

*Bloomsburg University: Department of Psychology  
Psychology of Adjustment  
Study Guide for Exam #2: Dr. Leitzel*

*The exam consists of 43 Multiple-choice questions.*

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

- ☞ Sources of stress and types of conflict*
- ☞ "Fight-or-flight" response (stress response), including the physical sequence of events (H-P-A axis activation, hormones involved)*
- ☞ Characteristics of hardy individuals*
- ☞ Ways of coping with stress*
- ☞ Unhealthy reactions to stress*
- ☞ Burnout and associated factors*
- ☞ Myths related to love*
- ☞ Characteristics of authentic and inauthentic love*
- ☞ Sternberg's triangular theory of love*
- ☞ Characteristics of meaningful relationships*
- ☞ Crises/ problems in relationships*
- ☞ John Gottman's research on couples*
- ☞ Traditional gender roles*
- ☞ Current status of gender roles*
- ☞ The concept of androgyny*
- ☞ Gender-role transcendence model*