

progressed through each stage as well. What coping strategies did you embrace to help solve the problem? Additionally, how was your professional work impacted by the stressor? Furthermore, did you experience additional conflicts with other individuals as you endured this life trial?

You must effectively examine each of the areas listed above. Furthermore, you should visit the CSU Online Library to identify a source that provides specific information on how this stressful issue could impact your health, future goals, and motivation. You must integrate the textbook as a source as well.

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 and an additional source identified from the CSU Library to analyze the impact that the stressful event could have placed upon your health, future goals, and motivation.
- 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?

Note: Do not forget to double space your response and use Times New Roman 12 pt. font. This written assignment should have a cover page, two full pages of content in which you organize the four sections of the reflection based on the guidelines as listed above, and a references page. You are required to utilize the textbook and one additional source for this assignment. **Both** sources should be included on your references page. You should also have accompanying in-text citations for each source that you have used throughout your response.

Information about accessing the Blackboard Grading Rubric for this assignment is provided below.

Unit VII PowerPoint Presentation

How does personality develop and evolve over a life span?

Throughout this unit, you have learned that numerous issues directly impact one's development over a life span. In fact, much research is present which supports the fact that childhood experiences have direct correlations with adult behaviors.

For this assignment, you are to design a 10-slide PowerPoint presentation, not including the title and reference slide, in which you examine how an individual's personality grows and evolves over a life span. Your presentation should include details from conception through death. You must utilize the CSU Online Library to identify a minimum of one peer-reviewed article which specifically addresses personality development and the various influences on such, including genetic, environmental, and cultural factors. While examining the article, you must describe the author's primary purpose? What evidence is present to support the researcher's findings? Which implications are shared that reveal the impact on life experiences? Additionally, you must integrate the information covered in the textbook as well.

Tips for designing your presentation:

- Slide #1 – Cover Slide
- Slides #2-#11 – These slides provide specific details that cover one's personality development over a life span, including genetic, environmental, cultural, and innate factors.
- Slide #12 – References

Note: Please use Microsoft PowerPoint for this project. If you do not have this program, you may use a similar tool. You are required to utilize the textbook and one additional peer-reviewed journal article for this assignment. You should use short bullet points on your slides while giving specific details in the notes section at the bottom of each slide. **Both** sources should be included on your references slide. You should also have accompanying in-text citations for each source that you have used throughout your response.

Information about accessing the Blackboard Grading Rubric for this assignment is provided below.

@hans textbook

Wade, C., Tausig, C., &

Stearns, M. (2014). *Psychology*. 11th ed. Upper Saddle River, NJ: Pearson.