

Open Your Class with This Tomorrow *Hope Circuit Activity*

Directions: Read the article *Trying to Cure Depression, but Inspiring Torture*.

<https://www.newyorker.com/science/maria-konnikova/theory-psychology-justified-torture>

Answer the following questions.

1. Describe learned helplessness.
2. How could the research on learned helplessness inspire torture?
3. What other topics could be inspired by the research on learned helplessness?
4. What classical research inspired Seligman's research on learned helplessness?
5. For the series of experiments conducted by Seligman and Maier, what was the control group? What was the experimental group?
6. Summarize the results for each group listed above.
7. Describe the impact of time and learned helplessness.
8. List additional research besides dogs and learned helplessness.
9. How could learned helplessness be reversed?
10. How could the research from above be used in the real world?
11. How do humans differ than animals when it comes to learned helplessness?
12. Describe learned optimism.
13. Describe the impact of an explanatory style (both good and bad).
14. Describe the research method used for Seligman's study on depression in schoolchildren.
15. Summarize the results of the study listed above.
16. The research above has contributed to what major program? Describe the research method used and summarize the results.
17. Explain the concept of torture and learned helplessness citing evidence from the article.
18. Seligman would like to be known as the father of what field? Why? Do you think he deserves that title? Why?