AP Psychology

Hofmann

**Motivation & Emotion**

**Chapters 8A and 8B**

Reading Schedule:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| February |  |   |  |   | 20Read pages326-339 | 21 |
| 22 | 23 | 24Read pages340-348 | 25 | 26Read pages 348-365Do Multiple Choice and FRQ | 27**NO SCHOOL!** | 28 |
| 1March | 2 | 3Read pages 366-376 | 4 | 5Read pages 377-389 | 6 | 7 |
| 8 | 9Read pages389-396 | 10 | 11Read pages397-409Do Multiple Choice and FRQ | 12 | 13Read and Study | 14 |
| 15 | 16 | 17**UNIT EXAM** | 18 | 19 | 20 | 21 |

In this part of the course, students explore biological and social factors that motivate behavior and biological and cultural factors that influence emotion.  AP students in psychology should be able to do the following:

* Identify and apply basic motivational concepts to understand the behavior of humans and other animals (e .g., instincts, incentives, intrinsic versus extrinsic motivation).
* Discuss the biological underpinnings of motivation, including needs, drives, and homeostasis.
* Compare and contrast motivational theories (e .g., drive reduction theory, arousal theory, general adaptation theory), including the strengths and weaknesses of each.
* Describe classic research findings in specific motivation systems (e .g., eating, sex, social)
* Discuss theories of stress and the effects of stress on psychological and physical well-being.
* Compare and contrast major theories of emotion (e .g., James–Lange, Cannon– Bard, Schachter two-factor theory).
* Describe how cultural influences shape emotional expression, including variations in body language.
* Identify key contributors in the psychology of motivation and emotion (e .g., William James, Alfred Kinsey, Abraham Maslow, Stanley Schachter, Hans Selye).

**Terms & Concepts**

**Chapter 8A Motivation**

motivation, p. 328

instinct, p. 328

drive-reduction theory, p. 329

homeostasis, p. 329

incentive, p. 329

hierarchy of needs, p. 330

glucose, p. 333

set point, p. 335

basal metabolic rate, p. 335

anorexia nervosa, p. 337

bulimia nervosa, p. 337

binge-eating disorder, p. 337

sexual response cycle, p. 349

refractory period, p. 349

estrogens, p. 350

testosterone, p. 350

sexual orientation, p. 354

**Chapter 8B Emotion, Stress, Health**

emotion, p. 366

James-Lange theory, p. 367

Cannon-Bard theory, p. 367

two-factor theory, p. 367

polygraph, p. 372

facial feedback, p. 383

catharsis, p. 388

feel-good, do-good phenomenon, p. 390

well-being, p. 390

adaptation-level phenomenon, p. 394

relative deprivation, p. 394

behavioral medicine, p. 397

health psychology, p. 397

stress, p. 397

general adaptation syndrome (GAS), p. 399

coronary heart disease, p. 401

Type A, p. 402

Type B, p. 402

psychophysiological illness, p. 403

psychoneuroimmunology (PNI), p. 403

lymphocytes, p. 403