

Psychology 166AC  
Cultural Psychology

Instructor: TBD  
email - TBA  
office hours - TBA

### **Textbook**

*Cultural Psychology*, 3rd edition  
by Steven Heine

### **Course Objectives**

By the end of the course you should have an improved understanding of the following:

- (a) The Big Picture – Why is cultural psychology important? What are the benefits of cultural psychology and what are the dangers?
- (b) Methodology – understand the methods used in cultural psychology, including their strengths and limitations
- (c) Think Like a Cultural Psychologist – gain a basic understanding of the important concepts and findings of cultural psychology
- (d) Application – gain a greater understanding of your own culture(s), the cultures of others, and the role of culture in human interactions

### **Grading**

Group Creation Questionnaire	5% of grade
Pre-Class Questionnaires	10% of grade
Class Discussion and Participation	20% of grade
Exams (2)	65% of grade

The Group Creation Questionnaire will be completed in class and will consist of general questions about your background. I will use your answers to assign you to a discussion group. The questionnaire cannot be made up for credit. Students who join the class late should email me about being added to a discussion group and complete the extra credit final class discussion in order to make up the points.

Pre-Class Questionnaires are questionnaires used by cultural psychologists in their research. The questionnaires that you will complete will be posted to bCourses. You will need to complete the questionnaires and then bring them to class with you. You may miss one questionnaire without it negatively affecting your grade.

Exams will be based on material covered in lecture and the text. A study guide with a list of concepts will be posted to bCourses a week before each exam. Please plan on attending all exams. Exams can only be made up in cases of unforeseeable and documented emergencies. The form of the makeup exam will be at my discretion.

Class Discussion and Participation. Class participation is an important component of this class. Many class meetings will include small group discussion or activities. Activities and discussions completed during class cannot be made up for credit.

Extra Credit Final Class Discussion. The final class discussion will consist of broad, integrative questions about the field of cultural psychology. These questions will be posted to bCourses. Answers to the questions may be submitted to bCourses for a 3% bonus to your course grade or you may print them out, attend the discussion, and turn them in for a 5% bonus to your course grade.

## Class Policies

**Special Needs.** If you have any special needs that require accommodation, please notify me as soon as possible. Similarly, if you are having a hard time in the course for personal reasons (e.g. working full-time & going to school, parenting young children, illness in the family), please notify me as soon as possible and I will work with you on how to deal best with the situation.

**Email and bCourses.** I will answer all email received Monday to Friday 9am to 5pm within 72 hours. I do not always check emails at night or on weekends so responses may be slower. Please check bCourses regularly for announcements.

**Academic Honesty.** It is very important that the work you submit in this class is your own. Exams are closed book, closed notes and dictionaries and translators are not permitted. The penalty for cheating on an exam will range from failure of the exam to automatic failure of the course.

### Campus Resources

#### **Counseling and Psychological Services**

free group and individual counseling for students

<https://uhs.berkeley.edu/counseling>

#### **Disabled Students Program**

academic accommodations

<http://dsp.berkeley.edu/>

#### **Psychology Undergraduate Academic Advisors**

help with the major and class scheduling

<http://psychology.berkeley.edu/students/undergraduate-program/academic-advising>

#### **Student Learning Center Writing**

free help with writing via peer tutors

<http://slc.berkeley.edu/writing>

### American Cultures

This course fulfills the American Cultures requirement. Classes that fulfill this requirement “must be integrative and comparative and address theoretical and analytical issues relevant to understanding race, culture, and ethnicity in American history and society”<sup>1</sup>. This course fulfills this requirement by (a) discussing the general patterns of behavior, thought, and feelings that are most common in the US (compared to other countries) based on psychological research and (b) discussing psychological research that compares patterns of behavior, thought, and feelings of African-Americans, Latinos, Asian-Americans, and Whites in the US.

For example, when we cover the self we will discuss research that examines ethnic differences in self-esteem between Latina, African-American, and White adolescents (Carlson, Uppal, & Prosser, 2000) and research that investigates links between the strength of ethnic identity and American identity and self-esteem (Phinney, Cantu, & Kurtz, 1997).

When we cover health, we will discuss ethnic differences in body image (Fredrick, Forbes, Griogorian, & Jarcho, 2007; Yates, Edman, & Aruguete, 2001). We will also discuss research that explores the connection between perceived racism and physical and psychological health in Asian, African-American, and Latino adults (Brondolo et al., 2011) and

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<sup>1</sup> <http://guide.berkeley.edu/undergraduate/colleges-schools/chemistry/american-cultures-requirement/>

research that investigates potential causes of differential rates of depression and social anxiety in Asian-American and White college students (Okazaki, 1997).

When we cover well-being, we will discuss the effects of ethnicity and ethnic identity on the well-being of Native American, African-American, Latino, and White adolescents (Martinez & Dukes, 1997) and research exploring the link between ethnic discrimination and well-being (Contrada et al., 2000).

These discussions will focus on differences between ethnic groups in the US as well as the theories that may help to explain these differences. After these discussions, students should have a more sophisticated and nuanced understanding of the psychology of African-Americans, Latinos, Asian-Americans, and Whites in the US and should be starting to think about psychological, structural, and societal causes of disparities in outcomes as well as ways in which students who are committed to social justice may begin to attempt to reduce those disparities. They will also learn about protective factors, such as a strong sense of ethnic identity, that promote resilience and protect ethnic minorities in the US from negative outcomes.

### Schedule

Please complete the readings prior to the date listed.

date	topic	readings, exams	discussion topic, class activities
TBD	Introduction to class and syllabus	<i>Cultural Psychology</i> chapter 1	What is American culture and what are Americans like?
TBD	What is culture?		Group Creation Questionnaire completed in class
TBD	Research Methods	<i>Cultural Psychology</i> chapter 4	
TBD	Personality	<i>Cultural Psychology</i> chapter 6	Do individuals have one personality or many personalities?
TBD	The Self		ethnicity and self-esteem
TBD	Motivation	<i>Cultural Psychology</i> chapter 8	<i>If you have a laptop computer, please bring it to class.</i>  Design an Ad Activity
TBD	Interpersonal Attraction	<i>Cultural Psychology</i> chapter 11	ethnicity and attraction
TBD	Close Relationships		cultural differences in marriage systems
TBD		<b>Exam 1</b> covers material from <i>Cultural Psychology</i> chapters 1, 4, 6, 8, and 11 and lecture through July 19	

<b>date</b>	<b>topic</b>	<b>readings, exams</b>	<b>discussion topic, class activities</b>
TBD	Cognition and Perception	<i>Cultural Psychology</i> chapter 9	holistic vs. analytic thinking
TBD	Physical Health	<i>Cultural Psychology</i> chapter 13	ethnic differences in body image  Is it possible to counteract the cultural forces and structures in the US associated with poor health outcomes? If so, how?
TBD	Mental Health	<i>Cultural Psychology</i> chapter 14	ethnic differences in mental health
TBD	Well-Being		ethnic differences in life satisfaction and well-being
TBD	Emotion	<i>Cultural Psychology</i> chapter 10	ethnic differences in emotional experience and expression
TBD		<b>Exam 2</b> covers material from <i>Cultural Psychology</i> chapters 5, 6, 9, 10, 13 and 14 and lecture through August 2	
TBD			Integrative Activity and Assignment
TBD	Integration and Wrap Up		What is American culture and what are Americans like?
TBD	Extra Credit Final Class Discussion		