

An orange abstract shape with a black outline, resembling a stylized flame or a speech bubble, is located in the top-left corner of the page.

# 3rd Quarter

BELL RINGERS

Three yellow four-pointed stars with black outlines are arranged in a cluster in the bottom-right corner of the page.

# Bell Ringer 1



On this day in 1984, Lillian M. Gilbreth, an influential industrial psychologist, was commemorated with a special postage stamp in the United States as part of the Great Americans series from 1980 to 1984. The stamp, issued in Montclair, New Jersey, distinguishes Gilbreth as the only psychologist ever to be featured. Her significant contributions to psychology, including pioneering time and motion studies to enhance workplace efficiency, continue to shape the field and inspire future generations of psychologists.

1. In your opinion, why do you think Lillian M. Gilbreth's contributions to industrial psychology were deemed significant enough to merit her appearance on a postage stamp?
2. Do you believe it's important to celebrate and recognize individuals from different disciplines, like psychology, through commemorative means such as postage stamps? Why or why not?



# Bell Ringer 2

WELCOME TO OUR CLASS

## DO NOW



Write an explanation of what you think your brain is doing when you perform a routine task, such as listening to music, jogging outdoors, texting a friend, or responding to a funny meme posted on social media.

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# Bell Ringer 3



On this day in 1928, K. Warner Schaie was born. He was a renowned psychologist, has dedicated his research to studying human development across different age groups. He has explored various aspects of developmental psychology, from the effectiveness of early education programs like Head Start to long-term studies on intellectual growth in adults. Additionally, Schaie has been involved in designing training programs aimed at reversing cognitive decline in older individuals.

1. Do you believe early education programs like Head Start are effective in promoting intellectual development? Why or why not?
2. What are some potential benefits of training programs designed to reverse cognitive decline in older individuals?



# Bell Ringer 4

On this day in 1936, two days after Ivan Pavlov's death, the Soviet government honored his memory by taking several actions. They decided to build a monument in Leningrad (St. Petersburg) and renamed the First Leningrad Medical Institute as The Pavlov Institute. They also preserved his laboratory as a museum and kept his brain for future study. Additionally, they published his collected works in four languages and granted a pension to his widow.



1. Why do you think the Soviet government went to great lengths to preserve Ivan Pavlov's memory and contributions?
2. Keeping someone's brain for study raises ethical questions. What are your thoughts on this decision and the potential benefits and drawbacks of such preservation?



# Bell Ringer 5

WELCOME TO OUR CLASS

## DO NOW

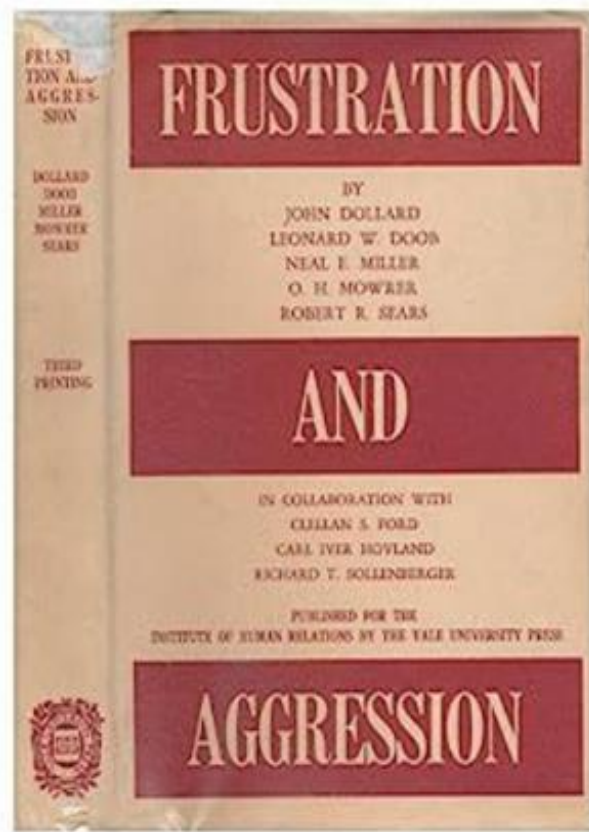


**Quick Write: Is the mind  
the same as the brain,  
or do we have separate  
souls?**

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# Bell Ringer 6



On this day in 1939, a book called *Frustration and Aggression* was published by a group of psychologists named John Dollard, Leonard Doob, Neal E. Miller, O. Hobart Mowrer, and Robert Sears. This book explored the relationship between frustration and aggression. The authors studied how feelings of frustration, which occur when our goals are blocked or unmet, can lead to aggressive behavior. They found that when people experience frustration, they often respond with aggression as a way to vent their anger or seek revenge. This book shed light on the connection between these two emotions and provided valuable insights into human behavior.

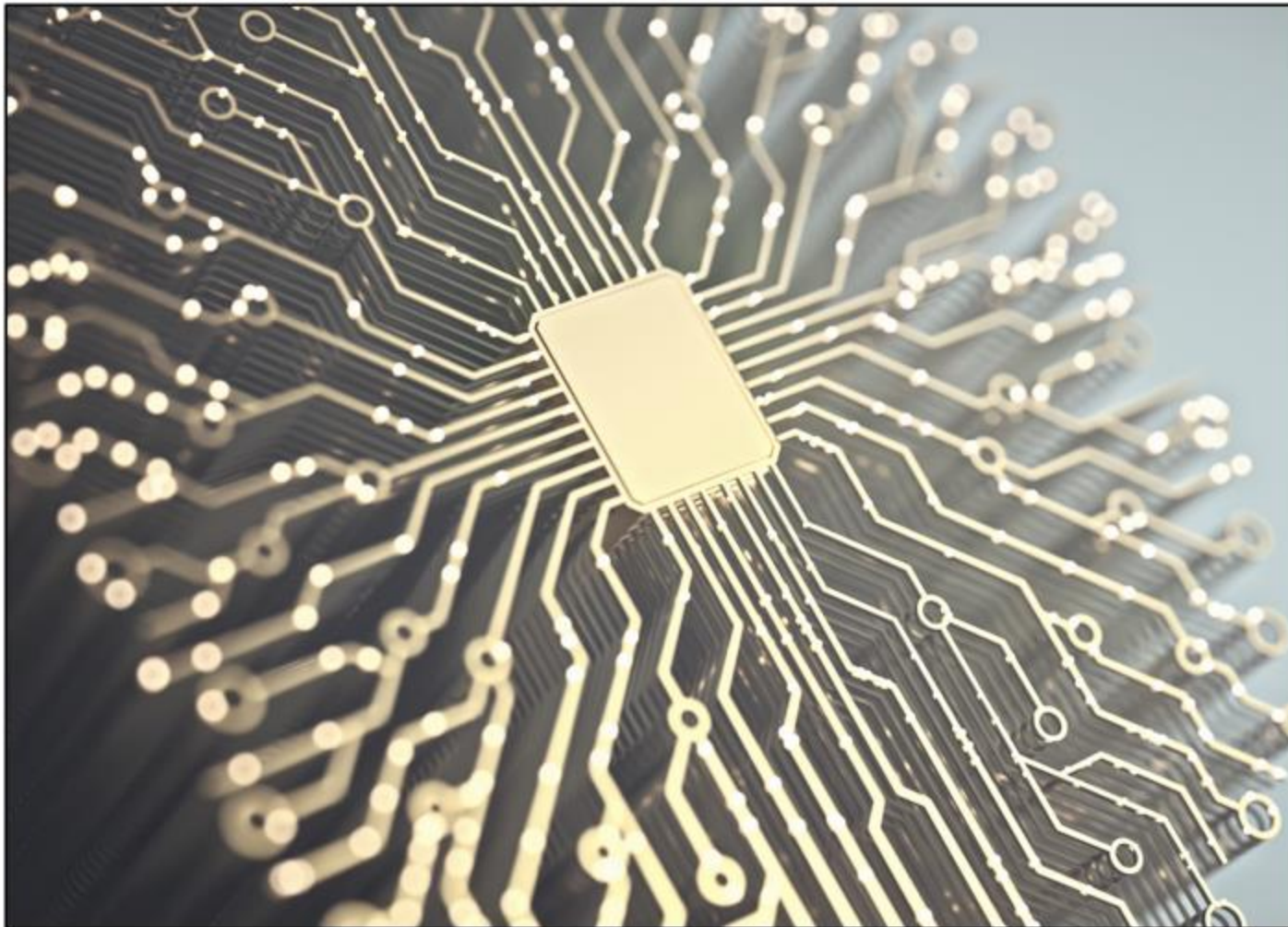
1. Why do you think frustration can lead to aggression in some people?
2. Can you think of any real-life examples where frustration might have caused someone to behave aggressively?



# Bell Ringer 7

WELCOME TO OUR CLASS

## DO NOW



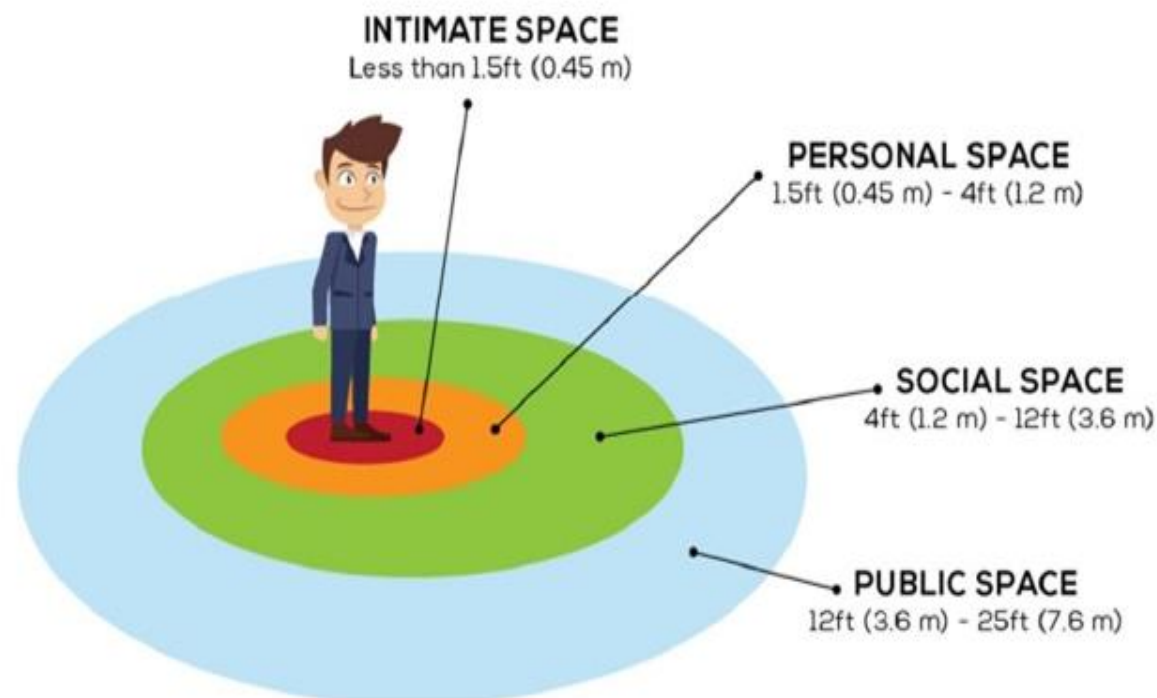
Quick Write: We currently interact with computers/technology with our fingers but what if signals could go **directly from your brain** to the device. How could you use this technology in our daily life?

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# Bell Ringer 8

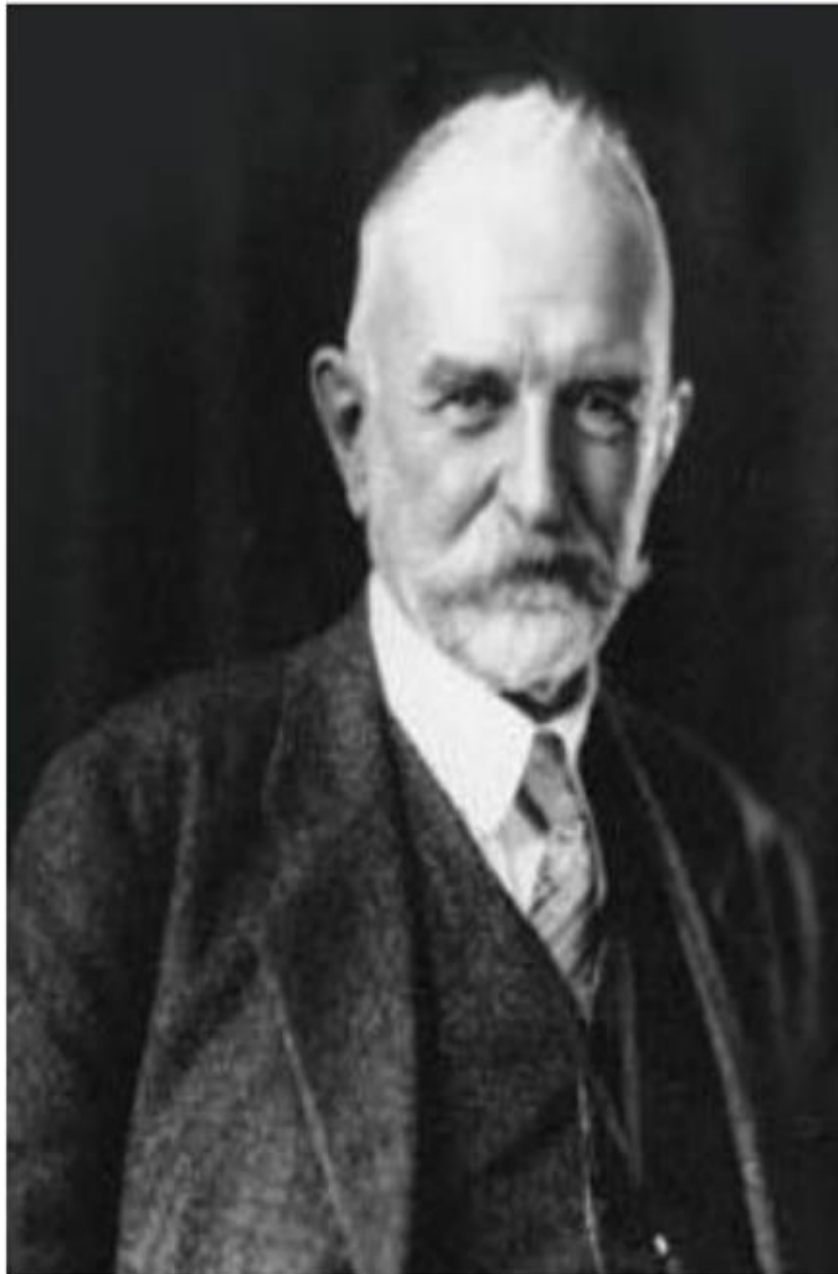
On this day in 1966, Edward T. Hall published a book called *The Hidden Dimension*. This book talks about how personal space can affect how people interact with each other. It explores how the distance between individuals can impact their behavior and relationships. The book provides insights into how our sense of personal space influences our daily interactions with others.



1. How do you think personal space can affect the way we communicate and interact with others?
2. Can you recall any personal experiences where you felt someone invaded your personal space? How did it make you feel, and how did it impact your relationship with that person?



# Bell Ringer 9



On this day in 1863, George Herbert Mead was born. He was a social philosopher, had a significant impact on psychology due to his belief that our understanding of ourselves develops through how we interact with others. He believed that our sense of self is shaped by the outcomes of our social interactions. Mead's ideas aligned closely with those of behavior analytic psychologists, who focus on studying human behavior.

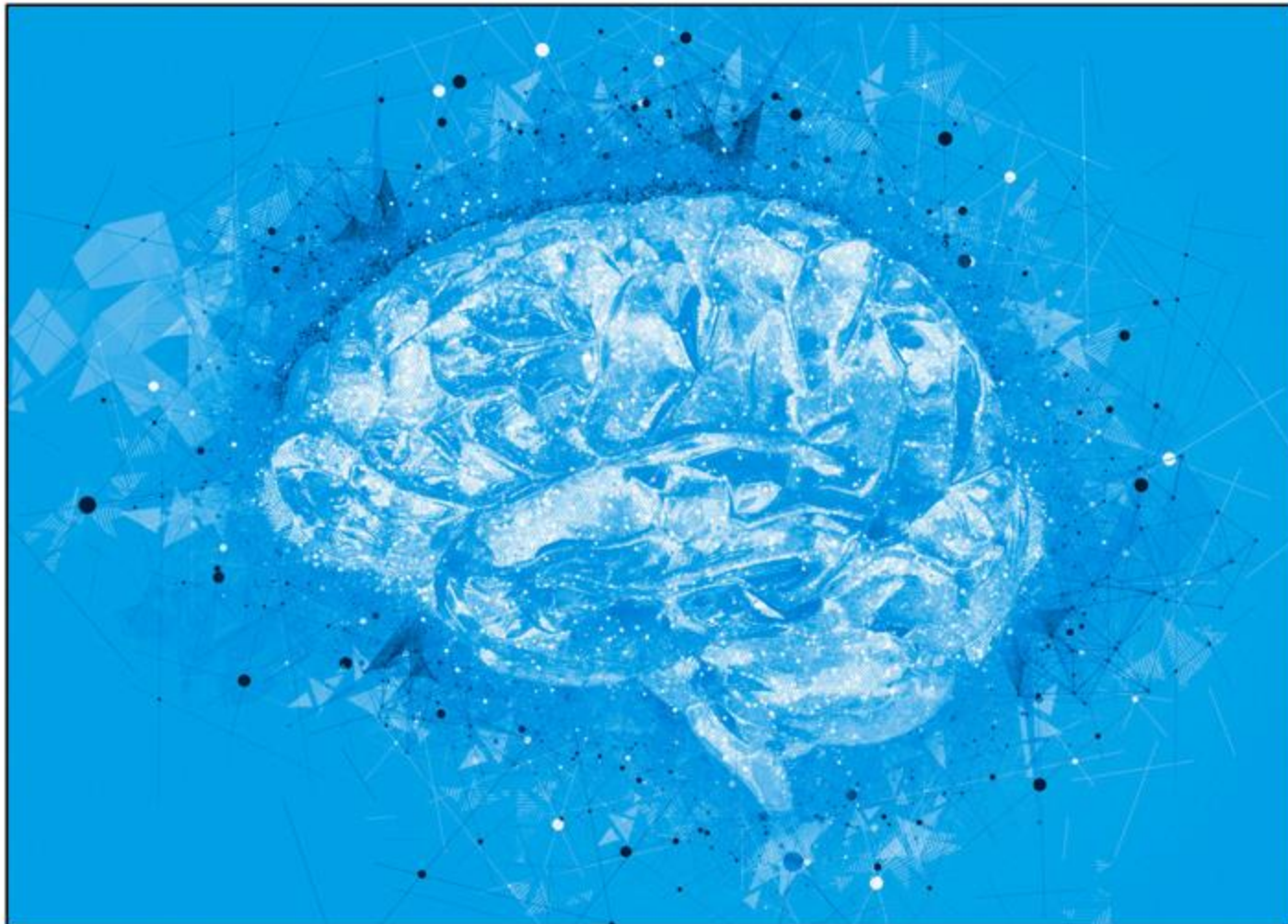
1. Why do you think social interaction is important for developing a sense of self?
2. How might Mead's perspective on the relationship between social behavior and the self differ from other psychological theories?



# Bell Ringer 10

WELCOME TO OUR CLASS

## DO NOW



**Quick Write: Do you think humans will ever completely understand the brain? Why or why not? What mysteries do you think still exist?**

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# Bell Ringer 11



On this day in 1907, John Bowlby was born. He was a psychologist who made significant contributions to developmental psychology. Together with Mary D. Salter Ainsworth, he conducted research on how children form strong bonds with their mothers and the consequences of losing these attachments. Bowlby's findings and theories have had a profound influence on our understanding of how children develop emotionally and socially, shaping our approach to parenting and childcare practices.

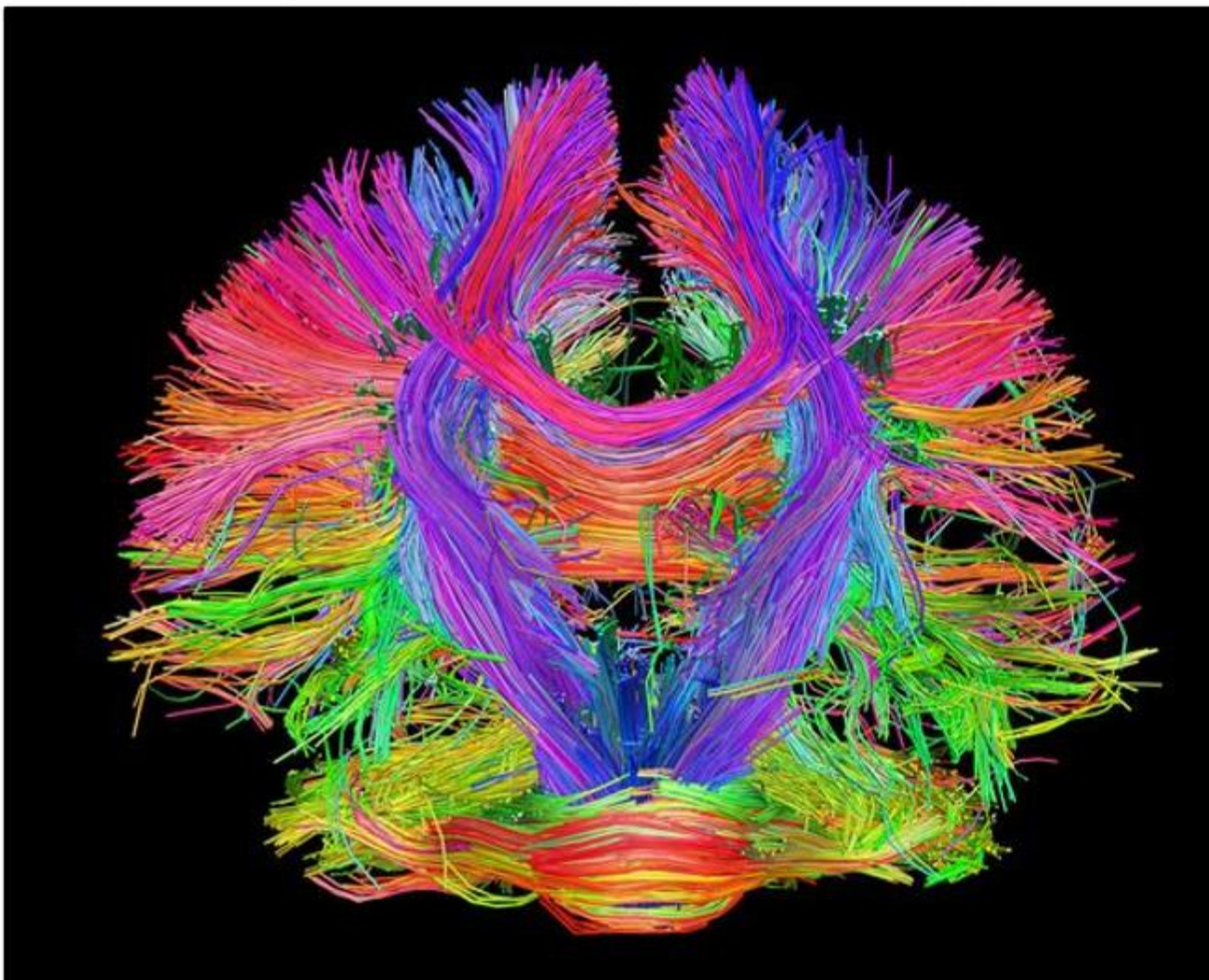
1. Why do you think Bowlby's research on attachment has had such a lasting impact on our understanding of child development?
2. In your opinion, what are some practical ways in which parents or caregivers can foster secure attachments with children?



# Bell Ringer 12

WELCOME TO OUR CLASS

## DO NOW

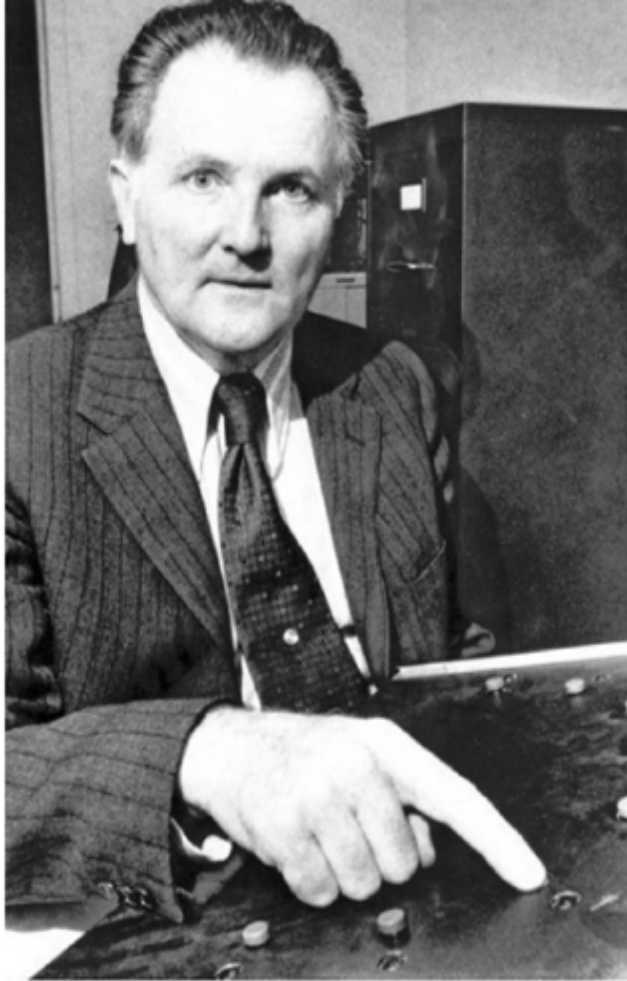


Quick Write: Is happiness just **chemicals** flowing through your brain or something **more**? How would you explain **happiness**?

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# Bell Ringer 13

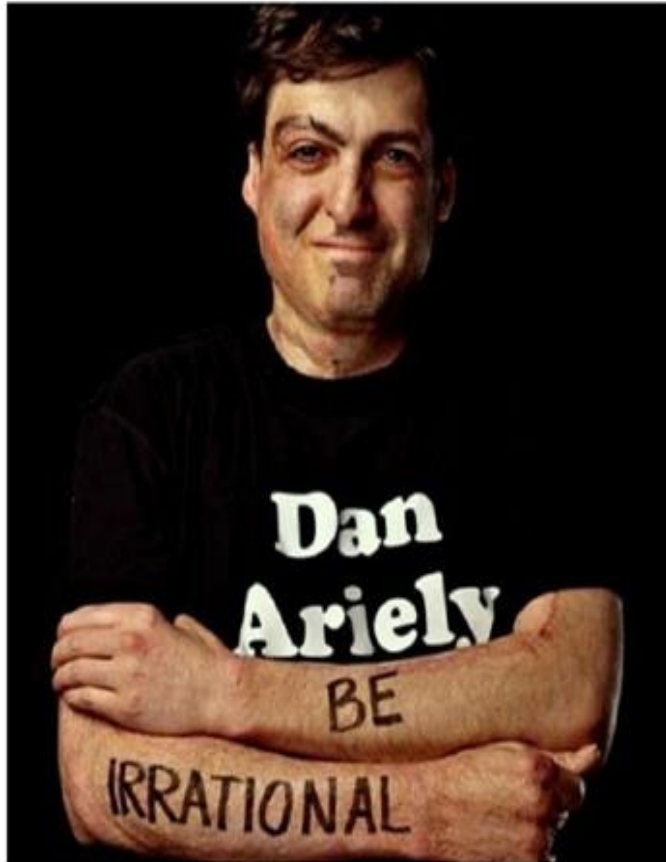


On this day in 1969, the Harvard Educational Review published Arthur Jensen's article "How Much Can We Boost IQ and Scholastic Achievement?" This influential article sparked extensive research and debates among scholars and experts, exploring the complex interplay of heredity, race, and environment in determining intelligence. It raised important questions about the potential for improving IQ and academic performance. The article's impact on the field of education and intelligence research continues to shape ongoing discussions and investigations in these areas.

1. How do you think Jensen's article influenced the way researchers and educators approach the topic of intelligence and academic achievement today?
2. Why do you think the interplay between heredity, race, and environment in determining intelligence is such a complex and controversial subject?



# Bell Ringer 14



On this day in 2008, the book *Predictably Irrational* was published. It is written by Dan Ariely, a behavioral economist, who explores the reasons behind our irrational decision-making. Ariely focuses on factors like our expectations, emotions, and social norms that influence our choices. The book has gained recognition and is considered one of the top ten psychology books by Oxford Scholastica. With captivating examples and insightful analysis, Ariely sheds light on the hidden forces that drive our seemingly illogical behaviors.

1. How do you think learning about the hidden forces behind our irrational behaviors can help us in our daily lives?
2. Can you relate any personal experiences where your emotions or social norms affected your choices in a surprising way?



# Bell Ringer 15

WELCOME TO OUR CLASS

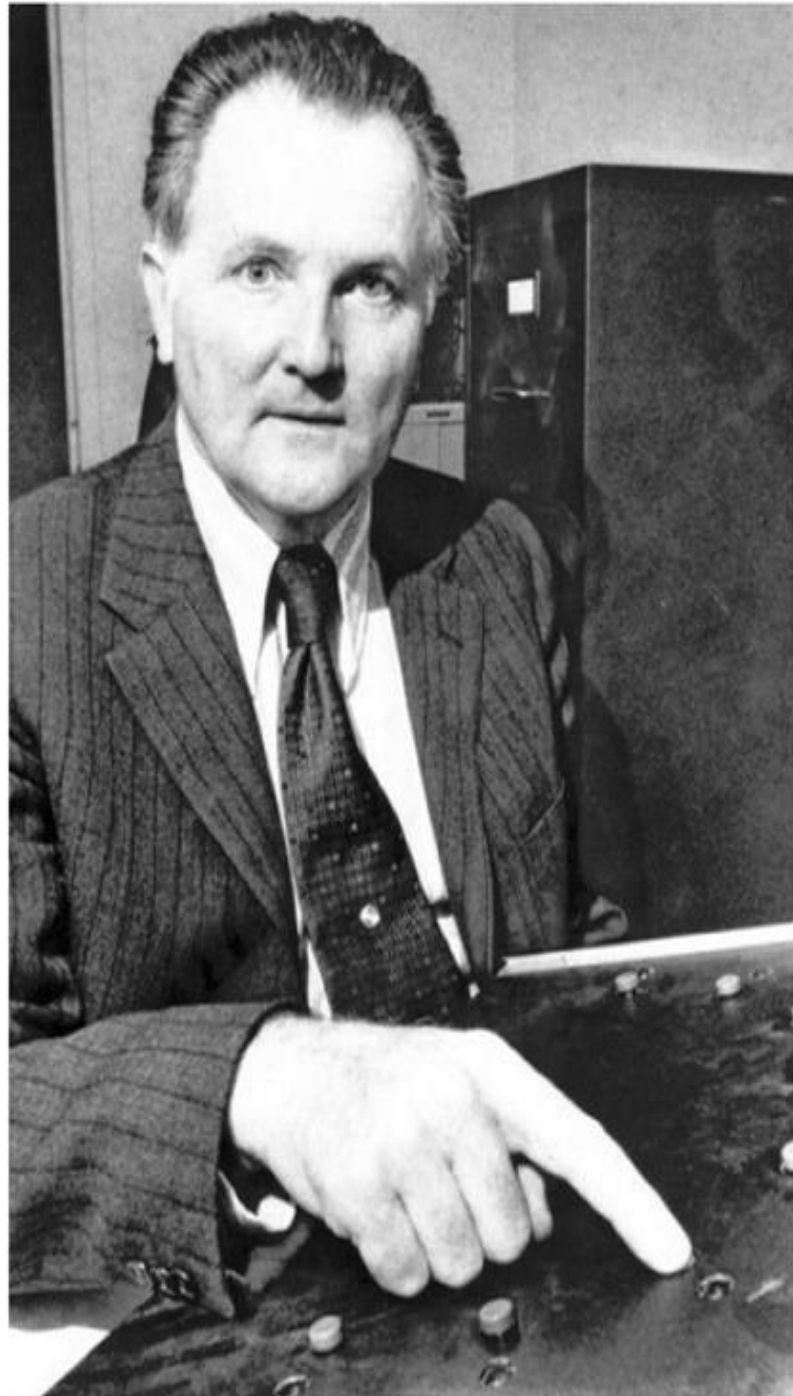
## DO NOW



Quick Write: **Are criminals born or made?** Does brain damage result in criminal behavior or do some individuals have a genetic inheritance to commit crime?



# Bell Ringer 16



On this day in 1967, Arthur Jensen, a prominent speaker, delivered a pivotal address on "Social Class, Race, and Genetics: Implications for Education" to the American Educational Research Association's annual meeting. The address helped to reignite the controversy over racial differences in intelligence, raising questions about the role of genetics in educational outcomes and fueling discussions about potential biases in the education system.

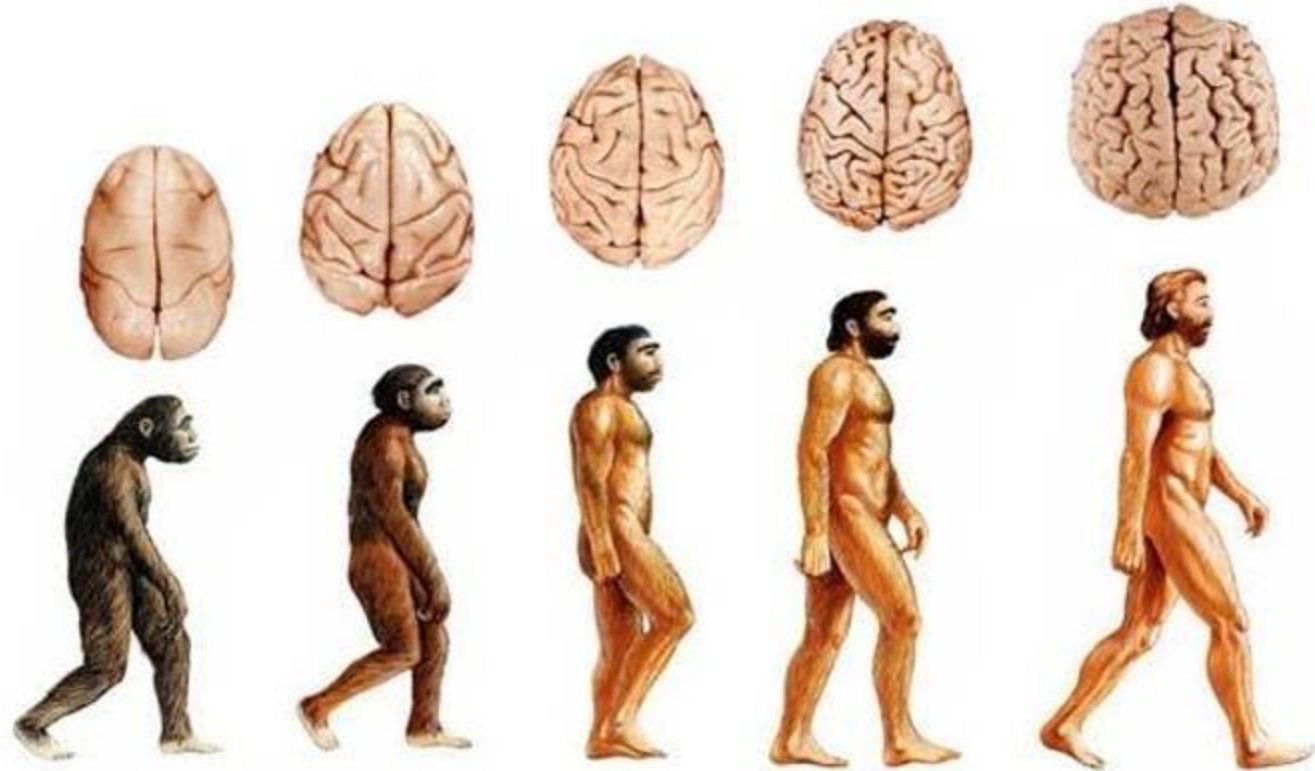
1. What are your thoughts on the impact of social class, race, and genetics on education?
2. How do you think discussions about these topics can affect educational policies and practices?



# Bell Ringer 17

WELCOME TO OUR CLASS

## DO NOW



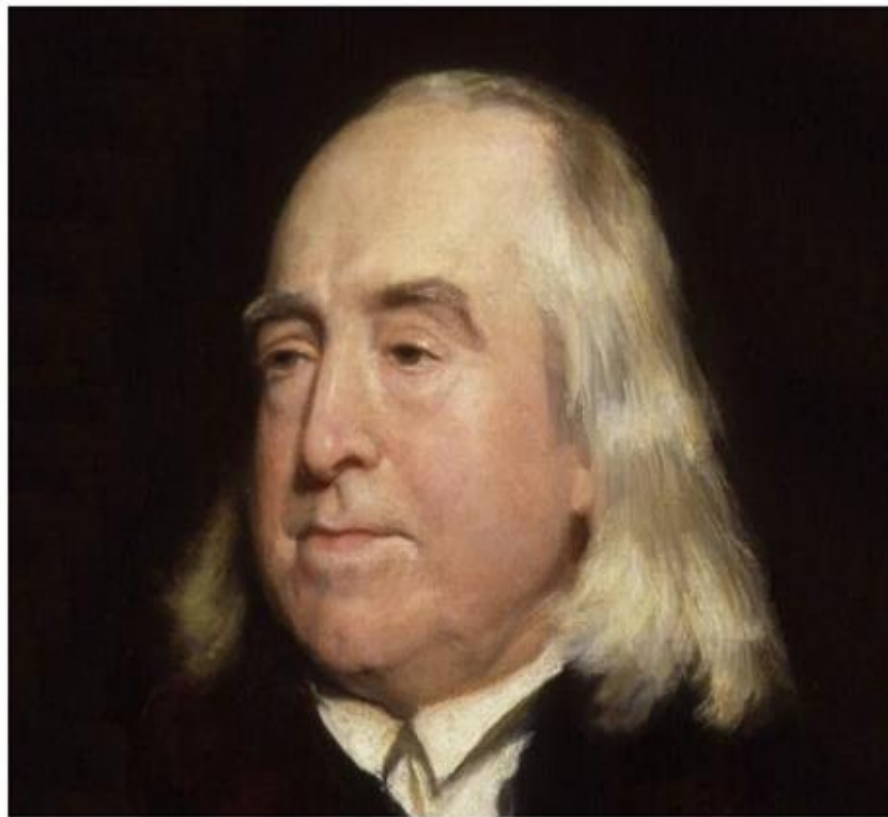
Quick Write: If humans continue to **evolve** what changes might you predict in our brains and cognitive abilities?

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# Bell Ringer 18

On this day in 1748, Jeremy Bentham was born. He was a social philosopher who believed in creating a government that would make the most people happy. He thought that the goal of the government should be to maximize happiness for the largest number of people. Bentham's ideas also influenced the field of psychology, and the concept of hedonistic motivation comes from his thoughts on how individuals should relate to the state.



1. How do you think Bentham's philosophy could be applied in today's society? Can you think of any examples where maximizing happiness for the majority might conflict with individual rights or freedoms?
2. How do you personally define happiness? Do you think it's possible for a government or any other entity to accurately measure and promote happiness for a large number of people? Why or why not?



# Bell Ringer 19

WELCOME TO OUR CLASS

## DO NOW



**Quick Write: Have you been sick in the last year? What were your symptoms? How long were you sick? What were your steps to becoming healthy again?**

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# Bell Ringer 20



On this day in 1916, Bernice Levin Neugarten was born. She was a notable figure in the field of human development. In 1943, she achieved a significant milestone by becoming the first person to receive a PhD in human development from the University of Chicago. Throughout her career, Neugarten made important contributions to the fields of psychology and sociology, specifically focusing on adult development and aging. Her groundbreaking research and insights have significantly advanced our understanding of how individuals grow and change as they get older.

1. Why do you think earning the first PhD in human development was such a significant achievement for Bernice Levin Neugarten?
2. In what ways do you believe Neugarten's work in psychology and sociology has influenced our understanding of adult development and aging?



# Bell Ringer 21

WELCOME TO OUR CLASS

## DO NOW



### 90%

of people in  
prison have a  
mental health or  
substance misuse  
problem



Quick Write: Imagine you are a judge. How would you determine whether or not to send disturbed criminals to prisons or to mental hospitals? Would the person's history (e.g., suffered child abuse) influence your decisions?

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# Bell Ringer 22

On this day in 1930, Walter Mischel was born. A notable figure in the field of psychology, he made significant contributions to our understanding of personality. He studied how people think about their own characteristics and how these traits influence their behavior. Mischel also explored the idea that our behavior can change depending on the situation we find ourselves in, challenging the notion that our actions are always consistent. His work involved examining various aspects of personality and how they shape our actions in different situations.



1. Why do you think understanding personality traits is important in psychology?
2. Do you agree with Mischel's idea that our behavior can vary depending on the situation? Why or why not?



# Bell Ringer 23

WELCOME TO OUR CLASS

## DO NOW



**Quick Write: Stream of Consciousness Activity!** As soon as you begin your planner write down everything that comes into your mind in a constant flow (censor if necessary).

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# Bell Ringer 24

On this day in 1871, Raymond Dodge was born. He was a researcher and conducted important studies on the impact of alcohol on motor skills and various aspects of human behavior. He also focused on topics like how our eyes move while reading and how our vision creates the illusion of a steady image when our eyes are in motion. His research involved exploring how alcohol affects our ability to control our movements and how our inner ear reacts to different stimuli. Additionally, he investigated how our brain processes visual information and how it influences our decision-making in selecting personnel for specific tasks.



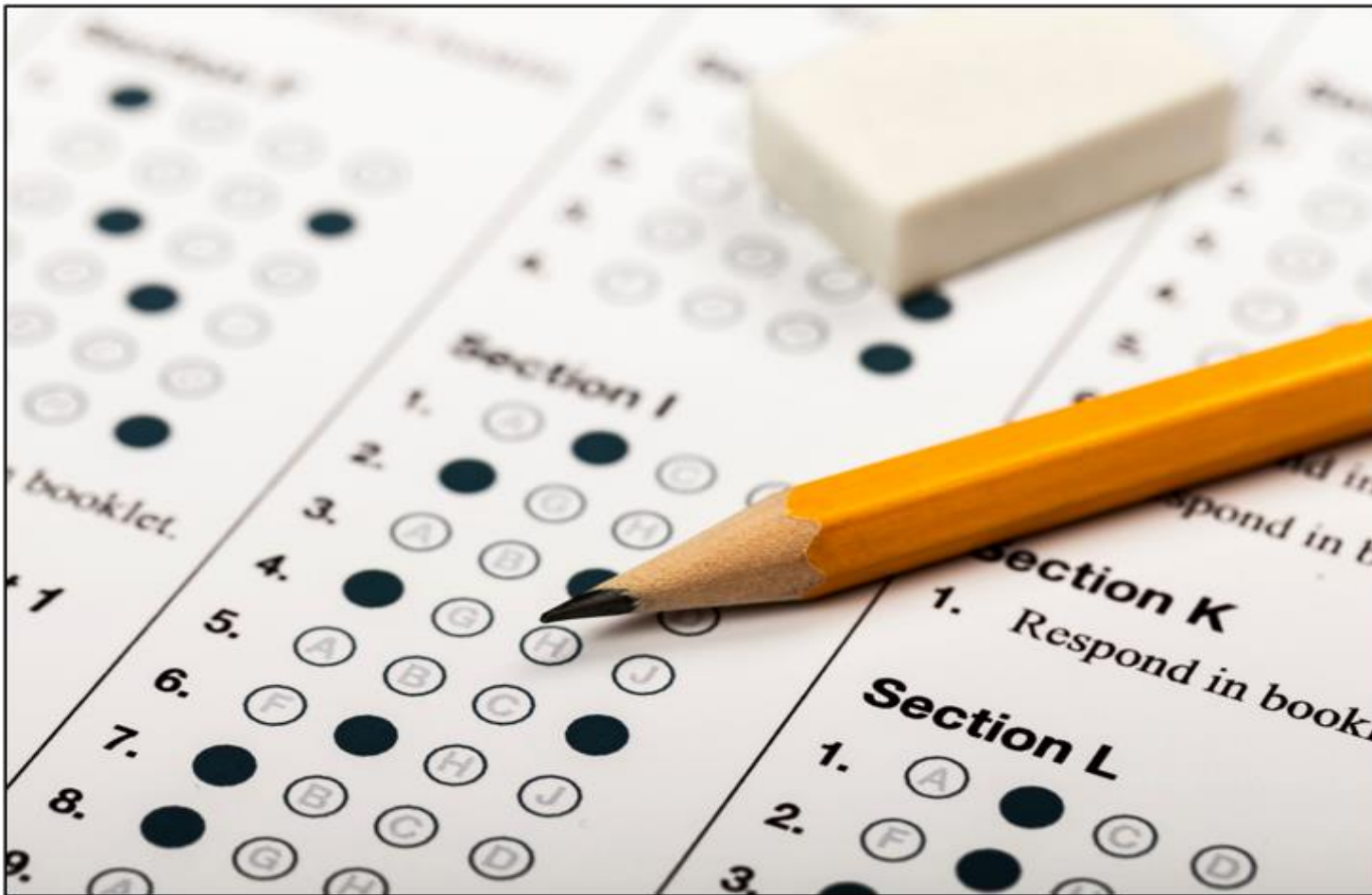
1. Why do you think studying the effects of alcohol on motor skills is important?
2. How do you think understanding eye movements during reading can enhance our understanding of human perception?



# Bell Ringer 25

WELCOME TO OUR CLASS

## DO NOW



**Quick Write:** Have you taken an AP, SAT or ACT exam? What was your experience with these tests? Do you consider the tests to be good or bad? What are the qualities of a bad test?

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# Bell Ringer 26



On this day in 1958, Abram Amsel, a renowned psychologist, conducted research on the topic of frustrative nonreward in noncontinuous reward situations. His findings and analysis were published in an influential journal called *Psychological Bulletin*. Amsel's article explores the role and impact of frustrative nonreward, which refers to situations where we don't receive expected rewards. By studying this phenomenon, Amsel aimed to deepen our understanding of how frustration can arise in various contexts.

1. How might understanding frustrative nonreward help us navigate challenging situations in our personal and professional lives?
2. Can you think of any examples from your own life where you have experienced frustrative nonreward? How did it affect your mood or motivation, and what strategies did you employ to cope with it?



# Bell Ringer 27

WELCOME TO OUR CLASS

## DO NOW



Quick Write: What does it mean to classify a person as “intelligent”?  
What are their characteristics, talents, and abilities? (i.e. Do they complete their work on time? Are they good at taking exams?)

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# Bell Ringer 28

On this day in 1901, in a study conducted by John Mourly-Vold, he wanted to explore how dreams might be influenced by a simple intervention. He wrapped woolen tape around the left ankles of 19 students and carefully observed what happened to their dreams as a result. Surprisingly, his findings indicated that the participants experienced more vivid and active dream imagery when their ankles were wrapped. This suggests that external factors can potentially impact the content of our dreams, opening up new possibilities for understanding the mysteries of our sleeping minds.



1. What do you think about the idea that external factors can influence the content of our dreams? Why?
2. If you were to conduct a similar study, what other simple intervention would you try to see if it affects dream behavior? Why do you think it might have an impact?



# Bell Ringer 29

WELCOME TO OUR CLASS

## DO NOW

CIAO NI HAO  
merhaba SALUTON hej! bonjour  
ilqam namaste  
salve HELLO! BOK  
nej nei ho  
GUTEN TAG aloha  
selam HOLA  
zdravo



**Quick Write: How does language make humans different from other animals? How do you think we develop language?**

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# Bell Ringer 30



On this day in 1963, In the first special message on mental health, President Kennedy asked Congress to create a countrywide system of community mental health centers and a national plan for helping and studying mental disabilities. Shortly after, two important laws were passed: the Maternal and Child Health and Mental Retardation Amendment and the Community Mental Health Centers Act. These laws aimed to improve mental health services and support for individuals with mental disabilities in communities across the nation.

1. Why do you think President Kennedy believed it was important to establish a national network of community mental health centers?
2. How do you think the Maternal and Child Health and Mental Retardation Amendment and the Community Mental Health Centers Act contributed to improving mental health services in the country?



# Bell Ringer 31



On this day in 1919, Elizabeth Münsterberg Koppitz was born. She was a renowned specialist in studying learning disabilities and evaluating children. She focused on two important tests: the Bender-Gestalt Test and the Visual Aural Digit Span Test. To understand how children respond to the Bender-Gestalt Test, she conducted studies that helped establish what is considered normal or average. Koppitz also developed a scoring system for this test.

1. Why do you think it is important to study learning disabilities and assess children?
2. How might Koppitz's normative studies of the Bender-Gestalt Test benefit educators and psychologists?



# Bell Ringer 32

WELCOME TO OUR CLASS

## DO NOW



Quick Write: Do you think people alive today will have the opportunity to upload their consciousness outside of their body? Would this technology be amazing or terrifying?

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# Bell Ringer 33



On this day in 1921, Harold H. Kelley was born. Kelley, a social psychologist, has dedicated his studies to understanding how people perceive each other and how relationships develop within small groups. Alongside John Thibaut, Kelley developed a comprehensive theory called social exchange, which explains how people interact and exchange resources in social situations. Additionally, Kelley's theory on causal inferences, which explores the factors that influence how we attribute causes to events, has inspired extensive research. In recognition of his contributions, Kelley received the APA Distinguished Scientific Contribution Award in 1971.

1. How do you think studying interpersonal perception and relationships in small groups can benefit our understanding of human behavior?
2. Do you agree that social exchange theory accurately explains how people interact and exchange resources in social situations? Why or why not?



# Bell Ringer 34

WELCOME TO OUR CLASS

## DO NOW



**Quick Write:** The headline of the story said, “This Blind Woman Had 10 Personalities, and Some of Them Could See!” Do you believe this story to be based on facts or is the story being exaggerated?

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# Bell Ringer 35



Ruth Winifred Howard, who lived from 1900 to 1997, passed away on this day. She holds a significant achievement as the first African American woman to earn a doctorate degree, which she completed at the University of Minnesota in 1934. In her doctoral research, she studied the developmental history of 229 sets of triplets. After marrying another psychologist named Albert Beckham, she relocated to Chicago. Throughout her career, Howard dedicated herself to promoting the well-being of women and children.

1. Why do you think Ruth Winifred Howard's accomplishment of being the first African American woman to earn a doctorate degree is significant?
2. How do you think Howard's research on the developmental history of triplets could contribute to our understanding of child development today?



# Bell Ringer 36

WELCOME TO OUR CLASS

## DO NOW



Quick Write: How important are **mental health check ups**? Have you ever had one before? Should family doctors make it more of a priority when meeting with patients?

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# Bell Ringer 37



On this day in 1944, Stanley Sue was born. He is a well-known psychologist who has dedicated his career to studying community psychology. He focuses on understanding the social problems faced by Asian Americans and improving the psychological services available to them. In 1972, Sue played a crucial role in establishing the Asian American Psychology Association, which promotes the field of psychology within this community. His contributions were recognized in 1986 when he received the APA Award for Distinguished Contribution to Psychology in the Public Interest.

1. Why do you think it's important for psychologists to study and address social issues faced by specific communities, such as Asian Americans?
2. How do you think the establishment of organizations like the Asian American Psychology Association can benefit individuals within that community?