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Module Six Journal Guidelines and Rubric



PSY 328 Module Six Journal Guidelines and Rubric

Overview

Modules Three and Five exposed you to the tension between traits and states. In this module, you learn about the adjustment domain: do you feel that a part of you contradicts your normal behavior due to internal or external stressors? Learning more about strategies for adjustment and coping can help you in your personal and professional life. Chapter 13 of your text and your own personal experience will help you complete this journal.

Prompt

After reading Chapter 13 of your text, use the [Module Six Journal Template Word Document](#) to answer the following questions. Sp

- Explain to what extent you value **flexibility** in yourself. Your response should be about 2 to 3 sentences in length.
- Describe your most common responses to **stressors**. Your response should be about 2 to 3 sentences in length.
- Based on the results of your Big Five Personality Test and your own personal reflection, on a scale of low, mixed, or high, describe your traits of hardiness, optimism, and dispositional optimism. Your response should be about 4 to 6 sentences in length.
- Describe how you struggle with traits that **negatively** affect the coping process. Your response should be about 2 to 3 sentences in length.
- Describe the strategies you use when you find yourself experiencing **cognitive distortions**. Your response should be about 2 to 3 sentences in length.
- Describe the applications of **adjustment and coping** you see in your experiences in the workplace, at school, or in your relationships. Your response should be about 2 to 3 sentences in length.

What to Submit

Submit your completed Module Six Journal Template. If you cite external resources, you must use APA citation style.

Module Six Journal Rubric

Criteria	Complete (100%)	Proficient (70%)	
Flexibility	Explains to what extent you value flexibility in yourself	Shows progress toward proficiency, but with errors or omissions; areas for improvement may include details related to what extent you value flexibility in yourself	Do
Stressors	Describes your most common responses to stressors	Shows progress toward proficiency, but with errors or omissions; areas for	Do

	stressors	with errors or omissions; areas for improvement may include details related to your most common responses to stressors	
Stress Tolerance	Describes how you would rate your stress tolerance using the traits of hardiness, optimism, and dispositional optimism	Shows progress toward proficiency, but with errors or omissions; areas for improvement may include details related to how you would rate your stress tolerance using the traits of hardiness, optimism, and dispositional optimism	Do
Negatively	Describes how you struggle with traits that negatively affect the coping process	Shows progress toward proficiency, but with errors or omissions; areas for improvement may include details related to how you struggle with traits that negatively affect the coping process	Do
Cognitive Distortions	Describes the strategies you use when you find yourself experiencing cognitive distortions	Shows progress toward proficiency, but with errors or omissions; areas for improvement may include details related to the strategies you use when you find yourself experiencing cognitive distortions	Do
Adjustment and Coping	Describes the applications of adjustment and coping you see in your experiences in the workplace, at school, or in your relationships with others	Shows progress toward proficiency, but with errors or omissions; areas for improvement may include details related to the applications of adjustment and coping you see in your experiences in the workplace, at school, or in your relationships with others	Do
Articulation of Response	Submission has no major errors related to citations, grammar, spelling, or organization	Submission has some errors related to citations, grammar, spelling, or organization that negatively impact readability and articulation of main ideas	Sub cita tha

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