**Self-discovery Note-taking Template**

To do well on this project you need to incorporate the SCIENCE of stress and pain into your responses. This includes facts, findings, and theories (FFTs) that have been gleaned through empirical research and discussed in the video lectures. Wherever it says to cite the module number + slide number OR video segment number, do it! If you don’t, or if you cite the incorrect source, you will not receive any points for that question. Also note, do not simply “copy & paste” information from my slides. You need to explain things using your own words – and in full sentences. Also, do not simply copy and paste FFTs from one answer to the next. Some facts/findings/ theories can be used to answer more than one question, but they need to be explained in the context of each question.

The best way (I think) to prepare for this is to create a table (see page 2) and write down relevant notes next to the name of each questionnaire you will be taking as we progress through the course. If you try and do this at the very end, it will be “stressful and painful” ☺

Cheers and good luck!

Lynn

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| --- | --- | --- |
| **Questionnaire** | **Facts – Findings - Theories** | **Module & slide/video #** |
| Self-esteem |  |  |
| Hassles and uplifts |  |  |
| Locus of control |  |  |
| Overall well-being |  |  |
| Well-being by dimension |  |  |
| Hostility |  |  |
| SRRS – life events & stress |  |  |
| Type A vs. type B personality |  |  |
| Ways of coping |  |  |
| Big 5 personality test |  |  |