



H

Unit VI

My Courses

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My Community

Unit VI



Unit VI

Hello Everyone,

You are almost there! Most of you have implemented the feedback in your essays and quiz responses. I see improvements in citations and referencing.

Please continue with your hard work. Develop consistent times and places to study and complete your readings and assignments. Feel free to text me; let me know how you are doing and if you have any questions.

I have prepared a summary outline of the chapters and organize chapter reading for you at a glance. You should refer to the study guide to understand which readings are required and which are suggested.

The actions I propose are non-graded and do not need to be submitted, but are helpful in mastering this material. I look forward to your engagement with this material.

Unit VI Chapter 10 Make Decisions and Solve Problems

Quality of decisions equates with quality of life!

Mantra: I will aim to creatively solve problems and make good decisions to achieve a good quality of life

The specific objectives for this chapter are:

- To understand the logic of decision making

1. Read p 197 -205
2. **Action: Complete the exercise 10.1 p 200**

- To understand the dimensions of decision making

1. Read p 202 -206

- To become an activist problem solver
- 2. Read p 206 -209
- To understand the dimensions of problem solving
- 3. Read p 209 -215
- To avoid the pitfalls of problem solving

Read p 215 -217

- To analyze and solve problems

Read p 218 -222

Unit VI Chapter 11 Dealing With Your Irrational Mind

Irrational thinking? Who me? How many times in the day? Let me count the ways!

Mantra: When reason rules the soul, we are happy, healthy and just!

The specific objectives for this unit are:

- To understand ego-centrism and socio-centrism as the roots of irrational thinking.
 1. Study Chart 11.1 Identifying Some of Your Irrational Beliefs (p 225)
 2. Study Exhibit 11.1 Elements in the Logic of Egocentrism (p 227)
 3. **Action: Complete the Exercise 11.2 (p 228 top)**
- To understand the logic of egocentrism: both successful and unsuccessful
 1. Read pp 228 – 233
 2. Study the Exhibit 11.2 (p 228 bottom)
 3. **Action: Complete the Exercise 11.3 Discover Prejudices in Beliefs (p 229 bottom)**
 4. **Action: Complete the Exercise 11.4 Recognizing Egocentric Thinking in Action (p 231 bottom)**
 5. Study Exhibit 11.3 (p 233 top)
- To understand differences between egocentric and nonegocentric thinking

1. Study Exhibits 11.4, 11.5, 11.6 and make comparisons between egocentric and nonegocentric thinking

- To understand the two egocentric functions – domination and submission

1. Read pp 238 – 247
2. Study Exhibit 11.8 and 11.9 (p 239, p 243)
3. **Complete Exercise 11.7 Are you egocentrically dominating? (p 242 bottom)**
4. Study Exhibit 11.10 (p 243 bottom)
5. **Complete Exercises 11.8 and 11.9 Are you egocentrically submission? (p 247)**

- To understand pathological tendencies and how to challenge them

6. Read pp 247 - 250

- To understand the nature of Sociocentrism

7. Study the ten points on p 252 (bottom)
8. Read pp 252 – 260

As always, I hope you have both an enjoyable time in learning this material and a few enlightening experiences!

Best,

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Unit VI Study Guide



Unit VI Essay



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