

## BONUS ACTIVITY (ONLINE ONLY)



### Coping Skills

**Learning skills:** recognizing emotions, reflecting and coping

## WHY



Coping means being able to deal with problems and troubles encountered in life. Effective coping skills can help ease the emotional stress people feel when they deal with life's trials and tribulations. Learning and practicing basic coping skills greatly contributes toward maintaining a healthy attitude and understanding of life's ups and downs.

## LEARNING OBJECTIVES



1. Better understand the “coping process” and the role it plays in one’s emotional stability.
2. Learn techniques to strengthen your individual coping skills.

## PERFORMANCE CRITERIA



**CRITERION #1:** your understanding about coping and the coping process

Attributes:

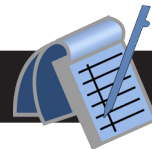
comprehensive and accurate responses to the Critical Thinking Questions

**CRITERION #2:** your Coping Process Worksheet

Attributes:

- a. fully completed; all items have a written response
- b. responses are well thought out
- c. goals are specific and action-oriented

## PLAN



1. Read about coping from Chapter Ten in *Foundations of Learning*.
2. As a team, answer the Critical Thinking Questions.
3. Individually fill out the Coping Process Worksheet.



4. Can the coping process break down if one or two of the steps are not performed, or poorly performed? If so, how? If not, why not?

5. How are stress and coping skills related?

6. Why are “awareness” and “understanding” the first two stages in the coping process?

7. How can you categorize or break apart the ten stages of the coping process? What subheadings would you use to group together stages of the coping process?

8. Some individuals have what is termed the ability to deal with a “high level of stress.” Is this a characteristic of their personality or a strong ability to cope? Justify your answer.



## **EXERCISES**

1. Apply and explain each stage of the coping process as it relates to an example of your choice. Write a one or two-page paper which comments on the strength of the coping process to deal with situations, assuming each stage of the process is followed effectively.
2. Think of a person you know who has strong coping skills. In a one or two-page paper, describe which aspects of the coping process you feel this person utilizes most effectively.
3. Identify which five stages of the coping process are most important to you. Explain why in a short paper.

## Coping Process Worksheet

1. Identify three strengths, three areas for improvement, and three insights about your own coping skills.

*Strengths and why they are strengths:*

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- 
- 

*Areas for improvement and how I could improve in each area:*

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- 
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*Insights:*

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- 
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2. What steps do you need to take to strengthen your coping skills? What are measurable outcomes related to these goals?

*Goal 1:*

*Measurable outcome:*

*Goal 2:*

*Measurable outcome:*

*Goal 3:*

*Measurable outcome:*