



REFLECTIVE JOURNAL ONE

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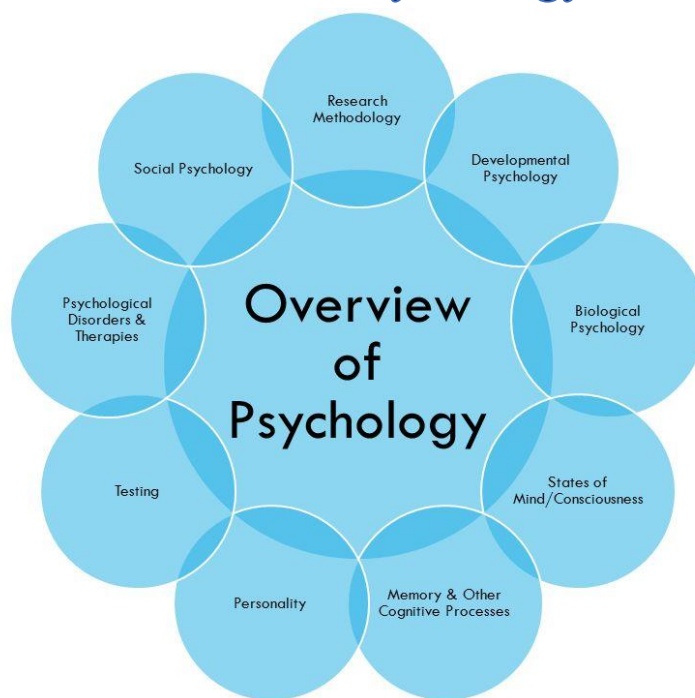
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Class Two- Overview of Psychology

At the start of our first class we were told to fill out an “about me” worksheet. After the worksheet were then instructed to form groups with our classmates after we all introduced ourselves. Thinking back on it I feel that this was a mini psychological test to see how and who we would group with. Analyzing the class noticing three groups had already formed, my conclusion was these groups formed because they found a common interest with each other. I believe everything has importance depending on how you look at it. Psychology is widely spread and is involved in almost everything one chose to do.

\\ What is Psychology? //



Psychology is the scientific study of the human mind and behaviors. Scientists have only recently started to discover how human brains work and how powerful they are and can become. The information we have now is only the tip of the iceberg there is so much more for us as a species to discover in the years to come. It is the root of mankind.

Research & Ethics

In class, we went over The Nuremberg Code which consisted of ten points that must be followed for anyone participating in experiments. The Nuremberg Code was introduced because Nazi doctors were conducting unethical human experiments on prisoners. Also, in class, we went over the ethical guideline for animal experiments. In a worksheet, our group was assigned to state if in an experiment cutting off the front legs of mice to see if grooming was an innate feature was ethical. Where we all found that that was unethical and could be performed in another manner

Ethical Principles

1. “Deception- Researchers are not allowed to be misled or given wrong information about the study being researched. Also, the participant must be given clear instructions without the means of manipulation. An example of deception is one of our group research proposals was about variables affecting stress. The experiment was an anagram test involving competition for points using two pairs of students. The experimental member from each group was given slightly different instructions and a harder test to test their IQ, while the control member was given an easier test and told it had nothing to do with their IQ.
2. Debrief- Experimenters should initiate the experiment with debriefing as soon as possible giving as much information they can. Participants must be given a general idea of what the researchers are looking for and what reason. Also, the participants must be told if they were being deceived in any way and why they were deceived. Any questions may be asked and must be truthfully answered and as much as possible.

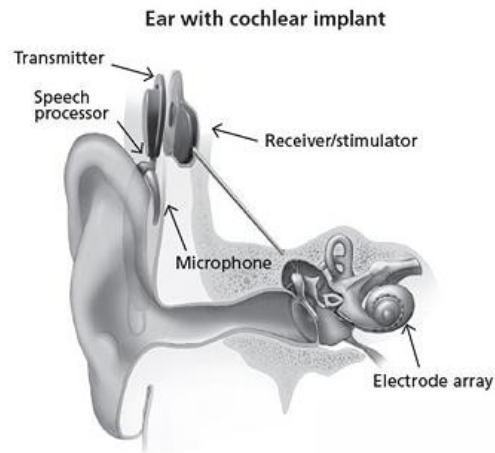
3. Withdrawal from an Investigation- Anyone involved in experiments can leave at any time if they feel uncomfortable. Along with being able to withdrawal any data collected on them can also be withdrawn.
4. Confidentiality- Participants in studies can remain anonymous unless they relieve full consent to the researchers. Their names are not to be used in any research report.
5. Protection of participants- Researchers are obligated to guarantee those who partake in research shall not be caused anguish. Participants cannot be exposed to dangers that are greater than one in a normal lifestyle. Susceptible participants like Children, elderly and disabled people if used in research are to receive special care.

Class Six- Sensation and Perception

During lecture, Dr. Rosalyn King began to teach the class about the different types of sensations humans have. From what I gathered sensation is the procedure of permitting your brain to observe the features and characteristics of the world around you through the five senses.

1. Vision- The visual system is the convergence of light energy via wavelengths, into the neural transmitters in the eye. Only a small portion of the visual spectrum wavelengths can be perceived by the human eye at approximately 400 to 700 nm. Eyes are very interesting organs having only 3 types of cones that differ in the photopigment they contain. Each of these cones responds to light wavelengths differently due to sensitivity. Moreover, these cones are referred to as short(S), medium(M), and long(L) wavelength cones. Each of these cones responds to the three main colors blue, red, and green are responsible for color discrimination using the trichromatic theory. Lastly, the three types of color blindness are tritanopia relating to the S-cone, deuteranopia relating to the M-cone, and protanopia relating to the L-cone. Using deductive reasoning I can conclude that color blindness is caused by a faulty pathway from the cone to the brain or faults in the cones themselves.
2. Hearing- Humans can hear frequencies between 20Hz and 20kHz. Frequencies of sound waves are sent to the brain to perceive the pitch of those sounds. The “place theory of pitch different portions of the basilar membrane are sensitive to sounds of different frequencies and temporal theory of pitch sound’s frequency is coded by the activity level of a sensory neuron (Lumen).” What caught my attention about hearing was when Dr. Rosalyn King stated in class, “hearing is feeling at a distance.” Putting this into perception it is by far the truest description of hearing. Why and How is it? Well think

about a time when someone in your life has said something so sincere and kind that you felt your whole-body shiver and fill with warmth. Now think of that same warm blissful feeling but when someone gets close and there is physical contact. Types of problems associated with hearing are, Sensory-Neural deafness (Injury to hair cells or auditory nerves), Stimulation deafness (Sounds), and Central deafness (disease & tumors). Some of which can be combated with technology like cochlear implants which gives one with severe hearing loss an enhanced stimulus to the cochlear nerve to hear significantly better.



As I digress in the other half of our class, in class we were given a handout asking, what is perception? Perception attains to one's awareness of all senses and coming to an understanding based on your observations. Also given a handout and viewed many optical illusions. Visual capabilities can be easily manipulated with just minor changes. You mirror what you feel, what you are, the subtle hints are all around us.

Take the time silence your mind and you can perceive what is real. Viewing optical illusions really pushes the brain to the limits creating an alternate reality, that does not match the image truly.

[What happens when you take away all senses?]

For example, a sensory deprivation tank is a pitch-black, soundproof room, with water heated to the same temperature of one's skin. Many are quick to take advantage of the tank to escape the real world and relax almost like a form of meditation. Some people say it gets to a point where they start envisioning humanoid like figures and being able to astral travel. This sort of environment can help somebody focus on themselves and eventually leading to opening their third-eye chakra or pineal gland. The pineal gland is the center of intuition and foresight seeing reality for what it really is. Ways to help open your third eye are sunbathing, meditation, grounding, listening to 432 Hz (the natural hum of the earth) or other Solfeggio frequencies. Paying close attention to how I feel has always been of importance to me, I can say for certain people carry negative energies around and I can feel it and feel sick vice versa with positive energy. One of the main reasons I considered psychology was because I wanted to be able to understand the brain and world around me. The question "WHY?" never leaves my mind.

Water Holding Memory

Dr. Rosalyn King had suggested we looked at a link related to water holding memory. From past research this same concept came up. Multiple people said water can become poisonous to the human body when it is pushed around through multiple curves and processed into bottles. Not poisonous to kill but, enough to be imbalance the bodies chemistry. When buying water, one should either leave it in a still environment to let the water relax or sit and be purified by the sun's rays. Water is necessary for the body to function at peak performance considering it is 70% of the body. It clears out toxins, boosts blood circulation, a natural laxative and more.

Class Seven- Developmental Science

At the start of our development class we were asked to present developmental milestones and critical aspects of developmental periods. Two aspects that took my interest were “Sperm Under Siege” and “Environmental Causes of Infertility and Miscarriage.”

“Sperm Under Siege” talked about how women are not the only reason for miscarriages and infertility. Like women and men alike our bodies are temples and should be taken care of properly in order to live a healthy life and reproduce. Women have always been the blame of infertility, until recent studies showed that that in fact was false and men share the same amount of blame. It found that one of the main causes for infertility and not being able to have children have a lot to do with how men are caring for themselves. Sperm are being produced with abnormalities and not functioning at full



functionality. The reason being is men tend to be around more harmful chemicals and eating the wrong food to provide the right amount of nutrients to the body causing them to be infertile or lack healthy sperm.

Which leads me into the “Environmental Causes of Infertility and Miscarriage.” It is shown that causes of infertility in both men and women are caused by consumers and chemical products such as, cigarettes, alcohol, MSG, and disinfectants, etc. Encountering these types of harmful products can significantly damage a women’s 28-day cycle as well as a man’s 65-day sperm development process. From these presentations I gathered that if one is to limit engaging with said products and consumed the right foods the infertility rate would decrease and less abnormalities would come up in the future children.

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