Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_

**Unit 8: Motivation& Emotion**

**Reading Schedule: January**

1/3: 326-348—Motivational concepts/Hunger

1/5: 359-377—The Need to Belong/Theories of Emotion

1/9: 377-396—Expressed Emotions

1/11: 397-409—Stress/Illness/Promoting health

**1/16: Unit 8 Test**

**Vocabulary Flash Cards:**

*\*Remember to write the term on the front of the card, and the definition, an example, and/or the significance on the reverse side. You may handwrite or type your study cards.*

\_\_\_\_\_\_\_\_\_\_ /17 Unit 8A (pg. 364)

 \_\_\_\_\_\_\_\_\_\_ /29 Unit 8B (pg. 408) Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Examples? Y/ N Count 1 \_\_\_\_\_\_\_\_\_\_\_ Count 2 \_\_\_\_\_\_\_\_\_\_ Count 3 \_\_\_\_\_\_\_\_\_\_\_\_

**Mini Essay Topics**

*\*Remember to write at least one paragraph, answering all aspects of the question.*

*\*\*TDA—Term, Define, Apply*

­­­­\_\_\_\_\_\_\_\_\_\_ / 25 Unit 8 Mini Essays (5 points each)

1. Discuss psychological, cultural, and situational influences on hunger and eating.
2. Describe the adaptive value of social attachments, and discuss both healthy and unhealthy consequences of our need to belong.
3. Identify the three components of emotion, and contrast the James-Lange, Cannon-Bard, and two-factor theories of emotion.
4. Describe the relationship between physiological states and specific emotions, and discuss the effectiveness of the polygraph in detecting lies.
5. Describe the pervasiveness of stress in daily life, and identify health psychology’s contributions to the field of behavior medicine.