



INTRODUCTION TO PSYCHOLOGY

2ND ONLINE LECTURE

(OCTOBER 30)

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„Homework“

Blue eyes / brown eyes experiment

"When our leader J.F. Kennedy was killed several years ago, his widow held us together. Who's going to control your people?"



"Oh Great Spirit, keep me from ever judging a man until I have walked a mile in his moccasins."

Class divided

Children were divided on blue eyes (superior) and brown eyes (inferior)

BROWN EYES

- Had to wear a blue collar
- Could not drink from own cups
- Could not drink from same fountain as blue eyes
- Teacher saw only negatives and failures



BLUE EYES:

- Could have more meal during the lunch
- Could go to gym during break
- Sat in front of the classroom
- Teacher saw only positives and successes

Children could not play together

Consequences

Superiors: arrogant, unfriendly to inferior

Inferiors: silent, frustrated, passive

Performance

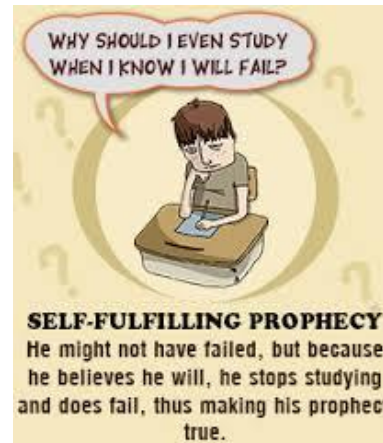
	1st day	2nd day
Brown eyes	5:18	2.34
Blue eyes	3:15	4:40

Psychological reflections



Self-fulfilling prophecy

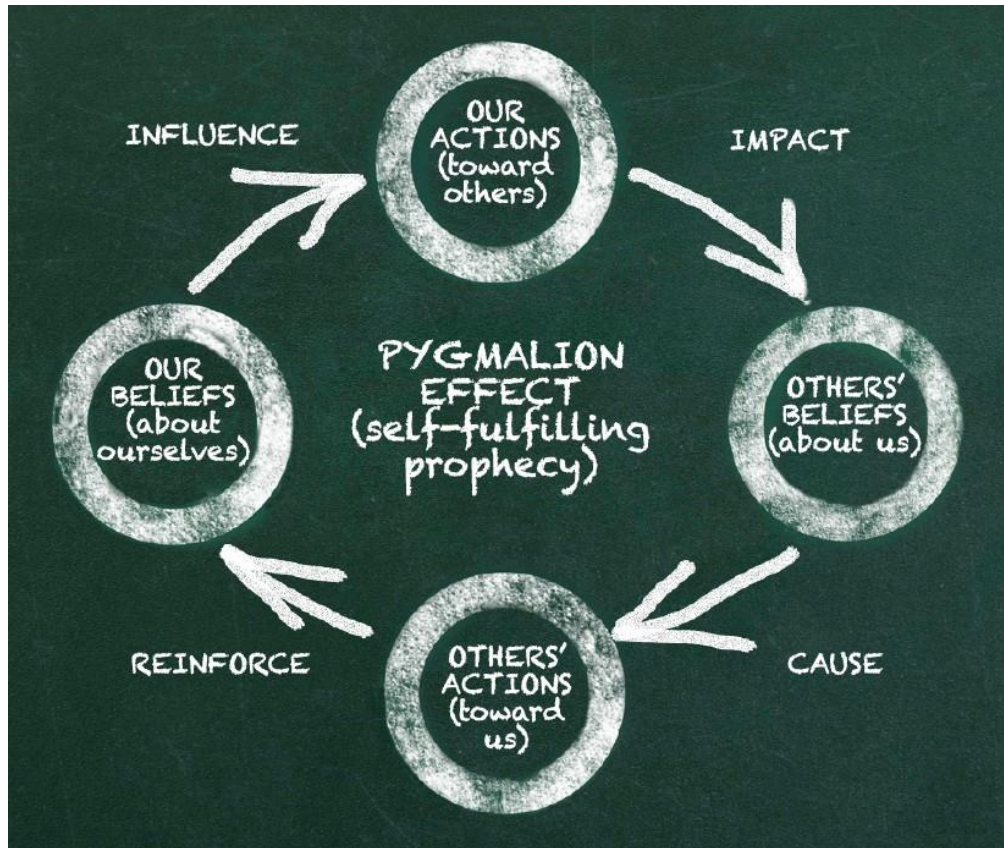
Phenomenon of someone "predicting" or expecting something, and this "prediction" or expectation coming true simply because the person *believes* it will and the person's resulting behaviors aligning to fulfill the belief.



Rosenthal and Jacobson study:

<https://www.youtube.com/watch?v=hTghEXKNj7g&t=196s>

Pygmalion effect



My teacher says,
I'll pass.

Pygmalion Effect:

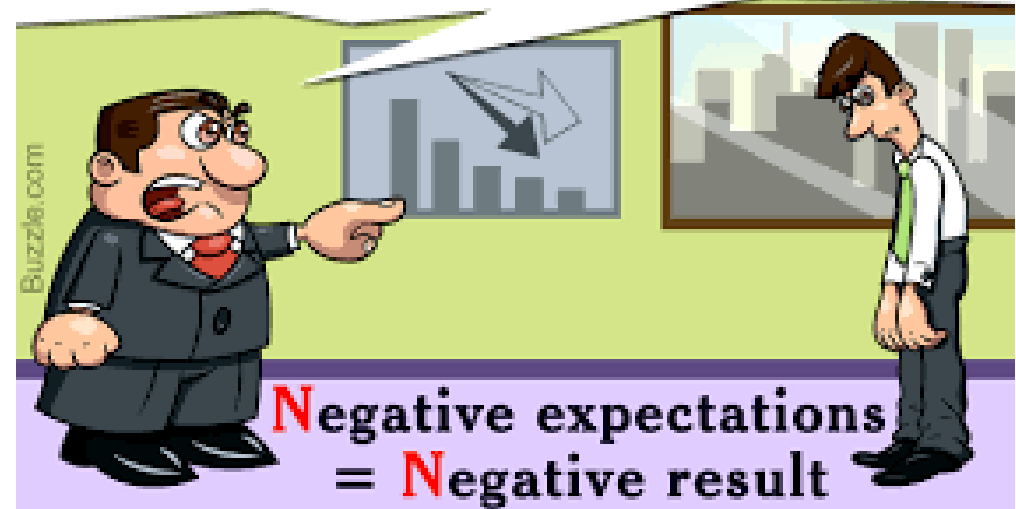
People are influenced by the expectations built upon them.



Golem effect



I always knew you were going to fail.



Psychological professions and education

- School psychologist
- Counseling psychologist
- Clinical psychologist
- Child psychiatrist
- Therapist



School psychologist

Psychology programme graduate

SPECIALIZATION:

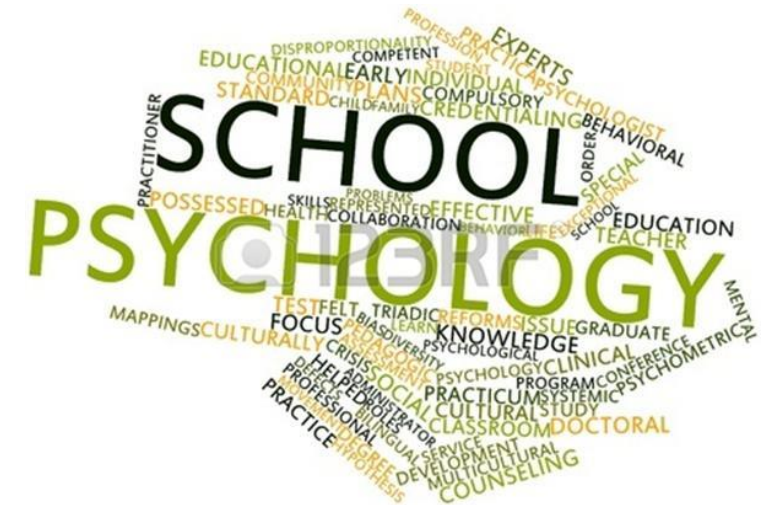
prevention of school, learning and educational difficulties

JOB DESCRIPTION:

counseling, school diagnostics, caring for pupils with special needs, working with school counseling facilities

OTHER

- Key role in mental difficulties detection
- working with class



Counseling psychologist

Psychology programme graduate

SPECIALIZATION:

prevention of school, learning and educational difficulties

JOB DESCRIPTION:

consultancy in the field of school, educational and professional counseling, in these areas also performs the appropriate psychological diagnostics

OTHER

Work in school counseling system, diagnostic institutes, educational care centers or special pedagogical centers.



Clinical psychologist



- Psychology programme graduate
- 5 yrs attestation – adult clinical psychologist
- 2 yrs attestation – child clinical psychologist
- **ATTESTATION MEANS:** *5yrs of practice + supervision, courses, exams*

SPECIALIZATION:

Mental health and mental disorders

Clinical psychologist



JOB DESCRIPTION:

Psychodiagnostics, psychotherapy, crisis intervention, cooperation with other specialists

OTHER

- work in hospitals and ambulancies
- order without practionists recommendation
- cooperate with insurance companies

Numer of child clinical psychologists in CZE:

80

(required amount: 800)

Child psychiatrist

Medicine programme graduate

- 5 yrs attestation – adult psychiatrist
- 2 yrs attestation – child psychiatrist

(110 pieces)

SPECIALIZATION:

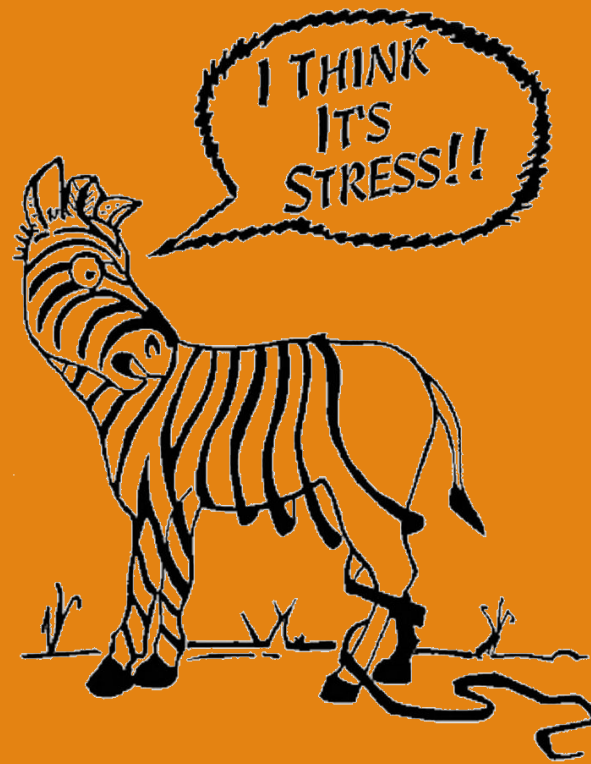
Mental health and mental disorders

JOB DESCRIPTION:

psychiatric examination (physical examination, interview with child and parent, questionnaires and other psychodiagnostic methods)

MEDICATION PRESCRIPTION





STRESS

= state of mental or emotional strain or tension resulting from adverse or demanding circumstances.



BURN OUT SYNDROME

„Burned-out worker "looks, acts, and seems depressed“

- Prolonged exposure to stress at work
 - Excessive workload
 - Too little recognition
 - Personal characteristics
 - Perfekcionism
 - Excessive conscientiousness
 - Workaholism
- emotional exhaustion
- physical fatigue
- cognitive weariness
- depersonalization (treating students and colleagues in a cynical way)
- reduced feelings of work-related personal accomplishment

ICD: under problems related to life-management difficulty

Symptoms of burn-out

- No interest in work
- Feeling constantly restless and tense
- Quickness to anger
- Concentration problems + forgetfulness
- Little time and energy for oneself and his family
- Suffering physical symptoms
 - Headaches
 - Sleeplessness
 - High blood pressure
 - Heart attacks/ stroke
- Increased drug use

BURN-OUT IN CZECH TEACHERS

How many teachers are in CZE?

Approx. 150 000

How many of them are burned-out

Approx. 30 000



approx. 1/5 of czech teachers are burned out....

2 394 teachers survey

BURN-OUT EXERCISE



BURN-OUT EXERCISE

Group 1 (The Lighters): Which factors can lead to burn-out

Group 2 (The Matches): How burn out can be manifested

Group 3 (The flints & steels): How to prevent a burn-out

Problems leading to burn-out

- insufficient support (institutions, family, society)
- bad working relationships
- Too much byrocracy
- Problems with students, parents
- Low prestige
- Low sallary
- Bad life-style
- Inability to realize oneself in an environment other than school
- Lack of psychohygiene
- Insuficcient introspection
- Refusing to talk about problems out loud

Impacts and manifestations

- anxiety and reluctance associated with work
 - No interest in work or students
 - Mechanical teaching
- decrease in sensitivity to student's needs
- rapid decline in patience with children

Prevention

- further self- education
- variability (change the teaching subject)

Get rid off being a class teacher

Support from school

Good workplace relationships

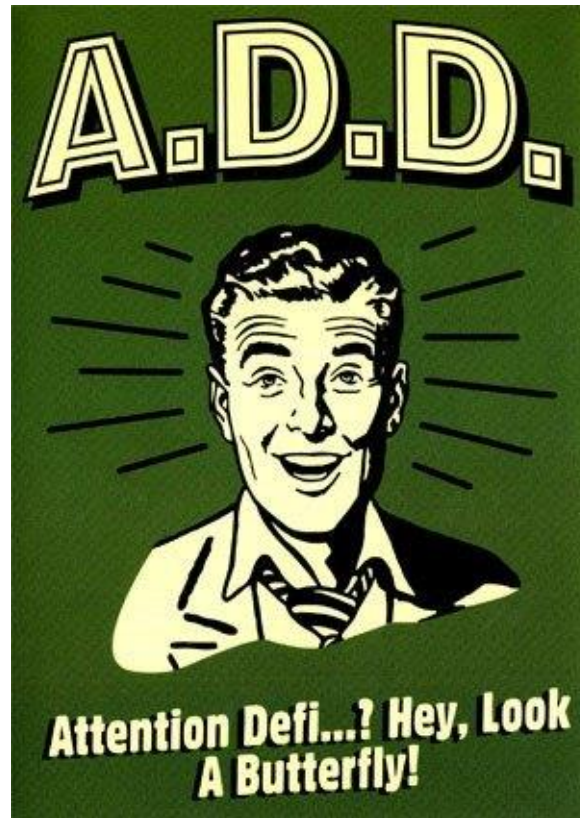
Good family relationships

Hobbies

Physical activity

Life is a marathon, not a short track....

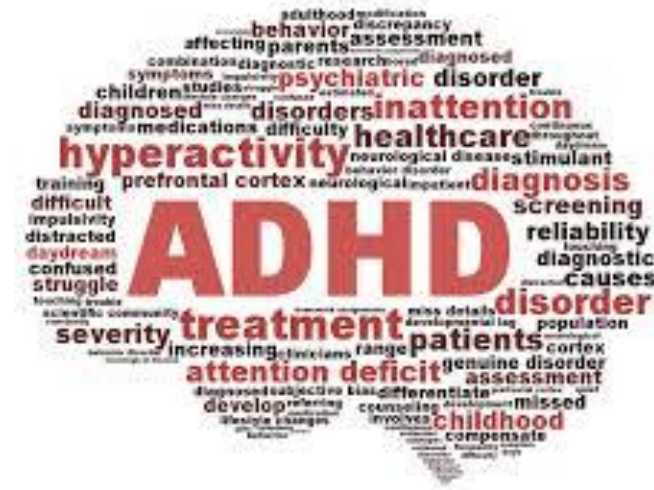
ADHD



ADHD

What do we know about them?

How are they manifested?



Prevalence

How many children out of 100 have ADHD ?

6 -10

%



Causes - heritability (genetics)

Experience with parents?

- 5 times more often at first grade relatives
- In adulthood remains in 40 – 60% of cases
(4-5 % of adults)
- Heritability 0,76



Causes- nongenetic factors

- Smoking, drinking alcohol during pregnancy
- premature delivery
- Low delivery weight
- Perinatal complications
- Severe head trauma in childhood

- ~~Wrong upbringing~~

Symptoms and diagnostic criteria

- Hyperactivity
- Attention deficit
- Impulsivity

Important to distinguish from other difficulties:

- Beginning before 7 years of age
- Symptoms persistence (min. 6 months)
- Occurs in at least two different environments

Important to bear in mind that:

- The manifestations are variable - depending on the maturation of the brain
- Not related to the child's intelligence (although as a result it is associated with impaired school performance)

Hyperactivity

- motion restlessness (restless, wagging)
- unnecessary and unnecessary movements (does not last to sit in place
- running)
- Excessive energy (disturbing, noisy, difficult to maintain, still in motion)
- Increased speech (talkative)

Attention deficit

- Short intervals focus on one thing (difficult to concentrate, unable to hold attention)
- Inability to select from multiple stimuli - to distinguish essential from non-essential (does not seem to listen)
- Short tenacity of attention (does not complete initiated activities)
- avoiding tasks requiring increased mental effort
- untidiness
- absenteeism, loss of things
- Forgetting things

Impulsivity

- unstopable speech
 - Quick inadequate response (the answer blurts out without thinking)
- cannot wait
- interrupts others, jumps into speech
- Poor understanding of one's own feelings and impaired ability to correct them (acting before they realize the consequences)

Other symptoms

- emotional lability
- Mood swings, decreased frustration tolerance
- memory problems and disorders
- instillation, storage and equipment disorders, frequent forgetting of things, instructions, not responding to multiple commands, memory sticking
- Perception weakening

- Speech and thinking disorders
- often delayed speech development, pronunciation disorders; inflexible, adherent thinking, difficulties in understanding concepts
- Difficulties in social behavior
- Difficulties in interpersonal relationships, communication with peers, cheating, lying, aggression
- Feelings of boredom

Before we go inspiration?



https://www.youtube.com/watch?v=4p5286T_kn0