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PSY 244

Professor Maret

11. In 3-6 months, I will still be in college, aiming to get my bachelor's degree in Psychology. During these months, I want to apply for an internship to gain experience in my work field. I will continue to work at my current job, which is an after-school program. In 6- 12 months I would like to finish and graduate school with my bachelor's degree and apply to schools or hospitals to work. In a year and more, I would like to return to school and get my master's degree. I would also like to apply to work with the Alliance. I would work in my local church as a child or youth psychologist. I am still debating. Primarily I have been working with children. I also want to work with youth to experience both fields and see which attracts my attention more. As per my personal goals, after getting my master's degree, I would like to get married and have my own family. I want to travel and explore different food, cultures, traditions, etc. During these years in my career plan, I would like to be more social, outgoing, and confident, study harder, be more organized, and, most importantly, build my relationship with God more potent than before. Without Him, I can not accomplish anything. Even though these are my plans, this does not mean it's God's. It may be different and better.

5. One major perception of addictions is alcohol. Like other substances, alcohol has an intense impact on the mind that causes pleasure emotions while dampening unpleasant ones. These emotions may drive individuals to continue drinking alcohol regardless of the potential consequences to their physical and mental well-being. Another major perception of addiction is sex. An extreme preoccupation with sexual ambitions, desires, or behaviors that are uncontrollable and produce misery or injury to your interpersonal interactions, job, wellness, and other facets of life. Individuals who are addicted to sex experience desires that are comparable to those experienced by individuals who are addicted to alcohol or narcotics. It's a powerful attraction or overpowering urge that makes one feel you must have it. It's an uncontrollable emotion, a sense of never being fulfilled, or an ongoing struggle to control a situation that is operating automatically. The inability to maintain a typical, positive connection with the person you're with is one of the difficulties of sexual obsession. Another factor is financial difficulties brought on by having to pay for sexual activity. STIs like HIV or AIDS, as well as pregnancy-related health issues, are repercussions.

The addiction I agree with more is drinking. For instance, research indicates that alcoholism used to deal with anxiety gradually tends to amplify unpleasant sensations between episodes of drinking, even while it may temporarily relieve distress. Teens and adults may have difficulty deciding what college to attend, what they want to major in, being unemployed, etc. These alterations may encourage more drinking and result in a person getting caught in an unhealthy pattern of consuming alcohol. Consumption of alcoholic beverages is associated with various adverse medical and social effects, such as the deterioration of interpersonal relationships. An individual with AUD is more inclined to routinely use alcohol at amounts linked to these negative consequences on well-being, especially if the condition is severe and

incorporates a dependency on alcohol. The risk of AUD is highest among young persons. The likelihood that someone may be given an AUD subsequently in life increases if they consume alcohol while they are adolescents (between the ages of adolescents and young adults).

1. Middle school and university transitions are thrilling for learners because they usher in new life chapters. The two parts set out to teach readers new material in seriousness. Mark learners have achieved to be eligible for the transfer is used to signify their shift to middle school or university. Both times, individuals are ready for their next stage of existence. Modifications to student perceptions during the years between high school and university. Several learners moving from elementary to middle to university education experience mental breakdown incidents. In both cases, there are expectations for novelties, like professors and material. In contrast to middle school, kids need to be older or mature enough to live independently. Middle school students remain in their parents' or guardians' care. Advancing to a university represents an individual's growth into adulthood. Students who transfer to college have higher standards than those who stay in middle school. Compared to middle school, students who move to a university face greater challenges and pressure to succeed. The readings are more complex, recognizing that university students' anticipated achievements are of greater importance than those of middle schoolers entering middle school In comparison to college, students fail.

12. Couples with two careers are now prevalent. The schooling and occupation of a potential life partner are frequently considered factors. As a result, having jobs for both genders has grown into both a compulsion and a necessity. However, this trait has benefits and drawbacks of its own. The relationship is balanced. They are more open to one another and more adept at problem-solving for one another than a typical pair. Since both spouses are employed, they're given more opportunities to discuss their jobs and lessen their stress levels. Because both spouses are used, a feeling of equality is created, allowing for excellent communication regarding every problem arising from their employment. The financial catastrophe is also less of an issue now. Additionally, compared to couples with just one individual life, those with a dual career have a more significant opportunity to get children and an enhanced future, higher education, and livelihood. Since both spouses are employed, partners are responsible for the household, and all administration, not just the female partner. It suggests spending less time with the kids if you have two careers. Therefore, this could be viewed negatively, but on the plus side, children gradually learn to rely less on their caregivers and are more likely to find methods to the issues independently rather than constantly seeking advice from adults.

Given this year's workload, obligations, and inclination to stick individual careers, it's challenging for them to succeed in their contrast with her professions. Compared with standard households, where everyone believes in their independence and responsibilities, equally, given a great deal of dedication from both parents, it can occasionally be challenging for them to sustain an adequate private life. Consequently, personal relationships do not experience more stress. Partners are more likely to have an affair if they don't communicate well if you're connected; given that they have fewer moments to dedicate to their significant other and have the incentive to deceive, partners are more likely to be involved in an affair.

## Chapter 12

18. According to three distinct facets—intimacy, passion, and commitment—psychologist Robert Sternberg's theory categorizes various kinds of love. Intimacy, power, and commitment are sometimes combined in multiple ways in different types of love. Likeness or friendship, infatuation or limerence, hollow love, romantic love, companionate love, fatuous love, and consummate love are among the different types of love. Genuine friendships are characterized by liking, which is not intense emotion or devotion over time but rather a sense of kinship, affection, and connection with yet another. "Love at first glance" is frequently described as being infatuated with love. However, enchanted love may abruptly end without love's closeness and commitment elements. More profound love can occasionally devolve into empty love, whereby the dedication endures, but the closeness and emotion have passed away. Relations frequently begin as a false affection in societies where prearranged marriages are prevalent. Romantic love is when intense excitation binds romantic lovers mentally and physically, just like a liking partnership. Weddings where the attraction has faded, yet there is still a strong bond of love and dedication are frequent examples of companionate love. A relationship you develop with someone you spend everything with but who has no interest in you physically or sexually is typically called companionate affection. Because a second commitment is involved, it is more significant than friendship. Precisely is the affection between close acquaintances or those who share an excessive amount of time collectively in any asexual, nevertheless. Pleasant interaction and companionate love is the kind of love that should be transmitted between relatives in a perfect world. Two examples of fatuous affection are a rapid relationship and marriage primarily driven by desire without the calming effect of intimacy.

The perfect relationship is what is referred to as consummate love that numerous individuals aspire to, but ostensibly only a select few seem to accomplish. Sternberg warns that keeping a perfect love may be more complex than getting it.

16. Various forms of attraction can cause someone to be drawn to another individual because of their physical appearance characteristics. For instance, muscular, tall, and blue-eyed Cris Evans is one of my best actors. Another example is that I am attracted to tall guys because that is my preference. Within our partners, we are attracted by similarity. According to this theory, individuals are drawn by individuals who mimic them. This defies the widely held belief that opposites draw people together. Several individuals have this belief. In actuality, individuals favor those who possess their problems, preferences, or goals. Similarities validate our tastes and passions. We tend to believe our interests are legitimate the more we observe others who share them. The similarity makes it easier to coexist peacefully without making concessions in the shared use of our natural surroundings. If one individual enjoys acting while the other enjoys walking, they will eventually have to do each activity independently or give up their preferred pastimes to accommodate the other. But if their preferences are comparable, they won't have to compromise and can enjoy more time together.

However, physical appearance is not everything. Personality is more important than looks. Why would I date a cute guy that mistreats his parents? Another type of attraction is social attraction, based on their personality. For instance, I am attracted to guys with excellent manners and honesty. I imagine no one would like a guy who wouldn't open the door for their partner or a boyfriend who constantly lies. According to the proximity concept, those close to us are more likely to become peers or fall in love. Sharing a space with someone, whether physical or virtual, not only makes it easier for them to communicate, but it also tends to make them more understanding of one another. However, the attraction may turn negative if the interaction is excessively prolonged or ongoing. The same thing occurs when there is initially hostility, but the closeness is kept. Reciprocity is a further example of an attraction concept. This shows that we

are drawn to people we feel they approve of. Therefore, we are more supportive of those we perceive to be receptive toward us. This is because a sense of increased security, self-assurance, and fulfillment is brought on by being embraced and accepted by others. We experience a positive self-image boost when others take us. We are drawn to the source of these emotions as a result.

19. Particularly for individuals starting their initial university year, loneliness is a significant concern among learners. Some colleges offer groups to learners who are having difficulty adjusting to university life to deal with loneliness. An individual with a problem with isolation in school may find this helpful. Universities typically offer a variety of alternatives for learners, including social gatherings, guidance appointments, and workshops on topics like awareness and coping strategies. The trick is to do some studies and then comply by receiving the required assistance. Students participating in group activities can learn to communicate and regulate their feelings. College-related complicated feelings may be avoided in social situations as well. Limiting technology used and emphasizing getting out of the dorm and participating in the activity is another strategy for dealing with loneliness in university. The solution is to prioritize direct contact and minimize time spent on the Internet, video, games, and YouTube. This may entail incorporating an association, team, or religious organization. Maintaining relationships with loved ones back home can be beneficial, yet not in terms of integrating fully into campus life. Finding an equilibrium between staying connected with loved ones back home and making new friends. These strategies take patience, labor, and diligence. It may be nerve-racking to put oneself and exhaustion, especially if the individual is reserved, but it will be worthwhile in the long run.

21. Men and women physically have different ways of connecting their brains, which is one of the main distinctions between spouses. Women are inclined to use both hemispheres equally, whereas men primarily use the left. Since they tend to focus on one task at a time until it finishes, men tend to be less effective multitaskers than women. When it comes to currency, both spouses typically take different approaches. Although one person is more likely to make payments the total amount for an item they require, another day a person might opt to purchase a factor they don't need just because it's on purchase. Relationship dynamics difference between the spouses. The majority of what men do is in groups. Our values are the facets of life that merit our time and attention. A married couple may have wildly different values at the beginning of their marriage. The more time you spend together as a couple, the more probable it is that many priorities will align—if nothing additional, to help you love and support one another more. Females, however, develop relationships through emotional sharing. Spouses approach the same task differently, yet the objective is identical. Spouses have distinct communication methods, constituting one of the most notable distinctions among them. Even though women work in an extended, detailed style, men speak in a more succinct, short manner. Different needs apply to males and females. Women may not always be motivated in the same ways that men are. Women tend to want to be nurtured, connected to, and supported. Men tend to focus on seeking out, safeguarding, and protecting. These differentiating factors mean that their concerns are not identical. Women fear loneliness, while men fear being rejected and failing.