



Course Home

CJUS343-03-2205B

Assignment Overview

Assignment: Unit 2 - Individual Project

Type: Individual Project

Unit: Changing Criminal Behavior

Due Date: Sun,12/18/22

Grading Type: Numeric

Points Possible: 125

Points Earned: 0

Deliverable Length: 3–5 pages (not including cover page and resource page)

[View objectives for this assignment.](#)

Details

Learn

Read

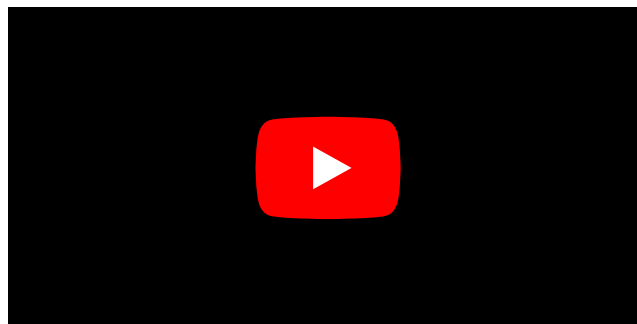
My Work ▾

Assignment Description

Assignment Details

Tom is driving his brand-new sports car to work. He is very proud of his car. It took a long time to save for the down payment. From a stop at a four-way intersection, as Tom moves into the intersection, he is cut off by another vehicle and slams on his brakes. Tom waits for the other person to go through the intersection. The other driver's behavior sets Tom off, and he becomes irate and starts yelling at the other driver. This is an automatic reaction on his part. Cognitive restructuring theory (<https://onlinelibrary.wiley.com/doi/epdf/10.1002/9781118528563.wbcbt02>) could teach Tom how to handle his excessive anger.

Watch the following video on cognitive restructuring:



Address the following in 3–5 pages:

- What is the purpose of cognitive restructuring theory?
- How can cognitive restructuring theory help Tom handle his excessive anger? What steps could he take to control his anger? Explain and be specific.
- Describe a situation that you experienced with which cognitive restructuring theory could have helped.
- If left unchecked, how could frequent outbursts of excessive anger eventually result in serious criminal or socially unacceptable behavior?

Your paper must include at least 2 APA-formatted references.

References

Clark, D. A. (n.d.). *Cognitive restructuring*.

<https://onlinelibrary.wiley.com/doi/epdf/10.1002/9781118528563.wbcbt02>
(<https://onlinelibrary.wiley.com/doi/epdf/10.1002/9781118528563.wbcbt02>)

EPM. (2020, October 21). *Cognitive restructuring steps explained* [Video]. You Tube.

https://youtu.be/EQRnJZN_ILA (https://youtu.be/EQRnJZN_ILA)

Individual Project Rubric

The Individual Project (IP) Grading Rubric is a scoring tool that represents the performance expectations for the IP. This Individual Project Grading Rubric is divided into components that provide a clear description of what should be included within each component of the IP. It's the roadmap that can help you in the development of your IP.

Expectation	Points Possible	Points Earned	Comments
Defines the purpose of cognitive restructuring theory	25		
Explains, with specificity, how cognitive restructuring theory would help Tom handle his excessive anger	30		
Describes an actual situation where employing cognitive restructuring theory could have helped	30		
Explains how, if not addressed (or, if left unchecked), frequent outbursts of excessive anger could eventually lead to serious criminal or socially unacceptable behavior	30		
Professional Language: Assignment contains accurate grammar, spelling, and punctuation with few or no errors. (APA formatting is required or style specified in assignment).	10		
Total Points	125		

Total Points Earned			
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Assignment Objectives

- Analyze sociological theories and the behaviors that are attributed to crime causation.
- Analyze the problem-solving courts and other diversion programs.
- Apply the steps of cognitive restructuring

Other Information

There is no additional information to display at this time.

Legend

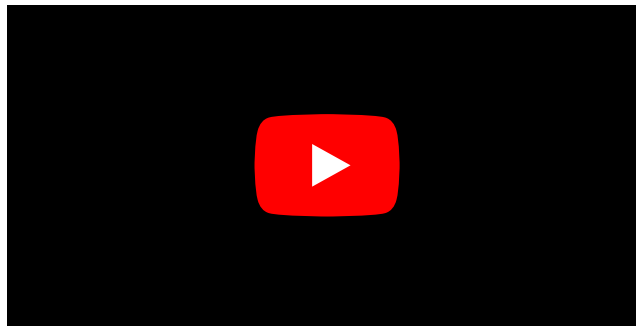
Extra Credit View Assignment Rubric

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