PSYCHOLOGY 3131 – HUMAN EMOTION
Professor June Gruber
Spring 2018

OUTREACH PROJECT:
"Bridging the Gap Between the Student and Scientist through Outreach"

The goal of this outreach project is promote active dissemination of the course materials to the broader community outside of the classroom, and help bridge the gap between the classroom and the broader community. The outreach project will include completing a written summary of the outreach project and a brief "flash talk" presentation to your classmates. You have the freedom to delve into a topic of your choice, so long as the topic is pertinent to the class and the study of emotion. The project will include two parts, in addition to a project proposal turned in prior to the final project:

> **Part I. Outreach project**: The first part includes an outreach project where your goal is to help educate the community outside of the classroom about human emotion via a video, newspaper article, brochure, or a creative outreach project idea of your own. You can cover a topic of your choosing, but it must be relevant to the course. The aim is to have fun with the ultimate goal of helping to educate others about human emotion. You can cover a topic of your choosing, but it must be relevant to the course and the study of emotion and with the aim of disseminating information to a general audience.

> **Part II. "Flash Talk" Presentation**: The second part of the project involves putting together a brief "flash talk" presentation on your chosen outreach project topic. The goal is to provide a brief and accessible overview of the motivation and scientific background of your research project. Flash talks are growing in frequency and appeal in scientific conferences nationwide as a brief and concise way to deliver a scientific idea. Your task will be to provide a compelling yet brief summary of the motivation and background behind your outreach project, as well as an example of how you disseminated the idea to a larger community (e.g., example of your poster, talk, brochure or other outreach project option).

If you choose, you will have the opportunity to provide written permission to publish your (de-identified) course work for this course as part of my participation in the Faculty Teaching Excellence Program (FTEP) Making Teaching and Learning Visible Project to enhance student learning and explore new pedagogical opportunities for CU Boulder students. As part of my participation, I will be comparing students' learning achievements on different types of assignments that will be compiled in a course portfolio summarizing student achievements and feedback. If you give permission, your course work may be included in this published research, in full or partial form. However, your performance in the course is entirely independent from and not contingent on providing this permission.

DUE DATES AND GUIDELINES

Due Date #1 -- February 27th, 3:30pm MT

Project proposals due by 3:30pm MT before class begins that day. Proposal should include a one-page single-spaced summary of the aims, relevant readings (5 minimum, drawn from peer-reviewed scientific journals), and a brief description of your project idea. You should include a section at the end labeled "Questions" with any questions you have at this point about your project proposal idea or next-steps to implement it. Document format should be.doc or .docx and sent as an attachment to june.gruber@colorado.edu (subject line "PSYC 3131").

Due Date #2 – May 1st, 3:30pm MT

Full outreach project (including outreach project, flash talk slides, and revised project proposal) due by 3:30pm MT before class begins that day. Projects submitted after this time will be considered late, and 10% of your score will be deducted for each late calendar day. Projects should be submitted in the following format: (a) Copy of outreach project in electronic format (unless not possible given format) and (b) Electronic copy of 1-page research summary of project which should represent a final version of the research proposal draft submitted above. Please email all documents to june.gruber@colorado.edu and do the following 3 things below. Failure to follow these directions will result in point deductions.

      (1) Type "PSYC 3131 Research Summary" in subject line of email
      (2) Include attachment of 1-page summary (.doc or .docx format only)
      (3) Copy and paste text of paper in email body as well

Projects submitted after this time will be considered late, and 10% of your score will be deducted for each late calendar day.

Formatting Rules and Order
Paper proposal should be organized as follows in 3 pages:
    Page 1: Title Page
    Page 2: Body of proposal (i.e., one-page project summary)
    Page 3: Reference Page

Page 1: Title Page
1st page
1 page max in length, , single-spaced, Times New-Roman, Font size 12, 1" Margins
Includes: Name, identikey, Email Address, Project Title and Course Name/Number

Page 2: Body of Project Proposal
2nd page
1 page max, single-spaced, Times New-Roman, Font size 12, 1" Margins
Includes the following 3 things:

A) Opening: Why did you choose this topic? Why is it important? Explain the concept/issue/problem under investigation with an everyday example, by defining the relevant concept, and by establishing the importance of the topic. The goal here is to introduce the general topic to your reader so that s/he can place the information that you are about to describe into some kind of context. This should be approximately **1 paragraph** in length.

B) Background. The purpose of this section is to briefly describe past research that is relevant to the topic you are covering in your outreach project. This is done by presenting information about the past research coherently so that it is held together by a central argument. Since this is a psychology class, please make sure any citations and references you use in your paper are in APA (American Psychological Association) format, both in-text and in a separate reference page. Do not quote material directly from the articles, but rather you need to read the articles, synthesize the material, and describe it for your reader in YOUR OWN WORDS. The best way to do this is to have a strong thesis or position that is used to link together common themes in the references you cite. Length is approximately **1-2 paragraphs** page so brevity is important!

C) Implications and Importance. The goal is to provide the reader with a concluding statement that conveys the importance of the topic and the literature reviewed, and what it might mean for the field of human emotion. What are the implications of your literature review? What does it teach us about human emotion? What are next steps for future work in this area? This should be approximately **1 paragraph** in length**.**

3. Reference Page
3rd page
Includes: Full citations for any references included in the one-page proposal. Pay careful attention to select articles that are relevant to the proposed research. Since this is a psychology class, you should report any citations and references you use in your paper in APA (American Psychological Association) format. For further information on APA 6th edition citation guidelines, please see the following website: http://owl.english.purdue.edu/owl/resource/560/01/ and then consult with me for any questions (I'm here to help!).

OUTREACH PROJECT GUIDELINES
DUE: May 1st, 3:30pm MT

Your goal is to help educate others by disseminating information about a topic of personal interest in human emotion via a newspaper article, video, brochure or an exciting idea of your own. Suggestions for possible outreach projects are below, but you are not limited to these suggestions. If you have any questions regarding your emotion outreach project, please come to office hours or email: june.gruber@colorado.edu

Possible Outreach Project Ideas (More details below)

Newspaper article

Video

Brochure

Other Exciting Ideas

Newspaper Article

Write a letter to the editor or an article for a local newspaper. The goal of your letter should be to educate your audience about your chosen topic, illustrating important trends and general findings. We strongly encourage you to discuss your topic during office hours.

A few questions you might consider answering are (though do not be limited to this list):
- What are current trends in the science of human emotion?
- Is meditation good for your emotional health?
- Are men and women really emotionally different?
- Is the pursuit of happiness possible?
- What is the biology behind _____ (insert emotion topic here)?
- What treatment options are available for emotional disorders?
- What are current ways to promote emotional awareness?
- Most importantly: Why should people care about this topic?

Newspaper article checklist:
- Brainstorm article ideas
- Write a rough draft
- Edit and make revisions, have a classmate or friend read over for errors
- Type and double space
- Must include 500 to 1000 words
- The article should be printed and include your name, identikey, email address, and word count for your article.
- **Bring newspaper article to class on final due date (along with 1-page research summary)**

Tips:
- Plan ahead
- Have a classmate read through for errors
- Come to office hours with questions

*If you wish to submit the article to a local newspaper yourself prior to the due date, you will receive extra credit if your article is printed!
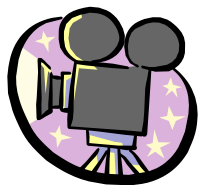
Video

Make a video about an emotion-related topic, working alone or in groups of up to 4 (note: if you work in a group, your research papers for Part I of the project will be written and turned in independently). Your video should be both informative and entertaining. You can use dialogue, interviews, or other methods to convey information. We recommend that you discuss your topic with Prof. Gruber before you and/or your group begin filming to ensure an adequate and appropriate topic.

Video Checklist:
- Brainstorm video ideas
- Discuss video topic with Prof. Gruber
- Shoot footage and EDIT (background music is always fun!)
- Make sure your video is **between 5-10 minutes long**
- Copy your video onto a DVD or USB
- Label your video with name(s), identikey, email address(es) and title of your video
- **Bring video to class on final due date (along with 1-page research summary)**

Tips:
- Look into borrowing video supplies ahead of time
- Adobe Premier (PC), Final Cut (Mac), and iMovie (Mac) are commonly used video editing programs
- Using a dedicated microphone not built into the camera can greatly increase the quality of the sound
- Come to office hours with questions

*The best videos, as judged by originality, quality of information presented, creativity and entertainment value will receive extra credit in recognition for your good work!

Brochure

Your goal should be to create an informative, engaging brochure about an emotion-related topic. You are to design this brochure assuming that your audience does not have a background in human emotion.

Questions that you should consider answering include, but are not limited to, the following:

- What is the scientific term for the emotional phenomenon?
- When was this topic first discovered or researched? Who discovered it? Where is this researcher now?
- What is the current state of literature on this topic (i.e., what do we know about it?)?
- What group of people (e.g., age, gender, ethnicity) is included in discussions of this topic?
- What are features of this emotional phenomenon?
- If discussing an emotional disorder, what can someone do if they think that they have this disorder? Are treatments non-invasive, pharmacological, etc?
- Contact information: Where could someone go/who can someone contact to learn more about this topic? Please include phone numbers, web pages, and any other information that may be helpful for people who want to learn more about this topic.
- Target Audience: Make it clear whom your target audience is (e.g., children, college students at CU Boulder, Boulder or Denver community) and tailor your brochure accordingly.

Brochure Checklist:
- Brainstorm ideas and consult with Prof. Gruber
- Write a rough draft and find pictures to include in brochure
- Edit and make revisions, type and format - **include 500 to 1000 words**
- Includes at least three (3) columns of text on both the front and back of the brochure pamphlet.
- On a separate page, describe when, where, and how your brochure would be distributed.
- **Bring brochure to class on final due date (along with 1-page research summary) along with an additional page on distribution instructions described above.**

Tips:
- Have a friend look over for errors
- Come to office hours with questions

After careful review, the best brochures (judged based on information presented, topic coverage, neatness, creativity in format, and visual appeal) will receive extra credit in recognition for your good work!

Other Exciting Ideas

Do NOT feel obligated to the previously listed outreach options. Feel free to come up with your own creative ideas to raise awareness about human emotion! Unique, effective individual or group (no more than 4 people) outreach projects will receive special recognition (note: if you work in a group, your research papers must be written and turned in independently).

Some creative ideas might include:
- Creating a website dedicated to a topic in human emotion
- Conveying some of the information you have learned by giving a lesson to junior high or high school students
- Staging an "Emotion Awareness Day" on campus or in the community.
- Distributing copies of informative materials to groups of students and speaking with them about the importance of emotional well-being.

If you are interested in pursuing a unique option, please first seek approval from Prof. Gruber. Lectures or information sessions will need to be documented with picture and/or video footage saved onto a DVD to turn in with your research paper.

What is a Flash Talk?
A flash talk is a 5-minute talk covering a bite-sized bit of research. It will offer a fast-paced overview of the most exciting ideas and content of your outreach project. Flash talks refer to brief talks that get the major points across without going into excessive detail. This is a way to showcase the highlights of your project. Your task will be to provide a compelling yet brief summary of the motivation and background behind your outreach project, as well as an example of how you disseminated the idea to a larger community (e.g., example of your poster, talk, brochure or other outreach project option). Specific guidelines are below:

Timing & Practice
A great thing about flash talks is that they are virtually impossible to 'wing it.' Given you only have 5 minutes, you will need to carefully prepare and plan so each slide is relevant and the topic is engaging for your audience. Estimate about 1 minute per slide. Remember that you cannot give a flash talk without extensive practice to ensure that it fits within the 5-minute time limit. Practice, practice, practice!

Number of Slides
You should plan to have no more than 5 slides max (i.e., think one slide per minute). An optional title slide does not count towards this maximum. Use PowerPoint or Keynote presentation software, which you will send before class so they can all be loaded on a single laptop. Avoid overdoing "build features" to pack excessive content into single slides, and also avoid using Prezi and other dizzying presentation formats. Below is a recommended sequence for flash talk slides to help guide your presentation:

> Slide 1: Motivation (what is interesting about this idea? What does science say?)
> Slide 2: Project Idea (what did you do for your outreach project)
> Slide 3: Project Dissemination (how did you get the word across to the public?)
> Slide 4: Implications (how was this project important to you? what did you get out of it?)
> Slide 5: Bonus slide (use at your discretion anywhere in the talk!)

Content
Keep it simple. The most successful flash talks are those that make a single and coherent point. Anything more begins to get to be information over-load for such a short time frame and lacks coherence.