FEM 4103 Psychology of Social and Interspersonal Behaviour

1st Semester 2014-2015

ASSIGNMENT 1: Personal Behavioural Analyses (10%)

You are to conduct self- analyses on your behavioural development in accord with the following themes:

1. Some background descriptions on yourself (personal, educational, family etc)

2. Behavioural Audit
   a. Historically – what did your parents use to tell you about YOU and your behaviour
   b. Things / events that you remember most
   c. Your interest, justify
   d. Things that you hate, justify
   e. People around you
   f. The way you behave – alone and with others
   g. Behavioural “hitches” – any habits? Any problematic / special behaviour?
   h. Others' behaviour that please you most
   i. Others' behaviour that annoy you most – how do you deal with them
   j. Do you praise often? Do you curse often?
   k. Do others influence the way you behave? Who and why?
   l. Your virtual behaviour – describe all social accounts that you have, pattern of your status (whatsapp groups, fb, tweeter, instagram etc); describe pattern of usage; your normal “comment statements”; your likes/dislikes, your virtual friends (number, who they are etc)
   m. Discussion on your face-to-face behaviour vs your virtual behaviour
   n. Highlight your prosocial behaviour vs antisocial behaviour
   o. Other facts that you may feel important to be discussed.
   p. Conclusion

3. Choose TWO research article that can explain ONE dimension of your chosen behavioural analysis. i.e. you are easily tempered person, you may want to explore on research in anger management. Analyze this article and check on how does the content match you.

4. Conclude your paper by highlighting means and ways to “improve” your behaviour.

SUBMIT VIA EMAIL TO mystudents2013.rj@gmail.com by 3rd October 2014