

APPENDIX B: Presentation Quiz

1. When CNN asked Seligman for a three-word sound bite to describe the state of modern psychology, what did he reply?

- A "Am I on?"
- B "Cause for celebration"
- C "Not good enough"
- D "Way beyond Freud"
- E "Need twelve words"

2. Seligman suggests that extremely happy people differ from the rest of us in one significant way:

- A They're better-educated
- B They watch less TV
- C They're very well-rested
- D They're quite affluent
- E They're extremely social

3. According to Seligman, what are the drawbacks to "the pleasant life," our experience of positive emotion?

- A It creates unrealistic expectations.
- B We can't significantly change our individual capacity to experience positive emotion.
- C We get accustomed to it, and its effects diminish over time.
- D A and B
- E B and C

4. How does Seligman define "the meaningful life"?

- A He'll reveal that in his next book
- B Profound absorption in your work and relationships
- C Achieving a sense of harmony and unity with others
- D Using your strengths in the service of something larger than you are
- E Putting the needs of others before your own

5. How is the field of positive psychology different from traditional psychology?

- A Advocates for a less-formal relationship between psychologist and patient
- B Offers interventions to help relatively untroubled people feel happier
- C Does not use drugs to treat disorders
- D A and C
- E B and C

6. Although Seligman believes that psychology's focus on the "disease model" has had drawbacks, he's also proud of what the field has accomplished over the past 60 years. What does Seligman identify as the main achievements?

- A Many disorders have become treatable
- B Psychologists can now categorize everyone based on their mental health.
- C A science of mental illness has been developed
- D People are physically healthier than they have ever been.
- E Both A and C.

7. After giving the story about Len, how does Seligman differentiate flow from pleasure?

- A Pleasure encompasses the idea of flow, whereas people who have fluidity in their life tend to be happier individuals than those who lack fluidity.
- B Pleasure is about knowing your strengths, and flow concerns using them together to become happier.
- C Pleasure has aspects of thought, feeling, and timeliness that are very distinct. People who are capable of flow get lost in the moment and their happiness requires minimum thought and effort.
- D Pleasure is a short-term goal, and flow typically includes being happy over the course of a lifespan.

8. The disease model that Psychology and Psychiatry once followed has three costs, according to Seligman. Which of the answers below is NOT a cost of following the disease model?

- A People start to think that they are always a victim of some external event.
- B Measurement of interventions used are unreliable.
- C "Normal people" are forgotten, and there is no more focus on improving their feeling of fulfillment
- D Positive Interventions to make people happy are not being used

9. As one of the given reasons why the disease model is not good for the field of Psychology, Seligman states that practitioners have become "victimologists". What type of view would a victimologist have?

A "If you are in trouble, bricks fell on you"

B "People have choices, decisions, and responsibilities that affect their outcomes"

C "the mission is to make seemingly normal people happier and more fulfilled"

D "Everybody is a victim of something, and happiness is a measure of how well one overcomes being a victim."

10. What are the three different types of life, according to Seligman?

A Happy Life, Fulfilled Life, Depressed Life

B Pleasant Life, Good Life, Meaningful Life

C Meaningful Life, Normal Life, Life of Potential

D Pleasant Life, Positive Live, Miserable Life

11. According to Seligman, what are the things that lastingly change the three types of lives discussed?

A Positive Interventions.

B Positive Relationships with other people

C Positive Reinforcement

D Positive Feedback

12. How does Seligman parallel the industries of technology, entertainment, and design to psychology?

A Each industry is not at its peak, but moving in the right direction.

B It is possible for all these drivers to increase a person's happiness, meaningfulness, and engagement.

C The only way to increase human happiness is by these industries working together.

D Each discipline has radically changed its ideas from the time of its origin.

E To be truly satisfied, one must be in tune with each of these disciplines.