

Study Guide Questions for GEC 123 Final Exam

Important Note: The following final exam study guide includes some questions from the study guide provided for the readings on Positive Psychology, some of the questions from the Quiz #2 Study Guide, and questions from all the PowerPoint shows we reviewed since the Mid-term exam.

You will not be able to use this study guide while you take the final exam.

From the article on "Optimism: A Key Ingredient to Happiness:"

1. What is the meaning of the phrase, "Seeing the glass as half full?"
2. How does an optimist understand when something bad happens?
3. True _____ or False _____. People can learn to think optimistically. Check one.
4. List 2 findings that researchers have discovered about people who think optimistically.
5. Explain how optimistic thinking can lead to better physical health.

From the article on "Positive Psychology and Positive Interventions:"

1. Seligman defines PERMA as an acronym that states the five elements of well-being or the positive side of life. What are those five elements?
2. What is learned helplessness?
3. What is learned optimism?
4. Seligman thinks that historically psychology has always done a good job of studying misery and in general what is wrong with life. So what did he want to do differently about the field of psychology by developing the field of positive psychology?
5. What did Seligman find out about swimmers after they were defeated in a competition?
6. What is the "three good things" exercise?