer 49

WELCOME TO OUR CLASS

## DO NOW



LOVE



Quick Write: Have you ever been **in true love** before? What was the relationship like? Or...What couples do you admire for being **in love**? Why?

ADVANCED PLACEMENT • PSYCHOLOGY

# Bell Ringer 50

LOOK UP GEORGE A MILLER TO  
COMPLETE THIS BELL RINGER!



On this day in 1920, George A. Miller was born. He made significant contributions to the fields of psycholinguistics and cognitive psychology. His research focused on language and cognition, short-term memory, and literacy education. Miller's work has had a lasting impact on our understanding of how we use language, think, remember, and learn.

1. Why do you think George A. Miller's work in psycholinguistics and cognitive psychology is considered influential?
2. In your opinion, which aspect of Miller's research (language and cognition, short-term memory, or literacy education) do you find most interesting, and why?



# Bell Ringer 51

“Controlling others—winning—is more compelling than anything (or anyone) else.”

1. How do you feel about this statement? Is it true or not? Why or why not?
2. How would you feel if you were closely linked to a person who felt this way?
3. What would you do if you were closely linked to a person who felt this way?

# Bell Ringer 52

“ To admit that some people literally have no conscience is not technically the same as saying that some human beings are evil, but it is disturbingly close. And good people want very much not to believe in the personification of evil.

Dissect this statement. What does it mean? What value do "good people" gain from believing in "evil"?





# Bell Ringer 53

## PSYCHOLOGY

selfishness, involving a sense of entitlement, a lack of empathy, and a need for admiration, as characterizing a personality type.

## PSYCHOANALYSIS

self-centeredness arising from failure to distinguish the self from external objects, either in very young babies or as a feature of mental disorder.

Read the quote and examine the above definitions for narcissism.

1. What do you think causes narcissism?
2. Can narcissism be "cured" or helped? Why or why not?

“ As a counterpoint to sociopathy, the condition of narcissism is particularly interesting and instructive. Narcissism is, in a metaphorical sense, one half of what sociopathy is. Even clinical narcissists are able to feel most emotions as strongly as anyone else does, from guilt to sadness to desperate love and passion. The half that is missing is the crucial ability to understand what other people are feeling. Narcissism is a failure not of conscience but of empathy, which is the capacity to perceive emotions in others and so react to them appropriately. The poor narcissist cannot see past his own nose, emotionally speaking, and as with the Pillsbury Doughboy, any input from the outside will spring back as if nothing had happened. Unlike sociopaths, narcissists often are in psychological pain, and may sometimes seek psychotherapy. When a narcissist looks for help, one of the underlying issues is usually that, unbeknownst to him, he is alienating his relationships on account of his lack of empathy with others, and is feeling confused, abandoned, and lonely. He misses the people he loves, and is ill-equipped to get them back. Sociopaths, in contrast, do not care about other people, and so do not miss them when they are alienated or gone, except as one might regret the absence of a useful appliance that one has somehow lost.

# Bell Ringer 54

Read each quote from the book  
The Sociopath Next Door.

1. After reading, what do you think is the definition of a sociopath?
2. Why would you want to avoid becoming close with a sociopath?
3. How can you identify a sociopath in your own life?

“ when confronted with a destructive outcome that is clearly their doing, they will say, plain and simple, “I never did that,” and will to all appearances believe their own direct lie.

“ Sociopathy is the inability to process emotional experience, including love and caring, except when such experience can be calculated as a coldly intellectual task.

“ Sociopaths have no regard whatsoever for the social contract, but they do know how to use it to their advantage. And all in all, I am sure that if the devil existed, he would want us to feel very sorry for him.



# Bell Ringer 55

1. After reading the excerpt on sociopaths, what do you believe a society should do to protect its citizens against sociopaths?
2. According to the Journal of Police Science and Administration, "Sociopaths may constitute up to 35 percent of the prison population and are responsible for as much as 80 to 90 percent of all crimes." What can be done to stop crime by knowing this information?

“ Maybe you cannot be the CEO of a multinational corporation, but you can frighten a few people, or cause them to scurry around like chickens, or steal from them, or—maybe best of all—create situations that cause them to feel bad about themselves. And this is power, especially when the people you manipulate are superior to you in some way. Most invigorating of all is to bring down people who are smarter or more accomplished than you, or perhaps classier, more attractive or popular or morally admirable. This is not only good fun; it is existential vengeance. And without a conscience, it is amazingly easy to do. You quietly lie to the boss or to the boss's boss, cry some crocodile tears, or sabotage a coworker's project, or gaslight a patient (or a child), bait people with promises, or provide a little misinformation that will never be traced back to you.





# Bell Ringer 56

Read each quote from the book  
The Sociopath Next Door.

1. After reading, do you think it is possible for someone to lack the ability to love? Why or why not?
2. What benefits might there be in our society to a person not driven by emotion, but by winning?



“ Sociopaths cannot love, by definition they do not have higher values, and they almost never feel comfortable in their own skins. They are loveless, amoral, and chronically bored, even the few who become rich and powerful.

“ Sociopaths love power. They love winning. If you take loving kindness out of the human brain, there's not much left except the will to win.



# Bell Ringer 57

1. Is it normal to believe that everyone thinks like you? Why or why not?



2. What percentage of people do you think are playacting with their conscience?

3. Can someone who has a "conscience" do horrible things? Can someone who does not have a conscience "play act" well enough that you don't even know?

“ The central trait of sociopathy is a complete lack of conscience, which is very difficult for most people to get their heads around, because those of us who do have a conscience can't really imagine what it would be like if we didn't. Most people think that deep down everybody has a conscience, and it turns out that's just not true.

“ If anything, people without conscience tend to believe their way of being in the world is superior to ours. They often speak of the naïveté of other people and their ridiculous scruples, or of their curiosity about why so many people are unwilling to manipulate others, even in the service of their most important ambitions. Or they theorize that all people are the same—unscrupulous, like them—but are dishonestly playacting something mythical called “conscience.” By this latter proposition, the only straightforward and honest people in the world are they themselves. They are being “real” in a society of phonies.



# Bell Ringer 58

Modern society often uses the words sociopath and narcissist interchangeably, though they are different.

1. What is the biggest difference between a narcissist and a sociopath?
2. Can you be a narcissist and a sociopath?
3. Can someone be "cured" of narcissism or sociopathy? Why or why not?

“ in many situations where the narcissist would be clueless, unresponsive, and perhaps annoyed, the sociopath will be responsive, often charmingly so, creating a better disguise than the narcissist has.

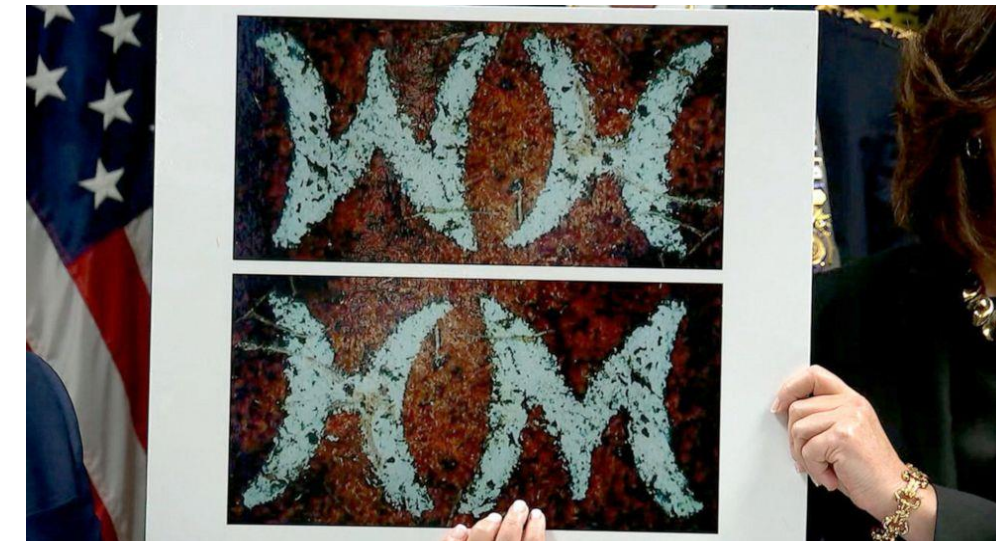




# Bell Ringer 59

Using this formula, what can you infer about "who" committed these crimes?

“ Behavior reflects personality. The best indicator of future violence is past violence. To understand the "artist," you must study his "art." The crime must be evaluated in its totality. There is no substitute for experience, and if you want to understand the criminal mind, you must go directly to the source and learn to decipher what he tells you. And, above all: Why + How = Who.



In 2010 and 2011, the remains of 10 people were discovered in weedy sections of Ocean Parkway near Jones Beach. Six women were identified, but the remains of the other four people, including a toddler, haven't been. Half of the identified victims worked as prostitutes, police said at the time. The suspect in the murders "handled" a black leather belt embossed with the letters "WH" or "HM."



# Bell Ringer 60



“ Within just about every serial predator, there are two warring elements: A feeling of grandiosity, specialness, and entitlement, together with deep-seated feelings of inadequacy and powerlessness and a sense that they have not gotten the breaks in life that they should

1. Why do you think these two things are themes of serial predatory behavior?
2. If we know that these two feelings somehow connect with serial murder, is it possible to prevent more serial predators? How or why not?



# Bell Ringer 61



1. If you were interrogating a serial predator, what strategy would you think would be most effective?
2. Would it be worth "faking" compassion or talking to a serial killer on his/her level to get information?

“from the Adairsville PD. What you’ve got to do is imply that you understand the subject, understand what was going through his mind and the stresses he was under. No matter how disgusting it feels to you, you’re going to have to project the blame onto the victim. Imply that she seduced him. Ask if she led him on, if she turned on him, if she threatened him with blackmail. Give him a face-saving scenario. Give him a way of explaining his actions. The other thing I knew from all the cases I’d seen is that in blunt-force-trauma or knife homicides, it’s difficult for the attacker to avoid getting at least traces of the victim’s blood on him. It’s common enough that you can use it. When he starts to waffle, even slightly, I said, look him straight in the eye and tell him the most disturbing part of the whole case is the known fact that he got Mary’s blood on him. “We know you got blood on you, Gene; on your hands, on your clothing. The question for us isn’t ‘Did you do it?’ We know you did. The question is ‘Why?’ We think we know why and we understand. All you have to do is tell us if we’re right.” And that was exactly how it went down. They bring Devier in. He looks instantly at the rock, starts perspiring and breathing heavily. His body language is completely different from the previous interviews: tentative, defensive. The interrogators project blame and responsibility onto the girl, and when he looks as if he’s going with it, they bring up the blood. This really upsets him. You can often tell you’ve got the right guy if he shuts up and starts listening intently as you speak.



# Bell Ringer 62



1. Why would understanding the victim help you understand the perpetrator?
2. Why would understanding the motivation behind a crime help you identify the unknown subject?
3. If a serial predator understands the methods used to determine unknown identify, can he/she avoid police detection? Why or why not?

“ I've talked about how important it is for us to be able to step into the shoes and mind of the unknown killer. Through our research and experience, we've found it is equally important—as painful and harrowing as it might be—to be able to put ourselves in the place of the victim. Only when we have a firm idea of how the particular victim would have reacted to the horrible things that were happening to her or him can we truly understand the behavior and reactions of the perpetrator.

“ We came to realize that truly to understand an unknown subject (UNSUB in our parlance), you had to understand why and how he was committing a particular type of crime. And by the same token, you could classify crimes by motivation rather than simply by result or outcome.



# Bell Ringer 63

What obligation do parents have?

1. Should people who have known "neurological factors" that result in anti-social personalities have limitations on if they can have children?
1. Should parents who have created abusive environments that might have contributed to the development of anti-social behaviors, resulting in extreme criminal behaviors such as homicide, be held accountable in some way for their actions? If not, why? If so, what should be the accountability?

“ Our research suggests that the combination of hardwired neurological factors and a bad childhood and adolescence contributes most often to an antisocial personality. It is possible that without one or the other influence, the violence-prone predator never emerges, as suggested by our informal control group of law-abiding siblings like David and Mikal. But this is not a laboratory experiment where we can play it out two ways. At this point in the development of both neuropsychology and criminology, the best we can offer is theories.



# Bell Ringer 64

1. Why are serial killers abnormally fixated on their mothers?
2. How does this correlation with domineering mothers and men who grow up to be predators connect with the nature versus nurture debate?

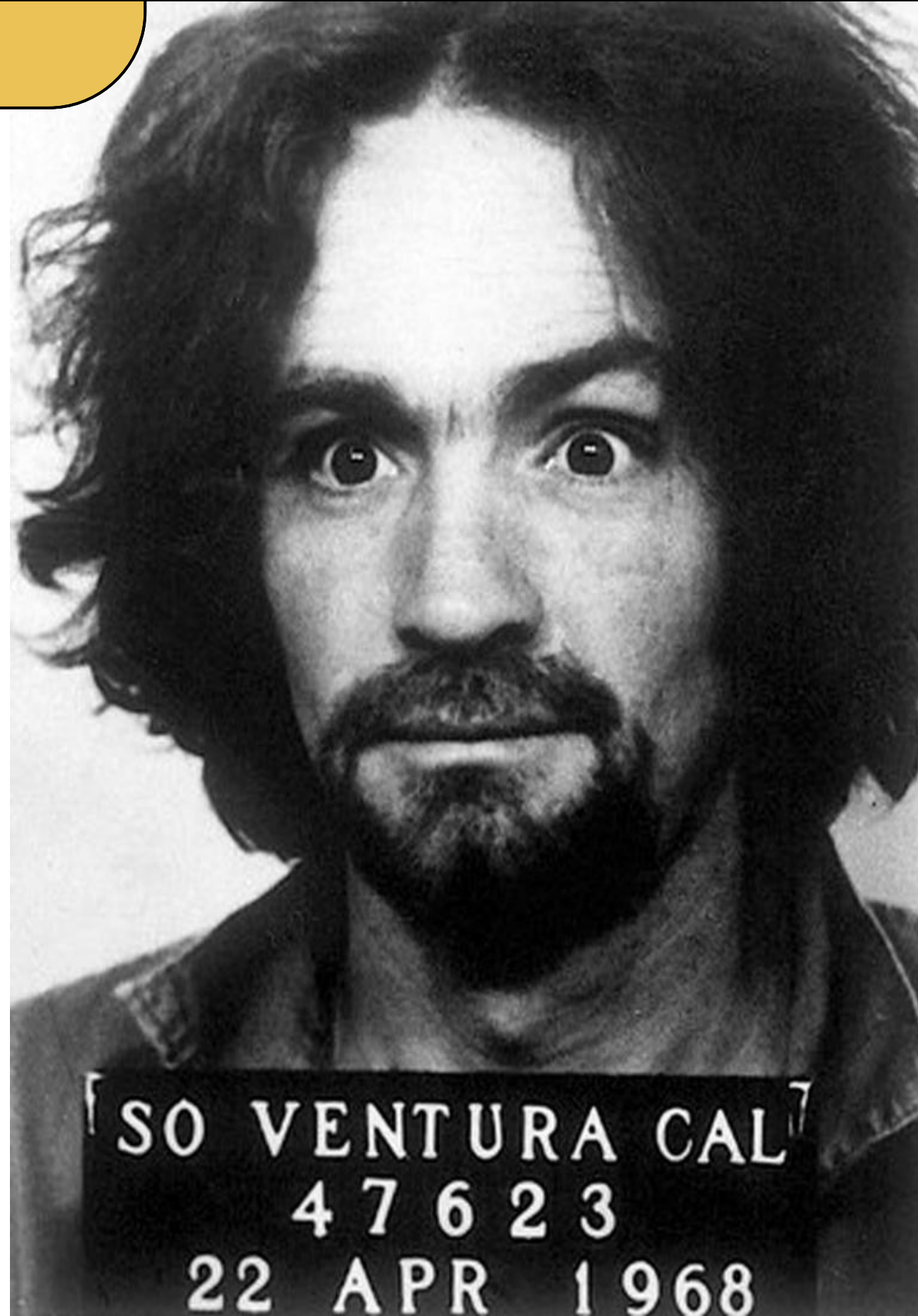


“ OVER MY MANY YEARS OF OBSERVING AND INTERACTING WITH SERIAL KILLERS, I’VE found that a large percentage of them are abnormally fixated on their mothers—usually negatively, like Kemper; sometimes positively; or a confused mix of both, like McGowan.

“ In our research, there is a strong correlation between domineering mothers and men who grow up to be predators. Though the vast majority of those with such mothers do not grow up to be offenders, of those who do, the domineering mother constitutes a significant influencing factor.



# Bell Ringer 65



“ Manson never killed anyone himself. What was terrifying about him, though, was his ability to attract seemingly normal, middle-class followers and inspire them to do his murderous bidding without any question of conscience or pang of remorse.

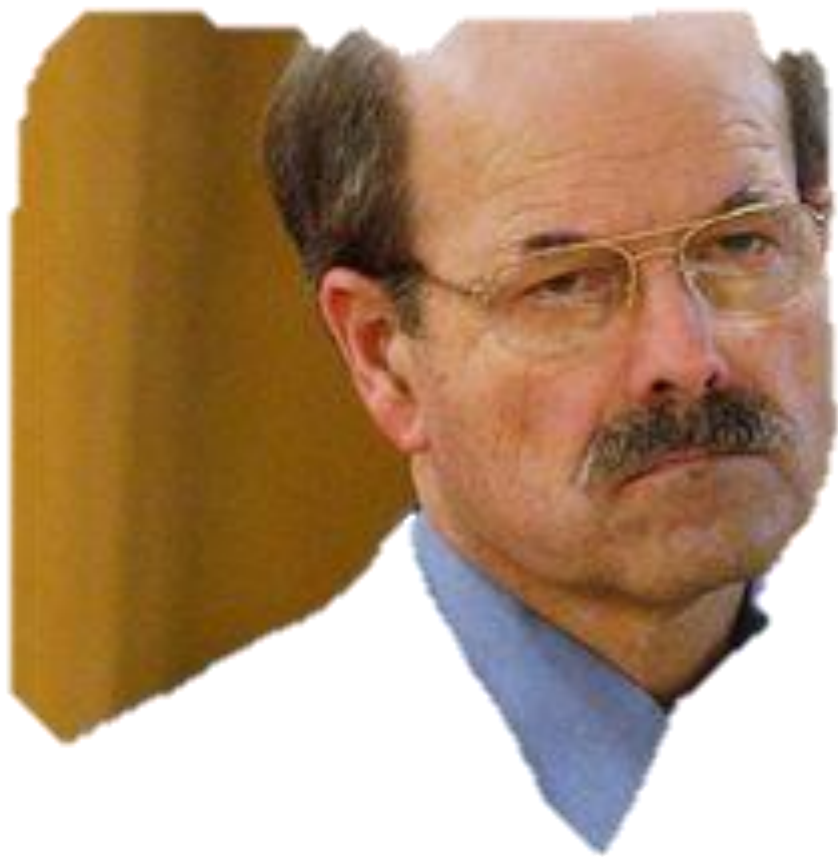
Is Charles Manson a serial killer? Why or why not?





# Bell Ringer 66

Was Dennis Rader's (BTK) use of rope a modus operandi or signature. Explain your reasoning.



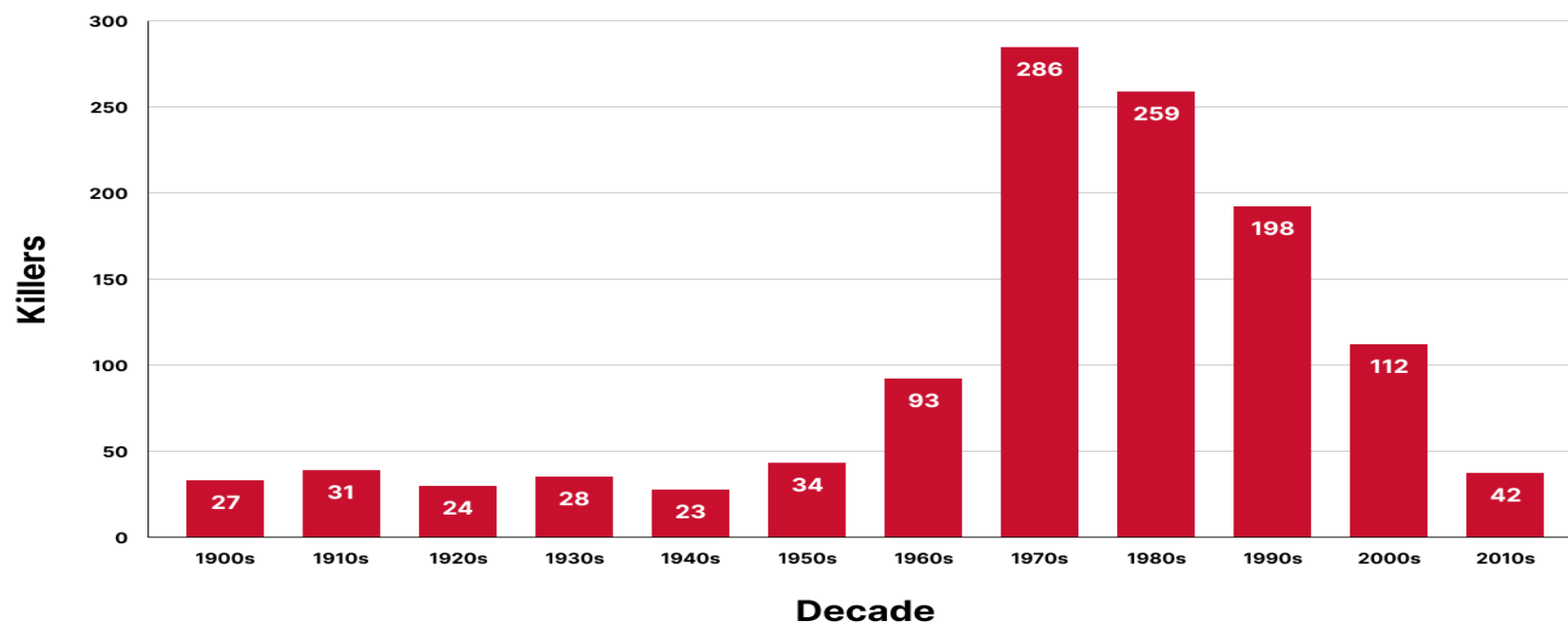
- “ Modus operandi—MO—is learned behavior. It’s what the perpetrator does to commit the crime. It is dynamic—that is, it can change. Signature, a term I coined to distinguish it from MO, is what the perpetrator has to do to fulfill himself. It is static; it does not change.
- “ If a bank robber tapes over the lens of a surveillance camera, that’s MO. If he feels a need to tear his clothes off and dance naked before that same camera, that’s signature.
- “ Dennis Rader quoted Harvey Glatman as saying, 'It was all about the rope.' What exactly does that mean? The rope symbolized total control. The ultimate fantasy would be to keep these victims alive and dominated indefinitely, although both men knew that wasn't possible.



# Bell Ringer 67

1. Why do you think most serial killers are male?
2. Can a serial offender be rehabilitated? Why or why not?
3. Are serial killers just part of human existence and have been with "us all along"? Why or why not?

Serial Killers by Decade of First Killing



“Traditionally, most murders and violent crimes were relatively easy for law enforcement officials to comprehend. They resulted from critically exaggerated manifestations of feelings we all experience: anger, greed, jealousy, profit, revenge. Once this emotional problem was taken care of, the crime or crime spree would end. Someone would be dead, but that was that and the police generally knew who and what they were looking for.

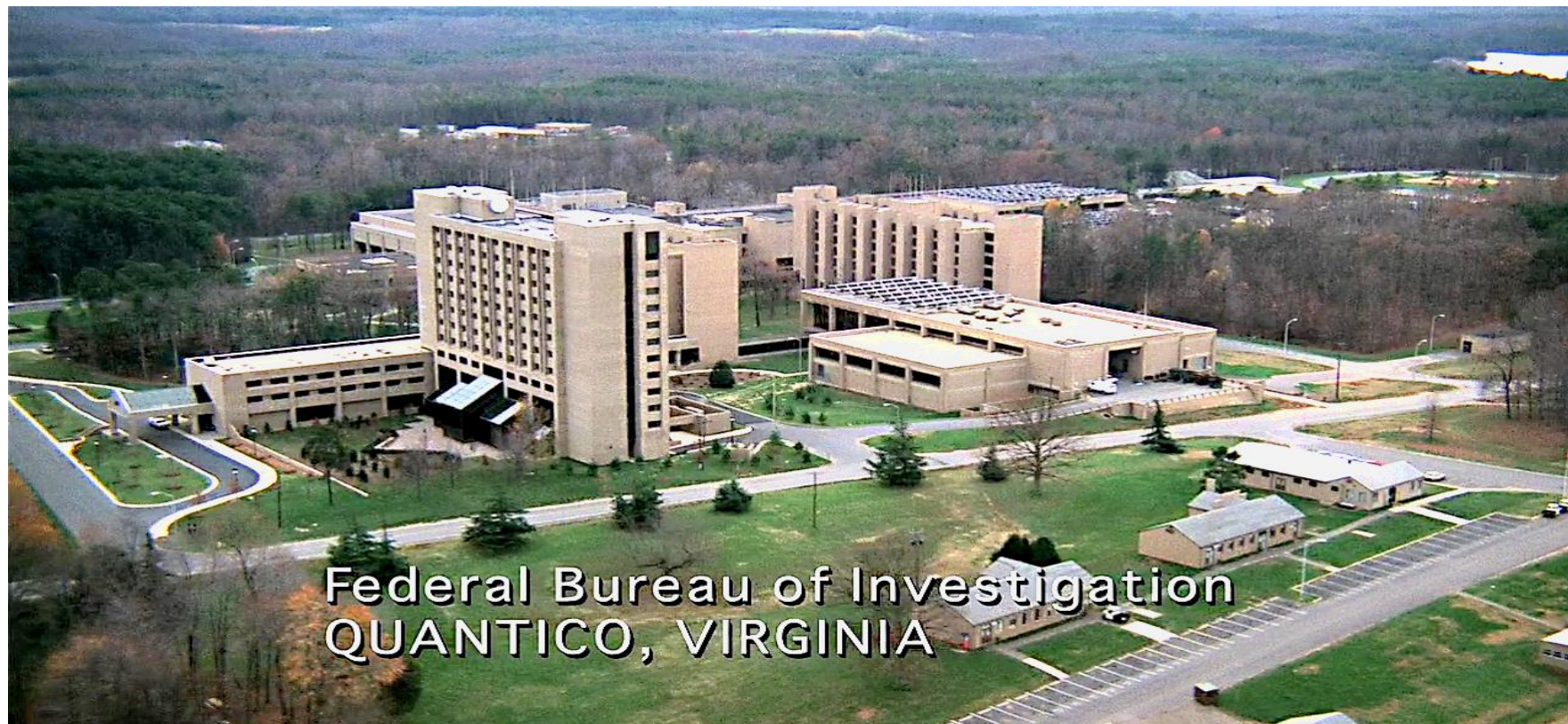
But a new type of violent criminal has surfaced in recent years—the serial offender, who often doesn't stop until he is caught or killed, who learns by experience and who tends to get better and better at what he does, constantly perfecting his scenario from one crime to the next. I say "surfaced" because, to some degree, he was probably with us all along, going back long before 1880s London and Jack the Ripper, generally considered the first modern serial killer. And I say "he" because, for reasons we'll get into a little later, virtually all real serial killers are male.



# Bell Ringer 68

1. Does it take a killer to catch a killer?
2. Was it morally wrong for the BAU (Behavioral Analysis Unit) in Quantico to begin "interviewing" serial killers to help with understanding them?
3. Can the information gained from a serial predator be trusted or are they too unreliable? Why or why not?

“ By studying as many crimes as we could, and through talking to the experts—the perpetrators themselves—we have learned to interpret those clues in much the same way a doctor evaluates various symptoms to diagnose a particular disease or condition. And just as a doctor can begin forming a diagnosis after recognizing several aspects of a disease presentation he or she has seen before, we can make various conclusions when we see patterns start to emerge.





# Bell Ringer 69

1. If predator killers suffer from anti-social personality disorders such as narcissism, sociopathy, and psychopathy, why do they need to depersonalize their victims?
2. How does someone become depersonalized?
3. What can a victim do to avoid depersonalization?

“ Most predatory killers, particularly the sadistic ones (those whose primary emotional satisfaction comes from inflicting physical and/or emotional pain and making others suffer helplessly), need to depersonalize their victims, to be able to treat them like objects.





# Bell Ringer 70



“ One of the hallmarks of narcissistic, borderline, and sociopathic personalities is the unwillingness to assume personal responsibility for anything. It is always someone else’s fault.

1. Why do you think those with anti-social personalities struggle to admit blame or accept responsibility?
2. How can you teach a person to assume personal responsibility?