

Opening Homeworks – The Humanistic Perspective

Homework #1

I want you to think of a truly wonderful moment in your life. A moment that was fantastic in every way. A moment that was rapturous, ecstatic, and full of enjoyment. A moment when you were fully yourself, and you were fully engaged in whatever you were doing. This moment could have taken place over a half-hour or hour, or a couple of hours, or maybe even an entire day. The moment could be something that others recognized as a big moment (like a championship game or huge performance) or not (like a really amazing conversation with a friend). I want you to describe this moment: what you were doing and why it was so great. Also, if possible, try to describe how this moment felt different from the way you and your life usually feels, and/or how you felt different as a person.

(Note: I will ask you to share this in class, but I will not force you to!)

Homework #2

Complete Q-Sort Test

Homework #3

Go to this website and complete the survey:

http://www.empowermentzone.com/self_act.txt

Homework #4

Read pgs. 598-604 in the textbook and complete the following:

- a. According to Carl Rogers, what is better, unconditional positive regard, or conditional positive regard? Why?
- b. What are some of the benefits of high self-esteem, according to the research? And what are some of the disadvantages of low self-esteem?
- c. According to E. Tory Higgins' self-discrepancy theory, if we are experiencing negative emotions and low self-esteem, what do we need to do to feel better about ourselves?
- d. According to Csikszentmihalyi, what are the characteristics of an activity that allow an individual the chance to experience "flow?"