

PSY 708: COGNITIVE ASSESSMENT & PSYCHOTHERAPY

Exam 1 Due: 10/1

Directions: Exam 1 focuses on your conceptual understanding of the social learning and cognitive theories from our readings, lectures, and class discussions up to 9/17. Please follow basic APA guidelines: title page, 1-inch margins, 12-point Times New Roman font, and page numbering. You do not have to double-space your answers, but at least give me some spacing (e.g., I like 1.5). You do not have to provide an abstract or a header at the top of the page. You are more than welcome to bold/italicize words/phrases, provide diagrams, etc. You do not have to provide citations unless you use a direct quote or sources outside our primary readings (but highly not suggested). Direct quotes should be kept to a minimum; it is best to paraphrase in your own words. If you do quote, appropriately cite the reference, including page number. Finally, please remember that this exam is due on 10/1 and must be emailed to me at am.volungis@assumption.edu in MS Word format.

Human Adaptive Functioning & Maladaptive Functioning

- 1) Discuss your understanding of human adaptive functioning within the context of the cognitive-behavioral model. Be sure to include the factors discussed in the first section of the course:
 - a. Observational learning
 - b. Self-efficacy
 - c. Reciprocal determinism
 - d. Rational/Irrational thinking
 - e. Internal dialogue
 - f. Appraisal
 - g. Coping
 - h. Automatic thoughts
 - i. Core beliefs

Although not required, you can also integrate content from the suggested readings.
[Approximately 8-14 pages]

- 2) Discuss your understanding of human maladaptive functioning within the context of the cognitive-behavioral model. The instructions for this question are exactly the same as Question 1. Note: Any factor discussed in one section should be discussed in the other section. [Approximately 8-10 pages]

See next page for “Highly Suggested Tips”

Highly Suggested Tips

A) (1) Adaptive functioning section - describe the theory first, then discuss what the theory looks like for an adaptively functioning individual (separate paragraphs), (2) Maladaptive functioning – briefly reintroduce the theory (not in deep detail like you did for adaptive functioning), then discuss what the theory looks like for a maladaptively functioning individual.

*This suggestion is not random – it matches the format of your 790 oral exam paper.

B) Keep specific examples to a minimum. Using examples to explain a theory often does not demonstrate full conceptual knowledge. Briefly using an example after a theory is fully explained can sometimes work.

C) I really like headings and subheadings – it shows organization of thought.

D) Direct quotes should be kept to a minimum – too many quotes does not show full conceptual understanding.

E) Remember, you are explaining your understanding of human adaptive and maladaptive functioning, not a theoretical approach to therapy.

F). Below is how you should format your headings:

Adaptive Functioning (Level 1)

Observational Learning (Level 2)

- Discuss just the theory

Observational Learning & Adaptive Functioning (Level 3)

- Discuss theory within the context of adaptive functioning

Maladaptive Functioning (Level 1)

Observational Learning (Level 2)

- Discuss theory within the context of maladaptive functioning (no need to discuss “just theory” again)