

Name _____ Period _____

The Psychology of Time



Why you should listen to him:

A past president of the American Psychological Association and a professor emeritus at Stanford, Zimbardo retired in 2008 from lecturing, **after 50 years of teaching his legendary introductory course in psychology**. In addition to his work on evil and heroism, Zimbardo recently published *The Time Paradox*, exploring different cultural and personal perspectives on time.

Watch:

The Marshmallow Experiment - Instant Gratification

<http://www.youtube.com/watch?v=Yo4WF3cSd9Q>

The Marshmallow Experiment & Time

http://www.youtube.com/watch?v=xNvvL9j_SIs

1. Explain the marshmallow experiment.

2.

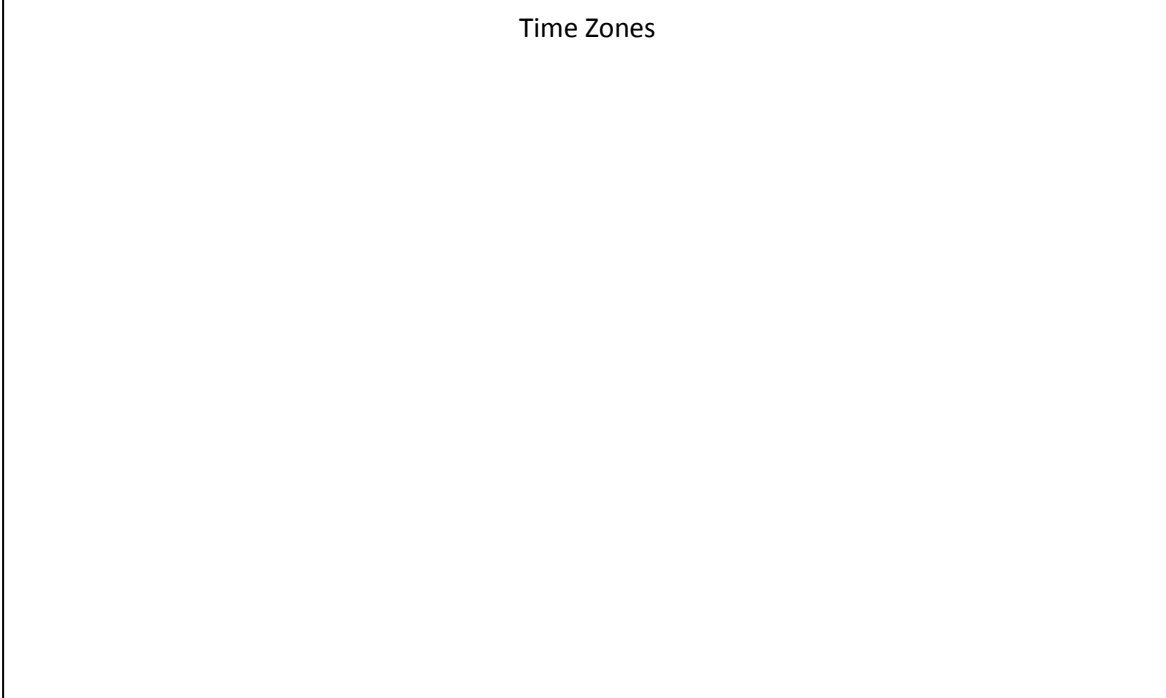
At age 18, what advantages did wait-ers enjoy?	At age 18, what challenges did give-me-now-ers experience?

Watch: Philip Zimbardo: The psychology of time

<http://www.youtube.com/watch?v=bo4HiVetBd0>

3. Make a tree chart defining the three time zones and their positive and negative traits.

Time Zones



4. Discuss why the optimal profile is:

past-positive **high**

past-negative **low**

present-hedonism **moderate**

present-fatalism **low**

future **high**

5. What Time Zones do you **overuse**? Explain.

6. What Times Zones do you **underuse**? Explain.
