

## **Psychological Equanimity: The Scientist-Practitioner Model**

A 4 to 12 credit Independent Learning Contract (ILC)

Mark Aaron Hurst, Ph.D.

The Evergreen State College

This independent learning contract for a small group (no more than 10) consists of:

- 1) Work on your own in reading and taking notes each week, and integrating it into your fundamental, but growing *Theoretical Orientation* document (basically, your own personal philosophy in serving others with the social power and social influence you each possess); and
- 2) Meeting once a week for appx. 2 hours to discuss learning and growth, especially in relation to social maturity theory (perspective) and wisdom (action). It is intended for undergraduates in developing a fundamental knowledge and skill base in psychological science and practice, to employ in their communities for the pro-social good.

**Meetings:** One 2 hour meeting per week (to be negotiated, but likely Saturday mornings) to discuss learning, growth, and work on your own theoretical orientation. In each meeting, we will do deep focus work with one essential Socratic question about our weekly topic, as well as watch a debate about the topic to hear differing perspectives.

### **Possible Texts:**

McRaney, D (2014). *You Are Now Less Dumb: How to Conquer Mob Mentality, How to Buy Happiness, and All the Other Ways to Outsmart Yourself*

Burkeman, O. (2021). *4,000 Weeks: Time Management for Mortals*

Wilson, T. (2009). *Redirect: The Surprising New Science of Psychological Change*

### **Assignment:**

1. Weekly personal notes to fuel seminars;
2. Development of a Theoretical Orientation informed by psychological science and practice. (12 pages)

### **Weekly Themes**

**Week 1: Consciousness** (Integrating sensation and memory into self and world, over time and circumstance)

**Week 2: Social and Cultural Animals** (From Sensation to Higher Order Meaning)

**Week 3: Meaning and Motivation** (What and Why?)

**Week 4: Emotion** (The Elephant in the Room)

**Week 5: Cognition** (Time for a New Revolution?; Concepts; Schemas; Memory; Intelligence/Wisdom)

**Week 6: Behavior** (Self-regulation and Time on Task)

**Week 7: The Evolving Self, Life Narratives, and Cross-Level Coherence**

**Week 8: Change, Adaptation, and Resilience**

**Week 9: Growth, Development, Maturity**

**Week 10: The Scientist-Practitioner Change Agent**