

CHAPTER 8A and 8B – Motivation and Emotion

- Motivation is defined by psychologists as...
- A complex, unlearned, and fixed pattern of behavior common to all members of a species is called a(n)...
- Which theory most clearly emphasizes the importance of homeostasis in motivation? (HINT: You know, reducing drives that have you do things...)
- Maslow & hierarchy of needs. Know the order.
- Stimulating the lateral hypothalamus has what effect on eating?
- The set point has what relation to a person's weight?
- How does gaining weight back after dieting show effects of set point?
- Anorexia nervosa is typically characterized by what symptoms?
- Fearful of becoming overweight, she frequently takes a laxative following episodes of binge eating. Tawana most clearly suffers from...
- Know the order of the complete sexual response cycle. No, we will not be reviewing this in class.
- The refractory period in the sexual response cycle is...
- In a complete sexual response cycle, when does the plateau phase occur?
- Are women's sexual interests somewhat influenced by the phases of their menstrual cycles?
- What is a leading cause of genital warts and cervical cancer? (HINT: There's a vaccine for teens that is given for this now)
- What relationship exists between Premarital sexual activity among American teens and alcohol use?
- AIDS results from the transmission of _____ from an infected sexual partner.
- The basic components of emotion are...
- The James-Lange theory of emotion states that...
- How does the suggestion that we share a friend's feelings of joy if we smile with him or her best illustrate the logic of the James-Lange theory?
- The two-factor theory of emotion was proposed by...
- According to the two-factor theory, the two basic components of emotions are _____ and _____.
- Which division of the nervous system arouses the body and mobilizes its energy in emotionally stressful situations?
- When her son fails to arrive home as expected, Elena fears he has been in an accident. Both her heart and respiration rate remain elevated until she sees him come safely through the door. Her body soon returns to normal due to the action of her _____ nervous system.
- When is task performance best in relation to physiological arousal?
- Relatively high levels of physiological arousal would most likely interfere with effectively what type of task?
- Whether we feel angry or depressed in response to a low grade on a test depends on whether we attribute the poor grade to an unfair test or to our own low intelligence. This best illustrates that emotions are influenced by what factor?
- Research on human fear indicates that people seem to be biologically predisposed to learn some fears more quickly than others. Know that.
- Which brain part has been found to be especially important in learning to fear specific objects?
- What effect does aerobic exercise have on improving satisfaction with life?
- While taking a difficult test, Cindy's muscles tense and her heart pounds. These physiological responses are...
- In a stressful situation, feelings of pain are dulled by which nervous system?

Essay

1. Sue was feeling a little sad and didn't feel like volunteering at the homeless shelter as she had promised. But then she remembered that, earlier in the day, her friend Rob got his foot stuck in a wastebasket, took one step, and fell over. When she thought about this episode, she smiled and felt a little better. She started to feel a bit happier, so she went to the shelter to help out.

Explain how a psychologist might use the following concepts to explain how Sue remembered this episode and the relationship between this memory, Sue's behavior, and her emotions.

- Automatic encoding
- Explicit memory
- Mood-congruent memory
- Two-factor theory
- Facial feedback
- Feel-good, do-good phenomenon
- Relative deprivation

EACH BULLET POINT IS ITS OWN 2-3 SENTENCE ENTRY.

S – Space - Space out your answers. Skip a line between terms.

O – Order – Answer the prompt in the same order the terms are presented.

D – Define – Actually define the term in a way that shows its relevance to the prompt.

A – Apply – Probably the most important one. Don't just define the term, APPLY IT to the prompt!!!!

S – Synonyms – Use synonyms, or words that mean the same thing, so you're not simply repeating the prompt.