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Social Psychology Courses

Emotions


Social Perceptions, Attributions, and Bias


Stereotypes, Prejudice, and Discrimination


**Group Dynamics and Intergroup Conflict**


**Altruism and Cooperation**


**Close Relationships**


**Moral Decision Making**

Health Psychology Courses

Health Behaviors and Behavior Change


Brain Development and Processes


Genetics

Socioeconomic Status and Race


Relationships and Social Support


Reproductive Health


Patient Care


Treatments and Interventions

- Steffen, P. R., Austin, T., & Debarros, A. (2017). Treating Chronic Stress to Address the Growing Problem of Depression and Anxiety: Biofeedback and Mindfulness as Simple, Effective Preventive Measures. *PIBBS, 4*(1), 64-70.
Clinical Psychology Courses

Aggression


Alcohol Use Disorder


Anxiety and Depressive Disorders

- Steffen, P. R., Austin, T., & Debbaros, A. (2017). Treating Chronic Stress to Address the Growing Problem of Depression and Anxiety: Biofeedback and Mindfulness as Simple, Effective Preventive Measures. *PIBBS, 4*(1), 64–70.

Psychosis


Interventions with Couples

Forensic Psychology

Developmental Psychology Courses

Prenatal and Early Life Influences


Children


Adolescents


Schools and Learning

Work and Relationships


Disorders and Behavioral Difficulties

Aging and Mortality

PIBBS articles discuss the state of cutting-edge research with policy implications in short, readable language making it a great addition to undergraduate and graduate courses. Below are a few ways that PIBBS articles can be used to simulate student engagement and conversation.

Option 1: Group Debates

Divide the class into groups and have students discuss the “pros” and “cons” or enacting the policy recommendations mentioned by PIBBS authors. This can be a short “break-out” activity during class or a class project (e.g., Model Congress).

Option 2: Proposals or Letters

For undergraduate/graduate classes, have students write a letter to their congressional representative advocating for policy changes. Have students share a copy of the letter with you so they can mail out the original.

For graduate classes, have students examine their research interests from a policy standpoint. Drafting proposals with the following sections: statement of the problem, significance, and policy recommendations.

Option 3: Journal or Interview

Make the PIBBS topics (on relationship, bias, health disparities, etc.) personal by asking students to keep a journal or interviewing people in their lives. Students can write or create a recording of their assignments.