**HUMAN RELATIONS – HOMEWORK: SESSION 2**

**Chapter Two: Personality, Stress, Learning, and Perception**

Describe the Personality Affect.

Compare and contrast Type A and Type B Personalities

Define Locus of Control. What forces control your destiny?

Identify and describe the dimensions found in the Big Five Model of Personality. Share how each applies to you?

Why is it important to understand personality? And, why is it helpful to adjust our behavior to match another person’s personality type?

Define Stress and Stressors and explain the Positive Side of Stress.

Outline steps in the Controlling Stress Plan and apply them to the stress you face in your life today.

Define Intelligence. Do you have multiple intelligences? If so, what are they?

Identify and describe the components of Emotional Intelligence.

Identify the Four Learning Styles and Explain each. Which is your preferred Learning Style?

Define Perception. Give an example of when you and another person experienced the same situation but perceived it differently. What was the outcome?

Identify and describe the six Biases in Perception. Which biases typically impact you?

What is Perceptual Congruence?

Explain the importance of first impressions and how to project a positive image?

Give examples of situations when others formed a positive and negative first impression of you. Explain the causes (appearance, nonverbal communication, behavior) of those impressions.

How do your first impressions help of hinder human relations?

Explain the importance of a handshake.

**Chapter Three: Attitudes, Self-Concept, Values and Ethics**

Define Attitudes and explain how they affect behavior, human relations, and performance.

Give an example of when your attitude affected your performance.

Compare and contrast management Theory X and Theory Y?

Describe the Pygmalion Effect.

Give an example of when you lived up to (or down to) someone else’s expectations of your performance.

Do you agree that you can get better results with people using the Pygmalion Effect? Explain.

How can you change your attitudes? How can you change the attitudes of others?

Define Self-Concept. What is the importance of a positive self-concept?

Describe your self-concept.

Explain the four general guidelines to improve your self-concept.

Write out a brief action plan for building a positive self-concept in your life.

Define Self-Efficacy? How has this had an impact on your life?

What is a Self-Fulfilling Prophecy?

Define Attribution Theory. How does this relate to Locus of Control?

What are Values? What do you value?

Do you seek spirituality for fulfillment in your life? If so, how? If not, why?

Define Ethics?

Compare and contrast the three levels of moral development.

Identify thinking processes used to justify unethical behavior. Which ones do you think are most commonly used?

Write out a brief personal code of conduct.