

Learning Guide Unit 7

Overview**Unit 7: Industrial-Organizational Psychology and Stress**

Topics:

- History of Industrial-Organizational Psychology
 - Work Influence, Stress, and Life-Work Balance
 - Effects of Stress
 - Coping Styles to Handle Stress
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Learning Objectives:

By the end of this Unit, you will be able to:

1. Identify the measurements and determinants of job satisfaction.
 2. Analyze a research study and explain its significance and limitations.
 3. Identify the effects of stress on our health.
 4. Review a questionnaire about happiness and relate its results to your own life.
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Tasks:

- Read the Learning Guide and Reading Assignments
- Complete and submit the Written Assignment
- Complete an entry in the Learning Journal
- Take the Self-Quiz

