**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.

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. Print it out (or save it to your computer). Type in the relevant science as we go along. Note that you may need to print out several copies of the table in order to fit in all the notes.

Cheers and good luck!

Lynn

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| **Self-assessment** | **Facts – Findings - Theories** |
| 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 |  |