

Last Name: _____	First Name: _____	Letter Grade: _____	Number Grade: _____
Date Assigned: _____	Due Date: _____	<b>Hours Student took to complete Homework:</b> _____	<b>Instructor Comment:</b>
	Course: _____		

**Assignment Grading Rubric**

A   90 – 100 %	B   80 - 89 %	C   70 - 79 %	D   60 - 69 %	F   0 - 59 %
Provides answers to all questions clearly & effectively with in-depth & accurate information that indicates both original ideas & text information were investigated. Spelling/grammar is accurate.	Provides answers clearly & effectively with in-depth & accurate information that indicates both original ideas & text information were investigated; however, answers focus on some of the points & does not cover all elements of the assignment. Spelling/grammar has few errors.	Meeting minimum requirements. Minor points/information is missing & answers are minimal suggesting additional research & text material were not reviewed prior to completing assignment. Spelling/grammar has few errors.	Responds to assignment with 1 or 2 sentence, not explaining any details. Numerous errors in sentence construction, spelling, & grammar.	Grades of “F” are given if the assignment is not turned in or for work that does not meet minimum requirements.

1. What is the difference between stressors and stress?

---



---



---



---

2. What are the major sources of stress?

---



---



---



---

3. What are the three types of conflict?

---



---



---



---



---

4. Explain what is meant by “self-imposed stress.”

---



---



---



---



---

5. Do people who are resistant to stress share certain traits?

---

---

---

---

6. What is the difference between direct coping and defensive coping?

---

---

---

---

7. What are three strategies that deal directly with stress?

---

---

---

---

---

---

---

---

8. What long lasting effects of stress do we need to be concerned with?

---

---

---

---

9. Explain the role of proactive coping, positive reappraisal, and humor in reducing stress.

---

---

---

---

---

---

---

---

**TV and Children**

1. Is watching TV or playing video games a good or bad influence on the development of children?

---

---

---

---

---

---

---

---

2. Because some children's television shows have negative long-term consequences, what should parents do about the television shows their children watch?

---

---

---

---

---

---

---

---

3. Do you think you would be very different now if there had been no television in your home when you were growing up? If so, how do you think you would be different?

---

---

---

---

---

---

---

---

4. Do you feel that if a child were to see violence on TV that they will be violent themselves? Why or why not?

---

---

---

---

---

---

---

---