INFUSING SOCIOCULTURAL LEARNING IN PSYCHOLOGY CLASSES

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OVERVIEW

- Academic priorities
- Pedagogical approaches:
  - Cross-cultural psychology
  - Developmental psychology
  - Social psychology
  - Narrative approaches & intergroup contact
- The road to activism
WILL SOMETHING STICK FOR YOU?
WILL SOMETHING STICK FOR THEM?
ACADEMIC PRIORITIES
WHO ARE WE PREPARING?
(LOVE, 2011)

TRADITIONAL

LIBERAL/
PROGRESSIVE

TRANSFORMATIVE
“BANKING” MODEL OF EDUCATION
(FREIRE, 1970)

• Systematically depositing information into students with a payout of regurgitation and conformity
• Constrains critical thinking
• Creates social “massification” (p. 20)
• Knowledge is not enough
• HOW DO WE FREE OURSELVES?
That shift from beloved all-black schools to white schools where black students were always seen as interlopers, as not really belonging, taught me the difference between education as the practice of freedom and education that merely strives to reinforce domination (p. 4)
CRITICAL CONSCIOUSNESS
(FREIRE, 1973)

• Ability to analyze the complexity of social problems with rational awareness, realism, sound causal logic, receptivity to alternative explanations, and acceptance of responsibility
CRITICAL CONSCIOUSNESS DEVELOPMENT

- Landreman, Rasmussen, King & Jiang (2007) interviewed 20 seasoned multicultural educators with diverse demographic characteristics to understand their process of critical consciousness development.
WHERE ARE WE NOW?

Association of American Colleges & Universities (AAC&U)

**Mission**

The mission of the Association of American Colleges and Universities (AAC&U) is to make liberal education and inclusive excellence the foundation for institutional purpose and educational practice in higher education. (ADOPTED NOVEMBER 2012)

**STRATEGIC PLAN 2013-17**

Big Questions, Urgent Challenges: LIBERAL EDUCATION AND AMERICANS’ GLOBAL FUTURE
Goals

Guided by its mission, the LEAP Principles of Excellence, and the LEAP Essential Learning Outcomes (see p. 2), AAC&U will help the higher education community advance the following goals:

1. **LEAP: Liberal Education as a Global Necessity**
   Build shared commitment to provide ALL college students with the high-quality learning they need to succeed and thrive in an era of global interconnection and rapid societal and economic change.

2. **QUALITY: 21st-Century Markers for the Value of US Degrees**
   Promote a clear, contemporary, and capacious framework for high-quality learning and students’ demonstrated achievement, providing an educationally meaningful compass to guide students’ pathways to degrees.

3. **EQUITY: Innovation, Inclusive Excellence, and Student Success**
   Accelerate broad-scale systemic innovation to advance educational practices that engage diversity and challenge inequities in order to make excellence inclusive.

4. **SOCIAL RESPONSIBILITY: Integrative Liberal Learning for the Global Commons**
   Advance “big questions/global commons” inquiry and innovation across the liberal arts and sciences and through cornerstone-to-capstone designs for general education that foster civic learning, ethical reasoning, and engagement with US and global diversity.
APA GUIDELINES FOR THE UNDERGRADUATE PSYCHOLOGY MAJOR 2.0 (2013)

Comprehensive learning goals

Goal 1: Knowledge base in Psychology
Goal 2: Scientific inquiry and critical thinking
Goal 3: Ethical and social responsibility in a diverse world
Goal 4: Communication
Goal 5: Professional development
“INFUSION APPROACH” TO SOCIOCULTURAL LEARNING:

- **Sociocultural learning**: “incorporating how such factors as age, race, gender, and a host of other sociocultural variables influence what we know and how we know it” (p. 38)

According to a “best practice” review by the AAC&U (2005), the preferred manner of tackling diversity goals is incorporated in the context of the major. When students encounter a stand-alone course requirement or a forced diversity “add on” to an existing course, we are likely to fail to achieve the outcomes we seek. (p. 38)
## Representation of Sociocultural Focus Throughout Guidelines 2.0

### Knowledge Base

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Foundation Indicators</th>
<th>Baccalaureate Indicators</th>
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<tbody>
<tr>
<td>Students will:</td>
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<td>Students will:</td>
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<tr>
<td>1.1 Describe key concepts, principles, and overarching themes in</td>
<td>1.1d Recognize the power of the context and the influence of sociocultural factors in</td>
<td>1.1D Examine the <em>sociocultural</em> and <em>international</em> contexts that influence individual</td>
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<tr>
<td>psychology</td>
<td>shaping conclusions about individual behavior</td>
<td>differences (e.g., personality traits, abilities) and address applicability of research</td>
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<td>findings across societal and cultural groups</td>
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<td></td>
<td>1.2 Develop a working knowledge of psychology’s content domains</td>
<td>1.2E Predict how <em>sociocultural</em> and <em>international</em> factors influence thinking about</td>
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<td>1.2e Recognize content domains as having distinctive sociocultural origins and</td>
<td>behavioral and mental processes</td>
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<td>development</td>
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<td></td>
<td>1.3 Describe applications of psychology</td>
<td>1.3D Explain how psychological constructs can be used to understand and resolve</td>
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<td>1.3d Predict how <em>individual differences</em> are related to beliefs, values, and</td>
<td>interpersonal and <em>intercultural</em> conflicts</td>
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<td></td>
<td>interactions with others</td>
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</table>
### Ethical and Social Responsibility in a Diverse World

<table>
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<tr>
<th>3.3 Adopt values that build community at local, national, and global levels</th>
<th>3.3a Identify human <em>diversity</em> in its many forms and the interpersonal challenges that often result from the diversity</th>
<th>3.3A Exhibit respect for members of <em>diverse groups</em> with sensitivity to issues of power, privilege, and discrimination</th>
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<tr>
<td><strong>3.3b</strong> Recognize potential for <em>prejudice and discrimination</em> in oneself and others</td>
<td><strong>3.3B</strong> Develop psychology-based strategies to facilitate social change to diminish <em>discriminatory practices</em></td>
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<tr>
<td><strong>3.3c</strong> Explain how psychology can promote civic, social, and <em>global outcomes</em> that benefit others</td>
<td><strong>3.3C</strong> Pursue personal opportunities to promote civic, social, and <em>global outcomes</em> that benefit the community</td>
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<tr>
<td><strong>3.3d</strong> Describe psychology-related issues of <em>global concern</em> (e.g., poverty, health, migration, human rights, international conflict, sustainability)</td>
<td><strong>3.3D</strong> Consider the potential effects of psychology-based interventions on issues of <em>global concern</em></td>
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</table>
Focusing on the advantages of promoting a diversity-rich culture will help our students and ourselves address the urgency of producing culturally competent individuals…

Although we have not solved the challenges associated with discrimination and oppression, we wanted to emphasize the potential for enrichment when individuals of diverse backgrounds and experience come together to solve problems. (p. 39)
HOW DO WE DO THIS?
MAIN ENTRÉE OR SIDE DISH?
CROSS-CULTURAL APPROACHES  
(GOLDSTEIN, 2005)

• Cross-cultural psychology: highly quantitative group comparison of behaviors applicable to most content areas (e.g., psychological disorders/treatment, adolescent rituals in US vs. Korea)

• Cultural psychology: highly qualitative examinations of behaviors within cultures (e.g., gender roles in Hispanic families, social norms for business communication)
A KEY INGREDIENT
DEVELOPMENTAL PSYCHOLOGY
APPROACHES
RACIAL IDENTITY DEVELOPMENT
(PONTEROTTO, UTSEY, & PEDERSEN, 2006)

Models of development for Whites
- Ponterotto (1988): White Racial Consciousness Development Model (for counselor trainees)

Attitude typologies
- Rowe, Bennett, & Atkinson (1994): White Racial Consciousness Model
- Sue et al. (1998): Descriptive Model of White Racial Identity
UNDERSTANDING WHITE PRIVILEGE
(TATUM, 1994)

• Racism exists when one race receives systematic advantages which creates a “power differential between members of dominant and subordinant groups” (p. 3)

Because of the prejudice and racism inherent in our environments when we were children, I assume that we cannot be blamed for learning what we were taught (intentionally or unintentionally). Yet, as adults, we have a responsibility to identify and interrupt the cycle of oppression. When we recognize that we have been misinformed, we have a responsibility to seek out more accurate information and to adjust our behavior accordingly. (p. 4)
WHITE RACIAL IDENTITY MODEL
(HELM'S, 1990; HELMS & COOK, 1998)

1) Denial or ignorance of White privilege
2) Disorientation, guilt, anxiety

Anger, fear, and blame of minority groups to justify discomfort

Acknowledgement of racism and dissatisfaction with other Whites

Seeking info about racial groups
Formation of new identity
Joining other anti-racist Whites
Actively fighting racial oppression
SOCIAL PSYCHOLOGY APPROACHES
SOCIAL APPROACHES

“All people are both the objects and perpetrators of prejudice.”

Solomon, 2012, p. 18

Far from the Tree: Parents, Children, and the Search for Identity

Implicit & explicit bias

Peace, conflict, & violence

Stereotypes & prejudice

Contact theory

Intergroup relations

Psychology of oppression
Society for the Study of Peace, Conflict and Violence: Peace Psychology Division

Division 48: Society for the Study of Peace, Conflict, and Violence: Peace Psychology Division works to promote peace in the world at large and within nations, communities and families. It encourages psychological and multidisciplinary research, education and training on issues concerning peace, nonviolent conflict resolution, reconciliation and the causes, consequences and prevention of violence and destructive conflict. The division fosters communication among researchers, teachers and practitioners who are working on these issues and are applying the knowledge and methods of psychology in the advancement of peace and prevention of violence and destructive conflict. The division seeks to make connections between all areas of psychological work and peace and welcomes participation from all areas of the discipline. A division journal, Peace and Conflict: The Journal of Peace Psychology, is published quarterly.


- Resources for Peace Psychology courses
- 24 volume series on Peace Psychology (edited by Dan Christie)
COURSE-BASED APPROACHES

Psychology of Race and Gender (Case, 2007):
• Increased awareness of White privilege, racism and guilt
• Increased support for affirmative action

Psychology of Prejudice (Pettijohn & Walzer, 2008):
• Reduced old-fashioned and modern racism and sexism
• Reduced prejudice towards homosexuals

Psychology of Prejudice and Racism (Kernahan & Davis, 2007)
• Increased awareness of racial privilege and institutional discrimination
• Increased feelings of White guilt and responsibility

Cultural Diversity in Organizations (Probst, 2003)
• Increased egalitarian attitudes towards gender
• Increased positive attitudes towards people with disabilities, racial minorities, and GLB populations
• Increased tolerance of different cultures
HAVE STUDENTS DO IT: IDENTIFYING THEIR BIASES

1) Readings:
   - *Vision, Privilege and the Limits of Tolerance* (Cullinan, 1999)
   - *White Privilege: Unpacking the Invisible Backpack* (McIntosh, 1989)
   - *Why are all the Black Kids Sitting Together in the Cafeteria?* (Tatum, 1997)
   - *Why I Burned my Book and Other Essays on Disability* (Longmore, 2003)
HAVE STUDENTS DO IT: IDENTIFYING THEIR BIASES

2) Media:
   • TV shows:
     • Modern Family, Glee, blackish
   • Film:
     • Pursuit of Happyness (2006; Sony Pictures)
     • The Human Stain (2003; Miramax)
     • The Help (2011; Dreamworks)
     • Iron Jawed Angels (2004; HBO)
   • Documentaries
     • A Place at the Table (Magpictures)
     • Babies (Focus Features)
     • Weight of the Nation (HBO)
     • Race, the Power of an Illusion (PBS)
     • Twisted (2007; Independent Lens: PBS)
HAVE STUDENTS DO IT: IDENTIFYING THEIR BIASES

3) Experiential activities:
   - Project Implicit (Greenwald, Banaji, & Nosek, 2011)
   - Sorting People (PBS; Race, the Power of an Illusion)
   - Intergroup Monopoly (Richard Harvey)
   - Blind walk
   - Art gallery
NARRATIVE & INTERGROUP CONTACT APPROACHES
USING MEMOIRS

Teaching students to become cultural anthropologists

- **Social class**
  - *Nickel and Dimed: On (Not) Getting by in America* (Ehrenreich, 2011)

- **Sexual orientation**
  - *As Nature Made Him: The Boy who was Raised as a Girl* (Colapinto, 2006)
  - Laverne Cox autobiography (2015)

- **Disability**
  - *Reading Lips and Other Ways to Overcome a Disability* (Scharper, 2009)

- **Mental health**
  - *The Quiet Room* (Schiller & Bennett, 1996)
  - *Bad Girl: Confessions of a Teenage Delinquent* (Vona, 2005)
USING OTHER MEDIA

• PBS
  • Finding Your Roots

• NPR
  • Storycorp
  • This American Life

• Podcasts
  • Scientific American
  • Scientific American Mind
  • DBSA (Depression & Bipolar Support Alliance)

• News media
  • Huffington Post (Gay Voices, Black Voices, Latino Voices, College Voices)
  • AljazeeraAmerica (race and ethnicity)
CONTACT THEORY/INTERGROUP RELATIONS

- Direct intergroup contact reduces stereotypes and prejudice
  - 50 years of empirical support (Allport, 1954; Dovidio, Gaertner & Kawakami, 2003; Hewstone & Smart, 2011; Pettigrew & Tropp, 2011)

- Global effects:
  - Lebanon, Germany, Belgium, Great Britain, Cyprus, France, Netherlands (Binder et al., 2009; Henry & Hardin, 2006; Pettigrew, 1997; Tausch et al., 2010)
CONTACT THEORY TO REDUCE RACISM
(ALLPORT, 1954)

• Certain parameters:
  • Equal status among group members
  • Share common goals
  • Work cooperatively
  • Positive affective & cognitive components
  • Provide opportunities for friendship
I hate the loss of diversity in the world, even though sometimes I get a little worn out by being that diversity.

Solomon, 2012, p. 18
Purpose: to reduce White students’ prejudice towards stigmatized social groups using principles of contact theory in a 15-week, general education course

- **Race** (Blacks, Hispanics, Asian Americans, Muslims)
- **Social class** (people in poverty)
- **Health conditions** (obesity, people with AIDS)
- **Sexual orientation** (lesbians, gay males)
THE VOICES PROJECT

Same female instructor taught Introduction to Psychology during two different semesters

• Experimental group (The Voices Project)
• Control group

Assessment: students completed pre- and post- attitude surveys

• Week 1 (Time 1)
• Week 15 (Time 2)
• One-year follow up (Time 3; TVP only)
PARTICIPANTS

THE VOICES PROJECT

Original sample: $N=31$
Final sample: $n=15$
  • 85% female
  • 100% White
  • 85% ages 17-18
  • 15% ages 19-21

CONTROL CLASS

Original sample: $N=30$
Final sample: $n=17$
  • 53% female
  • 100% White
  • 53% ages 17-18
  • 47% ages 19-25
<table>
<thead>
<tr>
<th>GROUP</th>
<th>SCALE</th>
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<tbody>
<tr>
<td>Muslims</td>
<td>The Islamophobia Scale (Lee, Gibbons, Thompson, &amp; Timani, 2009)</td>
</tr>
<tr>
<td>Asian Americans</td>
<td>Attitudes towards Asians Scale (Dinh, Weinstein, Nemon, &amp; Rondeau, 2008)</td>
</tr>
<tr>
<td>Blacks</td>
<td>Modern Racism Scale (McConahay, 1986)</td>
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<td></td>
<td>Oklahoma Racial Attitudes Scale-Revised (LaFleur, Rowe &amp; Leach, 2002)</td>
</tr>
<tr>
<td>Hispanics</td>
<td>Scale for the Measurement of Attitudes Towards Hispanics (Carranza, 1992; Cowen, Martinez &amp; Mendiola, 1997)</td>
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</tbody>
</table>
• Term paper assignment: 5 page paper on one of three essays
  1) Memoir of bipolar disorder
  2) Break a social norm
  3) Analyze commercials for stereotypes & prejudice
1. **Interviews**: student pairs interviewed person from the community from assigned group (based on rankings of attitudes)

2. **Storywriting**: each student wrote a 5-page autobiography from the *first person* ("I") to promote empathy & perspective-taking

3. **Story integration**: faculty writing team identified common themes and integrated excerpts into staged reading program

4. **Dissemination**: stories were discussed in class and presented to campus at end of semester
In first grade, we did a project in which we drew self-portraits. My class was predominantly White, so they all used orange crayons to color themselves. Since I was black, I started coloring my face with the brown crayon. My teacher took my brown crayon from me and I was forced to color myself orange. My parents knew exactly what was happening. They bought me a brand new set of crayons and had a sit-down with the teacher. I didn’t color for the rest of my childhood.
TVP IMPACT ON ATTITUDES

**MUSLIMS**

- TVP: ***
- Control:

**ASIAN AMERICANS**

- TVP: *
- Control:

* p < .05
** p < .01
*** p < .001
TVP IMPACT ON ATTITUDES

**HISPANICS**

**MODERN RACISM SCALE**

* p < .05
** p < .01
*** p < .001
TVP IMPACT ON ATTITUDES

ORAS: CONFLICTIVE RACIAL JUSTICE

ORAS: REACTIVE RACIAL JUSTICE

* p < .05
** p < .01
*** p < .001
• Deafness
• Blindness
• Stroke
• Spinal cord injury
• Cerebral palsy
• Arthrogryposis
• Femoral hypoplasia
• Dwarfism
• Stuttering
• Spina bifida
There is something ironic in prejudice against the disabled and their families, because their plight might befall anybody. Straight men are unlikely to wake up gay one morning, and white children don’t become black; but any of us could be disabled in an instant.
TVP DISABILITY
• Collaboration with Valerie Todd, Blackburn College, Lancashire, England
US/UK VOICES PROJECT

**Misericordia University**
- 13 students from Intro to Psychology Honors course
- Predominantly White and traditional age
- Each MU student interviewed two BC students
- Used Facebook, Skype, and email for interviews

**Blackburn College**
- 30 students from Social Psychology course
- Predominantly White with wide range of ages
- Worked in pairs to interview one MU student
I lived in a tiny village for most of my childhood, spending plenty of my time with my Nan. She was a headmistress, so I was able to read and write before I started school. Perhaps this early start is where my love of reading stemmed from. As a young girl, I read the book *The Girl from the Limberlost* by Gene Stratton Porter over and over again. I was privately educated for most of my time at school and I absolutely loved it. For a few years, I actually lived with my Nan. This was probably the happiest time of my childhood. I always felt a special closeness to Nan, so being able to stay with her felt right and suited me just fine. Perhaps some of my favorite memories are of holidays with her. We would stay by the beach on Walney Island and it would only be the two of us. There was no one like my mother around to spoil it all. Then when I was 14 I was forced to live with my mother and new stepfather. I was taken from my beloved school and sent to a new, awful secondary school. Between that and having to go back to suffering living with my mother, I grew increasingly fed up with it all as time passed. When I was 16, I decided I’d had enough of being miserable and ran away from home.
TVP FRAMEWORK:
APPLICABILITY ACROSS CURRICULUM

• Gender
• Personality (happiness, forgiveness, love)
• Psychological disorders
• Health psychology
• Peace, conflict, violence
• Police-community relations
• Religious viewpoints
• Cultural differences
• Intimate relationships (parenting, marriage, friendships, partner violence)
• Social issues (poverty, marginalization, war, immigration)
WHERE DO WE GO FROM HERE?
The relevant question is not whether all Whites are racist, but how we can move more White people from a position of active or passive racism to one of active antiracism? (p. 12)
Society for the Psychological Study of Social Issues

- **Teaching resources**
  - Social Psychology Network resources
  - Understanding Prejudice
  - Resources for the Teaching of Social Psychology
  - Reading/Video Links

- **Policy resources & listserves**
- **Awards and grants**
- **Publications** (e.g., Journal of Social Issues)
All of us in the academy and in the culture as a whole are called to renew our minds if we are to transform educational institutions—and society—so that the way we live, teach, and work can reflect our joy in cultural diversity, our passion for justice, and our love of freedom.
CONTACT ME!

anordstr@misericordia.edu
www.misericordia.edu/voicesproject
RESOURCES


RESOURCES


RESOURCES


RESOURCES


• Tatum, B. D. (1994). Teaching white students about racism: The search for White allies and the restoration of hope. Teachers College Record, 95(4), 462-476.


