

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **State of Mind: Beat the Heat of 12th Grade Stress**

Synthesize neurological insights and behavioral theory to construct custom psychological frameworks for long-term emotional sustainability.

---

**1. Which psychological concept involves the cognitive reframing of a stressful event by changing its emotional impact through a different interpretation of the facts?**

- A. Cognitive Appraisal Theory
- B. Avoidance Coping
- C. The Allostatic Load Model
- D. Learned Helplessness

**2. The 'Window of Tolerance' refers to the optimal zone of arousal where a person can manage and process emotions effectively without becoming hyper-aroused or hypo-aroused.**

- A. True
- B. False

**3. When an individual uses 'Radical Acceptance' to manage distress, what is the primary objective?**

- A. To agree with or approve of a negative situation
- B. To stop fighting reality in order to reduce suffering
- C. To forget past traumas through intentional suppression
- D. To manifest a positive outcome through visualization

**4. The biological process by which the body achieves stability through physiological or behavioral change in response to chronic stress is known as \_\_\_\_.**

- A. Homeostasis
- B. Neuroplasticity
- C. Allostasis
- D. Eustress

**5. Which of the following best exemplifies a 'Protective Factor' against developing a mental health disorder during significant life transitions?**

- A. High levels of compartmentalization
- B. Strong social capital and internal locus of control
- C. Strict adherence to Type A behavioral patterns
- D. Reliance on 'toughing it out' independently

**6. Rumination—the focused attention on the symptoms of one's distress and its causes—is considered an adaptive emotional resilience strategy.**

- A. True
- B. False

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**7. Viktor Frankl's concept of 'Logotherapy' suggests that the primary motivational force of an individual is \_\_\_\_.**

- A. The pursuit of pleasure
- B. The search for meaning
- C. The drive for power
- D. The avoidance of pain

**8. If a student utilizes 'Sublimation' as a coping mechanism for frustration regarding college rejections, they would most likely:**

- A. Direct their anger toward a younger sibling
- B. Channel their energy into creating a complex sculpture
- C. Refuse to acknowledge that the rejection happened
- D. Assume they were rejected because they are 'unworthy'

**9. The 'Vagus Nerve' plays a critical role in the \_\_\_\_ nervous system, helping the body return to a state of calm after a stress response.**

- A. Sympathetic
- B. Parasympathetic
- C. Somatic
- D. Central

**10. Post-Traumatic Growth (PTG) suggests that people can experience positive psychological change as a result of struggling with highly challenging life circumstances.**

- A. True
- B. False