

Stress – Application Exercise

Name: _____

Period: _____

Learning Target: Identify the four basic types of conflict and discuss which types are most troublesome.

Part I Application Practice Conflict types

Directions: Label the type of conflict that each scenario represents. Approach/Approach; Avoidance/Avoidance; Approach/Avoidance; Double or Multiple Approach/Avoidance; No Conflict

1. Two colleges have accepted you; they are both equally ranked. One is close to your home so you would not have to move which you like, but it is extremely expensive, and that will be a hardship. The other is far from your home, but it is affordable.
2. There are two dresses that Tamara wants to buy because they are both beautiful, but she only has enough money for one.
3. Vince's parents tell him he has to have a vegetable with his dinner and his choices are broccoli, which he likes, and corn that he does not like at all.
4. An 18-year-old has been offered a job that pays a lot of money which she loves, but that has terrible hours which she hates. He must decide whether or not to take the position. She is conflicted about if she should take the job.
5. You have just found your dream apartment – it has a great location and all the extras you want. Unfortunately, it cost more than you want to spend. You are conflicted – should you sign the lease for the apartment or not?
6. Cole plays both baseball and basketball and loves both sports. His last basketball game of the season is on the same day and time of his opening day game of his baseball season, and he can only play in one game.
7. Marcy has been accepted to both her dream college the University of Illinois AND her safety school, which is Yale. Marcy needs to pick which school she will attend.
8. Your roommate is very difficult for you to live with because she stays up all night listening to loud music. You like the apartment that you live in currently, but hate your roommate. If you move out, you will lose your deposit which will be a hardship. You could rent an apartment by yourself, which would be quieter and make you happier. However if you live alone, it will be in a shabby place because that is all you can afford. You are conflicted about if you should stay with your current roommate or move into a place on your own.
9. There are two classes that Mary wants to take; they are both offered at 11:00 am on Mondays and Wednesdays and because they are both at the same time she can only pick one.
10. Mary does not want to take Mr. Hughes for English, but there are no other times slots open this semester, and if she does not take his class now, she will have to postpone graduation, which is not good. Mary has to decide to either take the class with the teacher she dislikes or take the class next semester and graduate a semester later and neither option is appealing to her.
11. You were issued a ticket that you want to fight in court, but you would have to take off from work and lose a days' pay which you would not like. The conflict you are having is whether or not to go to court and fight the ticket.
12. You have the money to buy a new car, but the one that you want has high insurance rates which will be bad for you. You are conflicted about whether or not to buy the new car you love, but that will cost too much.
13. Tim is going to school near where his parents live. He can live on campus, or stay at home and commute. He hates living with his parents, but commuting would save him a lot of money, which he likes. If he lived on campus, he would have greater independence that he likes, but will not have any extra money for social activities, which is frustrating. Tim is conflicted about his choice: should he live at home or live on campus?
14. Mary and John have been friends for a while, and John wants the relationship to move to a more serious level, but he is afraid of losing her friendship.

Part II: Conflict Types FRQ Practice (10 points)

Directions: Jordan is worried about prom. Create an example for each of the four conflict types regarding the potential conflicts that could relate to prom. This could relate to conflicts about what to wear, what to do for post prom, who to ask, etc. Be creative!

1. APPROACH/APPROACH:

2. AVOIDANCE/AVOIDANCE:

3. APPROACH/AVOIDANCE:

4. MULTIPLE (DOUBLE) APPROACH/AVOIDANCE: