

A) Name: Amanda Knutson

B) Title of Activity: How Do You Hate?

C) Ideally Used By: This project can be used by a senior psychology major(s).

D) Purpose: The end purpose of this activity is to slowly teach students about the process of hate. Chances are if it the steps of hatred were forced upon them, the student wouldn't be as open to learn how hate works. It will also inform the students what their peers perceive to be true of their campus when it comes to hatred.

E) Material Required: A complete psychology proposal, a consent form, the survey, a locked box with a slit in the lid, Statistical Package for the Social Sciences (SPSS), poster paper, markers, tape, internet access, paper cutter, cloths pins, computer paper, glue, and a place to host a speaker

F) Permissions Required: Professor approval, Institutional Review Board (IRB) approval, consent form for the participants to sign, permission to put posters around campus, permission to bring in a speaker, permission to use a campus location to host the speaker

G) Advance Preparation: For the research portion the student(s) would need to have a specific psychological theory to base the proposal off of, conduct preliminary research as to what is in the field's current literature to assess participants attitudes regarding hate or their presumption of hate, research how to write a survey, write the questions to be used in the survey (some example would be- what year in school are you?, what is your gender?, how big was your high school?, do you feel hate is an issue on campus?, do you feel you have ever been the target of someone's hate?, do you know what the steps are that someone goes through when they hate?, have you ever hated someone? Enough to cause them physical harm?), give the four steps of hatred and make the final question be "How do you hate?". Make sure all the questions are being ranked on

the same scale, counter balance the survey questions, submit proposal to professor, submit proposal to the Institutional Review Board.

For the speaker the student(s) would have to find someone who is willing to come in and talk about hate. This should be someone who has intimate knowledge of the process of hate. Also this should be someone who can effectively speak to the audience. The student(s) would have to research the cost to bring in their speaker. This could be through working with a campus organization and using their budget, car washes, bake sales or donations.

H) Conducting the Activity: The survey should be given to the participants as early as possible in the semester. When giving out the survey the experimenter(s) should inform them to tear off the consent sheet and put in the box before beginning the survey so names and surveys could not be associated. After the predetermined number of participants has been achieved the experimenter(s) should compile their data in the way that was specified in their proposal. While analyzing the data the researchers should look for correlations between genders, what year are they in school, what size was their high school, and how they answered the questions on hate. The surveys and the consent forms need to be kept in a safe place as they will be used again later in the semester.

After the survey has been analyzed, the experimenter(s) should put posters around campus indicating what the four steps of hate are and give an example of each one, and then the experimenter(s) should take the results from their survey and make little posters that could go in the common eating areas or common hang out places. On these they should also include some national facts as well. Sometime during the middle of the semester the speaker should be brought in, but this needs to happen after the posters of hatred steps are up, and the facts are placed around campus. After the speaker, wait about a week and submit the original survey to the

same people. Analyze the data the same way as before, but this time compare the answers to see if there is a difference. Finish up the experiment and present the findings to the psychology senior class if so required.

I) Follow-Up Options: Some follow up options would be to use a fourth of a sheet of computer paper to print the four steps of hatred on. Use the glue to glue the quarter sheets of paper to clothes pins. Put this clothes pin on random backpacks for a day or two to remind students of the steps. A second option would be to present the findings of the research experiment to the campus or to the college newspaper. Let them see exactly how they rated their campus before the posters, informational facts, and speaker appeared and then afterwards. This would also be a good time to reinforce the steps and what each one means.