

## Learning Guide Unit 7

**Reading Assignment**

- Spielman, R., Dumper, K., Jenkins, W., Lacombe, A., Lovett, M. & Perlmutter, M. (2017). *Psychology*. OpenStax College, Rice University. Download for free at <https://openstax.org/details/books/psychology>.

Read the following:

- Chapters 13 and 14

**Video Resources**

- TEDx Talks. (2018, January 16). *Why there's so much conflict at work and what you can do to fix it* | Liz Kislik | TEDxBaylorSchool [Video]. YouTube.



- This video discusses common challenges at work and how psychology works at the organizational level. The brain is discussed briefly as well as some of the ways our beliefs get distorted when we are feeling threatened at work. A brief discussion of the brain parts involved in stress is included.
- TEDx Talks. (2018, October 18). *How to deal with difficult people* | Jay Johnson | TEDxLivoniaCCLibrary [Video]. YouTube.



- This video discusses what someone can do to change their own behavior and communication style to forge a better time when working with someone who is difficult.  
It explains the stress response at the brain level and the release of cortisol and other chemicals that can occur.

