

I'm Positive Reflection Paper: PSY3405

DUE THURSDAY MARCH 26, 2015

Start by going to <http://impositivegame.com/>

Take about 25 minutes to complete the game. Once you are done, you will be able to move forward with this assignment.

This paper should be about 2-3 pages long, size 12 font, double-spaced.

Please be sure to include your NAME and COURSE section.

You will earn your grade by answering the following questions:

A) Describe each behavioral choice (ALL questions asked) that was presented to you during your interaction with the game.	20 points
B) While you were 'playing the game', describe what influenced each behavioral choice that was presented to you (provide examples). Think of the theories we discussed in class: perceived norm, perceived susceptibility, intention, and self-efficacy. You may want to refer to these concepts here.	15 points
C) What could you have done differently? How would a change in your decision making have affected the events that came later? (provide an example) For example, if you had switched your response to a particular choice, what would you have expected to happen?	15 points
D) Describe the ways in which positive and negative emotion shaped your decision making. (provide example) For example did feeling bad/sad, or feeling good/optimistic influence any of the choices you made in the game?	5 points
E) Name at least <i>one</i> form emotion-focused coping and at least <i>one</i> example of problem-focused coping used while you were 'playing the game'. Provide an example of each.	15 points each (30 points total)
F) How might this activity be used by others in the future? What would you change about the game? Is it useful?	15 points
TOTAL	100 points