

Midterm Exam Study Guide

COMM 495/595—Positive Communication in Human Relating

Fall 2007

Dr. Socha

The midterm examination is on Thursday October, 11, 2007. It will consist of true/false, multiple choice, and matching items.

The exam covers chapters 1 – 4 in Peterson’s book, class slides, and video material. The main objective of the exam is to assess your mastery/understanding of the vocabulary of positive psychology as it relates to communication.

It is best to review the definitions of key terms. Their definitions appear in the glossaries at the end of each chapter, and/or in the class slides. Note: only the terms listed below will be covered on the examination.

Term	Location
COMMUNICATION	Slides
EXISTENTIALISM	P1
HUMANISM	P1
PARADIGM SHIFT	P1
PHENOMENOLOGY	P1/Slides
POSITIVE PSYCHOLOGY	P1
SELF- ACTUALIZATION	P1
COMMUNICATION AND PSYCHOLOGY AS <u>SOCIAL SCIENCES</u>	P1/slides
THREE PILLARS OF POSITIVE PSYCHOLOGY	P1/slides
PARTICIPANT OBSERVATION (INCLUDES THE VARIOUS POSITIVE PSY EXERCISES)	P2/Slides
EXPERIENTIAL LEARNING	P2/Slides
SURVEY METHOD	Slides

EXPERIENTIAL SAMPLING METHOD (ESM)	Slides/P4
EXPERIMENT	Slides
TEXTUAL ANALYSIS (TYPES OF)	Slides
ADAPTATION	P3
BROADEN-AND-BUILD THEORY	P3/slides
COMFORT	P3
DURATION NEGLECT	P3
EMOTION	P3/slides
ENDOWMENT EFFECT	P3/slides
FLOW (DEFINITION AND STEPS TO CREATE)	P3/slides
HEDONIC CAPACITY	P3
HEDONIC TREADMILL	P3
HERITABILITY	P3
INTRINSIC MOTIVATION	P3
MERE EXPOSURE EFFECT	P3
MOOD	P3
PEAK-END THEORY	P3
PLEASURE	P3
DIMENSIONS OF PLEASURE	P3/slides
RAW PLEASURE	P3/slides
HIGHER PLEASURES (THREE CLASSES OF)	P3/slides
POSITIVE AFFECTIVITY	P3
SAVORING	P3
DEPRESSIVE REALISM	P4
DESIRE THEORY	P4
ENGAGEMENT	P4/slides
EUDAIMONIA	P4/slides
HAPPINESS	P4/slides
HEDONISM	P4/slides
LIFE SATISFATION	P4

OBJECTIVE LIST THEORY	P5
QUALITY OF LIFE	P4
SET POINT (FOR HAPPINESS)	P4
SUBJECTIVE WELLBEING	P4
VICTORY	P4/slides
DYADIC ADJUSTMENT SCALE	Slides/Hand out

Sample Items

A family of subjective positive psychological states is called ____ (p. 48-):

- A. Flow
- B. Positive affectivity
- C. **Pleasure**
- D. Play

Describing individuals' conscious experiences in terms that are meaningful to them is known as (p. 9):

- A. Existentialism
- B. **Phenomenology**
- C. Humanism
- D. Self-actualization