

GEC123 Mid-Term Study Guide

✓ The following questions are addressed in the article called "Chapter One – Change:"

1. In Mark's story (Page 5 of the article) in "From My Perspective," he mentioned 5 things he needed to do to be successful at college. Name 2 of them.
2. In the Victim and Winner Chart (page 13 of the article), provide the "winner" response to the following victim response: The victim procrastinates and makes excuses for not doing a good job.
3. In the short piece about Abraham Lincoln (page 19 of the article), what did his law partner say about President Lincoln's key to overcoming obstacles?

✓ The following questions are addressed in the article on "The Making a Perfectionist:"

4. In the article on "Making a Perfectionist," what does the author say about the reason that perfectionism can reduce creativity and innovation?
5. How does perfectionism create a lot of negative emotions?

✓ The following questions are from the article on Procrastination that has the title, "Stand and Deliver":

6. In the article on Procrastination ("Stand and Deliver), what does the author say is the most common myth among procrastinators?
7. In the same article about procrastination, what does the author say is the connection between thrill-seeking and procrastination?

✓ The following questions is addressed in the article, "Stress and the College Student:"

8. In the same article about "Stress and the College Student," how does the author explain the reason that some people use stress as an excuse to avoid getting emotionally attached to others?

✓ The following question is addressed in the article on "Avoidance of Counseling:"

9. As noted in the journal article on the "Avoidance of Counseling," list two of the sex differences that research has discovered in help-seeking decisions?