

Exercise: Cognitive Dissonance

1. Most people perhaps remember a preponderance of either positive or negative reinforcement when they were young. In which group would you place yourself? (circle one):

Positive Balanced Negative

2. Answer the questions by rating each from "0" to "7" with "7" being a statement that closely describes your experiences during schooling and "0" a statement that never applied to you.

1. My marks were always better than my friend's mark
2. I won prizes in co-curricular activities
3. When the phone rang at home, it was usually one of my friends
4. I always expected high scores on unit tests
5. I always did my homework and was prepared for class
6. My friends were always willing to do the things I wanted to do
7. I was expected to attend college, maybe on scholarship