

Homework Assignment Due Friday in Lab Sept 18

Think about what kinds of variables you might want to study for the purposes of your ideographic project. The best choices will be variables that

- are of intrinsic interest to you
- actually vary from one day to the next. (If something doesn't change, then you cannot determine what factors predict its change.)
- you can track relatively easily (i.e., things that can be tracked by answering a small number of questions).

You're free to choose any three variables that you'd like, but I've included some possible examples below in case you're having a hard time thinking of something that might be useful or in case you're seeking some inspiration. Please note that not all the variables need to be psychological. But, please make sure that at least one of them is.

weight
hours of sleep
physical health
exercise/activity
diet or caloric in-take
mood (e.g., happy, sad, anxious)
stress levels
amount of studying done that day
did you take an exam that day?
social activity
the content of your dreams
how many close friends you interacted with
did you have arguments or conflicts with parents, friends, romantic partners?

In addition to stating which three variables you would like to track over time for your ideographic project, we would like for you to briefly explain *why* you wish to track those variables. For example, what is it that you're hoping to learn about yourself by studying these things?

Again, a simple example to give you a flavor for what we're looking for:

I'm going to track my weight each day and whether I went out to dinner with my friends. I generally go out with my friends a few times a week and my intuition is that, when I do so, I order more drinks and food than I really need. That might impact my weight. By the end of this project, I'd like to be able to establish what the association is between daily fluctuations in my weight and my social activity.

Please type and print your assignment and bring it to lab on Friday. It will be due at the start of lab. Make sure your name is on your paper.