

**Washington & Lee University**  
**Applications of Cognitive and Behavioral Science (CBSC 299)**  
**Course Syllabus Fall 2019**

Instructor: Karla Murdock, Ph.D.  
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 Office: Parnly Hall Room 238  
 Office Hours: MW 9:30-11am or by advance appointment  
 Class Meetings: MWF 1:30 – 2:30pm, Reid 111

**LEARNING OBJECTIVES**

- Describe subfields of psychology and a range of career paths that can emerge from a cognitive and behavioral science (CBSC) major.
- Analyze and present in-depth information about a particular domain of CBSC-related professions.
- Develop a portfolio of professional development tools that can be used in internship, job, and/or graduate school applications.
- Explain empirical information about character strengths and virtues. Illustrate and apply this to yourself and others.
- Synthesize results of skill and interest assessments to make progress toward an individual professional development plan.
- Construct a proposal for your CBSC capstone work.

**GRADED ACTIVITIES**

**CLASS PARTICIPATION                      30%**

Your class participation grade will be generated on the basis of your engagement and involvement in each class meeting. This is a process-oriented course, so attendance is necessary and unexcused absences will negatively impact your grade. We will host several guests in person and/or via skype, and full class participation includes posing thoughtful questions to these visitors.

Class participation will include the production of professional development materials that will be evaluated on a satisfactory/unsatisfactory basis. Failure to complete one of these materials on time with evidence of significant and well-informed effort will compromise your class participation grade.

Professional development materials will include: CV • Resume • Cover letter • 1-minute research summary • 3-minute story • Interview stream written response • LinkedIn account • Thank you letter • Box professional portfolio

**PROFESSIONAL DOMAIN PRESENTATION AND POSTER                      20%**

Work on a team to develop a 25-minute oral presentation (20 minutes of content, 5 minute Q&A) and a poster session display on one of the following career domains:

Health/Medical/Social Services  
 Developmental/Educational  
 Business/Data Science

Clinical/Counseling/Assessment  
 Law / Social Justice  
 Industrial/Organizational/Human Factors

Presentations should be informed by the Sternberg text, APA Careers Guide, VAULT Guide, and other sources. They should explicitly link NACE competencies built in the CBSC major with responsibilities and tasks associated with specific professions. Provide a handout with information and resources in class. The poster session will be held during class on the Friday of Parent/Family weekend. In-class presentations, handouts, and poster presentations will be peer reviewed.

### **STRENGTHS & VIRTUES PROJECT**

**20%**

This project will allow you to exercise your critical thinking, creativity, and teamwork skills while honing your ability to recognize and conceptualize strengths in others. Working with a partner, create a photojournalistic account of strengths and virtues of 4 people: yourself, your partner, and 2 community members who are 18 years of age or older. Each student will conduct two brief interviews: one of her/his partner, and one of a community member. From these, your partnership will create a total of 4 entries. Both partners should be present for each interview. Ask the interviewee to sign a consent form to be audiotaped, photographed, and presented in a final public display. S/he may choose to have a candid photograph, which would be taken during the interview, or a posed photograph, which would be taken after the interview.

In Humans of New York style (see <https://www.facebook.com/humansofnewyork/> and <https://www.humansofnewyork.com/>), choose a photograph and quote and interpret it in terms of one or more potential strengths / virtues of that person. Present this to the class in powerpoint format.

Write a 4-page essay in which you analyze the virtue and strength that you find most relevant for each of the two humans that you interviewed. Explain the general virtue and strength, how they are related to one another, and how the interviewee's quote or story reflects those characteristics. Approximately 2 double-spaced pages per interviewee.

### **CAPSTONE PROPOSAL**

**10%**

Throughout the term you will use course information to formulate a preliminary plan for your senior year capstone work. You will submit a formal proposal that will be evaluated on the basis of its clarity, thoroughness, and thoughtfulness, and will help to guide the capstone planning process.

### **INTROSPECTION ESSAY**

**20%**

This essay (900 – 1000 words) will serve as your final synthesis of material from this class. In it you will pull together the results of class activities to gather your thoughts about your strengths, interests, promising areas of future exploration, and next steps for building a foundation of skills and experiences.

## **SOURCE MATERIALS**

### **Recommended Resources for Professional Domain Presentations and Posters**

Sternberg, R. (2016). *Career Paths in Psychology: Where Your Degree Can Take You* (3<sup>rd</sup> Edition). American Psychological Association, Washington, DC. ISBN-13: 978-1433823107

### **American Psychological Association Careers Guide:**

<https://www.apa.org/careers/resources/guides/careers>

**Vault Guides:** Explore guides/profiles related to professional domains, including but not limited to those listed below. Students can create a free account/sign in from the Career and Professional Development – [CaPD webpage](#). Both the guides and the industry profiles are helpful.

- Health/Medical/Social Services: [Healthcare Management](#), [Alternative Healthcare](#), [Social Work](#), [Social Services](#)
- Developmental/Education: [Education](#)
- Business/Data Science: Hard to pinpoint an industry, but [Consulting](#) might be a good start. Or [Advertising/PR/Marketing/Market Research all have guides](#).
- Clinical/Counseling/Assessment: [Psychologists](#) (broad sense and applicable to other categories)
- Law/Social Justice: [Law Jobs](#)
- Industrial/Organizational/Human Factors: [Human Resources](#), [I/O Psychology](#)

### Recommended Professional Development Resources

W&L Career and Professional Development Etiquette Dinner

Register here: <https://wlu.joinhandshake.com/login>

- \$10 participation fee. For financial assistance, please email KKM.

Quick and helpful readings for professional development:

- [How to Answer the 31 Most Common Interview Questions](#) from themuse.com
- [How to Reach Out to Someone Whose Career you Admire](#) (these next three you can view for free w/o an account I think so would likely have to print for students or have them each create a free account)
- [How to Respond to “So, Tell Me About Yourself”](#)
- [Three Questions Hiring Managers Want Your to Answer](#)

### Positive Psychology / Strengths and Virtues

Articles and videos as indicated on schedule

## **LATE ASSIGNMENT POLICY**

Assignments are due on the designated date at 1:30pm. Assignments received after this point will receive a 10-point deduction. An additional 10-point deduction will go into effect at 1:30pm on each subsequent day. An assignment will not be accepted more than one week past its deadline.

## **DISABILITY ACCOMMODATIONS**

Washington and Lee University makes reasonable academic accommodations for qualified students with disabilities. All undergraduate accommodations must be approved through the Office of the Dean of the College. Students requesting accommodations for this course should present an official accommodation letter within the first two weeks of the term and schedule a meeting outside of class time to discuss accommodations. It is the student’s responsibility to present this paperwork in a timely fashion and to follow up about accommodation arrangements. Accommodations for test-taking must be arranged with the professor at least a week before the date of the test or exam, including finals.

**SEMESTER SCHEDULE (subject to adjustment as needed)**

<b>CLASS MEETING</b>	<b>Class meeting</b>	<b>CLASS PREPARATION</b>
Fri Sept 6	Presentation group info Thank you note schedule Letters of recommendation Capstone discussion Create Box folder	
Mon Sept 9	Serious introductions Presentation group sign-up	Serious introduction write-up and presentation: Describe an experience that brought out the most essential <b>you</b> , and an experience that in which you brought out the best in another person. Write out each story with a beginning, a middle, and an end. Share with the class as a way of introducing yourself.  Turn in 3 ranked preferences for professional domain presentations.
Wed Sept 11	Professional photos Molly Steele: Resume / CV / cover letter development NACE competencies	Dress up for professional photo. Etiquette Dinner reservation.
Fri Sept 13	Positive psychology	Seligman, M. & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. <i>American Psychologist</i> , 55(1), 5-14.  Click on this class-specific <a href="#">special link to the Strong Interest Inventory</a> to complete it no later than <b>Saturday, Sept 14th</b> .
Mon Sept 16 IQ Center	Molly Steele & Lorri Olan: Strong Interest Inventory interpretation	
Wed Sept 18 Hillel House 101	<b>Derald Wing Sue, Ph.D.</b> Professor of Psychology and Education, Columbia University	Sue, D.W. et al. (2007). Racial microaggressions in everyday life: Implications for clinical practice. <i>American Psychologist</i> , 62 (4), 271-286.  Sue, D.W. et al. (2019). Disarming racial microaggressions: Microintervention strategies for targets, White allies, and bystanders. <i>American Psychologist</i> , 74 (1), 128-142.
Wed Sept 18 4-5:30pm	Derald Wing Sue Public Lecture:	

Stackhouse Theater	<i>Microaggressions in Everyday Life: Race, Gender, and Sexual Orientation</i>	
Fri Sept 20	<p><b>Caroline Crichlow-Ball '15, M.Ed.</b> • Ph.D. candidate in Clinical and School Psychology, UVA Curry School of Education and Human Development (Charlottesville, VA)</p> <p><b>Randl Dent '15, M.S.</b> • Ph.D. candidate in Health Psychology and NSF Graduate Research Fellow, VCU (Richmond, VA)</p>	
Mon Sept 23	CV and resume peer review  Strengths and virtues	CV and resume due  Dahlsgaard, K., Peterson, C., & Seligman, M. (2005). Shared virtue: The convergence of valued human strengths across culture and history. <i>Review of General Psychology</i> , 9, 203 – 213.
Wed Sept 25	<b>Presentations: Groups 1-2</b>	
Fri Sept 27	<b>Elizabeth Robinson '07, Ph.D.</b> • Licensed Clinical Psychologist, Division of Pediatric Hematology / Oncology and Transplantation, Children's Hospital of Richmond at VCU; and Summit Emotional Health (Richmond, VA)	
Mon Sept 30	<b>Presentations: Groups 3-4</b>	Cover letter due
Wed Oct 2	<b>Presentations: Groups 5-6</b>	
Fri Oct 4 IQ Center	Parent/Family Weekend <b>Poster Session</b>	
Mon Oct 7	Strengths and virtues  Values in Action Inventory  1 and 3 minute story instructions	Follow this link to complete the <a href="#">VIA assessment</a> . Learn more about your top 5 strengths by clicking on each one here: <a href="https://www.viacharacter.org/character-strengths">https://www.viacharacter.org/character-strengths</a> . Bring printed results to review in class to review and turn in.
Wed Oct 9	Strengths and virtues  Strengths-spotting  Strengths & Virtues Project team assignments	Park, N. & Peterson, C. (2009). Character strengths: Research and practice. <i>Journal of College &amp; Character</i> , X (4), 1-10.  Watch Susan Cain: <a href="https://www.ted.com/talks/susan_cain_the_power_of_introverts">https://www.ted.com/talks/susan_cain_the_power_of_introverts</a>
Fri Oct 11	<b>READING DAYS</b>	
Mon Oct 14	1-minute and 3-minute presentations	1-minute and 3-minute summaries due
Wed Oct 16	Molly Steele: Social media audit Linkedin account workshop	

	Interview stream exercise instructions Business attire	
Fri Oct 18	<b>Lainey Johnson '16</b> • Workforce Development Manager, Back on My Feet (Washington, DC) <b>Riley Messer '16</b> • Clinical Recovery Coordinator, Washington Regional Transplant Community (Washington, DC)	
Mon Oct 21	Alexander Kjerulf: The Science of Arbejdsglaede (ah-bites-gleh-the): Happiness at Work	Complete interview stream exercise (access here on the <a href="#">CaPD website</a> ) and written response. Schedule interview stream review with a CaPD staff member. Turn in appointment information (staff member & date) to KKM, and turn in written response to KKM and CaPD staff.
Wed Oct 23	Using underutilized strengths	Niemiec, R. (2019). Finding the golden mean: the overuse, underuse, and optimal use of character strengths. <i>Counselling Psychology Quarterly</i> .
Fri Oct 25	<b>Shannon Belforti '18</b> • Associate Product Manager, Integral Ad Science (New York, NY) <b>Katherine Richard '19</b> • Lab Manager, Communication Sciences & Disorders Department, University of Delaware (Newark, DE) <b>Heather Almond '17</b> • Assistant Public Relations Manager, Neiman Marcus Hudson Yard (New York, NY)	
Mon Oct 28	Strengths & Virtues Project workshop	
Wed Oct 30	Happiness strengths	Read Robert Emmons' essay: <a href="https://greatergood.berkeley.edu/article/item/why_gratitude_is_good">https://greatergood.berkeley.edu/article/item/why_gratitude_is_good</a>  Watch Richard Davidson: <a href="https://greatergood.berkeley.edu/video/item/four_constituents_of_well-being">https://greatergood.berkeley.edu/video/item/four_constituents_of_well-being</a>
Fri Nov 1	<b>Emily Suminski '14, M.P.H.</b> • Senior Consultant, Enterprise Resource Performance Inc. (Fairfax, VA) <b>Scott Miller '91, Ph.D.</b> • Head of Training and Licensed Psychologist, University of Georgia Regents Center for Learning Disorders (Athens, GA)	
Mon Nov 4	2019 capstone student presentations	Box professional portfolio due
Wed Nov 6	<b>Elisabeth Gilbert, Ph.D.</b> Assistant Professor of Business Administration, W&L Specialization: Organizational Behavior	
Fri Nov 8	<b>Rich Cober '96, Ph.D.</b> • Executive VP and Chief Human Resources Officer, Microstrategy (Tyson's Corner, VA)	
Mon Nov 11		

	Strengths and Virtues Project presentations	Strengths and Virtues Project essays and presentations due
Tues Nov 12 5 – 8 pm	Career Development Etiquette Dinner	
Wed Nov 13	No class meeting	
Fri Nov 15	<b>Kamryn McPike '16</b> • Senior Consultant, FTI Consulting Strategic Communications (Chicago, IL)	
Mon Nov 18	Mindfulness and self-compassion	Capstone proposal due  Fredrickson, B., Cohn, M., Coffey, K., Pek, J., & Finkel, S. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. <i>Journal of Personality and Social Psychology</i> , 95, 1045-1062.  Watch Kristen Neff: <a href="https://www.youtube.com/watch?v=YFhcNPjIMjc">https://www.youtube.com/watch?v=YFhcNPjIMjc</a>
Wed Nov 20 IQ Center	Speed Interview Rotations (12 stations)	
Fri Nov 22	No class meeting	
Nov 25 - 29	Thanksgiving Break	
Mon Dec 2	Molly Steele: Salary negotiation process Follow-up questions	Introspection essay due
Wed Dec 4	Capstone proposal debriefings	
Fri Dec 6	Introspection essay discussion	