

PSYCHOLOGY SUBJECT POOL Research Alternative #7:
PsychSim 5: HELPLESSLY HOPING

To complete this activity, you must do the following:

1. Print out this worksheet
2. Go to http://courses.bfwpub.com/arga/PsychSim_ARGA2/29_helplessly_hoping/index_angel.html and click on “Helplessly Hoping.” Please do *not* select the option to email answers to your instructor; you must turn in a hard copy of this worksheet.
3. Complete the worksheet, *in your own words*, and turn it in to **125 Moore Building by the deadline listed when you signed up.**

(PRINT THIS INFORMATION CAREFULLY!)

Name: _____ Subject Pool ID _____

PSYCH 100 Instructor/Section: _____

Signature(*required*)/Date: _____

In this activity you will explore the importance of a sense of personal control over the events in your life.

Learned Helplessness

- Briefly describe the animal experiments that lead Seligman to the theory of learned helplessness.

Learned Helplessness and Depression

- What is seen as the conceptual link between learned helplessness in dogs and depression in humans?

Gender and Depression

- Researchers have found that, compared to men, women are twice as likely to develop serious depression. Does the concept of learned helplessness/hopelessness help you understand the gender difference in depression rates?

Personal Control in Everyday Life

- Briefly explain the findings on the importance of personal control in everyday life.