**Notes for Health Psych Class D3405 D931 🡪 (Week 5) February 26th 2015**

Homework

* Submit a question for the guest by tomorrow.
* Post a reaction to the film by next Thursday.
* Tues (03-03-15) in class quiz “assessment” on health theories/risky behavior.
* NO CLASS 03-05-15 🡪 Watch guest lecture film on health behavior change.

In Class

Meritocracy – Be anything you want to be; if you work hard enough, you can… i.e. *“The American Dream”*

Episode II of Race ‘The Power of an Illusion’

* “All man are created equal”
* Thomas Jefferson was the first person to articulate about race in “*Notes of Virginia”*
* People replaced servants with black people supposedly because they were the ‘ideal labor source’
* They thought Indians were savages.
* Jefferson said “Blacks were inferior to whites.”
* In 1819 🡪 Treaty was signed
* A lot of Cherokee started taking up the American policies
* America was becoming more democratic
* Increasing race base
* 1830 – Indian Removal Act
* Human Races…Samuel Morten
* Scientist started looking at skulls
* Josiah (DR) really thought black people were a different species, and many people would consume this idea (what the scientist say) without even understanding it.