Key Terms from the Semester – Study Guide

How to Cultivate Belonging - Ackert

* Belonging
* Acceptance
* Loneliness
* Discomfort
* Compassion
* Self-compassion
* Negative thought cycle
* Cognitive distortion
* Behavior chain (negativity)
* Mindset
* Growth mindset
* Fixed mindset
* Maslow’s hierarchy of needs
* Self-care (4 different kinds)
* Resiliency
* Superficial connections
* Deep connections
* Assertive communication

Social Psychology – Hienzen and Goodfriend

* Groups
* Group cohesion
* Safety
* Social Support
* Social Facilitation
* Rejection sensitivity
* Diffusion of responsibilities
* Self
* Self-concept
* The mirror self-recognition test
* Self-esteem
* Attitude
* Dual attitudes
* ABCs of attitudes - affect/behavior/cognition
* Culture
* Stereotypes
* Benevolent prejudice
* Modern-symbolic prejudice
* Old-fashioned prejudice
* Discrimination
* Egoistic altruism
* Pure altruism
* Social norms
* Negative state relief
* Aggression
* Micro-aggressions
* Cyberbullying