

## PSY 708: COGNITIVE ASSESSMENT & PSYCHOTHERAPY

### Exam 1 Due: 9/30

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**Directions:** Exam 1 focuses on your conceptual understanding of the social learning and cognitive theories from our readings, lectures, and class discussions up to 1/30. 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 9/30 and must be emailed to me at [am.volungis@assumption.edu](mailto:am.volungis@assumption.edu)** in MS Word format.

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### **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.