

## Stress & Pain PSY 3600: Self-Assessment Template

Below is a template of what you will need to do for this assignment posted to Canvas. Be mindful of the maximum word allotment. Also note that if you write too little, this could mean you did not “dig deep enough” into your self-reflection and/or you did not include enough of the *Science*.

### The General (overall) Well-Being Scale

Your score: \_\_\_\_\_

What your score means:

### Perceived Wellness Scale (well-being by dimension)

measurement	your score	what your score means
Psychological wellness scale		
Emotional wellness scale		
Social wellness scale		
Physical wellness scale		
Spiritual wellness scale		
Intellectual wellness scale		
Total wellness magnitude		
Mean wellness magnitude		
Wellness balance		

### The Social Readjustment Rating Scale

Your score \_\_\_\_\_

What your score means

### Hassles and Uplifts

Total hassles

Mean severity of hassles

Total uplifts

Mean frequency of uplifts

## Ways of Coping Scale – revised

	Your score
Problem focused	
Wishful thinking	
Detachment	
Seeking social support	
Focusing on the positive	
Self-blame	
Tension reduction	
Keep to self	

Most used strategy

Least used strategy


## The Big 5 Personality Test

Personality trait	Your score	What your score means
Openness to experience		
Conscientiousness		
Extraversion		
Agreeableness		
Neuroticism		

## Type A vs Type B

your score \_\_\_\_\_

your personality type

--

## Hostility Questionnaire

measurement	Your score	What your score means
cynicism		
anger		
aggression		
Total hostility		

## Rosenberg Self Esteem Scale

Your score \_\_\_\_\_

What your score means

## Locus of Control

Your score \_\_\_\_\_

What your score means

Review all your scores from the 10 assessments. Use the facts, theories, and research findings you've learned about in class to describe yourself. You need to incorporate *scientific* information. Be thorough, specific and concise – do not add “fluff”.

Describe your overall wellness (250 words max)

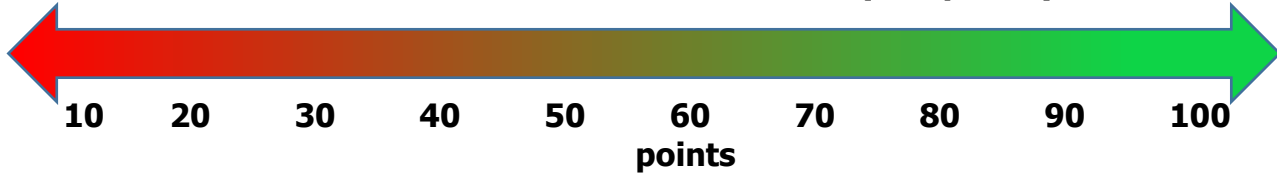
Describe your strengths (250 words max)

Describe your weaknesses (250 words max)

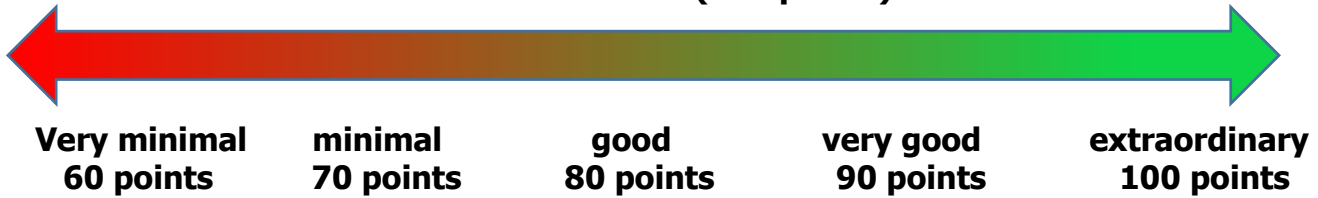
Describe your susceptibility to stress and stress-related illness (250 words max)

Hopefully, you have gained some insight into yourself. Reflect and discuss how you might use this information to make positive changes to enhance your well-being. Remember the science! (300 words max)

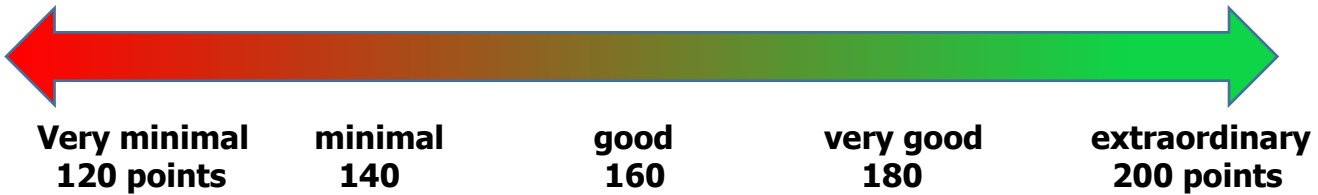
**NUMBER OF ASSESSMENTS COMPLETED (100 points)**



**SELF-INSIGHT (100 points)**



**INCLUSION OF RELEVANT FACTS, THEORIES, RESEARCH FINDINGS (200 points)**



**WRITING: SENTENCE STRUCTURE, GRAMMAR, WORD CHOICE, TYPOS (20 points)**

