Over the past three weeks you have been exposed to many concepts, theories and terms related to psychology. Now is the time to make personal application of some of the terms you have studied. This personal application of concepts learned is one of the things that makes psychology such an interesting area of study. Not all courses of study have such a direct application to our own lives. You will select four (4) of the following terms or concepts. You will read and research at least three scholarly sources and then identify, discuss and place each concept in proper context. After you have identified each concept you will then explain ways each concept can be applied to your own life with examples.  I hope you enjoy your research and the personal application.

Please select four of the following concepts or theories.

1. Social changes in life-span development
2. Memory
3. Positive reinforcement, negative reinforcement and punishment
4. Issues related to gender and sexuality
5. Motivation and emotion
6. Personality
7. Health psychology, stress and coping strategies
8. Psychological Disorders and other Mental Health Issues
9. Concepts of interpersonal relationships

You are required to write **at least 750 words.**  This paper is worth 20% of your grade.    Please use the APA format, cite and list **at least three (3) sources**.  You are not required to include an abstract.

**APA 7th edition sample paper template**

Following the link, click on to download the Student Sample paper. Use this as a template to format your paper correctly in APA per the 7th edition.

<https://apastyle.apa.org/style-grammar-guidelines/paper-format/sample-papers>

The PDF has more explanation.

<https://apastyle.apa.org/style-grammar-guidelines/paper-format/student-annotated.pdf>

To submit your paper click-on the Applying Psychology to My Life Paper link, then click-on the View/Complete link at the bottom of the page, and then attach your paper.  Follow the directions below for a step-by-step process.

Here are some websites that may be helpful to you:

1. [Psychology Information Online](http://www.psychologyinfo.com/problems/)
2. [AllPsych Online](http://allpsych.com/)
3. [APA Website](http://www.apa.org/topics/index.aspx)
4. [Psych Central](http://www.psychcentral.com/)

Assignment Requirements (Use as a checklist):

* 12 font Arial or Times New Roman
* Double-spaced pages
* Minimum of 750 words.  No more than 1,000 words
* Minimum of three (3) cited sources
* Use APA format and parenthetical citations right after cited material (See below)
* Make sure your name is on your paper