AP Psychology

Hofmann

**Motivation & Emotion**

**Chapters 8A and 8B**

Reading Schedule:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| February |  |  |  |  | 20  Read pages  326-339 | 21 |
| 22 | 23 | 24  Read pages  340-348 | 25 | 26  Read pages  348-365  Do Multiple Choice and FRQ | 27  **NO SCHOOL!** | 28 |
| 1  March | 2 | 3  Read pages  366-376 | 4 | 5  Read pages  377-389 | 6 | 7 |
| 8 | 9  Read pages  389-396 | 10 | 11  Read pages  397-409  Do Multiple Choice and FRQ | 12 | 13  Read 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](JavaScript:top.Define('motivation')), p. 328

[instinct](JavaScript:top.Define('instinct')), p. 328

[drive-reduction theory](JavaScript:top.Define('drivereductiontheory')), p. 329

[homeostasis](JavaScript:top.Define('homeostasis')), p. 329

[incentive](JavaScript:top.Define('incentive')), p. 329

[hierarchy of needs](JavaScript:top.Define('hierarchyofneeds')), p. 330

[glucose](JavaScript:top.Define('glucose')), p. 333

[set point](JavaScript:top.Define('setpoint')), p. 335

[basal metabolic rate](JavaScript:top.Define('basalmetabolicrate')), p. 335

[anorexia nervosa](JavaScript:top.Define('anorexianervosa')), p. 337

[bulimia nervosa](JavaScript:top.Define('bulimianervosa')), p. 337

[binge-eating disorder](JavaScript:top.Define('bingeeatingdisorder')), p. 337

[sexual response cycle](JavaScript:top.Define('sexualresponsecycle')), p. 349

[refractory period](JavaScript:top.Define('refractoryperiod')), p. 349

[estrogens](JavaScript:top.Define('estrogens')), p. 350

[testosterone](JavaScript:top.Define('testosterone')), p. 350

[sexual orientation](JavaScript:top.Define('sexualorientation')), p. 354

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

[emotion](JavaScript:top.Define('emotion')), p. 366

[James-Lange theory](JavaScript:top.Define('jameslangetheory')), p. 367

[Cannon-Bard theory](JavaScript:top.Define('cannonbardtheory')), p. 367

[two-factor theory](JavaScript:top.Define('twofactortheory')), p. 367

[polygraph](JavaScript:top.Define('polygraph')), p. 372

[facial feedback](JavaScript:top.Define('facialfeedback')), p. 383

[catharsis](JavaScript:top.Define('catharsis')), p. 388

[feel-good, do-good phenomenon](JavaScript:top.Define('feelgooddogoodphenomenon')), p. 390

[well-being](JavaScript:top.Define('wellbeing')), p. 390

[adaptation-level phenomenon](JavaScript:top.Define('adaptationlevelphenomenon')), p. 394

[relative deprivation](JavaScript:top.Define('relativedeprivation')), p. 394

[behavioral medicine](JavaScript:top.Define('behavioralmedicine')), p. 397

[health psychology](JavaScript:top.Define('healthpsychology')), p. 397

[stress](JavaScript:top.Define('stress')), p. 397

[general adaptation syndrome (GAS)](JavaScript:top.Define('generaladaptationsyndromegas')), p. 399

[coronary heart disease](JavaScript:top.Define('coronaryheartdisease')), p. 401

[Type A](JavaScript:top.Define('typea')), p. 402

[Type B](JavaScript:top.Define('typeb')), p. 402

[psychophysiological illness](JavaScript:top.Define('psychophysiologicalillness')), p. 403

[psychoneuroimmunology (PNI)](JavaScript:top.Define('psychoneuroimmunologypni')), p. 403

[lymphocytes](JavaScript:top.Define('lymphocytes')), p. 403