

**Saddleback College:
Applied Psychology 160
Instructor Doug Barr**

“Student Quotes & More”

An anecdotal sample of student statements since Spring 2001 gleaned from homework assignments, mid-term papers, final exams or course-end evaluations. The first category ‘contradictions’ is a representative sample of seemingly inconsistent statements received by students as part of *their* class evaluation. The remaining comments are broken into several categories based primarily on where I thought they would ‘fit’. You may also refer to www.ratemyprofessor.com Use any/all of these materials as part of your ultimate decision as to whether this class is a good fit for you. Information and awareness are power

“Contradictions”:

“Too much homework! It’s hard to stay up with it!”

“I love doing homework...for the first time in my life

The assignments are too repetitive. I found myself saying the same thing over and over again.

“I found each assignment built upon the previous ones. It was affirming”

“Too many stories! Too much preaching to us”

“I love the stories! I found them personally motivating”

“The (two) videos are too old. *Find new ones!”

“The (two) videos were very interesting and powerful.”

I’m not responding to any other comments except regarding the video as I admit they are somewhat ‘dated’, AND I’m informing you here (as well as when they are presented)! I am looking for updated material for these particular lessons, but until I find acceptable replacements, I deem these as offering very very powerful messages critical to the overall purpose of the course, including the student’s self-understanding.

“The pace of the class is too slow. I got bored and was ready to move on”

“You pushed us too fast. I wasn’t ready to make a decision”

“I’ve learned as much about my own decision making as I have about anything”

“I didn’t like the small group work! Too much of it”

“I liked the small group work! Do more of it!”

General Comments:

“If it weren’t for this class teaching me to take risks in life, I would never have...”

(Veronica, Fall 08 #7)

“I’ve discovered a lot about myself in my first semester in college...to find out who I am and what I like” (Josh, Fall 08, #7)

“This has been a whirlwind...getting into my brain and my heart...seeing what my passion is.”
(Evan, Fall 08 Sigi)

“Explaining this class to friends...finally having words express myself”, (Courtney, Fall 08)

“Through all these self-discovery lessons, I’ve become more sure that ever, what I love...
Natalie (Fall 08)

“It’s amazing to me just how much this class has opened different doors in my mind, releasing a vast amount of information about myself I have never known before”

“I still don’t have a clear career pathway, but the fog is clearing and I know I’m on the right track. It’s really exciting...” Regan SP05

“I was intrigued to find out more about ‘me. It was a great way to get to know myself in ways I’ve never noticed before” (Michael, Fa 03)

“Now it’s up to me to make things happen! (Nayexi Sp03)

I get...excited! I’m unlocking so many doors to my life, my future! (Valerie Sp03)

“This class has opened up a whole New World of opportunities for me” Kevin, Fa02

“...brow beat us that decisions can be changed! What a blessing this class has been to me”.
Kelly Fa02

It’s frightening to have so many decisions to make & choices to choose from, but I’m thrilled to discover just how many I do have” Faith, Fa 02

“This class was an answer to my prayers. I’ve learned so much about what strengths I have above and beyond the ones I knew about...and what areas I can improve upon!”
Kevin Fa 02

..motivated me to obtain better understanding of those around me & to interact better on a daily basis” Rhonda, Fa 02

“This...class...has given me direction I could never have done on my own” Susan Sp02

“I have grown in my confidence as this course has progressed” “I’ve learned that ‘job security’ is in being informed and well prepared, not tied to a particular ‘job’. Brandy, Sp02

“I have developed a grasp of myself and the society around me” Sarah SP02

Being new to the whole college experience, having AP160 as my very first class was very uplifting!
Melissa Fa01

“I can’t describe how much this class has taught me about myself and about the paths I must take to achieve my goals. This class has been a confidence building experience and a life lesson. I will never forget you or this class. Jensen Sp01

“This course should be required for all first semester students. I wish I’d taken it 10 years ago!” (Lynette, Sp 01)

It’s funny, just when I get tired of doing something in this class and it looks like I won’t get anything out of it, I am surprised by how much I have learned! I’m going to have to keep that in mind! I need to learn to focus on what I want to achieve, but keep the blinders off on the way to do it! (Jensen, Sp01)

“How lucky I am to have an unlimited choice of what I want to do with my life” (Nathan, Sp 01)

This class has changed my life! I have learned more about myself and “My Purpose” from this class than I have learned from my 30 years of searching, wondering... I am alive! I know why I am in school and what I plan to do with my future! Those times when I stretch myself, I grow and feel better for it! (Jason Sp01)

“I rid myself of the notion that whatever I choose to do next is my ‘final endeavor’, when in fact, it is simply another chapter in my life” (Lynette Sp01)

“If you’re doing something (*work/career*) that you don’t enjoy, and are ‘just’ complaining (*and not doing anything*) about it, what’s more annoying, Your job or You? Michael (Sp01)

“It’s mind boggling to look at an amazingly long list of careers and know that I can do any one” Jewel Fa02

Assessments/Assignments in General

“These assessments, actually, this entire class...has been very eye opening for me. Lori (Sp04)

I have enjoyed exploring myself in the assessments. This class has had a great influence on how I view myself (and my career choices) (Shannon Sp03)

These tests have really enlightened me and opened my eyes to all that could possibly be out there for me! I am now aware there are limitless opportunities and I’ll be on my way in no time! Gabriella Sp03...

I can hardly contain my excitement! My assessments are so inter-twined, I can reach a career & lifestyle that will bring me bliss! (Karla Sp 03)

an eye-opening experience to learn about myself. Christine, Fa02. (over all assessments and assignments)

“I went back over the previous assessments and selected careers that I had overlooked the first time. I am amazed at *how many I’m interested in doing*”. Nicole Fa02

“I love this class and these tests! I am so happy I started college in the right way by taking this class first. Blerina Fa02

“And what a surge of creative excitement I felt when I scanned the list of occupations! So many great possibilities” Cherie Fa02

...revealed a multitude of new insights for me. This opened up my eyes..” Scott Fa02

”This class made me realize what I really want for myself and how I am going to go about it!” Sarah Sp02

”Thanks for making me do all those ‘dumb’ assessments! They REALLY helped me realize where I truly will be happy.” Regina , Sp02

“Wow! This is scary! Some how every assignment we have is made for me! Maya SP02

Me, the person who hates homework!! I found the papers due each week were most helpful. These assignments *make you think!* Vince Fa01

“I LOVE THIS STUFF! I can do *anything* on this list I want” To harness all of the things that make me what I am...to see that I am capable...THIS IS LIBERATING!
Bill Fa01

“Looking back at the exercises in this class, I found that *I like who I am as a person*”
(Jeff Sp01)

...the COMBINATIONS of the self-assessments are, by far, the most informative for myself”
(Nick Sp01)

What about all that writing:

“I have to say this is the most writing I’ve done in a class. I’m not a writer, but doing this...helped me understand myself, like a well defined portfolio! (Marie Fa03, Assignment 5)

This class made me a happier, healthier person! The writing made me dig deeper into my thoughts and truly understand myself! Helen FA01

“The best way to make people really see themselves, is to trick them into it! That’s pretty much what all the writing in this class does! Truthfully!” (Martin Sp01)

“I know more about myself now than ever before and am committed to stay the course and finish my education” (Jason SP01)

Assignment #1 Risk Taking

“This exercise opened a whole new door in my life” Jordan, (Spring 06 Assignment #1)

“My eyes were opened to the life *I have been* living! WOW!.. I am looking forward with excitement to the life I have been missing and the possibilities (Sherry, FA03 Risk Taking Assignment)

Some times I think about things too long and the chance for taking a risk passes me by!

Nick Sp 01

Assignment #2 Skills

“Being able to look at things in depth and to discover who I am and who I want to be...considering it’s only been a few weeks, I’VE LEARNED SO MUCH” (William #2 Skills Spring 08)

“I’ve discovered skills I didn’t realize I had. I also have a list of skills I would like to develop. I have a much better sense of who I am, what I want, and what I expect to be capable of.

Matt (Fall 06 Assignment #2)

“Skills were pointed out to me that I need to work on and others I have already excelled. It was a very enjoyable assignment Macall (Fall 06 Assignment #2)

“This activity (Assignment #2) has opened my eyes to what I can do in the future” Mira (Fall 06)

“It was shocking to see that I used as many skills as I did on a daily basis! This has opened my eyes to a wider overview of myself and what I am capable of doing” Daniel Fa04 (#2)

“my husband...has noticed that I seem to have found the joy in my life again (after the strike), how excited I am when I come home from (this) class... Lorraine (#2) FA 04

“this...made me think of things I don’t usually think about...it’s kind of a cool mind opening experience” Zack Fa04 (#2)

“This exercise forced me to look at things differently” Leah, Sp 04 (#2 skills)

“When I first saw this assignment (at the beginning of the semester, when I was putting together my notebook), I was *dreading* it! I was pleasantly surprised...this really made me feel better about myself.” Michelle, Sp 04 (#2 skills)

“It was illuminating to see in front of me...the many things I’ve done in my life that I’m proud of. Max, Sp 04 (#2 skills)

“I’ve learned more about myself through this survey and it fills me with excitement” Nicole, Sp 04 (#2 skills)

“When I first read this assignment putting together my notebook at the beginning of the semester, I was dreading it...to discover this made me feel better about myself & my abilities” Michelle, Spring 04 Assignment #2)

I marked things (skills) I didn’t realize I even liked or that there was such a skill!” (Daiena, Assignment #2)

I had many surprises finding myself! (Nayexi Sp03 Assignment #2)

...it’s been interesting to...look deep into myself... Nick (Skills/Sp03)

Assignment #3 Personality

“Immediately after I read my personality profile, I thought this could be MY name! It fits more than a pair of socks” Miriam (Fall 06 Assignment #3)

“I’ve never seen something describe me more accurately. It also helps me to see why I am the way I am” Kristina (#3) SP 05

“Reading the report (my personality profile) made things more comprehensible for me” Nicole #3

“I never realized how much I liked dealing with people” Shannon, Sp 04 #3

“Seeing my strengths and weakness written down in front of me really helped put things into perspective” Antoinette, Sp 04 #3

Assignment 3... “was a very interesting self-evaluation that helped me realize things about myself I had never known or acknowledged before.” (Stephanie Fa 03)

“Every time we do an exercise it’s like opening up a new can of delicious gummy worms and I eat them all up waiting for more!” (Natalie P, Fa 03 Assignment 3)

“I’m very glad I’m taking AP160. It is helping me learn a lot about myself and my best career choices: (Vaughn, FA 03, Assignment #3)

This class (and this assignment) has built up my self-confidence.

This assignment has opened my mind to more career choices! (Michelle Sp03)

Assignment #4 Thinking Styles

“At the start of assignment #4, I didn’t like it! At the end, it seems to be the best yet!” Jason Fall 05

“Taking this class has been such a blessing and has helped my...confidence. It’s such an awesome feeling: I am in control of what I want to happen...in my life: Mary (#4) FA 04

“This class is my GPS! I’m using the tools to tell me ‘where I am’, or better yet “Who am I” as was the song on the video.” Sheri, Sp04

“After these last couple of assignments, I’m feeling pretty confident about myself”

“Now I feel a whole new area of exploration has been opened up for me” Michelle, Sp04 (#4)

“exciting to find out all sorts of exciting things about myself in this class” Elena, Sp04, #4

“Who ever thought I would enjoy doing homework SO MUCH” (Assignment #4 Lori , Sp ’01)

Assignment #5 Interests

“Before this class, I felt extremely lost and confused as to what direction my life was going. A light has been shined down my path of self discovery” Shannon, Sp 04 (#5)

“This class is teaching me to look for careers in such a different way that I ever thought could be done.” Alyssa, FA03, Assignment 5

“I have enjoyed...and could sit and take these evaluations all day” (Vaughn, FA03 Assignment 5)

“The implications for me are that I have a lot more possibilities than I knew...success and happiness are achievable. ...a little more risk & better understanding...a wonderful career I finally feel I am in control of my future” Dawn (FA03 assignment #5)

SIGI Mid Term:

“I feel I was a different person prior to the experience this class has given me!” Matt, SIGI midterm, (Fall 06)

“This class and the assessments completed have been a literal life saver. I believe that I have been given an incredible gift in the form of this class. Jordan (Spring 06 SIGI MidTerm)

“After completing Values & Search, I thought SIGI (MidTerm) was out of tricks...I surprised at all the information it wielded” Richard (MidTerm) Sp 05

When I signed up for this class, I expected to learn what kind of job I wanted and how to get it, but now I understand so much more than that”. Justin (Fall 05/Sigi Midterm)

“This assignment opened up my mind. I am not so afraid of being in the real world...”
“I will no longer believe I’ll be unhappy for the rest of my life” Nicole Sp04 (SIGI)

“Opened my mind to a whole other world that is out there that I didn’t even know about” Allison, (FA03, Mid-Term Assignment)

“I never realized I wanted to be some of the things shown listed until I did this assignment” Zack, FA03 Mid-Term)

“This assignment and this class have opened my eyes and given me courage to go out and make life!” (Adam Sp03, SIGI)

...did magic for my future! Rhonda, Fa02 (SIGI assessment)

“When I was first introduced to this assessment, I was afraid of computers. I thought it would be too tough. ...It wasn’t that hard at all...and I found out a lot about myself!” (Mitch, Sp01)

Assignment 6 Values

“All in all, I’m very confused and surprisingly NOT frustrated! I figure that this is part of the process of really identifying WHO I am” (Ajejandra #6 Sp07)

“I have learned so much about myself and what will satisfy me in my profession” Kim, FA03, Assignment 6)

“This class has taught me how to look at things from a different angle...and changed my attitude toward life in general” (Ken, Sp03 assignment#6)

“Once again another assignment that took a lot of thinking!” (Juliet, Sp03, assignment#6)

“Overall I found the assessments to be very informative and beneficial. It pushed me to THINK about my values and emphasize in my career those values that are important to me.” (Lori, Sp01)

Assignment #7: Prioritize! Decision! Educational Plan

“After completion of my Career Profile, I’m feeling quite happy as well as confident. I never in a billion years would have expected such a great result from a homework assignment” Kristen (#7) Spring 05

“I never thought choosing a career would involve so many aspects of my life and I’m glad I took this class to set and work on my priorities” Sandra, (#7) FA 04

“..the future is less scary now than it was at the beginning of this semester” Naomie (#7) FA04

“I am left with satisfaction about choosing a career instead of doubt & stress! I am determined to succeed in with my studies toward my career” Vaghan, FA03, Assignment #7

“..the most important thing that I have gained from this whole class is that I am excited to learn and succeed in college! “Sarah, FA03, Assignment #7

“Thanks to Saddleback College and this class, I am about to fulfill my life dream “Mickey, FA 03, Assignment #7)

Assignment 8 “Goals”

“I’m so excited to have discovered this career...really stirs something inside of me” Jessica (#8), FA 04

“I try to sit and think each night about my day, to evaluate my life and that specific day. It never occurred to me to evaluate my future!” Michael Sp01

Information Interview

“I am a new person today, confident, no longer afraid of success!” Karen, Info Interview (Fa 06)

“Many of my class...assessments ‘danced in my head as Ms. Jones spoke of the qualities necessary for this career choice!” Jill (Fall 05, paraphrased, Information Interview)

“Every assignment has given me strength and confidence in myself because I see the person I am’
“I am really glad to have had an opportunity to interview someone...in the career I seek. Daiena, Fa 03, Info Interview

The question (What can I possibly do for a career that I might actual enjoy?) has been answered! I thank this class for opening the doors to an otherwise risk taking adventure I would never have encountered without all your help. *I’m on my way!* (Rocio, Sp 03 Info Interview)

This was a GREAT experience! (Brian, Sp 03, Info Interview)

I have already recommended this class to several of my friends. Hands down, this has been the most useful, most interesting, and most helpful class I have ever taken in the history of my education” (, concluding comments in Information Interview) Harrison, Sp 03

I dreaded this interview assignment, but I now have both a new friend and a career goal that excites me! Greg Fa01

Take the Class? May find your own quote here in the future!