

The PSYCHOLOGY OF *The Blind Side*

Learning Targets:

- 1) Describe the humanistic theory of personality
- 2) Identify & describe the contributions of Abraham Maslow & Carl Rogers
- 3) Apply the principles of the humanistic perspective to Michael Oher's life.
- 4) Evaluate the validity of the humanistic perspective on personality development using research findings & critical thinking
- 5) Articulate your view of the role individuals and society should play in assisting people in meeting their needs.

Background: The film *The Blind Side* is based on the true story of Michael Oher. The film presents a view of humanity that is in line with how the humanists view one's personality. Instead of studying those who are suffering psychologically or who are in some way lacking "normal" psychological faculties, the humanist approach seeks to focus on healthy people, determine what makes them healthy, and discover how they are able to remain so.

As you watch the film, you focus on principles that we have discussed this year, paying close attention to representations of the humanistic perspective, as explained by Abraham Maslow and Carl Rogers.

Part 1- Reading Questions: To learn more about the humanistic perspective, you will be required to read pp. 506-510 in your book & to answer the following questions. To receive full credit for this assignment your responses to the movie questions **MUST CLEARLY DEMONSTRATE THE CONTENT** learned in class & the textbook.

1. Define the psychodynamic perspective (from class notes/discussion) & the humanistic perspective in **5 WORDS OR LESS**.

-Psychodynamic:

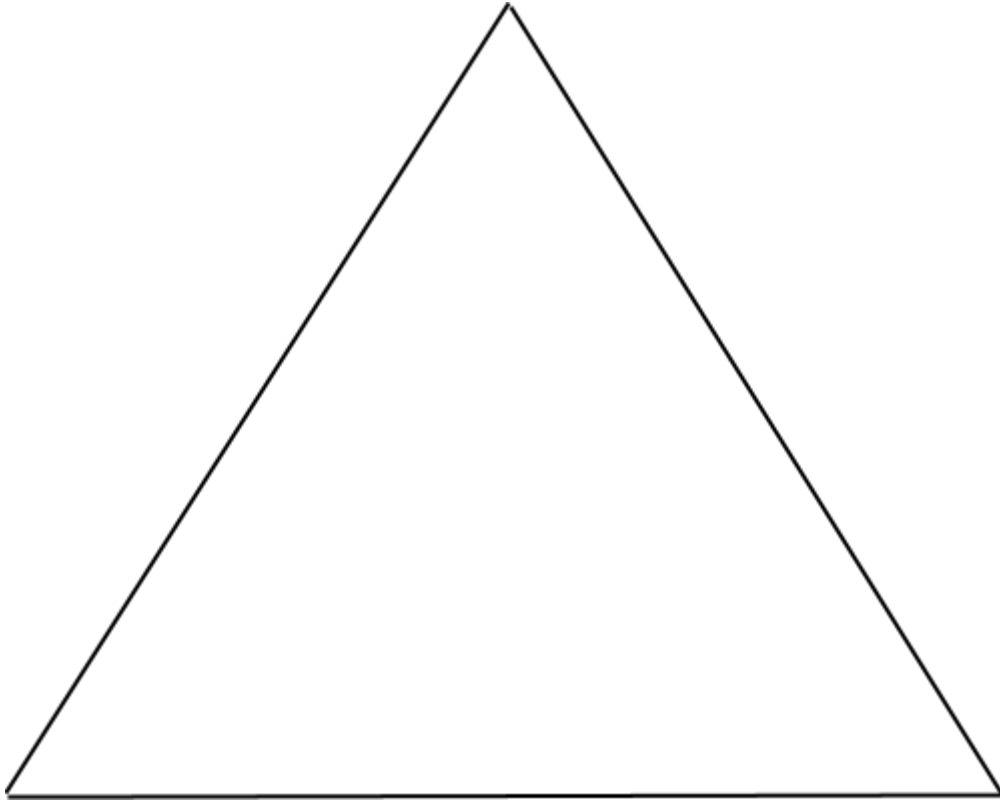
-Humanistic:

2. What is the primary difference between the psychodynamic and humanistic perspective?

3. Identify & explain the main contributions of the following people:

Abraham Maslow:

Recreate the Hierarchy of Needs here:



What does Maslow consider as the big difference in people's personalities?

4. What do you think "self-actualization" will look like in your own life?

Carl Rogers (who is he and why is he important?):

5. According to Carl Rogers, how are people like seeds? What is the fertilizer that helps them grow?

6. What is unconditional positive regard? How do we use it to nurture growth?

define self-concept:

6. What is the difference between an ideal self-concept & a real self-concept (your experience)?

7. How has the humanistic perspective benefitted society?

8. What are the criticisms of humanistic psychology?

Part 2: Application & Discussion Questions:

1. Explain how the following CONCEPTS can be seen throughout the video & identify **SPECIFIC EXAMPLES** (minimum of 2 each) of how the concepts can be seen.

Hierarchy of Needs-

Self-Concept-

Un/conditional Positive Regard-

Defense Mechanisms (Review!)-

2. Opinion: Who is responsible for meeting the needs of people such as Michael Oher? Is it the family, schools, private charities, government etc? Explain your reasoning.

3. According to the humanistic perspective, why are some people able to escape the cycle of poverty while others are not? For example, Michael proved to be successful while his friend (who also excelled athletically) did not. What is your assessment of this position?

4. Tell me one way that you can help one person in your life to achieve his or her full potential. How can you "live out" the principles of humanistic psychology?