

SURVIVAL PSYCHOLOGY AND THE IMPORTANCE OF PROPER PRIOR TRAINING pdf

1: Five Components of Mental Preparation | Sports Psychology Today - Sports Psychology

PSYCHOLOGY OF SURVIVAL It takes much more than the knowledge and skills to build shelters, get food, make fires, and travel without the aid of standard navigational devices to live successfully through a.

Return to EdPsyc Interactive: Courses Power Point Presentation There is much discussion about what young people should do in their childhood and youth to prepare them for success in adulthood. Once the desired end results or the prerequisites for success have determined , it is necessary to determine the means or the conditions by which those can be brought about. Education and schooling are two terms that are often associated with these conditions. While education and schooling are sometimes thought to be interchangeable, there are some important distinctions as is evident in these basic definitions: Education The process of: From this perspective, education is serving primarily an individual development function. In this sense, education is serving a social and cultural function. Schooling Teaching and learning that takes place in formal environments. Three categories of education are generally recognized: Non-formal education begins at birth and continues throughout life. It is provide by parents, siblings, friends, and so forth; it is constant and ongoing. Informal education involves somewhat structured guidance of learning, but is done without a lot of formal structure. Attending Sunday school or Boy or Girl Scout meetings would involve this category of education. Formal education, or schooling, generally begins somewhere between 4 and 6 when children are gathered together for the purposes of specific guidance related to skills and competencies that society deems important. The definitions of schooling and education immediately raise some important issues: What is the nature of a human being and what is the nature of the society or culture in which the child is expected to be successful? These larger questions are addressed to some extent in educational psychology courses, but are more readily addressed in developmental psychology and foundations of education courses. That is why these courses are often prerequisites to courses in educational psychology. Educational Psychology is a combination or overlapping of two separate fields of study. The first is psychology , which can be defined as the scientific study of the mind and behavior or behavior and mental processes , especially as it relates to individual human beings. Note that it is the scientific study of mind or mental processes covert or internal as well as behavior overt or external. People who study psychological phenomena are not necessarily limited to the study of human beings a large body of research relating to animals has been developed nor are they limited to only studying individuals. However, when studying groups of individuals, the focus is generally on how individuals perform within the group rather than the study of the group as a whole. Scientists who study animals and people in terms of group- and institutional-behavior generally align themselves with sociology while individuals who focus on human culture and belief systems generally align themselves with anthropology. The second field of study with which educational psychology aligns itself is education or more specifically schooling, as defined above. That is, the primary focus of this subdiscipline of psychology is the scientific study of mind and behavior or mental processes and behavior in the context of formally socializing and developing the potential of individual human beings. Educational psychology is therefore a distinct scientific discipline within psychology that includes both methods of study and a resulting knowledge base. It is concerned primarily with understanding the processes of teaching and learning that take place within formal environments and developing ways of improving the affiliated operations and procedures. This can be compared with the other primary process producing relatively permanent change--maturation--that results from biological growth and development. Therefore, when a relatively permanent change in ourselves or others, the primary cause was either maturation biology or learning experience , or, as is often the case, some combination of both. Teaching, then, can be thought of as the purposeful direction and management of the learning process. Note that teaching is not giving knowledge or skills to students; teaching is the process of providing guided opportunities for students to produce relatively permanent change through the engagement in experiences provided by the teacher. The family , religious organizations , and community also share primary

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responsibility in the educational process see Huitt, for additional detail. In my opinion, parents and educators should be concerned at least with helping students to develop individual capacities, acquire personal virtues, and provide service to others. Developing capacities involves first identifying possible domains of performance and then providing students opportunities to successfully develop their capacities i. The acquisition of virtues is generally concerned with moral character , dealing with issues of the direction and quality of life and doing the right thing verses competence which is concerned with doing the thing right. Providing service to others acknowledges that individuals grow and develop within a social context and need to be concerned with positively interacting with that context. In an ideal society, the institutions of family, schools, religious organizations, and communities would provide a coherent set of opportunities for children and youth to engage in experiences that would result in high levels of expertise in these three areas and an attitude of striving for excellence in both individual and social development. However, the other major influences on the child or youth may not be providing appropriate opportunities. Therefore, educators or school personnel must be very efficient when developing the specific goals and objectives that will be addressed in schools. Educational psychology provides important background knowledge that preservice and inservice educators can use as the foundation for professional practice. In combination with information on human growth and development and specific content knowledge, information on theories of learning and pedagogy provide the foundation for classroom and school methods and procedures. What you will study in educational psychology is applicable to a wide variety of content- and age-specific teaching activities. My viewpoint is that human beings are goal-seeking, teleological organisms. That is, at their best, human beings do things for a reason or goal and strive to make meanings of their lives. However, the process of learning in a particular domain or content area is complex. Individuals develop a knowledge base through conditioning by the environment; they also actively construct a knowledge base through their seeking information and thinking about the subject based on their maturation and prior knowledge. When knowledge which may be either cognitively - or affectively -based is purposely put into practice through an exercise of volition, conation, or will it leads to behavioral competence and, through reflection, to wisdom. From my perspective, there is no single explanation of why people do what they do. It is a combination of many factors, including the particular context or situation. You will study these alternative influences so that you can make better decisions as you guide young people to develop vision, character, and competence, and provide service to others. At the undergraduate level , the focus of educational psychology is on effective classroom practice, primarily as defined by research. Theories of learning and other topics are covered in a supplemental manner. The focus of the graduate-level courses is to provide an overview of the major theories of learning and development and how they can be applied in classroom settings. Implementing effective school achievement reform: Retrieved May , from [http: Formal, nonformal and informal education: A holistic perspective on lifelong learning. International Review of Education, 28 2 , The global achievement gap](http://Formal, nonformal and informal education: A holistic perspective on lifelong learning. International Review of Education, 28 2 , The global achievement gap):

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2: Survival skills - Wikipedia

To temper this unconscious reaction to extreme stress, survival experts emphasize the importance of a positive mental attitude (PMA). Without it, stress wears down our bodies and brains quickly, and any prior wilderness survival knowledge will fly out the window.

The Attitude of Survival A wilderness emergency could possibly happen to anyone, anywhere. When confronted with an unexpected survival situation man has the potential to overcome many challenges, beat incredible odds, and come out a survivor. But just what is survival anyway? Survival is the art of surviving beyond any event. To survive means to remain alive; to live. Survival is taking any given circumstance, accepting it, and trying to improve it, while sustaining your life until you can get out of the situation. And most importantly, survival is a state of mind. Your brain is without doubt your best survival tool. It is your most valuable asset in a survival situation. To adapt is to live. Mental skills are much more important than physical skills in survival situations. One definitely must be in the proper frame of mind to survive an unplanned survival situation. Attitude or psychological state is most certainly number one. It is undoubtedly the most important ingredient of survival. With the proper attitude almost anything is possible. To make it through the worst a strong will or determination to live is needed. A powerful desire to continue living is a must. The mind has the power to will the body to extraordinary feats. Records have shown that will alone has often been the major factor for surviving wilderness emergencies. Without the will to live survival is impossible. Survival is possible in most situations but it demands a lot of a person. Humans can be very brave and resourceful when in emergency situations. The mind is a very powerful force. It has control of the body, its actions, and its reasoning. What affects you mentally affects you physically. A commitment or goal to live, refusal to give up, and positive mental attitude greatly increase chances for survival. A positive attitude has a very strong influence on the mentality and motivation necessary for setting a goal to live. Set goals give motivation and attitude necessary to survive pressures. When placed in an unexpected survival situation you will be forced to rely upon your own resources; improvising needs and solving problems for yourself. If you want to survive then you must ultimately decide to take care of yourself and to not count on others to help you. You must continually strive towards a goal of survival. Picture your goal in your mind and visualize yourself reaching it. A person with a stubborn strong will power can conquer many obstacles. Never give up your goal to live, because without any will to live those lost in the wilderness will likely despair and die. While in your survival situation you will be confronted with many problems that you will need to overcome. Your brain will be your best asset but it could also be your most dangerous enemy. You will have to defeat negative thoughts and imaginations, and also control and master your fears. You will need to shift mental processes and adopt that positive and optimistic "can do attitude". You will need to be creative and use your ability to improvise to adapt to the situation. Work with nature instead of against it. You will have the crucial task of solving the problems of staying alive. Your problem solving must be based on recognizing threats to your life, knowing their priority of influence, knowing their severity of threat to your life, and taking actions that will keep you alive. It is important to consider your safety at all times. If you sum up and analyze what you need to combat it will be easier to fight known enemies than if you were fighting something unknown. Always remember to keep your positive mental attitude. Think of being lost as an opportunity to explore a new area. With the proper attitude your experience could be interesting. Your positive mental attitude will help you combat your survival enemies. Any one or a combination of them can diminish your self-confidence or reduce your desire to struggle for life. All of these feelings are perfectly normal but are more severe and dangerous in wilderness survival situations. By learning to identify them you will be able to control them instead of letting them control you. Loneliness is a survival enemy that can hit you without warning. It will strike you when you realize you are the only person around who you can depend on while in your situation. Nowadays modern society barely gives us a chance to test our ability to adapt to silence, loss of support, and separation from

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others. Fight it by keeping busy by singing, whistling, daydreaming, gathering food, or doing anything else that will take your mind off the fact that you are alone. Also while in your survival situation, boredom or lack of interest might strike you. It must be cured to maintain a healthy survival attitude. Once again keep busy to keep your mind occupied. Make sure to avoid fatigue. Fatigue is the overuse of the muscles and the mind and is a serious threat. It can cause you to lower your defenses and become less aware and alert to danger. It causes inattention, carelessness, and loss of judgment and reasoning. Take time to refresh and rest your brain and body. Rest, sleep, and calmness are essential. Pain is nature's signal that something is wrong. When in moments of excitement you may not feel any pain. Cold and heat are other enemies of survival. Exposure to the elements can be very dangerous. Get sheltered as best you can. If cold try and find shelter and build a fire. If in really hot weather get out of the sun. In the cold you might find it easier to sleep in the day time and stay awake at night by a warm fire. Hunger and thirst are enemies that can really depress your positive mental attitude. Try and find some water. A person can survive for weeks without food. You may be better off resting than wandering around aimlessly looking for food. Even if you find food you may have depleted more energy than the food can supply you with. If you can acquire food easily then go for it. A man with a full belly can withstand more survival pressures than a man with an empty belly. Lack of nutrition could make you more susceptible to depression. Remember your positive frame of mind and keep your goal to live fresh in your mind. Fear is a big enemy to guard against. Fear is a completely normal reaction for anyone faced with an out of ordinary situation that threatens his important needs. People fear a lot of things. People have fear of death, getting lost, animals, suffering, ridicule, and of their own weaknesses. The thing most feared by people going into the wilderness is getting lost. There is no way to tell how someone will react to fear. Fear usually depends entirely on the individual rather than on the situation at hand. Fear could lead a person to panic or stimulate a greater effort to survive. The worst feelings that magnify fear are hopelessness and helplessness. There is no benefit in trying to avoid fear by denying the existence of a dangerous survival situation. You need to accept that fear is a natural reaction to a hazardous situation and try to make the best of your predicament. Do your very best to control your fears. Expect fear and learn to recognize it. Live with fear and understand how it can alter your effectiveness in survival situations. Fears can be lessened by keeping the body busy and free from thirst, hunger, pain, discomfort, and any other enemies to survival. Learning basic outdoor and first aid skills may help you prevent or ease fears by increasing your confidence in yourself. If fear creeps up on you make sure to think of positive things. Maintain your positive mental attitude.

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3: Fitness Conditioning And Training For Combat Survival.

training if the faculty approves the adequacy of prior training. All clinical and academic training is normally completed before the predoctoral internship is undertaken.

Wounds , which may become infected The survivor may need to apply the contents of a first aid kit or, if possessing the required knowledge, naturally occurring medicinal plants, immobilize injured limbs, or even transport incapacitated comrades. Bivouac shelter Shelter built from tarp and sticks. Pictured are displaced persons from the Sri Lankan Civil War A shelter can range from a natural shelter, such as a cave , overhanging rock outcrop , or fallen-down tree, to an intermediate form of man-made shelter such as a debris hut, tree pit shelter, or snow cave , to completely man-made structures such as a tarp , tent , or longhouse. Fire[edit] Making fire is recognized in the sources as significantly increasing the ability to survive physically and mentally. Lighting a fire without a lighter or matches, e. There is an emphasis placed on practicing fire-making skills before venturing into the wilderness. Producing fire under adverse conditions has been made much easier by the introduction of tools such as the solar spark lighter and the fire piston. Starting a fire is really all about growing a flame without putting it out in the process. One fire starting technique involves using a black powder firearm if one is available. Proper gun safety should be used with this technique to avoid injury or death. The technique includes ramming cotton cloth or wadding down the barrel of the firearm until the cloth is against the powder charge. Next, fire the gun up in a safe direction, run and pick up the cloth that is projected out of the barrel, and then blow it into flame. It works better if you have a supply of tinder at hand so that the cloth can be placed against it to start the fire. The heat provided by a fire warms the body, dries wet clothes, disinfects water, and cooks food. Not to be overlooked is the psychological boost and the sense of safety and protection it gives. In the wild, fire can provide a sensation of home, a focal point, in addition to being an essential energy source. Fire may deter wild animals from interfering with a survivor, however wild animals may be attracted to the light and heat of a fire. Hydration pack manufactured by Camelbak A human being can survive an average of three to five days without the intake of water. The issues presented by the need for water dictate that unnecessary water loss by perspiration be avoided in survival situations. The need for water increases with exercise. Four to six liters of water or other liquids are generally required each day in the wilderness to avoid dehydration and to keep the body functioning properly. Army survival manual does not recommend drinking water only when thirsty, as this leads to underhydrating. Instead, water should be drunk at regular intervals. Even mild dehydration reduces endurance and impairs concentration , which is dangerous in a survival situation where clear thinking is essential. Dark yellow or brown urine is a diagnostic indicator of dehydration. To avoid dehydration, a high priority is typically assigned to locating a supply of drinking water and making provision to render that water as safe as possible. Recent thinking is that boiling or commercial filters are significantly safer than use of chemicals, with the exception of chlorine dioxide. With the exception of leaves, these foods are relatively high in calories , providing some energy to the body. Plants are some of the easiest food sources to find in the jungle, forest or desert because they are stationary and can thus be had without exerting much effort. Food, when cooked in canned packaging e. Focusing on survival until rescued by presumed searchers, the Boy Scouts of America especially discourages foraging for wild foods on the grounds that the knowledge and skills needed are unlikely to be possessed by those finding themselves in a wilderness survival situation, making the risks including use of energy outweigh the benefits. Navigation[edit] Celestial navigation: They can tell them to contact the police for search and rescue if you have not returned by a specific time frame e. Survival situations can often be resolved by finding a way to safety, or a more suitable location to wait for rescue. Types of navigation include: Celestial navigation , using the sun and the night sky to locate the cardinal directions and to maintain course of travel.

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4: ## @ Food Storage Emergency 14 Month ~...~... Trump Survival Kit In A Jar

Proper wilderness preparation and training also contributes to positive thinking because you will better know how to fend for yourself. That, coupled with PMA, can help you cross the bridge to survival.

Thoughts about death or suicide. Trouble getting along with others. As you can see, stress can be constructive or destructive. It can encourage or discourage, move us along or stop us dead in our tracks, and make life meaningful or seemingly meaningless. Stress can inspire you to operate successfully and perform at your maximum efficiency in a survival situation. It can also cause you to panic and forget all your training. Your key to survival is your ability to manage the inevitable stresses you will encounter. The person that survives is one who works with his stresses instead of letting his stresses work on him. Often, stressful events occur simultaneously. These events are not stress, but they produce it and are called "stressors. Once the body recognizes the presence of a stressor, it then begins to act to protect itself. In response to a stressor, the body prepares either to "fight or flee. As the body responds to this SOS, the following actions take place: The body releases stored fuels sugar and fats to provide quick energy. Breathing rate increases to supply more oxygen to the blood. Muscle tension increases to prepare for action. Blood clotting mechanisms are activated to reduce bleeding from cuts. Senses become more acute hearing becomes more sensitive, pupils dilate, smell becomes sharper so that you are more aware of your surroundings. Heart rate and blood pressure rise to provide more blood to the muscles. This protective posture lets you cope with potential dangers. However, you cannot maintain this level of alertness indefinitely. Stressors are not courteous; one stressor does not leave because another one arrives. The cumulative effect of minor stressors can be a major distress if they all happen too close together. At this point, the ability to resist stress or use it in a positive way gives out and signs of distress appear. Anticipating stressors and developing strategies to cope with them are two ingredients in the effective management of stress. Therefore, it is essential that you be aware of the types of stressors that you will encounter. The following paragraphs explain a few of these. Injury, Illness, or Death Injury, illness, and death are real possibilities that you have to face. Perhaps nothing is more stressful than being alone in an unfamiliar environment where you could die from hostile action, an accident, or from eating something lethal. Illness and injury can also add to stress by limiting your ability to maneuver, get food and drink, find shelter, and defend yourself. It is only by controlling the stress associated with the vulnerability to injury, illness, and death that you can have the courage to take the risks associated with survival tasks. Uncertainty and Lack of Control Some people have trouble operating in settings where everything is not clear-cut. The only guarantee in a survival situation is that nothing is guaranteed. It can be extremely stressful operating on limited information in a setting where you have limited control of your surroundings. This uncertainty and lack of control also add to the stress of being ill, injured, or killed. Even under the most ideal circumstances, nature is quite formidable. In survival, you will have to contend with the stressors of weather, terrain, and the variety of creatures inhabiting an area. Heat, cold, rain, winds, mountains, swamps, deserts, insects, dangerous reptiles, and other animals are just a few of the challenges that you will encounter while working to survive. Depending on how you handle the stress of your environment, your surroundings can be either a source of food and protection or can be a cause of extreme discomfort leading to injury, illness, or death. Hunger and Thirst Without food and water you will weaken and eventually die. Thus, getting and preserving food and water takes on increasing importance as the length of time in a survival setting increases. Foraging can also be a big source of stress since you are used to having your provisions issued. Forcing yourself to continue surviving is not easy as you grow more tired. It is possible to become so fatigued that the act of just staying awake is stressful in itself. There are some advantages to facing adversity with others. As a soldier you learn individual skills, but you train to function as part of a team. Although we complain about higher headquarters, we become used to the information and guidance it provides, especially during times of confusion. Being in contact with others also provides a greater sense of security and a feeling someone is available to help if

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problems occur. A significant stressor in survival situations is that often you have to rely solely on your own resources. The survival stressors mentioned in this section are by no means the only ones you may face. Remember, what is stressful to one person may not be stressful to another. Your experiences, training, personal outlook on life, physical and mental conditioning, and level of self-confidence contribute to what you will find stressful in a survival environment. The object is not to avoid stress, but rather to manage the stressors of survival and make them work for you. We now have a general knowledge of stress and the stressors common to survival. The next step is to examine your reactions to the stressors you may face. Man has been able to survive many shifts in his environment throughout the centuries. His ability to adapt physically and mentally to a changing world kept him alive while other species around him gradually died off. The same survival mechanisms that kept our forefathers alive can help keep you alive as well! However, the survival mechanisms that can help you can also work against you if you do not understand and anticipate their presence. It is not surprising that the average person will have some psychological reactions in a survival situation. The following paragraphs explain some of the major internal reactions that you or anyone with you might experience with the previously stated survival stressors. Fear is our emotional response to dangerous circumstances that we believe have the potential to cause death, injury, or illness. This harm is not just limited to physical damage; the threat to your emotional and mental well-being can generate fear as well. If you are trying to survive, fear can have a positive function if it encourages you to be cautious in situations where recklessness could result in injury. Unfortunately, fear can also immobilize you. It can cause you to become so frightened that you fail to perform activities essential for survival. Most people will have some degree of fear when placed in unfamiliar surroundings under adverse conditions. There is no shame in this! You must train yourself not to be overcome by your fears. Ideally, through realistic training, you can acquire the knowledge and skills needed to increase your confidence and thereby manage your fears. Associated with fear is anxiety. Because it is natural for you to be afraid, it is also natural for you to experience anxiety. Anxiety can be an uneasy, apprehensive feeling you get when faced with dangerous situations physical, mental, and emotional. When used in a healthy way, anxiety can urge you to act to end, or at least master, the dangers that threaten your existence. If you were never anxious, there would be little motivation to make changes in your life. In a survival setting you can reduce your anxiety by performing those tasks that will ensure you come through the ordeal alive. As you reduce your anxiety, you also bring under control the source of that anxiety—your fears. In this form, anxiety is good; however, anxiety can also have a devastating impact. Anxiety can overwhelm you to the point where you become easily confused and have difficulty thinking. Once this happens, it will become increasingly difficult for you to make good judgments and sound decisions. To survive, you must learn techniques to calm your anxieties and keep them in the range where they help, not hurt. Frustration arises when you are continually thwarted in your attempts to reach a goal. The goal of survival is to stay alive until you can reach help or until help can reach you. To achieve this goal, you must complete some tasks with minimal resources. It is inevitable, in trying to do these tasks, that something will go wrong; that something will happen beyond your control; and that with your life at stake, every mistake is magnified in terms of its importance. Thus, eventually, you will have to cope with frustration when a few of your plans run into trouble. One outgrowth of this frustration is anger. There are many events in a survival situation that can frustrate or anger you. Getting lost, damaged or forgotten equipment, the weather, inhospitable terrain, enemy patrols, and physical limitations are just a few sources of frustration and anger. If you can harness and properly channel the emotional intensity associated with anger and frustration, you can productively act as you answer the challenges of survival. If you do not properly focus your angry feelings, you can waste much energy in activities that do little to further either your chances of survival or the chances of those around you. You would be a rare person indeed if you did not get sad, at least momentarily, when faced with the hardships of survival. As this sadness deepens, it becomes "depression. Frustration will cause you to become increasingly angry as you fail to reach your goals. If the anger does not help you succeed, then the frustration level goes even higher. A destructive cycle between anger and frustration will continue until you become worn

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downâ€™physically, emotionally, and mentally.

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5: The Attitude of Survival

Different disciplines have studied cognition, like neurology, psychology, anthropology, philosophy, and even information sciences. However, it was cognitive psychology that started to look into how processing information influences behavior and what relation different mental processes had in the acquisition of knowledge.

Thoughts about death or suicide. Trouble getting along with others. As you can see, stress can be constructive or destructive. It can encourage or discourage, move us along or stop us dead in our tracks, and make life meaningful or seemingly meaningless. Stress can inspire you to operate successfully and perform at your maximum efficiency in a survival situation. It can also cause you to panic and forget all your training. Key to your survival is your ability to manage the inevitable stresses you will encounter. The survivor is the soldier who works with his stresses instead of letting his stresses work on him. Often, stressful events occur simultaneously. These events are not stress, but they produce it and are called "stressors. Once the body recognizes the presence of a stressor, it then begins to act to protect itself. In response to a stressor, the body prepares either to "fight or flee. As the body responds to this SOS, several actions take place. The body releases stored fuels sugar and fats to provide quick energy; breathing rate increases to supply more oxygen to the blood; muscle tension increases to prepare for action; blood clotting mechanisms are activated to reduce bleeding from cuts; senses become more acute hearing becomes more sensitive, eyes become big, smell becomes sharper so that you are more aware of your surrounding and heart rate and blood pressure rise to provide more blood to the muscles. This protective posture lets a person cope with potential dangers; however, a person cannot maintain such a level of alertness indefinitely. Stressors are not courteous; one stressor does not leave because another one arrives. The cumulative effect of minor stressors can be a major distress if they all happen too close together. At this point, the ability to resist stress or use it in a positive way gives out and signs of distress appear. Anticipating stressors and developing strategies to cope with them are two ingredients in the effective management of stress. It is therefore essential that the soldier in a survival setting be aware of the types of stressors he will encounter. Injury, Illness, or Death Injury, illness, and death are real possibilities a survivor has to face. Perhaps nothing is more stressful than being alone in an unfamiliar environment where you could die from hostile action, an accident, or from eating something lethal. Illness and injury can also add to stress by limiting your ability to maneuver, get food and drink, find shelter, and defend yourself. It is only by controlling the stress associated with the vulnerability to injury, illness, and death that a soldier can have the courage to take the risks associated with survival tasks. Uncertainty and Lack of Control Some people have trouble operating in settings where everything is not clear-cut. The only guarantee in a survival situation is that nothing is guaranteed. It can be extremely stressful operating on limited information in a setting where you have limited control of your surroundings. This uncertainty and lack of control also add to the stress of being ill, injured, or killed. Environment Even under the most ideal circumstances, nature is quite formidable. In survival, a soldier will have to contend with the stressors of weather, terrain, and the variety of creatures inhabiting an area. Heat, cold, rain, winds, mountains, swamps, deserts, insects, dangerous reptiles, and other animals are just a few of the challenges awaiting the soldier working to survive. Depending on how a soldier handles the stress of his environment, his surroundings can be either a source of food and protection or can be a cause of extreme discomfort leading to injury, illness, or death. Hunger and Thirst Without food and water a person will weaken and eventually die. Thus, getting and preserving food and water takes on increasing importance as the length of time in a survival setting increases. For a soldier used to having his provisions issued, foraging can be a big source of stress. Fatigue Forcing yourself to continue surviving is not easy as you grow more tired. It is possible to become so fatigued that the act of just staying awake is stressful in itself. Isolation There are some advantages to facing adversity with others. As soldiers we learn individual skills, but we train to function as part of a team. Although we, as soldiers, complain about higher headquarters, we become used to the information and guidance it provides, especially during times of confusion. Being in

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contact with others also provides a greater sense of security and a feeling someone is available to help if problems occur. A significant stressor in survival situations is that often a person or team has to rely solely on its own resources. The survival stressors mentioned in this section are by no means the only ones you may face. Remember, what is stressful to one person may not be stressful to another. Your experiences, training, personal outlook on life, physical and mental conditioning, and level of self-confidence contribute to what you will find stressful in a survival environment. The object is not to avoid stress, but rather to manage the stressors of survival and make them work for you. We now have a general knowledge of stress and the stressors common to survival; the next step is to examine our reactions to the stressors we may face. His ability to adapt physically and mentally to a changing world kept him alive while other species around him gradually died off. The same survival mechanisms that kept our forefathers alive can help keep us alive as well! It is not surprising that the average person will have some psychological reactions in a survival situation. We will now examine some of the major internal reactions you and anyone with you might experience with the survival stressors addressed in the earlier paragraphs.

Fear Fear is our emotional response to dangerous circumstances that we believe have the potential to cause death, injury, or illness. For the soldier trying to survive, fear can have a positive function if it encourages him to be cautious in situations where recklessness could result in injury. Unfortunately, fear can also immobilize a person. It can cause him to become so frightened that he fails to perform activities essential for survival. Most soldiers will have some degree of fear when placed in unfamiliar surroundings under adverse conditions. There is no shame in this! Each soldier must train himself not to be overcome by his fears. Ideally, through realistic training, we can acquire the knowledge and skills needed to increase our confidence and thereby manage our fears.

Anxiety Associated with fear is anxiety. Because it is natural for us to be afraid, it is also natural for us to experience anxiety. Anxiety can be an uneasy, apprehensive feeling we get when faced with dangerous situations physical, mental, and emotional. When used in a healthy way, anxiety urges us to act to end, or at least master, the dangers that threaten our existence. If we were never anxious, there would be little motivation to make changes in our lives. The soldier in a survival setting reduces his anxiety by performing those tasks that will ensure his coming through the ordeal alive. In this form, anxiety is good; however, anxiety can also have a devastating impact. Anxiety can overwhelm a soldier to the point where he becomes easily confused and has difficulty thinking. Once this happens, it becomes more and more difficult for him to make good judgments and sound decisions. To survive, the soldier must learn techniques to calm his anxieties and keep them in the range where they help, not hurt.

Anger and Frustration Frustration arises when a person is continually thwarted in his attempts to reach a goal. The goal of survival is to stay alive until you can reach help or until help can reach you. To achieve this goal, the soldier must complete some tasks with minimal resources. Thus, sooner or later, soldiers will have to cope with frustration when a few of their plans run into trouble. One outgrowth of this frustration is anger. There are many events in a survival situation that can frustrate or anger a soldier. Getting lost, damaged or forgotten equipment, the weather, inhospitable terrain, enemy patrols, and physical limitations are just a few sources of frustration and anger. If the soldier can harness and properly channel the emotional intensity associated with anger and frustration, he can productively act as he answers the challenges of survival. If the soldier does not properly focus his angry feelings, he can waste much energy in activities that do little to further either his chances of survival or the chances of those around him.

Depression It would be a rare person indeed who would not get sad, at least momentarily, when faced with the privations of survival. As this sadness deepens, we label the feeling "depression. The frustrated person becomes more and more angry as he fails to reach his goals. If the anger does not help the person to succeed, then the frustration level goes even higher. A destructive cycle between anger and frustration continues until the person becomes worn down-physically, emotionally, and mentally. When a person reaches this point, he starts to give up, and his focus shifts from "What can I do" to "There is nothing I can do. There is nothing wrong with being sad as you temporarily think about your loved ones and remember what life is like back in "civilization" or "the world. On the other hand, if you allow yourself to sink into a depressed state, then it can sap all your energy and,

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more important, your will to survive. It is imperative that each soldier resist succumbing to depression. Loneliness and Boredom Man is a social animal. This means we, as human beings, enjoy the company of others. Very few people want to be alone all the time! As you are aware, there is a distinct chance of isolation in a survival setting. This is not bad. Loneliness and boredom can bring to the surface qualities you thought only others had. The extent of your imagination and creativity may surprise you. When required to do so, you may discover some hidden talents and abilities. Most of all, you may tap into a reservoir of inner strength and fortitude you never knew you had. Conversely, loneliness and boredom can be another source of depression. As a soldier surviving alone, or with others, you must find ways to keep your mind productively occupied. Additionally, you must develop a degree of self-sufficiency.

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6: Psychology - Life Span - Chapter 4 - ProProfs Quiz

Planning is of paramount importance both for an organisation and an economy. Sound plans are essential to effective management, because they serve as guides to all management functions. Lack of well-defined objectives and priorities is the common cause of failure. 'Failure to plan is planning to.

Daily experiences have taught us that mood influences outcomes. But just how does this "Pollyanna principle" affect your brain in survival situations? In general terms, PMA combats your unconscious stress, allowing you to think more clearly and make better decisions. For example, remember how the fight-or-flight response limits the amount of things you observe around you? By improving your attitude and, consequently, lowering your stress, you reinvigorate your awareness of your surroundings. Imagine how vital that would be when sharing habitats with unfriendly neighbors. Among the many tips offered, here are some from survival handbooks: Stay busy to keep your mind occupied. Repeat to yourself affirming statements about surviving. Recognize your negative emotions and address them. Do not blame yourself for getting into the situation. Now we know that looking at the glass half full can increase our chances of survival, but how exactly does that happen? Why can positive thoughts breed positive results? The study of positive psychology that analyses the effect of positive thinking and emotions on people sprang up a relatively short time ago. Research revealed a link between positive thinking and emotions and successful survival. In the wilderness, once your initial needs are met, you will require new ideas and prioritization of tasks to keep yourself alive for the longer term. Physiologically, PMA reverses the toll of stress on our bodies. Think about your body language when you watch a funny movie. This loosening up will help you conserve precious energy. Proper wilderness preparation and training also contributes to positive thinking because you will better know how to fend for yourself. That, coupled with PMA, can help you cross the bridge to survival. Want to learn more tips on surviving in the wilderness?

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7: Survival Psychology: Positive Mental Attitude | HowStuffWorks

The findings of the Survival Score Research Project have important implications for the training of law enforcement officers to deal with highly stressful situations, and also make a significant contribution to the research literature.

Get access to clinical cognitive assessment exercises Boost your neuroplasticity and cognition Help improve your cognitive state What is Cognition? Meaning and Definition What is cognition? When we talk about cognition, we are usually referring to everything that is related to knowledge. In other words, the accumulation of information that we have acquired through learning or experience. The most accepted definition of cognition is the ability to process information through perception stimuli that we receive through our different senses, knowledge acquired through experience, and our subjective characteristics that allow us to integrate all of this information to evaluate and interpret our world. In other words, cognition is the ability that we have to assimilate and process the information that we receive from different sources perception, experience, beliefs to convert them into knowledge. Cognition includes different cognitive processes, like learning, attention, memory, language, reasoning, decision making, etc. Different disciplines have studied cognition, like neurology, psychology, anthropology, philosophy, and even information sciences. However, it was cognitive psychology that started to look into how processing information influences behavior and what relation different mental processes had in the acquisition of knowledge. Authors such as Piaget and Vigotsky revolutionized the scientific panorama with their theories about development and cognitive learning, which are still relevant today. Starting in the 60s, interest in cognition and cognitive skills grew exponentially, and the research that it generated allowed us to learn more about these processes. Advancements in neuroimaging allow us to contribute physiological and neuroanatomical understanding to these studies, which are important for understanding mental processes and how they influence our behavior and emotions. Cognitive Processes What are cognitive processes? We can understand cognitive processes as the procedures we use to incorporate new knowledge and make decisions based on said knowledge. Different cognitive functions play a role in these processes: Cognitive perception allows us to organize and understand the world through stimuli that we receive from our different senses, like sight, hearing, taste, smell, and touch. While most people are familiar with the common senses, there are some other, less-known senses, like proprioception stimuli which unconsciously perceives our position in space and judges spatial orientation and interoception which is the perception of our organs in our bodies. Once the stimuli is received, our brain integrates all of the information, creating a new memory. Attention is the cognitive process that allows us to concentrate on a stimuli or activity in order to process it more thoroughly later. Attention is a fundamental cognitive function for the development of daily situations, and it is used in the majority of tasks that we carry-out day-to-day. In fact, it has been considered a mechanism that controls and regulates the rest of the cognitive processes: Memory is the cognitive function that allows us to code, store, and recover information from the past. Memory is a basic process for learning, as it is what allows us to create a sense of identity. There are many types of memory, like short-term memory, which is the ability to retain information for a short period of time remember a telephone number until we can write it down on paper, and long-term memory, which are all of the memories that we keep for a long period of time. Long-term memory can be broken into smaller groups, declarative memory and procedural memory. Declarative memory consists of the knowledge that was acquired through language and education like knowing that World War II ended in, as well as knowledge learned through personal experiences remembering what my grandma used to make for me. Procedural memory refers to learning through routines learning how to drive or ride a bike. Other types of memory are auditory memory, contextual memory, naming, and recognition. Thought is fundamental for all cognitive processes. To do this, it uses reasoning, synthesis, and problem solving executive functions. Language is the ability to express our thoughts and feelings through spoken word. It is a tool that we use to communicate and organize and transmit information that we have about ourselves and the world. Language and thought are developed together and are

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closely related, they mutually influence each other. Learning is the cognitive process that we use to incorporate new information into our prior knowledge. Learning includes things as diverse as behaviors or habits, like brushing our teeth or learning how to walk, and knowledge that we learn through socialization. Piaget and other authors have talked about cognitive learning as the process of information entering our cognitive system and changing it. The cognitive processes can occur naturally or artificially, or consciously or unconsciously, but it usually happens fast, they work constantly and without us realizing. The first thing that we do is focus our attention on the stoplight, through sight we can see that it is red. This is probably where we make our first decision: Can You Improve Cognition? Is it possible to improve cognition? Below we will show a tool and strategy oriented to improve cognition and cognitive performance: This program was designed by a team of neurologists and cognitive psychologists that study synaptic plasticity and neurogenesis processes. You only need 15 minutes a day times a week to stimulate your cognitive processes. This program is available online, and has programs specific for individuals, researchers, health professionals, and schools. The cognitive stimulation exercises from CogniFit effectively assess more than 20 fundamental cognitive functions, which are clearly defined and subject to an objective target control, which provides standardized results of age and demographic criteria based on thousands of results. The different interactive exercises are presented as fun brain games that you can practice on your computer. It also compares their cognitive performance to other users. It has been shown that the battery of online clinical exercises from CogniFit promotes the creation of new synapses and neural circuits that are able to reorganize and recover function in the most deteriorated cognitive domains. We know that, with time, the brain can change its structure and functioning. Brain plasticity allows us to create new brain connections and increase neural circuits, which ultimately improves their functionality. If neuroscience and studying brain plasticity has shown us anything, it is that the more we use a neural circuit, the stronger it gets. The cognitive stimulation program from CogniFit works to explore our cognitive processes. Focusing on the most challenging tasks will ensure that we are creating and establishing new neural connections, which will get stronger and stronger the more that they are trained. Stress increases cortisol levels, which attacks the myelin of the axons and impedes information from being efficiently transmitted. If we are able to reduce the stress in our lives, we may be able to improve our cognition, because reducing stress improves synaptic connections. Keeping a positive attitude makes us more creative when solving problems, and probably makes us more cognitively flexible. Meditation can also help our cognition. In the last few years, more and more studies have been looking at the effects of meditation on cognitive processes. It requires concentration and conscious attention, which as we said, are important for creating new functional circuits. The study seems to support this idea, and meditation has been related to improvements in attention, memory, executive functions, processing speed, and general cognition. Doing some exercise can also improve cognition. In fact, walking 45 minutes, 3 times a week seems to improve memory and reasoning executive functions , and practicing Tai-Chi improves mainly executive functioning. Does combined cognitive training and physical activity training enhance cognitive abilities more than either alone? A four-condition randomized controlled trial among healthy older adults. The potential effects of meditation on age-related cognitive decline: Ann N Y Acad Sci. Plasticity of brain networks in a randomized intervention trial of exercise training in older adults.

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8: Survival - PSYCHOLOGY OF SURVIVAL - Chapter 2

The importance of caregiver-child interactions for the survival and healthy development of young children implications for the training of physicians, nurses.

First, you forgot to cover some important points in your presentation. What Is a Training Session Plan? It can be as simple as a brief outline, or more complex, with scripts, prompts, and lists of questions that you plan to ask. Why Use a Training Session Plan? It takes time to plan a good training session. However, you and your trainees will benefit from this preparation. As you plan, you visualize each step of the class. This helps you organize material consistently over sessions, and avoid duplicating topics. You can download a lesson plan template here. Then, to plan your session, follow the steps below. Define Learning Objectives Your first step is to specify what you want your trainees to learn, and determine how you will measure this. Think about these questions: What are the most important concepts or skills that trainees need to understand by the end of the class? Why are these concepts and skills important? How will you know that they have understood these correctly? This helps you understand your Audience, define the Behavior needed at the end of the session, specify the Conditions under which knowledge will be used, and determine the Degree of knowledge needed. You should only have one or two learning objectives for each class. If you have more, you are likely to have too much information to cover, and trainees may feel overwhelmed with information. Organize Material Once you have a general idea of what you need to cover, draft a lesson outline. This will help them put it into a personal context, which, in turn, will help them retain it better. Now, insert the information from your outline into your training plan template. Plan Presentation Techniques Now think about how you will teach this material to your students. This is very important, because learning styles vary widely. Finding This Article Useful? Read our Privacy Policy Consider using these activities in your training session: Lectures are ideal for introducing a topic. Keep lectures to 30 minutes or less, and summarize the important points at the beginning and end. You may want to use a guest speaker if the topic is highly specialized. Demonstrations work best when you need to show the steps in a process or task. Learners can try the task out for themselves, or you can demonstrate it in front of the group. Discussions and debates are useful after a lecture, because they allow trainees to ask questions about the concepts that they have just learned. Consider handing out a list of questions or topics to prompt a discussion. Online learning is helpful when trainees need to gain practical experience of IT skills, if they need to access video or audio material, or if quizzes and self-test activities will be useful. Role play involves trainees acting out a new skill in a simulated environment, and learning from feedback from other participants. Small group teaching helps learners clarify their understanding of the new information. They can explain it to one another in their own words, and answer questions. Case studies can help learners put new information into context. Build in learning checks and question-and-answer sessions, and include these in your template. Also, consider how you will evaluate the session. Focus on Timing Finally, think about the timing of your session. Some concepts or skills will take more time to master than others, so identify these up front, and allow students extra time to absorb or practice the material. You can use the same steps to create a plan for an online training session. Ask frequent open-ended questions to confirm understanding. Example Training Session Plan The example below shows a completed training session plan. To teach new team members in a call center how to handle challenging customer calls more effectively.

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9: Educational Psychology Interactive: Why Study?

Psychology Life Span Sample Question The embryo has all the basic organs and body parts (except sex organs) at approximately how many weeks after conception?

What is the importance of proper planning in management, organization and business? Kuldeep Aims and Importance of Planning Planning is of paramount importance both for an organisation and an economy. Lack of well-defined objectives and priorities is the common cause of failure. Planning is useful to an organisation in the following ways: Every organisation exists to achieve certain objectives: Planning concentrates attention on the dominant goals of the organisation. Action is required; the enterprise must operate. Plans can, however, focus attention on purposes. They can forecast which actions will tend toward the ultimate objective which tends away and which are merely irrelevant. Sound Planning avoids the danger of means becoming ends in themselves. Planning provides a rational approach to predefined objectives. It secures unity of purpose and action. But planning enables an organisation to cope with uncertainty and change. Although the exact future can seldom be predicted and factors beyond control may interfere with the best-laid plans, without planning events are left to chance. Planning helps to identify potential threats and opportunities. It also keeps management alert to the changing environment of business. In this way planning provides additional strength to the organisation for survival and growth in the face of turbulence. Planning saves an organisation from drifting and avoids aimless activities. It directs human efforts into endeavors that contribute to the accomplishment of goals. Without planning action is likely to become random activity, producing nothing but chaos. Sound planning encourages innovative thought and creativity of a manager. Being anticipatory in nature, planning improves the adaptability of an organisation to the changing environment. Planning keeps the organisation tuned to its environment. It also helps to relate internal conditions and processes to external events and forces. Planned targets serve as the criteria for the evaluation of different alternatives so that the best course of action may be chosen. By predicting future, planning helps in taking future-oriented decisions and promotes rationality in executive thinking Sound plans prevent hasty judgment and haphazard action. Well-established plans serve as guides to subordinates and reduce the risk involved in delegation of authority. Planning also helps to improve the motivation and morale of employees by providing targets of performance. Planning facilitates optimum utilization of available resources. It makes it possible for things to occur which would not otherwise happen. It improves the competitive strength of an organization by helping it to discover and exploit opportunities a rational solution to problems, planning results in the use of most efficient methods of work. Thus, planning improves organizational effectiveness. It promotes growth and prosperity. Planning provides the basis for control. Plans serve as standards or benchmarks for the evaluation of actual performance. Sound planning enables management to control the events rather than be controlled by them. It permits control by exception. Control cannot be exercised without plans because the function of control is to ensure that the activities conform to the plans. Any attempt to control without plans is meaningless as there are no gauges for performance.

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Compile-time analysis of data list-format list correspondences. Descartes : knowledge is not ultimately sense knowledge Tight bounds on the complexity of the Boyer-Moore pattern matching algorithm. Transformation of rural England World Naturist Guide 1996-1997 MODEL SHIPWRIGHT #87 Reliability engineering and risk analysis modarres Balanced and restorative justice V. 1. Containing the causes of the war, and the events preparatory to it, up to the close of President Bu Sociology in our times 7th canadian edition The necessity of a general reformation All I Wanted Was To Be Loved Siegfried kracauer history the last things before the last List of federal governmnet programs An honest preface and other essays Case of the Rippers revenge Solving the wars of Yugoslav succession Gale Stokes. The mystery at the old house. Initial Design: Text The school of Carthage : Tertullian and Latin Christianity The Valentine elegies 1607-Pocahontas of Virginia The Rough Guide to Scotland, 7th Edition (Rough Guide Travel Guides) Audit working papers format Directory of Federal Laboratory and Technology Resources Handbook of guardianships and conservatorships 2nd Biographical roundup Japanese art joan stanley baker Time Out San Francisco 3 (Time Out San Francisco Guide, 3rd ed) Islam, interfaith interaction and a peaceful future Jk loan hospital jaipur tors list The Wayne County, West Virginia Wilsons their related families Appendix A: The Prelude to the Poem; Applying Social Psychology to Life A history of the Swedish people: from Renaissance to revolution. Criscos good cooking made easy cookbook. The enchanted city of man Genesis and effect of the Popular Front in France Amar chitra the pious cat and other stories Bhagavad gita in gujarati