

## **Applying your knowledge: Why is learning about the Psychology of Stress, Health and Coping important?**

For each chapter, you will tell me why learning about the chapter is important.

- (1) Pick a specific psychological concept.
- (2) Describe and/or define the psychological concept
- (3) Describe an example of that psychological concept. You cannot use an example from class or the textbook.
- (4) Why is learning about Stress, Health and Coping important? What is the change in thinking or behavior?

Based on your example, do one of the following:

- a. Describe how learning about this psychological concept changes how you think about yourself.
- b. Describe how learning about this psychological concept changes how you think about others.
- c. Describe how learning about this psychological concept changes how you think about the world around you.
- d. Describe how learning about this psychological concept can be used in your personal life.
- e. Describe how learning about this psychological concept can be used in your potential career.
- f. Describe how learning about this psychological concept can avoid an important misunderstanding
- g. Describe how learning about this psychological concept can be used to address a social issue or public policy.

### Constraints:

- Work in groups of one (by yourself), two (one partner) or three (two partners). One page per group with all your names on it.
- You can answer a question more than once as long as your examples are qualitatively different.

### Grading:

- Each set of response (items 1-4 in the box) is worth up to two points to a maximum of six points. Therefore, you must answer at least 3 to earn a maximum of 6.

1. Concept 2. Definition 3. Example 4. Change in thinking or behavior
--

2 points

1. Concept 2. Definition 3. Example 4. Change in thinking or behavior
--

2 points

1. Concept 2. Definition 3. Example 4. Change in thinking or behavior
--

2 points

- You may choose to provide more than 3 examples to earn 6 points through partial credit.
- I do not have a formal due date for these. However, you should
  - Do at least one before the exam.
  - Do NOT wait until week 9 or 10 to start. All work is due Friday at noon of week 10.

Bad	Learning about Stress, Health and Coping can help me live a more stress free life and improve the quality of my life
	Learning about positive reappraisal can be helpful for reducing stress in my life
Better	<p>Learning about positive reappraisal can be helpful for reducing my stress response. This is especially true when I can't change the outcome of the event, but change how I feel about an event.</p> <p>For example, my grandfather always loved to go out in the forest and pick mushrooms. One afternoon he went out and was overdue. It turned out that he had a heart attack and died while picking mushrooms. I was so mad at him! He should have known better to do something that would have endangered his life.</p> <p>My brother told me that he wasn't angry with our grandfather. He said that he wasn't angry with him. He died doing something he enjoyed.</p>