Assignment 1

In a 1-2 page paper, written in APA format using proper spelling/grammar, address the following:

1. Briefly explain Piaget's and Erikson's theories of development. Who had a better theory of human development: Erikson or Piaget? Please offer detail to explain your choice.

What tips would you give to someone who has just suffered a major loss, now that you know the stages of grief?

Assignment 2

Rough draft

Using your annotated bibliography and references as a guide, write a rough draft of your Psychology Research Paper.

Your paper must be 3 pages in length, not including a title page and reference page. The paper must not only describe current trends within your topic area, but you should demonstrate how your topic relates to the broad field of psychology. It should contain a strong thesis statement supported by research from at least 3 different sources. Include both in-text citations and a References page in APA format.

Topic

Stress management.

Bibliography

arlson, J. (2007). The management of Stress Management: A decade of the

journal. *International Journal Of Stress Management*, *14*(4), 329-332.

http://dx.doi.org/10.1037/1072-5245.14.4.329

This journal will be important in my research as it will enable me to be able to analyze

the meaning of stress and the process through which a person goes through before he or she

becomes stressed and the eventualities that follows a person after they are stressed out. Also, this

journal will help me understand the different processes that an individual has to go through when

they are stressed so that they can be able to find healing.

Civil, J. (2003). *Stress management* (1st ed.). London: Spiro.

This book by Civil looks at different stress related cases in the field of psychology. Civil

states different case scenarios where individual were diagnosed with stress and how some of

them were unlucky and succumbed to it and others were able to fight it off and heal. This book

will be important in helping me come up with different cases that I can be able to use as

examples to support my study in the report. This is a good book that will form as the main source

of information for my study.

Peterson, M., & Wilson, J. (2004). Work Stress in America. *International Journal Of Stress*

*Management*, *11*(2), 91-113.

http://dx.doi.org/10.1037/1072-5245.11.2.91

This journal by Peterson and Wilson look at how the levels of expectations at various

places of work in the US affect workers. The importance of this journal is that it has the factors

that induce stress in human beings. These factors are quite a number and therefore as a

