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“IN REAL LIFE, AS WELL AS IN EXPERIMENTS, PEOPLE CAN COME TO BELIEVE THINGS THAT NEVER REALLY HAPPENED.”

- Elizabeth Loftus

Classical Conditioning—One of the Ways We Learn

By: Hitej R.

When you think of psychology, you might think of the brain or even a guy sitting on a chair listening to his patient while he smokes a cigar and strokes his beard (You're probably thinking of Sigmund Freud). When I think of psychology, I think of dogs drooling at the sound of a sharp bell. Why, you ask? Well, this is due to a man named Ivan Pavlov, who originally studied the digestion process in dogs, specifically how salivation cued the stomach to begin its work. He noticed how the dogs would preemptively begin salivating when they saw the people who gave them food and began to wonder. Like all scientists, he examined this through an experiment. He paired a bell ringing with the arrival of the dog's food, and after a couple of days, the dogs began to salivate at the ringing of the bell as well. He had discovered what is now known as classical conditioning, one of the foundational phenomena of learning, as it is related to the behavioral approach to psychology. If you want, you could condition yourself to salivate at the sound of a bell too...

Read on!





SCIENTIST SPOTLIGHT



By: Bailey WR.



Mamie Phipps Clark

Psychology is a diverse field, but no one has quite reached past the depth of this science more than Mamie Phipps Clark. She was born in 1917, and at this time in American history, segregation was still extremely prevalent. This exposure to racism at a young age affected her life and her future studies (Rothberg, 2022). Clark then went on to not only graduate from Howard University in 1938 with a degree in Psychology, but then with a PhD in the same subject at Columbia University. Clark's journey actually becomes even more inspiring later in life.

Mamie Phipps Clark and her husband, Kenneth Clark, decided to do something impactful with their education. According to the APA, "The Clarks opened their own agency in 1946 called the Northside Center for Child Development." They offered child care in relation to the psychological aspect of it in the Harlem area. With Mamie Phipps Clark having a childhood while segregation was still legal, it shaped a lot of what she did with her work. For instance, she and her husband specifically researched how racism impacted children, such as doing studies with dolls to see which ones the children preferred and how they interacted with different ones. "The Clarks concluded that African American children formed a racial identity by age three and attached negative traits to their own identity, which were then perpetuated by segregation and prejudice." This would have been impressive enough on its own, but what they did allowed them to take part in the *Brown v. The Board of Education* case, which helped desegregate schools (Rothberg, 2022). Even though they give credit to her husband, Women's History.org explains how it was mostly her creation, to which even her husband admitted.

Mamie Phipps Clark had to work through a lot of adversity in her life, she struggled to find jobs even though she was qualified (Rothberg, 2022), and the public even gave her husband credit for an experiment that was mostly her creation. Her story is inspiring not just because of all she went through, but because of all that she did with her life after the fact. She made great impacts on what we now know about how racism affects young African American children, and she even impacted court cases. Although she is no longer with us, it is still important to remember the legacy she left behind.



Wason's 2-4-6 Task Experiment



By: Elle W.

Introduction

This experiment tests your family and friends on Confirmation Bias -- an interesting and scary way our subconscious mind filters information from our conscious one. In a nutshell, the person you are testing is asked to try to figure out the rule behind a sequence of numbers. The rule is very simple: numbers in increasing order. However, the person guessing will usually get attached to a more complicated rule, and will have a hard time seeing the simple rule you are looking for. Instead, they may get more and more frustrated - even irritated.

[CLICK HERE FOR AN EXAMPLE!](#)

Process

- 1) Ask your subject to think of a rule for the sequence "2, 4, 6".
- 2) Now, have them return 3 new numbers to test their hypothesis. If the numbers pass the rule (they are in order of least to greatest), tell them "it conforms to the rule". Otherwise, say "it does not conform to the rule".
- 3) Repeat this process while asking their confidence level, and noting all of this on your notes (see sheet below).
- 4) Once they are very confident that they have a theory, have them make a guess and state the rule they are thinking of. If they know it is any increasing number, tell them they are correct and that ends the project. If they do not guess correctly (counting up by 2's is a common incorrect theory), tell them to continue testing a few more times. If they still don't have it, it may be best to explain what it is and end there.



World Psychology News

By: Hitej R.



New study finds that long-term memories cannot be made without brain inflammation.

Studies show that human brain sizes are actually increasing.

Study finds that the brain flags important events during the day, which are the replayed and stored as long-term memories at night.

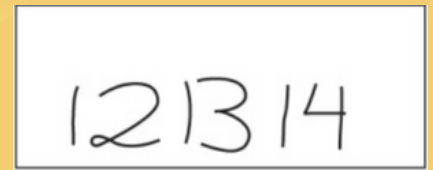
THE UPTURNED MICROSCOPE PRESENTS
Logical Fallacies in the Lab
CONFIRMATION BIAS
FAVOURING EVIDENCE THAT SUPPORTS YOUR PRE-EXISTING BELIEFS WHILE IGNORING EVIDENCE THAT DOESN'T.



HOW YOUR MIND TRICKS YOU

By: Elle W.

Most people would say “A, B, C” in the first box, and “12, 13, 14” in the second. Look again. Did you notice that the “B” and “13” are identical? Yet, that’s not what your mind told you to see. It automatically filtered the information to see a certain figure. Crazy, right? And this happened without you noticing. Scary. Our unconscious minds are in more control than you might believe. Think of the consequences: In schools? In work? In government? In media? In our lives?



One of the scariest of these “jumps” our brain makes is what psychologists call Confirmation Bias. It means our brains simply hate to change opinions. Even when they’re “spoon-fed”, reliable, contradictory information, it is simply blocked by our subconscious. Here’s a simple example: James meets a horse for the first time. This horse happens to bite his fingers when he is giving her a carrot (since he held his hand wrong) and from that point on, he believes that horses are mean. Whenever James hears anything about horses, he only perceives what is negative about them.

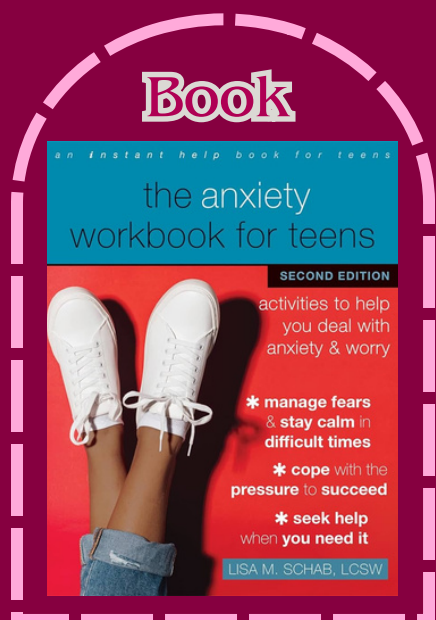
Confirmation bias is a way our unconscious brain selects only some parts of information and not others to justify our pre-existing beliefs. This can have major consequences, and yet, it is hardly avoidable. The only way we can somewhat override this is to slow down. Think critically and work through all steps. In this way, once our brains are slows down, we have a chance to let our conscious brain notice. As you go about your day, make sure to keep an eye out: “When do you commit confirmation bias?” Have you done so while reading this text?

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry

by Lisa M. Schab

BOOK REVIEW | BY: SOFIA J.

"The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry" by Lisa M. Schab is an excellent resource for any teenager struggling with anxiety. The book contains a wide range of activities and exercises intended to help teens understand and manage their anxiety. The book also covers relaxation techniques, sleep habits, exercise, and strategies for boosting your self-esteem and confidence. What I appreciate most about this workbook is that it recognizes that everyone's experience with anxiety is different, so the exercises are adaptable to meet different needs. Some of the most useful exercises for me were the ones focused on changing negative thinking patterns. Overall, I would highly recommend "The Anxiety Workbook for Teens." It is easy to follow, and the non-prescriptive approach allows the reader to tailor the exercises to their specific needs.



Review Rating:
5/5



Fantastic Facts!

By: Stephanie A.

Eye pupil rises to 45% when an individual looks at somebody they love.

The rational part of a teen's brain isn't fully developed and won't be until age 25 or so.

Those who are bicultural and speak 2 languages may actually shift their personalities when they switch languages.

Meet the Team

A



+



collab

Ace M.



Elle W.



Sofia J.



Bailey WR.



Hitej R.



Stephanie A.



Diana S.



Jan P.



Vasilisa B.



Durga I.



Jasmine P.



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