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TSSA One-Page REPORT

Name: Kelly Campbell

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Name of conference attended: Society for Personality and Social Psychology (SPSP) Teaching Preconference

Dates: January 17, 2013

Teaching Skill(s) Studied: The SPSP Teaching Preconference attendees and presenters included faculty members and graduate students from a variety of universities who study topics related to social psychology. Presentations covered a variety of topics including heteronormative material in the classroom (avoiding it), using the classroom as a research lab, making research methods interesting and useful for students, using Facebook for teaching, using media like an epigenetic website called “Lick Your Rats” for teaching, the purpose and power of scientific skepticism, integrating teaching and research outside the classroom, balancing teaching and research, incorporating students into our research programs, advice for teaching at a university like ours/CSUSB (i.e., teaching intensive), teaching controversial topics, teaching large lecture classes, publishing on Scholarship on Teaching and Learning, teaching-related grants and funding, creating a reflective classroom, putting a teaching portfolio together, using humor in the classroom, creating a humor based psychology course, using icebreakers in the classroom, and social networking for teaching.

Impact on Current Teaching: I was so inspired by this conference. There are notes all over my program with ideas to implement at CSUSB and within the Inland Empire community. The first thing I did upon returning to campus was ask if I could develop a course on Positive Psychology. The answer was affirmative! The sessions that most inspired this idea were about creating a reflective classroom and creating a humor based psychology course. I realized that too much of our field focuses on pathology and negative characteristics, and that many illnesses can be prevented through positive outlook, stress reduction, and humor. I am very excited about this course and have already begun reviewing textbooks.

Another idea that was inspired by this conference was to expand the reflective components of my classes. So, not only would I develop an entire course on positive psychology, but I could also add to my existing classroom methods to enhance morale and student learning. Some ideas to add include: journaling, mood lighting, meditation, moments of silence, breathing exercises, gratitude lists, and sound effects (e.g., rain falling or forest noises while students complete reflective assignments).

A final idea that was inspired by attending this conference was to teach not only my students, but to the community as well. In order to accomplish this goal, I will be giving a free talk at the San Bernardino public library Feb. 11th (about my research). I have also disseminated information through an NPR affiliate station that reaches the general public. This has enabled me to target individuals outside academia with helpful information about maintaining good relationships (my area of study) and positive psychology (a new focus!).

Date Submitted: February 8, 2013