Topic: Social Cognition

Social Comparisons worksheet

1. Why do people make social comparisons?

2. What is the difference between an upward and a downward social comparison? Think of an example of each to illustrate your answer.

3. Describe an advantage and a disadvantage of an upward social comparison.

4. Describe an advantage and a disadvantage of a downward social comparison.

5. Describe an advantage and a disadvantage of making a social comparison with someone that is similar.

6. Joel was initially disappointed with his most recent exam result as it was lower than his usual marks. However, he felt better about his exam result once he asked others in the class what their score was and he realised that he received the highest exam mark in the class. Describe the type of social comparison that Joel is making. Give a reason for your answer.

7. Amanda is her school’s top 100m sprinter in athletics competitions. During the commonwealth and Olympic Games she spends a lot of time studying the running techniques and performances of the athletes who are successful at the Olympics. Describe the type of social comparison that Amanda is making. Give a reason for your answer.

Questions adapted or taken from the following textbook:

- Psychology Stage 2 Jacaranda textbook, Spencer and Hartstone, 2007, National Library of Australia