THE 1994
GRADUATE RESEARCH SYMPOSIUM

WEDNESDAY, APRIL 13, 1994

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Throughout the research field of stress and coping, a widely used and referred to model is that of Lazarus and Folkman. Subsequently, a widely used model to measure coping strategies in the Ways of Coping Checklist developed by Richard Lazarus and Susan Folkman. The model divides eight subscales which can then be divided into three higher order factors: The reliability for the three factor model ranges from .6720 to .8138. These scores are fairly stable and reliable unlike those of the eight factor model indicating that perhaps the three factor model is more appropriate for use.