

Chapter 13-15

Chapter 13:

1. Three parts of emotion
2. The James-Lange Theory
3. Cannon-Bard Theory
4. Two-Factor Theory
5. Emotional Valance & Arousal (Examples)
6. The role of the Adrenal gland in emotion
7. Sympathetic Nervous System
8. Facial Expressions and emotions
9. Polygraphs
10. Who displays prolonged eye gazing
11. Differences between men and women and displaying emotions.
12. Identifying facial expressions
13. Non-verbal expressions and emotions
14. Relative Deprivation

Chapter 14:

1. Behavioral Medicine
2. Stress
3. Stressor & Stress Reactions
4. Stress Appraisal
5. Walter Cannon & the role of Fight or Flight
6. Hans Selye and the General Adaptation Syndrome
7. The role of Lymphocytes
8. How prolonged Stress affects the Hippocampus
9. The number one cause of death in the US
10. The difference between Type A & B Personality
11. The role of communication in stress reduction
12. What the Adrenal Gland releases under stress.

Chapter 15:

1. Personality
2. Freud – The Unconscious Mind (Free Association/Hypnosis)
3. Freud – Id, Ego, Superego
4. Freud – Stages of Psychosexual Development
5. Freud – Defense Mechanisms
6. Rorschach and the TAT – What are they and what do they test for
7. Carl Jung
8. Alfred Adler
9. Maslow & the Humanistic Perspective

10. Carl Rogers – The Ideal self & Actual Self
11. Trait & Trait Theory
12. Myers-Briggs and what it measures
13. Factor Analysis
14. MMPI
15. The Big/Robust Five
16. Social-Cognitive Perspective
17. Reciprocal Determinism
18. The difference between Internal & External Locus of Control
19. Martin Seligman & Positive Psychology
20. Self-Esteem
21. Self-Serving Bias
22. The difference between Individualism & Collectivism
23. The criticisms of the 4 major perspectives on Personality

Essay Questions:

1. Human emotions and the role of nonverbal expressions
2. Freud and his Defense Mechanisms (Know them and have examples to explain them)
3. The strengths and weaknesses of the 4 major perspectives on Personality.