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General Psychology

4/27/2023

1. Dispositionism is the belief that a person's character traits, such as honesty or kindness, are stable across different situations and guide their behavior. This view suggests that people act consistently in accordance with their character, and therefore, can be held responsible for their actions. Dispositionism emphasizes the role of personal traits and dispositions in moral decision-making, and it is often associated with virtue ethics.

On the other hand, situationism argues that a person's behavior is heavily influenced by the specific context or situation they are in. According to situationism, moral judgments cannot be based solely on character traits, as people's behavior can be unpredictable and variable across different situations. Situationism emphasizes the importance of situational factors in moral decision-making and highlights the limitations of character-based approaches.

2. Students with an internal attribution would attribute their success on an exam to their own abilities, efforts, and skills. They may think that they did well on the exam because they were smart, studied hard, and understood the material well. These students tend to have a high level of self-efficacy, believing that they have control over their academic success.

Students with a stable attribution would attribute their success on an exam to stable factors that are relatively constant over time, such as their intelligence or innate ability. They may believe that they did well on the exam because they are generally smart or have a natural talent for the subject matter. These students tend to have a fixed mindset, believing that their abilities are innate and cannot be changed much through effort.

Students with a controllable attribution would attribute their success on an exam to factors that they can control, such as their effort, study habits, or strategies. They may believe that they did well on the exam because they worked hard, used effective study techniques, or managed their time well. These students tend to have a growth mindset, believing that their abilities can be developed through effort and practice.

3. A social role refers to a set of expectations, behaviors, and responsibilities associated with a particular position or status in society. It is shaped by cultural norms, values, and beliefs and can

vary across different contexts and cultures. For instance, the social role of a police officer may differ from that of a high school teacher, as each role carries a unique set of expectations and responsibilities.

The social role of a police officer involves maintaining law and order, enforcing laws, and protecting citizens. They are expected to respond to emergency calls, investigate crimes, arrest suspects, and maintain a high level of professionalism. In contrast, the social role of a high school teacher involves educating and nurturing students. They are responsible for creating lesson plans, delivering lectures, grading assignments, and providing feedback to students. Teachers are often seen as mentors who have the power to inspire and guide students. The roles of police officers and high school teachers differ in terms of the types of social interactions they have with others, the expectations placed on them, and the nature of their responsibilities.

4.

1. Illusion of Invulnerability: The group members believe that they are invincible and can do no wrong. They may ignore warning signs or critical feedback that contradicts their beliefs and assumptions.

2. Group Polarization: The group tends to become more extreme in its thinking and decision-making than any of its individual members. Group polarization can lead to a lack of consideration for alternative viewpoints and a narrow-minded approach to problem-solving.

3. Pressure for Conformity: Group members may feel pressure to conform to the majority opinion and suppress their own opinions or doubts. This can lead to a lack of critical thinking and a failure to consider alternative perspectives.

4. Stereotyping and Outgroup Bias: The group may stereotype individuals or groups who do not agree with their position and dismiss their opinions without proper consideration. This can lead to a lack of diversity in thinking and a failure to consider alternative viewpoints.

45. Stressors tax the body by activating the fight or flight response and releasing stress hormones that can cause a range of physiological changes. Chronic stress can deplete the body's resources

and lead to a range of health problems. It is important to manage stress effectively by practicing stress-reducing techniques, such as exercise, meditation, and deep breathing.

46. The two body systems that serve as the physiological basis of stress are the nervous system and the endocrine system. The nervous system is responsible for the body's rapid, short-term response to stress, known as the fight or flight response. This response is triggered when the brain perceives a threat or stressor and signals the sympathetic nervous system to prepare the body for action. The sympathetic nervous system activates the adrenal glands to release stress hormones, such as adrenaline and noradrenaline, which cause physiological changes in the body, including increased heart rate, increased blood pressure, and rapid breathing. These changes help prepare the body to either fight the stressor or flee from it. The endocrine system is responsible for the body's longer-term response to stress. The hypothalamus in the brain signals the pituitary gland to release a hormone called adrenocorticotropic hormone (ACTH), which signals the adrenal glands to release cortisol. Cortisol is a stress hormone that helps the body mobilize energy and resources to respond to stress over a longer period of time

47. Posttraumatic Stress Disorder is a mental health disorder that can occur in individuals who have experienced or witnessed a traumatic event. Traumatic events that can lead to PTSD include combat exposure, sexual or physical assault, natural disasters, or serious accidents. PTSD symptoms typically develop within three months of the traumatic event, but may appear years later.

48. The Social Readjustment Rating Scale (SRRS) was developed by Thomas Holmes and Richard Rahe in 1967. It is a standardized questionnaire that measures the amount of stress a person experiences in response to major life events.

49. Positive psychology is a branch of psychology that focuses on the study of positive emotions, positive character traits, and positive institutions. Unlike traditional psychology, which has often focused on the diagnosis and treatment of mental illness, positive psychology aims to promote wellbeing and help individuals thrive.

50. social support is connected to better health outcomes because it provides individuals with the resources and support they need to manage their health and cope with stress. By strengthening social support networks, individuals can improve their overall health and wellbeing, and reduce the risk of developing a range of health problems.