

Motivation and Emotion

Ch. 12: Motivation & Work p. 455-497

Ch. 13: Emotion p. 499-529

Ch. 14: Stress & Health..... p. 531-573

| Monday, 3/6 | | Wednesday, 3/8 | Friday, 3/10 |
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| <p>Ch. 12: review T/F Biological bases [456-57] review biological bases for emotion, including instincts, drive-reduction theory, homeostasis, incentive, and optimum arousal. <i>P3:8: evolutionary psych handout 3-2</i></p> <p>Theories of Motivation [456-59] review the three most influential perspectives/theories of motivation: instinct theory (now replaced by the evolutionary perspective), drive-reduction theory, and arousal theory. <i>P12:5: drives: tip.psychology.org/hull.html</i> <i>P12:5: arousal: exploration index handout 12-3</i></p> <p>Maslow Hierarchy of Needs [458] A fourth perspective, Maslow's hierarchy is also presented on page 458. The theories are then integrated within specific discussions throughout the chapter. <i>P12:5-6: Hierarchy handout 12-5, 12-4</i></p> | | <p>Hunger & thirst [p. 459-67] physiology & psychology of ... <i>p. 10: Body image handout 12-7</i></p> <p>Sex [p. 467-482] physiology & psychology of ... Adolescent, Orientation & human values <i>p. 16: attitudes handout: 12-10</i></p> <p>Pain [p. 220-223] what is it? Gate-control theory pain control</p> | <p>Social motives [p. 483-497] present social motivation, including the need to belong (aiding survival, wanting to belong, acting to increase social acceptance, maintaining relationships, fortifying health) and motivation at work (including a review of industrial/organizational psychology) <i>p. 18: affiliate handout: 12-12</i></p> <p>Ch. 12 questions start each question with rubric/outlines of key ideas define and apply</p> |
| Tuesday, 3/14 | | Thursday, 3/16 | |
| <p>Review Ch. 12 essay prompts Ch. 13: review T/F Theories of emotion [p. 499-505] reviews theories of emotion, including the James-Lange and Cannon-Bard Theories, cognitive theories of Emotion, and two dimensions of emotion (include the work of James Russell, David Watson, Auk Tellegen et al [p. 504]). <i>P13.4B: Discuss Lazarus: Cognitive appraisals</i> <i>P13-3: Affect Scale handout 13-2</i></p> | | <p>Review Ch. 13 essay prompts Ch. 14: review T/F Stress [p. 531-546] present stress, including sources of stress and stressors, the stress response system, general adaptation syndrome, stressful life events (including catastrophes, significant life changes, daily hassles), perceived control (poverty and inequality, optimism-pessimism), stress and the heart (coronary heart disease, type A and B personalities), as well as stress and susceptibility and disease (psycho-physiological illness, stress and the immune system, stress and aids, stress and cancer, conditioning the immune system). <i>p14-4A: Stress & Stressors handout 14-2 and handout 14-3</i></p> | |
| Monday, 3/20 | Wednesday, 3/22 | Friday, 3/24 | |
| <p>Stress [cont.] Pages 546-573 review ways of promoting health, including a section on strategies for coping with stress.</p> | <p>Exam Review and discussion</p> | <p>Note: Exam will consist of: M/C questions 40 points 12 take home essay questions..... 50 points 3 required in-class essay questions..... 75 points</p> | |