1. Perceptions of ___________ and ________________ are crucial for psychological and physical health.
   
   a. ______________________, a well-known and influential behavioral psychologist, proposed that our perceptions of power and control are learned from ________________. If failures happen often enough, a person may generalize the perception of lack of control to all situations, even when control may actually be possible. Seligman termed this cause of depression __________________________.

2. Summarize Seligman’s original dog shock study.

3. In Seligman’s later dog shock experiment involving “yoking”, what were the three different groups involved? Explain the situation of each.
   
   a. What were the results of this experiment?

4. In yet another later dog shock study conducted by Seligman, once animals had learned that their behavior could be effected, later experiences with failure were not adequate to _________________.

5. What’s one example of how learned helplessness has also been shown to apply to humans?

6. Which of the “recent applications” of Seligman’s work did you find to be most interesting? Explain why.

7. Do you think it was ethical to experiment on dogs the way that Seligman did? Why or why not? If you answer “no”, how else do you think this topic could be ethically studied?