

## Experience in the Room Bingo (General)

### Asking research participants and clients good questions:

Much of the learning in psychology is exploring others' experiences and examining our experiences from different perspectives. To find out what kinds of resources and experiences we have, write the name of the person in the square to fill it in. Then ASK THEM ABOUT IT. Try to develop more descriptive questions (not comparative). When you get 5 in a row (vertical, horizontal, or diagonal), you've got B-I-N-G-O. Shout it out.

### Guidelines for asking good questions:

1. Describe before explain (what before why)
2. What is before what should be
3. Parts, not the whole experience
4. No comparisons to experiences they don't have
5. Specific recent experiences

When you're done,  **jot down** some interesting notes about people. I will ask you as the quarter goes on. For the square find someone who...

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
believes false memories can be easily created by therapists	can describe a time when they and someone else remembered the same event very differently	has lived in 3 or more countries	has been chaperoned or has chaperoned someone else	has had a near death experience OR has had a dream where they were falling
Has trained their breath doing singing, theatre, or yoga or is a vegetarian/ vegan	feels people in Washington aren't all too friendly	works in mental health, chemical dependency clinic or hospice care	knows words for emotions that are hard to translate into English	has been concerned for their safety walking to their car at night
will be involved in an event this quarter (e.g. choir, theatre...)	thinks icebreakers like this are a waste of time	FREE SPACE	has potty trained someone	knows someone who is on psychoactive medication
is a twin or has close friend or family who is a twin	has seen a MRI or PET scan of the brain	has taken a personality test	took a psychology class in high school	wants to be a therapist
thinks in two languages	has to punch a time clock or has their work schedule change weekly, not of their own choice	Knows what ADD & ADHD stand for	has volunteered on a regular basis	has taught a pet to do something impressive (e.g. is a falconer)

## Back of BINGO page, General Psychology

Some follow up questions:

**“Tell me about the last time...”**

**TWINS:** What’s it like when they move? There's lots of twin stuff, like private languages – many twins develop a language that others don't know. Who could tell them apart, who couldn't? How about on the phone? How did each one react to being mistaken for the other (most recent time)? Have premonitions when other is in trouble / hurt / happy? What is the nature of the premonition? Have something similar for siblings?

**DREAMS** Did you think it was a heart beating wake up call, or some weird dream, or some sort of spiritual sign?

**ADHD:** How did you come to know it? If it’s a family member, there’s usually a story about how e.g. some will confuse the 2, some won’t, usually those with ADD won’t confuse, and will tell you why - so it’s the experience of being misunderstood is as important as.

**TRAINED A PET:** Really? Which pet? What'd they do? Tell me about a day when they really seemed to get it. Tell me about a day when they couldn't do what they could do before (regressed). Tell me about getting started. What rewards worked? Did you have to break it down into steps? When did you get frustrated? When was it exciting?

**POTTY TRAIN:** Really? Your kid? Your sibling? Ask about pee first, then pooh second (don't compare, just get stories). Did the child enjoy ...taking diaper off? Sitting in big person chair? What rewards you use? How often? Did you have to break it down into steps? When did you get frustrated? When was it exciting?

**LIVED 3 COUNTRIES:** Really? Which countries? For how long? Make questions dependent on age. Ask about experiences related to general ideas, not big general questions, like "Are their families different?" Pick something common, and ask about it - shopping for dinner, going to the movies, the first day of school, valentine’s day.

**LANGUAGES:** Which languages? Do you switch when you're mad? When do you switch consciously? When does it happen automatically? What is an emotion or feeling that you can express in one language but not the other? Choose relationships and ask - tell me how you talk to your siblings. What kind of mix? What kinds of reactions do you get when you mix words or phrases with people who only speak one of the languages? Tell me a story about when you and another multilingual person were talking in both languages - did you help each other find words?

**PERSONALITY TEST:** when you got the results, what was your first reaction? Now, as you look back, did the results describe... e.g. in a class: did it help you understand others?

Was it what you expected? Was it right for others?

Did it mean anything to have your thoughts confirmed?

Was your result different than others in the class - how was that?

**NEAR DEATH:** most recently, when has the memory come to mind?

e.g. event is car accident on the freeway: think about the last time you drove, tell me about any moments of hesitation. Where was the accident? (get to the kind street - freeway, busy intersection, left turn from sidestreet, etc.) When was the last time you drove in a situation like that? Tell me about that.