

## Reading-As-You-Go Questions

<p>1. What are <b>emotions</b> a combination of? (pg. 366)</p>	<p>5. Re-create the chart, with picture, located on <b>pg. 368</b>, which demonstrates all three theories of emotion relating to one example. You should create the <b>same diagram</b>, but <b>change the example</b> and include <b>corresponding picture</b>.</p>
<p>2. Explain the <b>James-Lange theory</b> of emotion, Give an example. (pg. 367)</p>	
<p>3. Explain the <b>Cannon-Bard theory</b> of emotion. Give an example (pg. 367)</p>	
<p>4. Explain the <b>two-factor theory</b> of emotion, (also known as the <b>Schachter Two-factor theory</b>). Give an example. (pg. 367)</p>	
<p>7. Explain what the chart you copied for #6, means.</p>	<p>6. Copy the chart of <b>pg. 370</b>, relating to <b>arousal and performance</b>.</p>

8. Read the section entitled, Physiological Similarities Among Specific Emotions and Physiological Differences Among Specific Emotions. Then, explain how different emotions activate different physiological and brain pattern responses. (pg. 370-371)

9. To experience emotions, must we consciously interpret and label them? Use an example that incorporates the use of a polygraph machine to support your answer. Also discuss two studies that support your answer as well. (pg. 372-376)

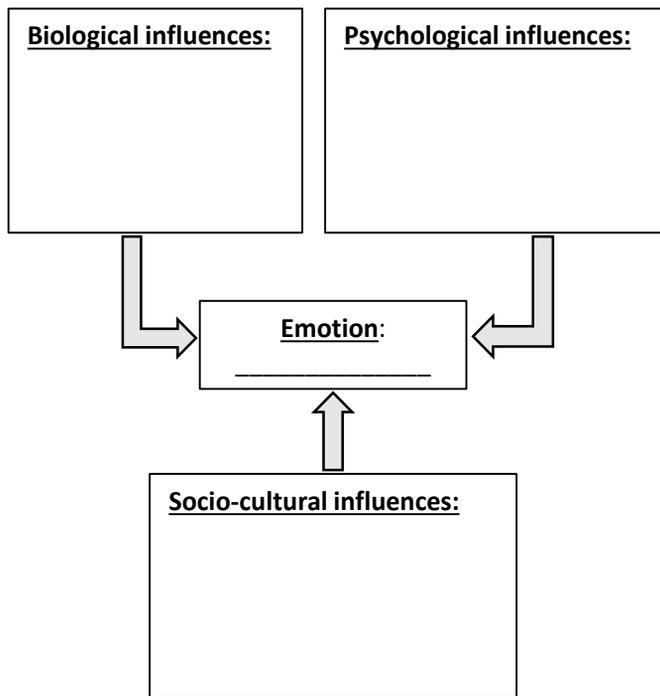
10. How do we communicate nonverbally? Discuss at least two studies that demonstrate ways we communicate nonverbally. (pg. 377-379)

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11. Are nonverbal expressions of emotion universally understood? Discuss at least one study to support your answer. (pg. 380-382)

13. How do our facial expressions influence our feelings? Include a reference to **facial feedback** in your answer. (pg. 383)

12. Fill in the following chart by choosing an emotion to place in the middle, and then describing the biological, psychological and social-cultural influence that contribute to that emotion (pg. 382)



14. How many distinct emotions are there, according to research? (pg. 385-386)

14. What is the function of fear, and how do we learn fear? (pg. 385-386)

15. Explain how fear interacts with our biology. Be sure to mention specific brain structures and how they contribute to the experience of fear (pg. 386)

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16. What are the causes and consequences of anger? This answer should be well developed and also include a mention of catharsis. (387-388)

18. Explain using examples the short life of emotional ups and downs. (pg. 390-391)

19. What is the **adaptation-level phenomenon**? Explain using an example (pg. 394)

17. What are the causes and consequences of happiness? This answer should be well developed and also include a strong explanation of the **feel-good, do-good phenomenon**. (389-390)

20. Explain the **relative deprivation** concept, using examples. (pg. 394-395)

21. What are some predictors of happiness? (pg. 396)

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22. Explain behavioral medicine and health psychology. (pg. 397)

25. Define **the general adaptation syndrome (GAS)** and explain this concept using the chart on pg. 399. (you must copy the chart on pg. 399 as well).

23. What is **stress**? (pg. 397)

24. Copy and explain the chart on pg. 398, dealing with the *appraisal of stress*.

26. What events provoke the stress response? (pg. 400-401). Use examples to support your answer.

## Reading-As-You-Go Questions

27. Why are some of us more prone to coronary heart disease than others? (pg. 401-403)

30. Explain how stress is a contributing factor to AIDS and Cancer. (pg. 405-406)

28. Explain the difference between a **Type A** and **Type B** person. (pg. 401)

31. Explain in **detail**, the chart on pg. 406

29. Explain **psychoneuroimmunology (PNI)** and also explain the chart on pg. 403).