

  
Southern New Hampshire University  
**PSY 216 Module Five Journal Guidelines and Rubric**  
*Phenomenological Concepts*

In this course the journal will be used for reflection. Journal activities in this course are private between you and the instructor. A course journal in Blackboard is generally made up of many individual entries.

For this journal task, first use your assigned textbook readings (Chapter 5 and sections of Chapter 6) to guide your reflection on Carl Rogers's principle of self-concept. Applying this phenomenological concept to yourself, address the following in a 300- to 400-word journal entry:

- How much **congruence** do you think there is between your actual, ideal, and ought selves? How does this affect how you think, feel, and act?
- Briefly summarize your thoughts on **Rogers's major concepts** of the self, self-actualization, and unconditional positive regard.
- What **research design(s)** did Rogers use in his studies?
- Do you think Rogers conducted his research **ethically**? Why or why not?

Use examples from the textbook readings and your other research to support your thoughts. Refer to the [SNHU Online Writing Center](#) for guidance on proper APA formatting of sources. Also, consult the tutorials at the [Smarthinking Online Tutoring Service](#) to assist you in your writing.

**Instructor Feedback:** This activity uses an integrated rubric in Blackboard. Students can view instructor feedback in the Grade Center. For more information, review [these instructions](#).

Critical Elements	Proficient (100%)	Needs Improvement (70%)	Not Evident (0%)	Value
<b>Congruence</b>	Describes how much congruence exists in one's actual, ideal, and ought selves and provides a summary of how this affects how one thinks, feels, and acts	Describes how much congruence exists in one's actual, ideal, and ought selves but does not sufficiently provide a summary of how this affects how one thinks, feels, and acts	Description not provided	20
<b>Rogers's Major Concepts</b>	Summarizes Rogers's major concepts of the self, self-actualization, and unconditional positive regard	Summarizes Rogers's major concepts of the self, self-actualization, and unconditional positive regard but summary is lacking in detail	Description not provided	20
<b>Rogers's Research Design(s)</b>	Describes what research design(s) Rogers used in his studies	Describes what research design(s) Rogers used in his studies but description lacks sufficient explanation	Description not provided	20

  
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<b>Rogers's Ethics</b>	Assesses whether or not Rogers conducted his research ethically	Assesses whether or not Rogers conducted his research ethically but assessment is cursory	Assessment not provided	20
<b>Articulation of Response</b>	Journal entry is free of errors in organization and grammar	Journal entry contains errors of organization and grammar but are limited enough so that entries can be understood	Journal entry contains errors of organization and grammar that make the journal difficult to understand	20
<b>Total</b>				<b>100%</b>