

## Reading Assignment

- Spielman, R., Dumper, K., Jenkins, W., Lacombe, A., Lovett, M. & Perlmutter, M. (2017). *Psychology*. OpenStax College, Rice University. Download for free at <https://openstax.org/details/books/psychology>.

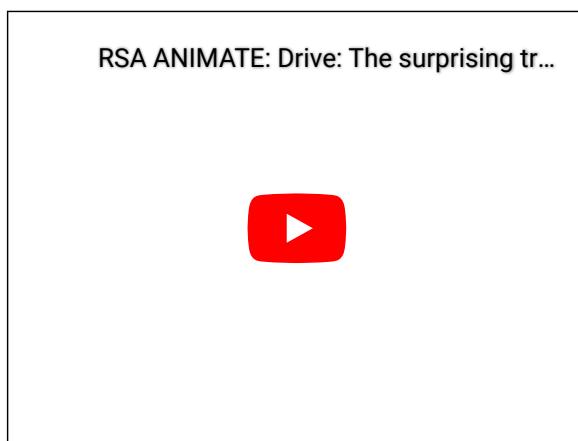
Read the following:

- Chapters 5 and 6

Applied Behavior Analysis (ABA). (n.d.). Download the [PowerPoint presentation](#).

## Video Resources

- Jha, A. (2017, March). *How to tame your wandering mind* [Video]. TEDxCoconutGrove. [https://www.ted.com/talks/amishi\\_jha\\_how\\_to\\_tame\\_your\\_wandering\\_mind](https://www.ted.com/talks/amishi_jha_how_to_tame_your_wandering_mind)
  - This video covers neuroscience related to attention and shares the benefits of mindfulness training in groups with high-stress jobs.
- Pink, D. (2010, April 1). *RSA ANIMATE: Drive: The surprising truth about what motivates us* [Video]. YouTube.



- This video has some interesting ideas related to motivation as well as reward and punishment as applied to the workplace.



