

Name: _____

AP PSYCH
Unit 8B.1 Activities
Theories of Emotion, Embodies Emotion

These first questions should be based on your own opinions and life experiences. You don't have to use the book.

1. Give your own personal definition of what you think emotion is (not the text definition):

2. List at least 10 different emotions you feel in your life from day to day:

Use your book and the notes to answer the following questions.

3. Draw the 3 theories of emotion in this space below. Label the name of each theory. Use Figure 8B.1 to help you get started, *BUT replace the examples in the book with your own examples.* For each part of emotion (arousal, emotion, cognitive label), draw AND label a symbol.

4. List each of the 3 theories of emotion again here. Briefly describe how each theory works. Then refer to the book and the examples you created on the front page of this worksheet. Create mnemonic devices to memorize all 3 theories. Take your time and make them memorable!

Theory of emotion	Brief description of the theory	Mnemonic device

5. Emotions and the Autonomic Nervous System: Take any real-world example experience and emotion you would like, and explain how the autonomic nervous system would be involved. Describe both the sympathetic and parasympathetic systems:

What is the experience and the emotion?	How is the sympathetic system involved?	How is the parasympathetic system involved?

6. Refer to Figure 8.3. Is physiological arousal bad or good for performance? Explain your answer.

7. Physiological Similarities Among Emotions: How are physiological effects of emotions similar among certain emotions? Explain your answer.

8. Physiological Differences Among Specific Emotions: How are physiological effects of emotions different among certain emotions? Explain your answer. There will be 3 answers, 1 about the face, 2 about parts of the brain.

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9. If emotions are felt in the body, explain how people with spinal cord injuries and no feelings in certain parts of the body experience emotions, if at all:

10. Cognition can define emotion: Describe a real world example of how you have experienced the spillover effect. OR write the script of a movie scene in which the spillover effect takes place:

11. Cognition does not always precede emotion: Describe a real world example of having emotional reactions apart from, or even before, or after, our interpretations of a situation. Re-read the middle of p374 for ideas on what to write.

12. Cognition does not always precede emotion: Describe a real world example of the emotional low road. Describe the emotions but also describe or draw the parts of the brain being utilized (or not utilized).

13. Now describe a real world example of the emotional high road. Describe the emotions and describe or draw the parts of the brain being utilized.

Answer these last questions based on your own opinions, life experiences, and what you learned today.

14. Chicken or egg type of question: What comes first, our body feeling an emotion (physiologically) or our mind perceiving an emotion (cognitive activity)? Explain your answer with a real-world experience:

15. Should we allow the use of polygraphs (lie detector tests) to be used in criminal investigations? Why or why not?