Professor Ray Grizzel distributed the following letter to students in his "Introduction to Psychology" course.

Dear students,

 I would like to welcome you to Introductory Psychology PSY 166. This is a very interesting and challenging course. No matter where you go, you have to deal, work, and interact with people. People are everywhere around you and their behavior and presence affects us all. Psychology is a science that is endeavoring to understand and learn what is going on throughout the world, in our world, and the world within us. It is a course about your favorite subject......you! This may be the most important course you will ever take.

This is a writing enhanced course. There are writing assignments and vocabulary preparations due throughout the semester that will help you learn the material and better prepare for class discussions. Because of this you will need to manage your time very effectively and schedule regular periods to read, write, and print out the assignments. The skills you must use for this class are essential for the rest of your life and world that will evolve before you. This world is changing quite rapidly and the ability to adapt and learn will be the difference between success and significantly less than success ("Would you like fries with that?").

Please understand that as the instructor, I facilitate the material, enhance, and help make it more available to you.   I do not dispense knowledge. It is you who learn, discern, find knowledge and incorporate it into your life. It is you who will benefit from your efforts or be frustrated in your ignorance. And, it is you who will take the quizzes and exams that assess your mastery of the subject.

There are many resources available to you at the college (and students who have used them when necessary have done much better in this and other courses). There are also many services available on campus at no charge...because you have already paid for them. There are technology fees and activity fees added on to your tuition at the college that pay for services such as tutoring, computer technology help, writing workshops and study techniques that will make you a more efficient student and better learner.

Psychology is an exciting and, at times, surprising subject as we learn about people's (including ourselves) tendencies, patterns, behaviors, development, and personalities. I hope you are successful and have a pleasant journey.

 Respectfully,
 Ray Grizzel

PS I would like to ask each of you to write back to me in the form of a letter. As you prepare to write this letter, take a little time to think about your relationship with writing and psychology.

Tell me a little bit about your experiences as a writer, both academic and non-academic.
- How have your experiences with writing – of any kind – been useful, positive experiences? How have they been stressful or negative experiences? Do you have any pending fears or frustrations about writing for this course?
- Next, consider your experiences as a reader, both academic and non-academic. While reading assigned texts, do you take notes, highlight, and/or underline as you read? Are you a slow or a rapid reader? Do you enjoy reading or do you find it frustrating? Do you read for pleasure, and what do you like to read?
- Finally, why did you decide to take this course? What background, if any, do you have in psychology? What is your major and why did you choose it? And what do you expect to get from this course?

There is no wrong or right answer to these questions. The purpose of your letter is for you to reflect upon your relationship with writing, your understanding of Psychology, and to tell me a little bit about yourself.

Your response should be in the form of a letter (e.g. Dear Ray), it should be typed, and it should be about a page

long. Be sure to spell-check and proofread your letter before turning it in. The letter assignment should be handed in at the beginning of class next **Thursday September 6th.**.

I look forward to reading your letters. Let me know if you have any questions.