

PsychSim 5: HELPLESSLY HOPING

Name: _____ **Section:** _____

Date: _____

In this activity you will explore the importance of a sense of personal control over the events in your life.

Learned Helplessness

- Briefly describe the animal experiments that lead Seligman to the theory of learned helplessness.

Learned Helplessness and Depression

- What is seen as the conceptual link between learned helplessness in dogs and depression in humans?

Gender and Depression

- Researchers have found that, compared with men, women are twice as likely to develop serious depression. Does the concept of learned helplessness/hopelessness help you understand the gender difference in depression rates?

Personal Control in Everyday Life

- Briefly explain the findings on the importance of personal control in everyday life.