

**Applied Psychology 160**  
**Home Work Assignment #1**

Name \_\_\_\_\_  
Class Code \_\_\_\_\_

**DUE: Session 3**  
**“RISK TAKING” (25 Points)**

**Part I.**

Taking a risk is something you do every time you make a decision BECAUSE outcomes are not known in advance. In this exercise, you will explore how you feel about taking risks. **READ THE QUESTIONS ON THESE THREE PAGES CAREFULLY. ANSWER each question, using your own experience as a guide.**

**NOTE: There is a PART II!**

1. What do you think it means to take a risk? (Your personal definition, NOT a dictionary one)

2a. What is the greatest risk you've ever taken?

2b. What was your goal in making this decision?

2c. What did you stand to gain by taking the risk?

What did you stand to lose by taking the risk?

2d. What happened AFTER you took the risk? (Gain? Loss? Explain)

2e. Did you evaluate the initial decision AFTERWARD? No Yes. How did you feel about it?

2f. Did this particular risk affect your later “risk taking”? No Yes, If yes, how?

Continued

3. Think back on your answer to 2a. How difficult was it to remember a risk you took?  
 Circle one
- a. Very Difficult
  - b. Somewhat Difficult
  - c. Somewhat Easy
  - d. Very Easy

4. On the following scale, how would you rank this risk (from 2a)

Extremely safe \_\_\_\_\_ Extremely risky  
 1 2 3 4 5 6 7 8 9 10

5. In which area(s) did this risk fall? (**Check ALL that apply!**)

- \_\_\_ Work
- \_\_\_ Education
- \_\_\_ Personal Relationships
- \_\_\_ Leisure activities/Recreation
- \_\_\_ Money/Financial
- \_\_\_ Physical Danger
- \_\_\_ Other (Describe):

6a. Look back AGAIN to your response to 2a! Do you tend to take risks as great as your example in the OTHER areas of you life? (Answer appropriately in columns below)

	Yes	No	For 6b m?f?n/a?
Work			
Education			
Personal Relationships			
Leisure/Recreation			
Money/Financial			
Physical Danger			

6b. In each of the areas listed above (6a) do you think you would like to start taking more (m); fewer (f) or about the same risks (n/a)? MARK the third column above for your answers to 6b with either an “m” “f” or “n/a”

6c. For **one** of the areas where you marked “m”, try to imagine a situation in the near future where you might take a greater chance than you usually do? Explain:

6d. For one of the areas where you marked “F”, try to imagine a situation in the near future where you might choose a ‘safer’ alternative than you usually do? Explain:

7. It's been said that men and women have very different styles of risk taking? Has this been true in your experience? No Yes. Explain your answer:

8 Is riskier always better? Suppose you had a choice between walking “through” OR around a city park, alone at midnight. What choice would you make?

Circle one: Through Around Explain your choice

## **Part II Part II Part II: YOU MUST complete PART II**

### **PART II: “Risk Taking” NARRATIVE**

When you have completed the above exercise, consider what you have learned about yourself from this exercise regarding risk taking.

**Write a short summary about yourself as a “risk taker”.**

**Point out what you like and what you don't like about the way *you* deal with risk taking.**

**Discuss ANYTHING you discovered about yourself in this exercise.**

*(One paragraph minimum/One Page Maximum for PART II)*

**Note: this is YOUR first opportunity to do more than the minimum! Successful people do more than the ‘minimum! Start NOW if this is a habit you've not yet begun.**