



Looseleaf for Experience Psychology

By Laura King

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Do you want your students to just *take* psychology or to *experience* psychology?

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Psychology is all around us—in our relationships, our homes, our communities, our schools, and our work. But linking everyday experiences to the academic discipline of Psychology is not always so easy. Laura King’s *Experience Psychology* was built to do just that.

Experience Psychology introduces function before dysfunction, building student awareness and understanding by looking first at typical, everyday behavior before delving into the less common—and likely less personally experienced—rare and abnormal.

Experience Psychology places the science of psychology and the research that helps students see the academic underpinnings at the forefront of the course and at the same time offers an abundance of applications that helps students connect the science of psychology to the world around them. At the same time, “Intersections” ensure students experience psychology as the interconnected discipline it is.

Experience Psychology helps students to perform to their maximum potential in and out of the classroom, fully engaging them in the content and experiences that comprise the world’s most popular undergraduate major.

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Editorial Review

About the Author

Laura King did her undergraduate work at Kenyon College, where, an English major, she declared a second major, in psychology, during the second semester of her junior year. She completed her A.B. in English with high honors and distinction and in psychology with distinction in 1986. Laura then did graduate work at Michigan State University and the University of California, Davis, receiving her Ph.D. in personality psychology in 1991.

Laura began her career at Southern Methodist University in Dallas, moving to the University of Missouri, Columbia, in 2001, where she is now a professor. In addition to seminars in the development of character, social psychology, and personality psychology, she has taught undergraduate lecture courses in introductory psychology, introduction to personality psychology, and social psychology. At SMU, she received six different teaching awards, including the "M" award for "sustained excellence" in 1999. At the University of Missouri, she received the Chancellor's Award for Outstanding Research and Creative Activity in 2004.

Her research, which has been funded by the National Institutes for Mental Health, has focused on a variety of topics relevant to the question of what it is that makes for a good life. She has studied goals, life stories, happiness, well-being, and meaning in life. In general, her work reflects an enduring interest in studying what is good and healthy in people. In 2001, her research accomplishments were recognized by a Templeton Prize in positive psychology. Laura's research (often in collaboration with undergraduate and graduate students) has been published in the *Journal of Personality and Social Psychology*, *Personality and Social Psychology Bulletin*, *Cognition and Emotion*, the *Journal of Personality*, and other publications. A new paper on the place of regrets in maturity is forthcoming in the *American Psychologist*.

Currently editor-in-chief of the *Journal of Research in Personality*, Laura has also served as associate editor of *Personality and Social Psychology Bulletin* and the *Journal of Personality and Social Psychology*, as well as on numerous grant panels. She has edited or co-edited special sections of the *Journal of Personality* and the *American Psychologist*. In "real life," Laura is an accomplished cook and enjoys listening to music (mostly jazz vocalists and singer-songwriters), gardening, and chasing Sam, her 3-year-old son.

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