

### I'm Positive Reflection Paper: PSY3405

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 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 that was presented to you during your interaction with the game. In other words, what were some the questions you were asked throughout the game and how did you chose to respond. (e.g., did you get tested? At home? At a clinic? Did you tell others? Did you take your medication? Did you die?)	20 points
B) While you were 'playing the game', describe what influenced each choice that was presented to you (provide examples from the first section). C) Now- Think of the theories we discussed in class: Health belief model, Theory for Planned Behavior, Transtheoretical Model, and Social Cognitive Theory. Relate the concepts from ONE of these theories to the choices you made in the game.	15 points
D) What could you have done differently? How would that change in your decision making have affected the events that came later? (provide at least one example) For example, if you had switched your response to a particular choice, what would you have expected to happen?	15 points
E) Describe the ways in which positive and negative emotion shaped your decision making. (provide at least one example of each) For example, did feeling bad/sad, AND feeling good/optimistic influence any of the choices you made in the game?	5 points
F) 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 for each coping strategy (30 points total)
G) 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