

Psychology 205—Paper 2

Taking Care of My Self

DIRECTIONS

Write two or three pages about taking care of yourself here at school. Are you adjusting to this environment? (Adjustment implies your needs are being met and that you are meeting the demands of the environment) How are you doing?

There are some real hazards to self-care here:

Academic care requires skillful **time management**.

Financial care requires skillful **money management**.

Social care requires skillful **alcohol management**.

(In fact, alcohol management plays a crucial role in taking care of yourself at the university.)

Having major responsibility for all this is daunting enough, but there are also **SOME POWERFUL DELUSIONS** that can disrupt your well-being:

Ellensburg is boring	I must never be alone
I have too much spare time	Everyone must like me
I can get caught up tomorrow	Everyone is happy except me
Everyone drinks; you're supposed to	I must never say no
Making mistakes means I am stupid	I am all alone
I must always be happy	I must always believe you
Getting a C is the same as failing	I'm the only virgin at CWU
Credit cards provide me with an unlimited supply of cash	

What are your impressions of this university?

What are its best features? In what ways are you being challenged to be your best? In what ways do you feel you really belong here? How have you had to change in order to fit in?

What do you feel you need in order to succeed here?

Who have you found to be of help in adjusting to life here?

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