

# Welcome to Educational Psychology!

As you may already know, Psychology is the science of behavior and mental processes. Within Psychology, there are a number of sub-disciplines, one of which is the field of Educational Psychology. It is the field of study that combines psychology with educational issues. It offers teachers educational theory and research to help them understand and deal with classroom concerns. It focuses on the range of variables that have an effect on classroom behavior. Topics discussed within an Educational Psychology course can include theories of psychosocial and cognitive development, age-level characteristics, accommodating student variability, learning and memory, approaches to instruction, classroom management and the area of testing.

The text for the course is called Psychology Applied to Teaching. I have used it many times before. It presents information in a clear, organized and understandable manner. The latest edition (12th) is filled with a variety of offerings that focus on real-life examples in the field of education such as Case in Print, pause and reflect and video cases. Collectively, they are designed to present educational issues to us in order to better understand the chapter content.

## Course Topics

Ice Breakers, Community Building and Learning Course Structure

Applying Psychology To Teaching  
Theories of Psychosocial and Cognitive Development  
Age Level Characteristics  
Understanding Student Differences  
Addressing Cultural and Social Economic Diversity  
Accommodating Student Variability  
Behavioral Learning Theory: Operant Conditioning  
Information Processing Theory  
Social Cognitive Theory  
Approaches to Instruction  
Motivation  
Classroom Management  
Assessment of Classroom Learning

For this course you are required to write a  
**Stress in Teaching paper..**

. For your survey, which will ultimately be transformed into a research paper to be submitted, you are required to develop 10 questions to present to 20 subjects. Once again, your topic is Stress in Teaching.. Your paper should have a cover page that identifies the title of your project and your name. Next, two pages, single-spaced, will incorporate the body of your paper. These two pages will include the 4 sections of this type of paper: **INTRODUCTION, METHODS, RESULTS, DISCUSSION**. Each section title should be in large, bold type. .

In the **INTRODUCTION** section you will communicate in 4-6 sentences the purpose of your survey. Here you can

state that your survey is about stress in teaching. You can define stress. You can, if you are doing so, say that you will look at age or gender as relevant variables that may have an impact on stress in the field of teaching.. You may choose to highlight various work-related stressors that contribute to stress. Or, you may focus on stress-related symptoms or coping strategies.

In the METHODS section you indicate how the data was collected. With this project, of course, the data will be collected via surveys. But, your surveys can be completed in person, via mail, via computer, over the phone or some combination of the various approaches. Also, in this section, you will identify your subjects by giving such information as age, occupation, gender. For example, you can state that 40% of your subjects are male and 60% female. Ages ranged from 25-62. And you can list the various occupations. There is no need to actually identify the real names of your subjects. Their identity should be confidential.

In the RESULTS section you identify, without discussion, your major findings. You don't need to report all of your results. You can use measures of central tendency such as the mean or median. You can also use percentages. You may include graphs or tables, if you prefer.

In the DISCUSSION section you discuss your findings. You may also address any surprises that emerged. You can talk about questions that may have needed to be redesigned, because of confusion, or questions that you now believe

should have been included. In other words, what might you do differently the next time and why.

Regarding your questions, you are free to ask any question (as long as it is appropriate and relevant) of your subjects. Sometimes, however, students appreciate suggestions, so I will provide you with some. Remember, the questions that I will give to you are only suggestions; you don't have to use them. As a matter of fact, my preference would be to have you generate the majority of questions yourself. I think that will be more 'fun' for you and would give you a greater sense of ownership.

Suggestions for questions:

1. How would you define stress?
2. Identify 3-5 main sources of stress that you experience in the field of teaching?
3. What symptoms do you experience?
4. How often do you experience stress at work?  
(never-sometimes-frequently-often-always)
5. Does your personality influence your stress at work? How?
6. Does stress at work spill-over to other parts of your life? Explain!
7. How do you cope with your stress? Is it effective?

If you have questions about any aspect of this project, you may, of course, ask me. I would be very glad to help you in any way I can.

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## EVALUATION

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|-----------------------------------|-----|
| 1. QUIZZES: 7 x 5% =              | 40% |
| 2. Discussion Posts: 4 x 5% =     | 20% |
| 3. Podcast # 1 =                  | 5%  |
| 4. Podcast # 2 and # 3 = 10% each | 20% |
| 5. Stress Paper: 1 x 15% =        | 15% |