

Q1.

For each description in **Table 1**, choose a term from **Table 2** which best represents that description.

For **each** description, write the correct letter alongside the relevant term in your answer.

Table 1 Descriptions

A	Perceiving changes as opportunities
B	Possessing traits that enable you to cope well with stress
C	Preferring to get involved and make an effort
D	Thinking that you can determine what happens in your life

Table 2 Terms

Challenge	Commitment	Control	Hardiness	Hassles
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(Total 4 marks)

Q2.

Evaluate personality type as an explanation for stress.

(Total 6 marks)