

Health PSY 3650 Self-Assessments

Below is a template of what you will need to do for this assignment posted to Canvas

The Big 5 Personality Test

Openness to experience

your score what the score means

Conscientiousness

your score what the score means

Extraversion

your score what the score means

Agreeableness

your score what the score means

Neuroticism

your score what the score means

Disease Risk Assessment

Which disease did you select?

What is your risk level?

Tell me the most important thing you learned from this. (200 words max)

Aggression Questionnaire

Physical your score where are you relative to midpoint

Verbal your score where are you relative to midpoint

Anger your score where are you relative to midpoint

Hostility your score where are you relative to midpoint

Total score your score where are you relative to midpoint

Social Support Questionnaire

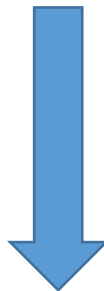
Appraisal (informational) Support	your score	<input type="text"/>
Belonging (emotional) Support	your score	<input type="text"/>
Tangible Support	your score	<input type="text"/>

Scores on each scale range from 4-16. The higher the score, the more support you believe you have. Based on your results, would you characterize your overall social support as inadequate, adequate, or excellent?

If you answered inadequate, think about things that you can do to improve the situation. In other words – take control.

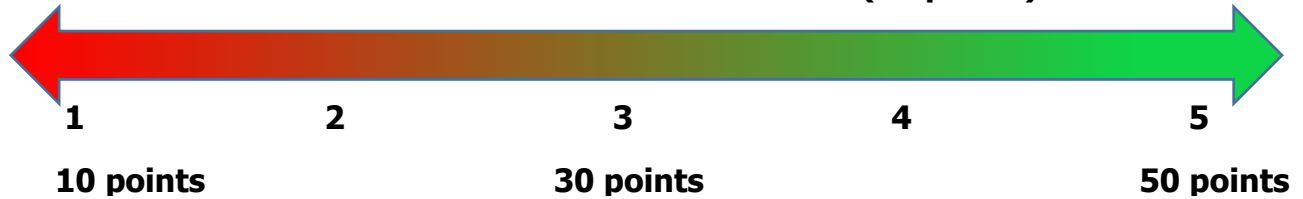
Learned Optimism

Permanence Bad Score	
Permanence Good Score	
Pervasiveness Bad Score	
Pervasiveness Good Score	
Stuff of Hope	
Personalization Bad Score	
Personalization Good Score	
Total Bad Score	
Total Good Score	
Good minus Bad Score	

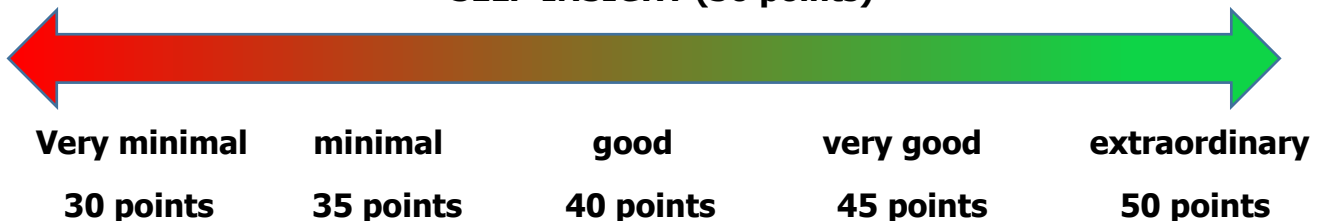


When answering these last four questions – recall that this is NOT simply a reflection “paper”. You need to incorporate information (facts, theories, research findings) you’ve learned in the class. Be thorough, specific and concise – that is, do not ramble. The grading rubric is below to give you a good idea of what it will take to achieve each letter grade.

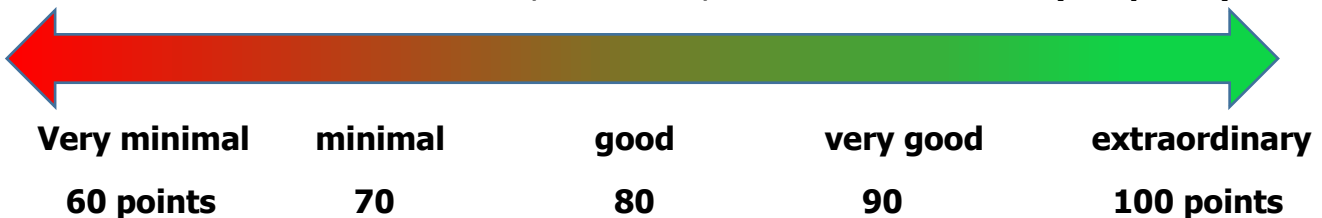
NUMBER OF ASSESSMENTS COMPLETED (50 points)



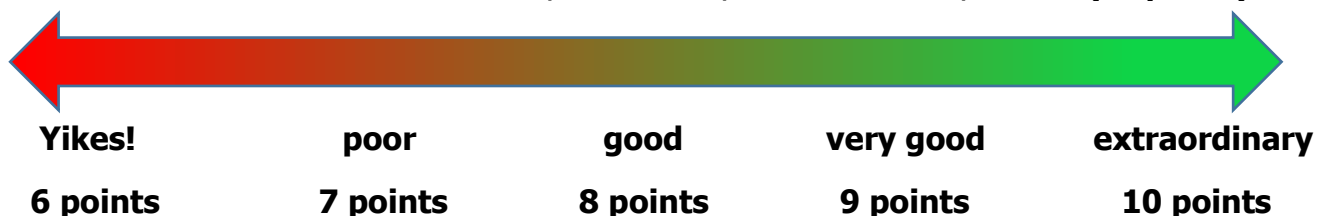
SELF-INSIGHT (50 points)



INCLUSION OF RELEVANT FACTS, THEORIES, RESEARCH FINDINGS (100 points)



WRITING: SENTENCE STRUCTURE, GRAMMAR, WORD CHOICE, TYPOS (10 points)



REVIEW ALL YOUR SCORES AND RESULTS FROM THE 5 ASSESSMENTS.

Remember to incorporate the **SCIENCE** of health psychology into all your answers!

Describe yourself in terms of your **overall wellness**. Hint: wellness is multidimensional **(300 words max)**

Identify one or more **biological factor(s)** (e.g. diet, weight, exercise, physical environment) where improvements can be made. Explain why they should be made and how you might go about making these improvements. **(300 words max)**

Identify one or more **psychological factor(s)** (e.g. a specific trait, attitude, or disposition) where improvements can be made. Explain why they should be made and how you might go about making these improvements. **(300 words max)**

Identify one or more **social factor(s)** (e.g. perceptions of support, interactions with people you know, institutions to which you belong) where improvements can be made. Explain why they should be made and how you might go about making these improvements. **(300 words max)**