**FINAL PAPER 2 ADVICE**

1. **Hopefully you will get one of these questions:**

Question #1) Evaluate two strategies of coping with Stress:

Strategy #1: Lazarus Transactional Model of Stress & Hobfoll Conservation of Resources Model Vs Strategy #2: MBSR Mindfulness Based Stress Reduction

Or

Question #2) Discuss Physiological vs Psychological Views of Stress:

Physiological View- Seyle GAS “General Adaptation Syndrome Model” Vs. Psychological View- Lazarus Transactional Model of Stress & Hobfoll Conservation of Resources Model

-To prepare for these questions follow the advice on my website: “Week 19 Final Paper 2 Review Sheet on Stress”

-Don’t forget they might ask this question in a general sense (but you can still use STRESS), such as…

“Evaluate two strategies of dealing with one health problem”

Or “Discuss different models or theories about one health problem.”

1. **Just to be safe you should also be prepared in case they also ask this as part of the question:**

Sometimes the question will also ask you to briefly “Outline 2 Stressors”:

You should discuss:

Sapolsky- acute physical stressors vs chronic physical stressors vs psychological and Social stressors (Textbook Page 351)

1. **You might have bad luck and they won’t ask these questions above ☹ Therefore to really be safe and prepared for Paper 2 you might also want to prepare for these 2 possible “General Health Psychology Questions”**
2. Evaluate models or theories about **“health related BEHAVIOR”./** Evaluate different explanations (sociocultural vs cognitive) for health BEHAVIOR”

Or

1. Evaluate 2 or more models or theories of **health promotion.**

Here’s what you can do to prepare for these possible questions:

1. Evaluate models or theories about “health related behavior”.

-Read our textbook pages 339-343!

-Your essay should discuss these models:

1. Health Belief Model (explain and use 1 study such as Downing-Matibag and Geisinger (2009) vs

2. Theory of Planned Behavior (explain and use 1 study such as Dunn et al (2011)

1. Evaluate 2 or more models or theories of health promotion.

-Read our TEXTBOOK pages 344-349!

-Your essay could discuss these models:

1. “Education & Cognitive Dissonance” model to health promotion vs.

2. “Fear Appeals” Model to Health Promotion vs.

3. “Legislation” Model of Health Promotion

1. **You also may want to prepare to answer these possible Essay Question Options on Ethics & Research Methods:**
2. Discuss one or more **ethical considerations** when examining one health problem.

Or

1. Discuss one or more **research methods** used in examining one health problem.