

*Use the following information to answer Questions 16–18.*

Ben spent four years completing his Bachelor of Education and upon completion of his degree at the end of last year, accepted a teaching position in the country and has moved in with Vern, who is another first year teacher in a rental property. At the completion of the first semester (the first two terms), Ben feels exhausted, he is struggling with the high workload of teaching and has difficulty adjusting to his new life in the country. Ben is considering the implications of quitting his teaching job and spending the rest of year travelling overseas to help him think about his future in a teaching career.

Answer the following questions in terms of Lazarus and Folkman's Transactional Model of Stress and Coping.

**Question 16**

At the completion of the first semester, Ben's primary appraisal of teaching can be best identified as

- A. benign.
- B. irrelevant.
- C. a threat.
- D. a challenge.

**Question 17**

Ben's consideration – quitting teaching and having some time travelling to think about his future in a career in teaching – is an example of

- A. a primary appraisal.
- B. a secondary appraisal.
- C. emotion-focused coping.
- D. problem-focused coping.

**Question 18**

Vern's assessment of his first half year of teaching is different to Ben's.

Which of the following forms of primary appraisal is least likely to result in the need for a secondary appraisal by Vern?

- A. an evaluation of the harm
- B. an evaluation of threats
- C. an evaluation that teaching is a challenge
- D. an evaluation that the demands of teaching are benign