

Assignment 10

MAS S63 Tools for Wellbeing

Due 9pm Thursday 11/13. Do not forget to include your name and email address in your submission.

Please follow the the following name convention to name your files:

<FirstNameLastName-Assignment10.pdf>. For example JohnDoe-Assignment10.pdf.

You should upload your file here: <http://bit.ly/1z80jJp>

1 READ

1. An introduction to the Diathesis-Stress Model:
<http://bit.ly/1soC0SY>
2. The Road to Resilience from the American Psychological Association:
<http://bit.ly/113KCaZ>

2 EXERCISE 1

Reflect on the diathesis-stress model and the notes on building resilience.

1. Why is it important to develop skills that boost resilience?
2. Comment on some of the ways people usually develop such skills and identify the challenges and gaps in these ways.
3. How would you help people better develop resilience skills? Your proposed solution can involve technology, behavior change or both.