

**PSY 373 – Cyberpsychology (online)
Summer Session (7 weeks)**

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Welcome to Cyberpsychology! This is the study of how emerging computer technologies, especially the Internet, affect the way we think, feel, and behave both online and in the face-to-face world. In this course we will explore a wide range of topics concerning this new field of psychology, with an emphasis on understanding the fundamental concepts of cyberpsychology and the implications of this knowledge for improving our wellbeing in the digital age. My hope is that you will learn about yourself in this course and how to improve your technological lifestyle. What's especially interesting is that the topic of cyberpsychology applies to this class itself, because we will be interacting with each other online.

My best piece of advice for doing well in the course: Read this syllabus carefully!

And keep referring to it during the course. This syllabus contains everything you need to know about what to do and when to do it. *If you ever have a question, check this syllabus first.*

If you don't find the answer here, then check the Q&A Discussion board. Someone else might have already asked that question. If not, create a new thread and ask your question. Someone else might be wondering the same thing! Create a first sentence for your post that clearly indicates what your question is about so other people can spot it.

If it's a more personal question and not something that other students might also be wondering about, feel free to email me. But email is not 100% reliable. If I do not respond to your message within 24 hours, something went wrong. Most of the time it's either because I didn't see your message, or I did respond but you didn't see mine. Please resend your message!

Textbook Readings: *Psychology of the Digital Age: Humans Become Electric*, by Yours Truly

A summer session is a regular course packed into half the time of a spring or fall semester. So it's a challenge to keep up with the readings. I highly recommend that you read approximately 10 to 15 pages per day to maintain a good pace for taking the quizzes. The PowerPoint slides, which include my audio narrations, outline the major ideas in the chapters. Review those slides before you read a chapter, as you read it, and again after you're done. This will help you prepare for the quizzes. The Powerpoint slides are large files, so they may take some time to download.

Assignments –There are four parts to this course:

1. Weekly discussions
2. Weekly quizzes based on textbook readings
3. Your reaction papers
4. Creating your Profile Page

Create your profile page in Canvas. Describe yourself. Upload a photo that gives us a good picture of who you are. If you want, include links to your other places online. Be as creative as you like. Try to establish your "presence" as a real person.

Course Schedule

You'll be completing the assignments for the course according to the schedule listed below.

I make the quizzes and the discussion for each week available on Monday morning and they close by noon on Sunday at the end of that week (except the quiz for the last week that ends on a Wednesday).

Week 1:

Dummy Quiz! You must take it by noon on Wednesday of the first week.

Quiz 1 – Foreword, Preface, and Introduction: Newborns in Evolution

Quiz 2 – Chapter 1 (Cyberpsychology Architecture) and Chapter 2 (Presence)

By Sunday at noon you must create your profile page.

Week 2:

Quiz 3 – Chapter 3 (The Dynamic Digital Psyche) and Chapter 4 (The Disinhibited Self)

Quiz 4 – Chapter 5 (Electrified Relationships) and Chapter 6 (Other Than You Think)

Week 3:

Quiz 5 – Chapter 7 (Text Talk)

Quiz 6 – Chapter 8 (Image Talk)

Week 4:

Quiz 7 – Chapter 9 (I, Avatar)

Quiz 8 – Chapter 10 (One of Us: Groups and Communities)

Week 5:

Quiz 9 – Chapter 11 (Change and Excess)

Quiz 10 – Chapter 12 (Addicted or Devoted)

Week 6:

Quiz 11 – Chapter 13 (The Digital Deviant)

Quiz 12 – Chapter 14 (Synthesized Realities and Synthesized Beings)

Reaction papers are due by Friday of this week.

Week 7:

Quiz 13 – Chapter 15 (Electric Therapeutics) and Conclusion (Research and the Researcher)

Weekly Quizzes

The "Dummy" Quiz

This is the first quiz you must take. It will ask you questions about this syllabus. The score you get on this quiz does not count towards your grade, but if you score low it means you should reread the syllabus. The purpose of this quiz is also to make sure that there are no technical problems preventing you from taking the quizzes, and to give you an idea of how the quizzes work. **You must take it by noon on Wednesday of the first week.**

Textbook Chapter Quizzes

After the Dummy Quiz, there are 13 quizzes based on the textbook chapters. Each one contains 15 multiple-choice and true/false questions. You will be taking the quizzes according to the course schedule. **You must have taken the quizzes for that week by noon on Sunday at the end of the week, except the quiz for the last week that ends on a Wednesday.**

You'll find that there is more to read during some weeks as compared to others, so take that into consideration.

When calculating your final grade for the course, your three lowest quiz scores are dropped, which includes any quizzes that you did not take or did not complete. The quizzes are timed: You have a maximum of 15 minutes to complete each one.

When you take a quiz, make sure you have a reliable internet connection. Don't take a quiz on your phone. Use a laptop or desktop computer.

Once you start a quiz, you must finish it. There are no opportunities for restarting or retaking it, **even if you had technical problems.** If everything went fine when you took the dummy quiz, you should have no problem with the other quizzes. If something goes wrong that prevents you from completing a quiz, that quiz score can be one of three scores that is dropped. **There are no make-ups for the quizzes.**

After you complete the quiz, Canvas will show your score. For security purposes, Canvas will not show you the correct answers. If you have any questions about the items on the quiz, ask about it in the Q&A discussion board. I'll be happy to answer those questions **AFTER** everyone has completed that quiz.

If you have a technical problem taking a quiz or any type of technical problem using Canvas, contact OIT:

<http://www.rider.edu/offices-services/technology/additional-student-services/canvas>

Services for Students with Disabilities

<http://www.rider.edu/academics/academic-support-services/services-students-disabilities>

The Reaction Papers

At your own pace you will write 25 reaction papers plus a conclusion paper based on activities you do on your own or that we undertake in our discussions. I don't grade you based on what you write about, so feel free to explore ideas. Points are deducted on each paper when the following rules are not followed. So follow them carefully!



- Include the exercise title and its number on the first line in bold print
- One-inch margins on the top, bottom and sides of the paper
- Double-spaced throughout the page (including the first line that has the title and number)
- Each paper is at least half a page in length (see example)
- Use 12 point Times or Times New Roman font
- Include at least one technical term, underlined, and in bold. Don't use the same terms over and over again. If you cannot find the word in the index for the book, it's not a technical term. Look for terms in italics, quotation marks, and section titles.
- Keep all the reaction papers in one computer file. Make sure the reaction papers are in order.
- Construct a table of contents that lists the titles of the reaction papers and their numbers.
- Place “(bonus point)” next to the title of a reaction paper that you wrote for a bonus point
- Place “(bonus point)” next to the title of those reaction papers in the table of contents
- Number the reaction papers 1 through 25
- On a cover page create an interesting or unique title for your collection of writings.
- Put your name on the cover page. Be as creative with the cover as you like!

The most common reasons for losing points on the reaction papers is that entries are not at least half a page, or the term/concept is not really a technical one (for example, “computer” is not a technical term).

Before sending me your file containing the reaction papers, convert it to a pdf. Then **MAKE SURE** that the pdf file contains the correct formatting as indicated by these criteria. Sometimes the formatting changes when converting a file to pdf!

Your file containing all 25 of your reaction papers, plus the conclusion paper at the end, must be submitted to me by noon on Friday June 23rd. Five points will be deducted for each day it is handed in late.

Bonus Points: You can receive one bonus point for a reaction paper that is longer than one full page. Your entry must fill up one full side of the page and extend onto the second side of that page. You must type “(BONUS POINT)” next to the title of that reaction paper on that page and in the table of contents. You can do a maximum of ten bonus point papers for a maximum of 10 points.

Discussions

Each week I will create a new discussion board for all of us to talk about important issues in the course. Participation in these discussions is required and graded. I open the discussion for each week on a Monday morning and you must complete all your posts by noon on Sunday at the end of that week. *Always be respectful towards each other in these discussions!* There are two parts to these discussions:

1. Your First Post:

This is your first post in response to the discussion topic for that week. You will not see other people's posts until you make your first post. Here are the criteria on how I grade your first post:

- You created a descriptive and interesting first sentence for it, something that identifies the gist of what you are trying to say. It's OK to be creative, but get to the point for that first sentence! Remember that you're trying to catch the eye of other students so they will reply to your post.
- The entire post consists of at least **5 COMPLETE sentences**. Very short sentences (less than four words) don't count.
- The post is relevant to the topic, interesting, and uniquely yours rather than some bland or generic statement. Feel free to be creative. Always be respectful towards others!

2. Your Replies:

You must reply to at least two other people's first post, which might mean you're replying to someone else's reply. Each of your replies must contain *at least three complete sentences and be relevant to the discussion*. Very short sentences (less than four words) don't count.

Grading:

You receive one grade each week for your participation in the discussion. *The maximum grade is ten points*. Points are deducted for not meeting the criteria. The most common reasons for point deductions are: (1) failing to post the required number of times, (2) failing to have the required number of sentences for each post, (3) failing to have a complete sentence, (4) very short sentences, (5) talking about something that is not related to the discussion.

Good Citizen Bonus Points:

Sometimes a class discussion goes really well. People offer extra posts, write longer or more interesting posts, are supportive of others, and encourage everyone to participate. Everyone enjoys it. When I see this happen, I might give the whole class Good Citizens Bonus Points.

The Types of Questions on the Quizzes

The quizzes consist of multiple choice and true/false questions. They include the following types of items.

Analogies: Remember that “left corresponds to left and right corresponds to right.” In other words, what’s on the left side of the “is to” in the question must correspond to what’s on the left side in the answer - and what’s on the right in the question corresponds to the right side in the answer. So in the example below, only “c” is a correct answer:

Skinner is to Freud as:

- a. couch is to rats (if couch and rat were reversed, it could be a correct answer)
- b. psychotherapist is to doctor (Skinner was not a psychotherapist)
- c. behaviorism is to psychoanalysis
- d. b and c are correct answers
- e. none of the above are correct answers.

Analogies force you to think abstractly, to see relationships. A lot of knowledge can be packed into one analogy question. That’s why they are good test items!

Distractors: Some questions contain distracters. A distracter is a choice that doesn’t make sense or is irrelevant. In some cases, it might sound like a sophisticated answer but it’s psychobable, some term I just made up! If you see a choice that doesn’t make sense, terms that don’t make sense, or terms you’ve never seen before, it’s NOT the right answer!

“Which of the following is NOT true?” or “All of the following are true EXCEPT”...

If these kinds of questions confuse you, use the “if true cross it out” strategy. Read the first choice. Say to yourself, “Is this statement true?” If indeed that statement is true, then cross out that choice because it is not the correct answer. Some of these questions have a choice which says, “All of the items listed here are true.” Sometimes that might be the correct answer.

Never say “never” or “always”: Remember that in psychology we never say never and never say always. Nothing is always or never true. If any choice uses the word “never” or “always” it is incorrect, unless the question asks “which of the following is NOT true.”

True/False: Remember that in true/false items, every part of the item must be true for the whole item to be true. If even one small part of the statement is false, then the whole item is false. For example, the italicized part of each of the following statements is false, which makes the whole statement false:

- Psychological tests can *always* accurately diagnose mental disorders.
- Skinner was a famous *psychotherapist* who discovered operant conditioning.
- Schizophrenia is a *neurotic* disorder in which people hallucinate or have delusions.
- Although sometimes shoeless*, Dr. Suler always brings a brief case to class.

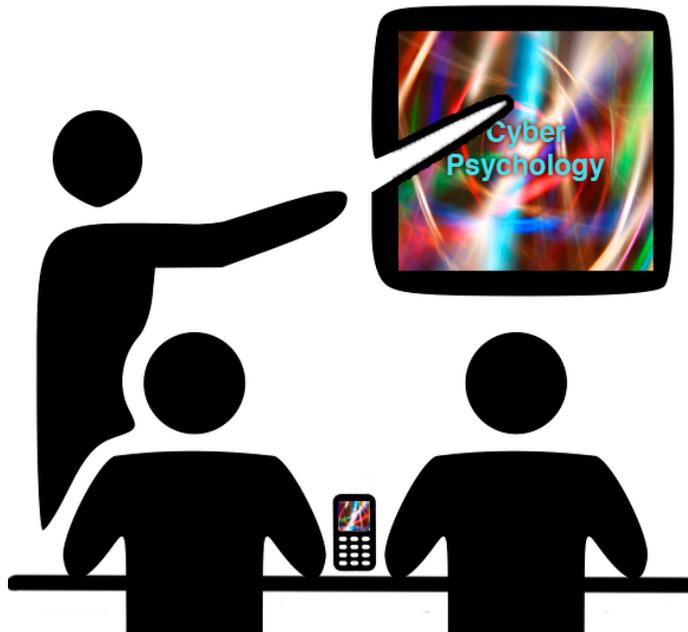
Tips for Reading the Textbook

Get the Big Picture: Before you start reading, look over the whole chapter and the titles of sections. Get a feel for what the whole chapter is about, then read start reading it. Remember to review the Powerpoint slides and listen to the narrations.

Read to identify major ideas: Read and think about each section of the chapter one at a time. Underline, highlight, or take notes on the three or four sentences that capture the major concepts, facts, and conclusions in that section. Know what the title of a section refers to. Important concepts are in italics or in the book index.

This is the skill that my quizzes are testing - the ability to detect the major concepts, facts, and conclusions!

People's names: If someone's appears in the title of a section, or several paragraphs are devoted to that person, you should know who that famous person is. Otherwise, don't worry about remembering names.



Evaluation

Weekly chapter quizzes: 150 points total

There are 13 multiple choice and true/false quizzes, 15 points each. The three lowest scores are dropped, which includes missed quizzes and quizzes you could not complete for whatever reason, including technical problems.

Discussions: 70 points total

A maximum of 10 points for each of the 7 weeks

Reaction Papers: 100 points total

25 reaction papers plus a conclusion

One point is deducted from your final grade for each day late you create your profile page.

Total points for course = 320 points

Your grade at any point in the semester and at the end of the course can be calculated as a percentage score:

Bonus points go into the numerator of this calculation.

You can receive one bonus point for a reaction paper that is longer than one full page. Your entry must fill up one full side of the page and extend onto the second side of that page. You must type “(BONUS POINT)” next to the title of that paper and in the table of contents. You can do a maximum of ten bonus point papers for a maximum of 10 points.

The instructor reserves the right to make changes in this course

1. My Reactions to the Birth of Cyberpsychology Video

At first in my imagination I didn't see anything in reaction to the video. But then all of a sudden an image did pop into my head. I saw myself walking down the street with my phone in my hand. I was texting while I was walking, and unfortunately not looking where I was going. I walked right into the street in front of a car. The person honked at me. This actually happened to me twice. I was really embarrassed. It seems kind of crazy that I would be so involved with looking at photos in Instagram that I wouldn't even be aware of my surroundings. It just goes to show how addicted we, including me, can be to social media. Now that I've taken this course I understand that what happened to me is an example of **dissociated physicality**. I was engaged in a physical activity that had nothing to do with what I was doing online. In this case, it was dangerous. I've also noticed that when I'm sitting on my bed working on my laptop, I develop a pain in my upper back. I ignore it most of the time, but it's another example of dissociated physicality and obviously a sign that too much computer use is not good for me.

half page minimum

one-inch margins on all sides
double-spaced throughout the entire paper
12 point Times font

Go longer than this full page onto the second
side of the paper to get a bonus point

The Exercises and Reaction Papers

Pick any 25 of the following exercises to write your reaction papers. In your paper indicate the titles for each exercise as listed below (you do not have to indicate the major headings that are in bold print). All of the Black Mirror episodes are available on Netflix. I highly recommend them!

The Birth of Cyberpsychology (available on YouTube)

My Reactions to the Birth of Cyberpsychology (video)

After watching the video *The Birth of Cyberpsychology* on Youtube, close your eyes, take a deep breath, relax, and allow something from the video to come into your mind. Focus on that for a moment. Does it remind you anything about your online lifestyle or your use of computers and phone? What pictures, memories, or feelings come to mind? Write about your reactions.

Cyberpsychology Architecture and Presence

Applying The Eight Dimensions of Cyberpsychology Architecture

Apply each of the dimensions of cyberpsychology architecture to yourself. You can focus on your favorite social media or apply the dimensions to your online lifestyle in general. Address as many of the questions as you can that are listed for each of the dimensions in the chapter on cyberpsychology architecture.

Playtest (Black Mirror episode)

Describe your reactions to this episode from *Black Mirror*. Analyze this virtual reality game according to the principles concerning “presence” as described in the textbook. What is realistic and unrealistic about the game depicted in this episode?

Personal Identity

Digital Identity

Use a search engine to locate information about yourself or a classmate who is willing to work with you. Create a summary of yourself or your classmate based on that information. What does that information suggest about you or your classmate’s personality, relationships, and lifestyle?

Interface Personality: Examine how you (or a classmate who is willing to work with you) have customized your computer or phone, the kinds of applications you use, and the people who are your contacts. How do these things reflect you or your classmate’s personality, lifestyle, and way of thinking? If you examine your own interface, take a look at someone else’s phone to see how theirs compares to yours.

Online Disinhibition

Write about how online disinhibition effect might affect you. Be as specific as you can, describing something in particular that you do or have done, if you wish. Which of the ingredients of the disinhibition effect seem to affect you the most?

Integrating Online and Offline Identity

The book offers six suggestions for bringing your online and offline lifestyles together according to the “integration principle.” How would you apply these suggestions to yourself?

Personality Style

How would you categorize your personality style according to McWilliams’s system as described in the book? You might see yourself as having only some of the traits in one, two, or more of the styles. Describe how this affects the way you use your devices and how you behave online? Is it different than how you behave offline?

Social Media Identity

Examine another student from class in the social media of his or her choice. Or you can examine Dr. Suler in Facebook, Instagram, Twitter, Flickr, and Google+. How would you describe that person based on his or her profile information, posts, contacts, and interactions with other people? Be sure to look around all of that person’s social media pages.

Interpersonal Relationships

Nosedive (Black Mirror episode)

Describe your reactions to this episode from *Black Mirror*. What are the psychological effects of how we rate each other in social media, as in the number of likes or followers a person has in social media?

Senses

How does seeing, hearing, and touching others affect your relationships with them in the face-to-face world? Now examine your relationships online in terms of these senses. Do you have those senses, or not? How does that affect those online relationships of yours?

Misperception:

How have you misperceived other people using text communication, maybe in a way that led to problems, even a conflict? Write about a specific incident when you ran into this problem.

First Meet

What was it like to meet in-person someone you only previously knew online? What image had you formed of them while online? How are their online and offline selves similar and different?

Imaginary Relationship

If you could create an imaginary online relationship, what would it be like? Who would you be and who would the other person be? Write about why this is something you’d be interested in.

Black Hole

When did you have a black hole experience with someone? What went through your mind? How did things eventually turn out?

Only Online or FtF

If you had to choose between spending the rest of your life interacting with other people only online or only in-person, what would you choose and why?

Likes

Read over the reasons described in the book about why people might “like” something in social media. Look over the “likes” you give to others and the ones you receive. Describe how those reasons apply to the likes you give and receive. Are there other reasons for liking something?

Catfish (documentary video)

Watch the documentary *Catfish* (2010). Write about your reactions to it, including why you think both Nev and Angela got caught up in this relationship. Write about the meaning of the term “catfish.”

The Pros and Cons of Social Media (videos)

Find and watch these three videos that are on YouTube: *I Have 422 Friends Yet I’m Lonely*; *The Upside of Social Media Narcissism*; *Social Media Dystopia*. How do these ideas apply to you, or people you know? Is there anything in these videos that you disagree with?

Text Talk

Group Chat

Examine a conversation in any group chat. You could look at Yik Yak (even though it isn’t always synchronous communication). Using the principles discussed in the chapter on Text Talk, analyze what you see happening in the group – in particular, how the use of text communication affects the way people relate to each other in an online group.

Word Cloud

Choose Wordle or some other website to create a word cloud. You could use text from your own social media, email, your reaction papers in this course, or anything you have written. You might even use text written by some famous person. The more words the better. Once you get your word cloud, what about it strikes you as interesting? Include a picture of your word cloud in your reaction paper.

Creating TextSpeak

Line by line, create an imaginative texting conversation between two or three people. Give them imaginary names. Make it an interesting conversation, but realistic. Use creative keyboarding techniques, including some that you have never used before. Establish the personalities of the people and their relationships through the text messages.

A Conversation Review

Look over an ongoing text conversation you had with someone in the past – either in email, texting, or in social media. What is it like to read it again? How is your state of mind now different than it was when you had the conversation? How does that affect the way you now interpret that conversation?

Image Talk

The Entire History of You (Black Mirror episode)

Write about your reactions to this episode. Talk about the pros and cons of how much we should record about our lives. What would it be like for you if you were living in this world?

Photos and Selfies

Look over your photos and selfies or those of a classmate who is willing to share them with you. How would you classify the different types of photos? What kinds of filters are used? What emotional impact do the photos convey? What do these things say about you or your classmate's personality? If you posted a type of selfie that you never posted before, what would it be like? If you wish, post it and write about that experience.

Words about Your Photos

After reading the section “Use Your Words” in the chapter on Image Talk, spend some time composing a title and description for a photo that you upload to social media. If people react to it differently than how they typically respond, why do you think that is?

Words about Other's Photos

Try out the suggestions in the book about how to comment on other people's photos. Spend more time than you usually do picking out a photo that stands out for you. Look at and think about it carefully before you post a comment. What was that experience like?

The Psychology of the Selfie (videos)

In Youtube watch the videos *Psychology of the Selfie with J.P. Sears* and *Psychology of Selfies (by Charisse L'Pree for TEDx)*. What ideas do agree or disagree with? Apply these ideas to yourself and to someone you know in social media.

Avatars

Creating an Avatar Collection

Create a collection of at least five avatars that portray different aspects of your identity and lifestyle. You can use any pictures that you create or find online. Describe what each of the avatars indicates about your identity. Include those pictures in your reaction paper.

The Waldo Moment (Black Mirror video)

Write about your reactions to this episode of Black Mirror. How would you react if you were in this world? Based on what you saw in this episode, what are the pros and cons of creating an avatar that you use to express what you think and feel?

Second Life (video)

On YouTube search for videos using the keywords "second life avatar psychology." First look over the list of different videos that come up to get an idea of the different types of videos that are available. Try sorting by relevance and rating. Then pick out a few to watch. Write about what you discovered. What do you think of this Second Life world and the people in it? Would you want to participate in that world?

Groups and Communities

Fifteen Million Merits (Black Mirror episode)

Describe your reactions to this episode. What aspects of the world portrayed in the video do you see in our contemporary culture? What would it be like to be living in this world?

Online Discussion Groups

Find an online discussion group that interests you (in Facebook or anywhere). Examine the information about the group and read through some of the posts. Analyze the group according to the questions listed in the "Geezers" section of the chapter on groups and communities.

Creating an Online Social Environment

If you could create an online group of any kind, what would it be? A dating service, a night club, a discussion board, a professional group, a support group, or anything else. Apply at least some of the eight dimensions of cyberpsychology architecture. For example, does communication involve text, images, synchronous or asynchronous communication? Also apply some of the criteria for creating online groups as described in the chapter on groups and communities.

Canvas

What do you like and dislike about courses that use Canvas? Apply ideas from the section on "Digitizing the Classroom" in the chapter on groups and communities.

Change and Excess

Cognitive Overload

On YouTube watch these three videos: *Augmented Reality Hell*; *Digital Junkie–Information Overload*; and *Cognitive Overload (with Darren McNelis)*. Can you relate to what you learned in these videos? How is cognitive overload affecting you? What can you do to prevent it?

Mindfulness

The very simple instructions for mindfulness meditation are to close your eyes and focus your attention on your breathing. If your mind wanders to something else, if you start to think about something, just notice this and gently bring your attention back to breathing. You might have to bring your attention back to breathing over and over again. Do this for at least five minutes.

Now open your eyes and focus your attention on your phone or computer. Let go of any temptation to think about it, analyze it, judge it, or "use" it for any purpose. Just notice how it looks, sounds, and feels to the touch. VERY slowly click on things and navigate around. Be aware of your movements, of how your body feels. Look at everything carefully. Notice any thoughts or feelings that come up, but return your attention to the device. Pretend you are exploring your phone or computer for the very first time, as if you've never seen one before. There is no goal or anything you have to "do." You are just "experiencing" the phone or computer, appreciating it for what it is rather than what it will do for you. Write about your reaction to this exercise.

Mental Sets

To help you break your mental sets about where you go online, try these two exercises: (1) Try StumbleUpon; (2) Open your web browser and begin randomly clicking on links. Don't think too much about where to go. Just spontaneously click on something that catches your eye. Let your intuition or "gut" guide you. Write about your reactions to these exercises. What did you discover that was interesting?

The Deep Web

In middle school Dr. Suler belonged to a rock band called "Rubber Snowflake." Find the webpage for the band. It's somewhere in Suler Space, but it's highly unlikely you will find it with a search engine, even a deep web search engine. A clue: think about how urls work.

Addicted or Devoted?

Addiction Scale

Try the Internet Addiction Test on the NetAddiction website. Write about your reactions to the test results. Do the results seem accurate? If you spend too much time on your devices, what steps could you take to overcome your overuse? See the suggestions at the end of the chapter.

Device Abstinence

Spend one full hour (or one day!) without using ANY communication devices or looking at any kind of device screen. Write about your reactions. What did you do? What thoughts and feelings came to mind when not using any of these electronic devices?

Videos about Internet Addiction

At YouTube search for "internet addiction." First look through the list of videos that come up. Try sorting by relevance, view count, and rating. Then pick out and watch at least three videos. Include at least one that looks like it's a "serious" video created by a reputable person or

organization. Write about how these videos compare to each other in what they say about internet addiction.

Online Deviant Behavior

The Dystopia of Black Mirror Episodes

Several of the Black Mirror episodes depict a dark or “dystopic” view of technology in the future, including deviant behavior in cyberspace. Watch one of the following episodes: *Hated in the Nation*; *Shut Up and Dance*; or *The National Anthem*. Those last two are rather disturbing, so read a review of them before deciding if you want to watch them. Write about your reactions to the episode and the fact that there are deviant people out there in cyberspace. How are you protecting yourself?

My Experiences with Deviant Behavior

Of all the different types of deviant behavior described in the chapter, what types have you experienced online? What did or could you have done? Have you ever behaved in a mildly "deviant" way online?

Trolls (videos)

On YouTube watch the video *The Psychology of Trolling* and *10 Worst Internet Trolls*. Write about your reactions. Have you ever been in a situation with a troll or seen such a situation? What was it like? What are the things you can and should not do when dealing with trolls?

10 Dark Secrets of Cybercrime (video)

On YouTube watch this video that summarizes different types of cybercrime. Write about your reactions to it, including what you think might be done to solve these problems, and what the future of the internet might be given the fact that there is so much online crime.

Synthesized Realities and Virtual Beings

San Junipero (Black Mirror episode)

Write about your reactions to this episode from *Black Mirror*. What are your thoughts about how virtual environments might be good or bad for us? Would you choose to use a service like San Junipero? Do you think such a service will ever be possible?

Synthesizing a Reality and a Being

If you could create any kind of virtual reality with virtual beings in it, what would they be? Imaginary, real, or a mixture of both? Would it involve brain stimulation or body immersion? What would be the purpose of this reality and being?

Sci Fi Movies about VR and AI

Search online for famous movies about virtual reality and artificial intelligence. If there is one you haven't seen but would like to, watch it. In your reaction paper, write about one of these

movies in detail, or compare some of these movies to each other. How realistic or fictional are they? How would you react if you were in these situations?

Online Therapeutic Activities

Self Improvement Apps

Search for three self-improvement apps that you would be interested in using on your phone or computer. Describe these apps and why you would find them useful. If you wish, actually download and try one.

Chatbots

Find "Eliza" online or any other chatbot. First, take the program seriously. Try to help it converse with you in a realistic way. After doing this for 10 minutes or so, play with the program to see how it works. Try to trick it, if you want. Write about your reactions. What does the program do right and wrong? What did this exercise teach you about computerized "people?"

The Dimensions of Cyberspace Therapeutics

Apply the dimensions of cyberpsychology architecture to yourself in a therapeutic way. What could you do with each of these dimensions to make your use of cyberspace more helpful or even therapeutic for yourself?

An Ideal Therapeutic Environment

If you were to design any kind of therapeutic experience for people using computers or cyberspace, what would it be? Apply the eight dimensions of cyberpsychology architecture.

Online Support Groups

Search for an online support group that you might find therapeutic for yourself or someone you know. Read the information about the group. If possible, read some of the posts to the group. Describe what you discovered and how you think this group could be helpful to you.

ProReal (videos)

On YouTube, watch some of David Tinker's videos about the ProReal therapy program. What are your thoughts about it? For what kinds of people and problems might this be effective and ineffective? If you were to use this program, what goals would you set for yourself?

Conclusion (one page in length): For your last reaction paper, write about your experience in this course and what you learned from it. What stands out in your mind? How can you apply cyberpsychology in your life? How can you improve your digital lifestyle and wellbeing? Of all the things you write, I will focus on this conclusion specifically in order to give you feedback about your ideas concerning the course, so say meaningful things – things for which you would really like my feedback.