

life. You must embrace Selye's general adaptation syndrome (GAS) and describe your reactions to the stressful event during each stage. You should describe the various facial expressions that you displayed as you progressed through each stage as well. Be sure also to address the following questions:

- What coping strategies did you embrace to help solve the problem?
- How was your professional life affected by the stressor?
- How does Maslow's hierarchy of needs relate to your stressor? What motivated you to solve the problem?
- Did you experience additional conflicts with other individuals as you endured this life trial?

Tips for writing your reflection paper:

- **Introduction:** This is meant to give a concise overview of the featured stressful event and is usually one paragraph in length. In your introduction, you will reveal the featured stressful event that you will examine for this paper.
- **Summary:** This contains your description of the required areas listed above in the opening statement, including Selye's GAS, your facial expressions, coping strategies, professional impact, and relationship conflicts.
- **Analysis:** In this portion of the paper, you should provide information from the textbook to analyze the impact that the stressful event could have placed upon your health, future goals, and motivation. You may use sources identified from the Waldorf Online Library to assist your analysis efforts, but this is not required.
- **Conclusion:** This summarizes your final reflections for the featured topic. For instance, what implications have you uncovered during your research that you will apply to future stressful events?

Your paper must be at least one page in length, not counting the title and reference pages, but it can be longer if necessary to address all aspects of the assignment. It should be formatted in APA style. You are required to utilize the textbook, but other sources may be used if needed. You may visit the Waldorf Online Library to identify a source that provides specific information on how this stressful issue could impact your health, future goals, and motivation. Any information from a source should be cited and referenced in APA style.

If you need further help with your reflection paper, you should consult with the Writing Center staff, allowing enough time to receive guidance and feedback. You can email the Writing Center at [success@waldorf.edu](mailto:success@waldorf.edu).

Information about accessing the grading rubric for this assignment is provided below.

## Unit VII Scholarly Activity

Dear Son/Daughter

Within Unit VII, you have learned that various elements contribute to development over the lifespan. Furthermore, you are now aware that numerous factors that shape one's personality are present. How can you use this newly acquired knowledge to positively shape future generations?

For this assignment, you are going to write a letter to your son or daughter that you will present to him or her on the child's 21st birthday. If your child is already over 21, imagine back to when he or she was born. If you do not plan to have children, you may write the letter to a child who is important in your life: a niece, nephew, or friend's child, for example. Within your letter, you must discuss the following items:

- When and why did you decide to have the child? If writing to a child that is not your own, describe why the child is important to you.
- What are the most important qualities for a parent to have, and why?
- What personal characteristics do you hope your young adult son or daughter will possess, and why?
- How did you attempt to influence the child's physical, motor, cognitive, moral, social, personality, and sex-role development? Give specific examples in each area while detailing how each one will influence your young adult's future actions and decision-making abilities.
- Identify cultural influences that could affect your son's or daughter's motivation and drive.

In your letter, incorporate research from the textbook to explain how you have sought to positively influence your son or daughter's development. You may also use the Waldorf Online Library for additional reference material.

Your letter should be at least one page in length but can be longer if necessary to address all aspects of the assignment. You must use at least the textbook as a reference for this assignment. All sources used, including the textbook, must be referenced; paraphrased and quoted material must have accompanying citations.

This paper does not have to be formatted in APA style. It should be set up like a letter; however, you should use APA-formatted citations and references, and you should include a reference page after the conclusion of the letter.

If you need further help with your essay/letter, you should consult with the Writing Center staff, allowing enough time to receive guidance and feedback. You can email the Writing Center at [success@waldorf.edu](mailto:success@waldorf.edu).

Information about accessing the grading rubric for this assignment is provided below.

## Unit VIII Case Study

Within Unit VIII, you have learned about various psychological disorders and the complexities involved with proper diagnoses and treatment efforts. Now it is time to put your skills to the test. Choose ONE of the cases listed below and create a mental health assessment for your chosen case. In the assessment, you should address the following:

- a. Why is your client coming for treatment?
- b. What are his or her current symptoms?

c. Does he or she have a history with this problem? If so, please describe it.

d. How could the issue affect his or her daily life functions?

e. What is your client's specific diagnosis?

f. What is the general class(es) of disorders to which this disorder belongs?

g. What are your recommendations? What specific treatment plan will you prescribe for this patient? You should use your textbook as a reference to substantiate your plan.

h. How could you get his or her family involved?

Chose ONE of these cases to analyze.

1. Tony sometimes seems very wound up. At those times, he seems full of energy, talks very rapidly, and makes very grandiose plans. Once, he gave away all of his belongings and was planning to move to Washington, D.C., so that he could advise the President. At these times, he also seems to need almost no sleep. During other periods of time Tony seems very down. During these times, he does not take care of himself. He seems to want to sleep all the time, and he often makes thinly veiled references to wanting to commit suicide.

2. Paula has not left her house for several months. When she tries to go out, she experiences great anxiety. She says she is afraid that if she leaves her house to go somewhere, she will not be able to get back. Before all this started, Paula seemed fairly normal except for having several episodes where, for no apparent reason, her heart started pounding, she started to sweat profusely, and she experienced all the symptoms of fear and terror. One of the reasons she is afraid to leave the house is because she is afraid she will have one of these episodes again. Hint: there are two specific diagnoses here.

3. Horace sleeps a lot, has great difficulty getting out of bed in the morning, and generally does not want to do anything. He has stopped seeing friends whom he used to see often and declines all invitations to do things socially. His most common response is "I just do not feel like it." He looks sad all the time and does not seem to take pleasure in everyday activities. This has been going on for the past two months.

4. Patricia is a 44-year-old female who reports that she has periods of time where she cannot remember what she has done. She reports that after one such period, she received a telephone call from a man who claimed to have met her in a bar where she was "the life of the party." She had also told the man her name was Priscilla. Patricia thinks that this is odd because she does not drink, and she is a rather shy and retiring person. However, the man had her correct telephone number and was able to give a good physical description of her.

5. Frank was attending college in San Francisco during a recent earthquake. He lived in the area that was hardest hit by the quake. Frank was not home when the earthquake hit and was not injured in any way, but when he returned home, he found his building demolished and his two roommates crushed to death. Frank immediately drove himself to the airport, bought a ticket to Boston, and got on the plane. His parents found him on their doorstep in Boston the next morning. Frank remembers nothing about the earthquake and nothing about going to college in San Francisco. The last thing he remembers is being a high school student and living with his parents in Boston.

In your case study, you must incorporate research from the textbook to substantiate your diagnosis. You may also use the Waldorf Online Library for additional reference material if needed, but this is not required. Your response should be at least two pages in length. All sources used, including the textbook, must be referenced; paraphrased and quoted material must have accompanying citations.

If you need further help with your case study, you should consult with the Writing Center staff, allowing enough time to receive guidance and feedback. You can email the Writing Center at [success@waldorf.edu](mailto:success@waldorf.edu).

Information about accessing the grading rubric for this assignment is provided below.

## Submitting Course Papers/Projects

Once you have completed your papers/projects, submit your completed papers/projects by uploading through the Assignment tab in each unit. Do not e-mail your paper directly to your professor. By using the Assignment tab, your record will automatically be updated to indicate you have submitted your papers/projects, and the assignment will be provided to your professor for grading. Instructions for submitting your assignment can be found under the Assignment tab in each unit.

## APA Guidelines

Waldorf College requires that students use the APA style for papers and projects. Therefore, the APA rules for formatting, quoting, paraphrasing, citing, and listing of sources are to be followed. Information about using APA style can be found in APA Style Help in the Course Menu. This area provides links to Internet sites, tutorials, and guides that provide comprehensive information on APA formatting, including examples and sample papers.

## Grading Rubrics