**HERITAGE COLLEGE**

**INTERPERSONAL RELATIONSHIPS**

**350-H05-HR**

**Final Exam**

**Given: April 29th, 2016**

**Due: 1 p.m. on May 6th**

Please answer the following questions. There are 35 points available. DO NOT cut and paste from anywhere. (This is plagiarism.) Put the answers into your own words.

Good luck!!!

Your answers should be typed and submitted through turnitin.com

The Class ID is: **12608480**

The password is: heritage

1. At the beginning of our time together, we worked with a model for improving interpersonal skills. Identify an interpersonal skill that you’d like to develop. Apply the 5 steps that were discussed. (5 points).
2. Describe your own personal “Cognitive Style”. (Remember that 4-letter exercise?) Explain two “strengths” and two challenges associated with your cognitive style. Provide real-life examples where you noticed these strengths and challenges. (5 points)
3. Name and describe 3 guidelines or techniques for resolving conflicts. Provide an example where you, or someone you know, used one of these techniques. (5 points)
4. What is a key leadership trait that you possess. Explain and provide three examples. (5 points)
5. Choose 2 of the following 3 concepts and describe them. (10 points total)
   1. The stacking effect of marijuana
   2. Amotivational syndrome pertaining to marijuana
   3. The model of change (aka the Transtheoretical Model of Change)
6. Choose a mental health disorder that was discussed in class and describe it. You should include the symptoms, age of onset, how common it is, and how it might be treated. (5 points)