Directions: Exam 1 focuses on your conceptual understanding of the social learning and cognitive theories from our readings, lectures, and class discussions up to 9/13. 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. 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 10/4 and must be emailed to me at am.volungis@assumption.edu in MS Word format. My goal is to have all the exams graded and emailed back to you no later than 10/18 (two weeks from the due date).

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 and core beliefs

   Although not required, you can also integrate content from the suggested readings and other outside (but related) sources. [Approximately 8-12 pages] [50 Points]

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] [50 Points]

*See next page for “Highly Suggested Tips”*
Highly Suggested Tips

A) (1) Adaptive functioning - 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.