**Self-Assessments Note-taking Template**

To do well on the self-assessments project you need to incorporate the SCIENCE of stress and pain into your responses. This includes facts, findings, and theories that have been gleaned through empirical research. Wherever it says to cite the module #s and slide #s, do it! If you don’t, or if you cite the incorrect module or slide #, you will not receive any points for that question. Also note: do not simply “copy & paste” information from my slides. You need to explain things using your own words – and in full sentences. Also, do not simply copy and paste facts/findings/theories from one answer to the next. Some facts/findings and theories can be used to answer more than one question, but they need to be explained in the context of each question.

The best way (I think) to do this is to write down relevant notes next to each assessment you will be taking as we progress through the course. If you try and do this at the very end, it will be “stressful and painful” ☺

The table on the next page might help you. Type in the relevant science as we go along. The cells will expand as you type.

Cheers and good luck!

Lynn

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| **Self-assessment** | **Facts – Findings - Theories** | **Module & Slide #** |
| Self-esteem |  |  |
| Hassles and uplifts |  |  |
| Locus of control |  |  |
| Overall well-being |  |  |
| Well-being by dimension |  |  |
| Hostility |  |  |
| SRRS – life events & stress |  |  |
| Type A vs. type B personality |  |  |
| Ways of coping |  |  |
| Big 5 personality test |  |  |