**PSYC110, Week 6: How Do You Cope?**

**Instructions**

Answer these questions in 4-5 sentences each.

1. Define stress and identify a disease caused by stress.
2. Briefly describe a situation you experienced recently that you considered stressful.
3. Explain chronic stress's common physical, psychological, and emotional signs.
4. Do you know a specific coping strategy and how it may be effectively utilized in stressful situations?
5. Describe 2 additional examples of the given coping strategies that can reduce the effects of stress?

Indicate by using this 0–4 scale which methods of coping you found useful:

0 = Not used

1 = Used somewhat

2 = Used quite a bit

3 = Used a great deal

(NOTE TO STUDENT: A “P” indicates problem-focused; an “E” indicates emotion-focused.)

\_\_\_\_ 1. Tried to get the person responsible to change his or her mind. (P)

\_\_\_\_ 2. Tried to keep my feelings to myself. (E)

\_\_\_\_ 3. Criticized or lectured myself. (E)

\_\_\_\_ 4. Changed or grew as a person in a good way. (E)

\_\_\_\_ 5. Stood my ground and fought for what I wanted. (P)

\_\_\_\_ 6. Knew what had to be done, so I doubled my efforts to make things work. (P)

\_\_\_\_ 7. Found new faith. (E)

\_\_\_\_ 8. Made a plan of action and followed it. (P)

\_\_\_\_ 9. Refused to believe it had happened. (E)

\_\_\_\_ 10. Came up with a couple of different solutions to the problem. (P)

Scoring: Add up the scores for P and E to indicate which method, if any, is predominantly used.

**Resources:** **Chamberlain Library search pages with links to relevant articles**

* [Search the Chamberlain Library for articles relevant to “consciousness”.](https://chamberlain.primo.exlibrisgroup.com/discovery/search?query=any,contains,Consciousness&tab=Everything&search_scope=MyInst_and_CI&vid=01CUCON_INST:DEFAULT&lang=en&offset=0)
* [Search the Chamberlain Library for articles relevant to “social psychology”.](https://chamberlain.primo.exlibrisgroup.com/discovery/search?query=any,contains,social%20psychology&tab=Everything&search_scope=MyInst_and_CI&vid=01CUCON_INST:DEFAULT&lang=en&offset=0)

**Grading Rubric**

| **Criteria** | **Ratings** |
| --- | --- |
| This criterion is linked to a Learning Outcome: Defining stress | |  |  |  |  | | --- | --- | --- | --- | | **10 points**  Defines stress clearly in 4-5 sentences. | **7.5 points**  Addresses most aspects of stress (3 sentences). | **5 points**  Addresses some aspects of stress in only 2 sentences. | **0 points**  No effort | |
| This criterion is linked to a Learning Outcome: Identifying a disease caused by stress | |  |  |  |  | | --- | --- | --- | --- | | **10 points**  Identifies and describes in detail a disease connected with stress in 4-5 sentences. | **7.5 points**  Identifies and describes in detail a disease connected with stress in only 3 sentences. | **5 points**  Identifies and describes in detail a disease connected with stress in only 2 sentences. | **0 points**  No effort | |
| This criterion is linked to a Learning Outcome: Describing a stressful condition and explaining chronic stress's common physical, psychological, and emotional signs | |  |  |  |  | | --- | --- | --- | --- | | **30 points**  Thoroughly explains a stressful condition with an example. The example is correlated with **all three** physical, psychological, and emotional signs of chronic stress. | **20 points**  Explains a stressful condition with an example. The example correlates with **any two** physical, psychological, and emotional signs of chronic stress. | **10 points**  Adequately explains a stressful condition with an example. The example is correlated with **only one** of the physical, psychological, and emotional signs of chronic stress. | **0 points**  No effort | |
| This criterion is linked to a Learning Outcome: Analysis of a specific coping strategy | |  |  |  |  | | --- | --- | --- | --- | | **20 points**  A coping strategy is thoroughly explained in 4-5 sentences describing both thoughtful and behavioral efforts to manage stressful conditions. | **10 points**  A coping strategy is explained in 3 sentences describing either thoughtful or behavioral efforts to manage stressful conditions. | **5 points**  A coping strategy given in 2 sentences does not describe either thoughtful or behavioral efforts to manage stressful conditions. | **0 points**  No effort | |
| This criterion is linked to a Learning Outcome: How coping strategies may be effectively utilized in additional stressful situations | |  |  |  |  | | --- | --- | --- | --- | | **10 points**  Analysis of two additional coping strategies and their application in relieving stress, using at least 4-5 sentences. | **7 points**  Analysis of only one additional coping strategy and its application in relieving stress, using at least 3 sentences or two strategies but no application in 3 sentences. | **5 points**  Either analysis of a coping strategy or its application in relieving stress are described, using at least 2 sentences. | **0 points**  No effort | |
| This criterion is linked to a Learning Outcome: Analyze some techniques that can be used to reduce or eliminate stress | |  |  |  |  | | --- | --- | --- | --- | | **10 points**  All 10 statements have a “P” indicating problem-focused or an “E” indicating emotion-focused. | **7 points**  Seven statements have a “P” indicating problem-focused or an “E” indicating emotion-focused. | **4 points**  Four statements have a “P” indicating problem-focused or an “E” indicating emotion-focused. | **0 points**  No effort | |
| This criterion is linked to a Learning Outcome: APA References Page | |  |  |  |  | | --- | --- | --- | --- | | **10 points**  All sources are properly cited in the text and references page. | **8.5 points**  Most sources are cited in the text and references page. | **7.5 points**  Some sources are cited in the text and references page. | **0 points**  No effort | |
| **Total Points** | **100** |