Psychological Perspectives: An Application Worksheet

Instructions: Read each description carefully. Using your notes and the power of your mind – *analyze* the thoughts/behaviors according to each of the following perspectives. Use appropriate psychological terminology for that particular perspective.

#1

Identify the behavior or concern:

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**Where I come from isn't all that great
My automobile is a piece of crap
My fashion sense is a little whack
And my friends are just as screwy as me**

I didn't go to boarding schools
**Preppy girls never looked at me
Why should they, I ain't nobody
Got nothing in my pocket**
Beverly Hills... That's where I want to be!
Living in Beverly Hills...
Beverly Hills... Rolling like a celebrity!
Living in Beverly Hills...

Look at all those movie stars
They're all so beautiful and clean
When the housemaids scrub the floors
They get the spaces in between

**I wanna live a life like that
I wanna be just like a king
Take my picture by the pool
Cause I'm the next big thing**

Analyze/Apply:

**Cognitive perspective**: (ie. According to the cognitive perspective…then use the terms for that perspective to explain the behavior etc.)

**Humanistic perspective**:

**Developmental perspective**:

Chorus

**Truth is...I don't stand a chance** (aaaaaaaaaaaaaah)
**It's something that you're born into**...(aaaaaaaaaaah)
**And I just don't belong**...(aaaaaaaaaaah)

**No I don't - I'm just a no class, beat down fool
And I will always be that way
I might as well enjoy my life
And watch the stars play**

#2

Wake up in the mornin' feelin' like P- Diddy (Hey what's up girl)
Grab ma glasses I'm out the door I'm gonna hit the city (Let's go)
**Before I leave brush ma teeth with a bottle of Jack
'Cuz when I leave for the night I ain't comin back**

Identify the behavior or concern:

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Blah…blah…blah…

**Aint got a care in world, but got plenty of beer
Aint got no money in my pocket, but I'm already here**
Now, the dudes are lining up cause they hear we got swagger
But we kick em to the curb unless they look like Mick Jagger

**Biological Perspective**:

**Cognitive Perspective:**

**Socio-Cultural Perspective:**

#3

In the Maze runner, Thomas and some of the Gladers decide to leave and take on the Grievers in an effort to make it to the Cliff (where, incidentally, they are going to try to make an escape through the same hole the Grievers come into the maze from).

Identify the behavior or concern:

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**Psychodynamic Perspective**:

 **Behavioral Perspective:**

**Trait Perspective:**

#4

Identify the behavior or concern:

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Yeah, it's pretty clear, I ain't no size two
 But I can shake it, shake it, like I'm supposed to do
 'Cause I got that boom boom that all the boys chase
 And all the right junk in all the right places

 I see the magazine workin' that Photoshop
 We know that \*&$! ain't real, come on now, make it stop
 If you got beauty, beauty, just raise 'em up
 'Cause every inch of you is perfect from the bottom to the top

 Yeah, my mama she told me "don't worry about your size"
 (Shoo wop wop, sha-ooh wop wop)
 She says, "Boys like a little more booty to hold at night"
 (That booty, uh, that booty booty)
 You know I won't be no stick figure silicone Barbie doll
 So if that what you're into, then go 'head and move along

**Choose a perspective you think would best fit and analyze it according to the perspective.**

**#5 excerpt from *The Hunger Games***

At the edge of the woods I turn for one instant to survey the field. About a dozen or so tributes are hacking away at one another at the horn. Several lie dead already on the ground. Those who have taken flight are disappearing into the trees or into the void opposite me. I continue running until the woods have hidden me from the other tributes then slow into a steady jog that I think I can maintain for a while.

**Choose a perspective you think would best fit and analyze it according to the perspective.**

Identify the behavior or concern:

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**#6 -** **Heathens by Twenty One Pilots**

All my friends are heathens, take it slow
Wait for them to ask you who you know
**Please don't make any sudden moves
You don't know the half of the abuse**

Identify the behavior:

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**We don't deal with outsiders very well**They say newcomers have a certain smell
**Yeah, they have trust issues, not to mention**
They say they can smell your intentions
You're lovin' on the freakshow sitting next to you
You'll have some weird people sitting next to you
You'll think "how did I get here, sitting next to you?"

**Choose a perspective you think would best fit and analyze it according to the perspective.**