

ECPS4018 Study Skills E-Portfolio

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Task one - Article Summary

How does music make you feel?

In this article, the author explores the close relationship between music and emotion, looking into the psychological mechanisms that underlie our emotional responses to music. The author starts by posing fundamental questions about the impact of music on our emotions, ranging from the choice of what we listen to and the feelings it evokes to the differences in emotional responses to the same piece of music.

The author shares a personal journey of questioning conventional beliefs about major music sounding happy and minor music sounding sad, which then led to an Extended Project Qualification (EPQ) essay on the cultural determinants of perceptions of music. The author continues their exploration of music and emotion through a music degree, where their essays dissect the emotional content of Radiohead songs and the deeper meanings within Muse's album, Drones.

The article then moves on to the author's final-year dissertation, which focuses on the role of individual differences in emotional responses to music. Drawing on the BRECVEMA framework developed by Patrik Juslin and colleagues, the author talks about how music-induced emotions arise from a complex interaction between the listener, the music, and the situation. This framework encompasses eight psychological mechanisms theorised to have evolved throughout human evolution.

The author describes the study of music-induced emotions as an evolving field, with much more room for further research. The author emphasises the influence of individual differences, external and internal factors, and the evolving landscape of music consumption, particularly through streaming services. The article also highlights the applications of music and emotion research in fields such as music therapy, where predicting emotional effects can inform therapeutic practices.

In conclusion, the article prompts readers to reflect on their own music listening habits, encouraging them to consider the emotions, memories, and choices associated with the music choices they engage with day to day.

References:

How does music make you feel? - Zoe Nendick (2022, September 12). BPS. <https://www.bps.org.uk/psychologist/how-does-music-make-you-feel>

Task two - Infographic

8 TIPS TO IMPROVE TIME MANAGEMENT

SET CLEAR GOALS

- Define short-term and long-term objectives.
- Use SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound)

PRIORITIZE TASKS

- Identify tasks based on urgency and importance.
- Focus on high-priority items first.

CREATE A TO-DO LIST

- List tasks for the day or week.
- Check off completed items for a sense of accomplishment.

SET REALISTIC DEADLINES

- Be honest about the time required for each task.
- Avoid creating unnecessary stress by setting unrealistic deadlines.

REGULAR BREAKS

- Schedule short breaks to refresh your mind.
- Helps maintain focus and prevents burnout.

ELIMINATE DISTRACTIONS

- Identify common distractions and find ways to minimize them.
- Consider using tools or apps to block distracting websites during work hours.

USE TECHNOLOGY WISELY

- Utilize calendar apps for scheduling.
- Set reminders and notifications for important deadlines.
- Limit Social Media/Screen Time

BREAK DOWN TASKS

- Divide larger tasks into smaller, more manageable subtasks.
- Easier to track progress and stay motivated.

Task Three: Essay Plan

Introduction

1. Definition of hysteria
2. Historical context of hysteria in the 1800s
3. Significance of understanding the treatment of hysteria in men and women

Hysteria in Women

1. Pre-1800s perceptions and treatments & ancient views on hysteria in women
2. Emergence of medical theories in the 19th century
3. Connection between female hysteria and reproductive organs
4. Mainstream treatments for female hysteria
5. Rest cure and isolation

Hysteria in Men

1. Perception of hysteria in men
2. Societal expectations and stereotypes
3. Medical views on male hysteria
4. Treatments for hysteria in men
5. Psychoanalysis and the talking cure
6. Institutionalization and asylums for men

Evolution of Hysteria Treatment

1. Changing societal attitudes
2. Impact of women's rights movements
3. The shift towards psychological explanations
4. Influence of key medical advancements
5. Development of psychotherapy
6. Pharmacological interventions and the rise of psychiatry

Critiques

1. Gender biases in the treatment of hysteria
2. Disparities in diagnosis and treatment
3. Feminist critiques of historical practices
4. Ethical concerns in historical treatments
5. Long-term effects on individuals and society

Conclusion

1. Recap of historical treatments for hysteria in men and women
2. Reflection on the broader implications of historical approaches
3. Remaining challenges in contemporary perspectives on mental health