

*Bloomsburg University: Department of Psychology
Psychology of Adjustment
Study Guide for Exam #1: Dr. Leitzel*

The exam consists of 44 Multiple-choice questions.

Be sure you are familiar with the following points and concepts (this list is fairly comprehensive, though not exhaustive):

-  *The Corey's overall perspective on personal growth*
-  *Self-actualization general information and key figure (Maslow), hierarchy of needs*
-  *Rogers theory of psychotherapy and development*
-  *Sigmund Freud, Carl Jung, Alfred Adler & Erik Erikson personality theory basics*
-  *Freudian defense mechanisms*
-  *Characteristics of self-actualizing people*
-  *Gardner's multiple intelligences and contrast with traditional conceptualization of intelligence*
-  *Characteristics of autonomous individuals*
-  *Functions of Self-disclosure*
-  *Self-in-context perspective on development*
-  *Transactional analysis and parental injunctions*
-  *Injunctions often seen in alcoholic families*
-  *Characteristics of adolescent transition*
-  *Erikson's primary crisis or issue at each stage from infancy through late adulthood*
-  *Central tasks of young adulthood*
-  *Basic ideas of Albert Ellis' Rational Emotive Behavior Therapy*
-  *Stereotypes about old age*
-  *Characteristics of a "wellness lifestyle"*
-  *REDS as a description of living a balanced life*
-  *Sound health practices, including: Importance/benefits of regular exercise, sufficient rest/sleep, and spirituality*
-  *Body identity, including "experiencing your body," touch, body image, weight problems*