

Video Guide

YOU PACK YOUR OWN CHUTE

25 minutes, color, 1972

I. Introduction

You are starting a new adventure, General Psychology. For some of you this course is one of the last you will be taking at Howard Community College; for some of you this course is about halfway to your goal; and for others this is one of your first courses in college. But for each of you this course is a new experience. We often enter new experiences with unrealistic expectations and fears.

Psychology is the exciting science which studies behavior. You also can study behavior. How? The major way most beginning students study behavior is through readings written by psychologists. In some courses, such as Psychology 101, students learn about psychology by experiencing psychological phenomena, such as creativity. A third interesting way to study behavior is through observation. Observation can occur on field trips, working in the field, or through viewing films. Previous psychology students at HCC have indicated high interest in viewing films of behavior. Consequently, a variety of high quality films are used in this course.

In this film we meet Eden Ryl (Ryl rhymes with smile) who is getting ready to make her first parachute jump. All of the training and jumping sequences were filmed as they happened. Each of us has our own problems, our own fears, and our doubts. Eden suggests that our own unrealistic fears and faulty assumptions hold us back. She suggests that we are the problem. Yet we also hold the keys for the solution. After all, you pack your own chute.

II. Quotes From the Film. Look for these key points in the film.

- A. "Sky diving is a symbol of the fears which we all experience--and so often our fears become overwhelming--and yet, if we make the effort, we're surprised at what we can do. "
- B. Eden: "He made me behave that way. " Grandfather: "Are you trying to tell me that fellow in the other car is responsible for your behavior? In that case you could say he controls you. "
- C. "We love to blame others, but we choose our own behavior. "
- D. "We are constantly trying to develop a greater awareness, a greater sensitivity about how we relate to other people, and about what's going on inside ourselves. We can begin by becoming aware that behavior results from the assumptions we make. "
- E. "When you make an assumption, you behave according to that assumption. When your assumptions change, your behavior can change rapidly. "
- F. "It doesn't matter how logically or intellectually you deal with fear. It doesn't mean that you won't feel fear. It won't eliminate the intense emotional involvement at the time. BUT it does mean that you're better able to cope ▪ that it doesn't immobilize you ▪ that you can go ahead and keep functioning even though you are afraid. "

G. If you make a faulty assumption, you're going to handicap yourself, you'll make mistakes, and you won't reach goals. So, in a problem situation, ask yourself: 'What are my assumptions ? Are they faulty? ' "

H. "Begin participating wholeheartedly in this most exciting of all sports, that of living your life. " "Be one of the people who shows the rest of the people that it can be done." "This is your beginning because you pack your own chute!"

III. **LEARNING OBJECTIVES:** Discuss in a small group your answers to these questions: **WRITE** answers below. This sheet may be collected after discussion.

A. In the **film** a number of unrealistic fears are mentioned. List here those fears.

B. Eden says: "STOP! Remind yourself that you're feeling angry because you are choosing to feel angry. " Is Eden right? Do we choose to become angry? Why or why not? What was the example in the film?

C. Eden commented on new things: "Like most people I'd rather feel safe - clinging to behavior because it's familiar. Safe because you know you can do it. No surprises. But no challenges either. So no self-development. " Do you think most people tend to avoid challenges or seek them out? Why do some people seem to avoid challenges?

D. What did the **film** say to you?