Motivation and Emotion/Stress and Health

1. Discuss the types of behaviors that motivation may help to explain.

2. Describe the sources of motivation.

3. Define homeostasis, need, drive, and drive reduction theory. Explain what behaviors drive theory can and cannot account for.

4. Define incentive theory. Describe incentive theory’s attempt to explain behavior and distinguish wanting from liking.

5. Explain satiety.

6. List hormones that the brain monitors in the bloodstream as it regulates hunger and eating.

7. Explain the role of the arcuate nucleus and paraventricular hypothalamus in hunger and eating.

8. Describe the human sexual response cycle.
9. Explain Yerkes-Dodson Law, or the Inverted-U Hypothesis

10. Describe Maslow’s hierarchy of needs.

11. Describe the three types of stress conflicts and explain the relationships between motivation and stress.

12. Explain the difference between a pressure to perform and a pressure to conform.

13. Discuss James-Lange theory of emotion. Give an example of how an emotion would occur.

14. Describe the facial-feedback hypothesis.

15. Describe the Cannon-Bard central theory of emotion.
16. Describe the Schachter-Singer theory as a modification of James Lange’s theory of emotion.

17. Explain the connection of Catecholamines and Corticosteroids in regard to the body’s physiological response to stress.

18. Identify and explain the levels of Hans Selye’s General Adaptation Syndrome.

19. Explain the therapy developed under Albert Ellis, R.E.B.T.