

AP Psychology – Learning Goals
Myers’ Psychology for AP: Unit VIII
Motivation, Emotion, & Stress

Define <i>motivation</i> as psychologists use the term, and identify the perspectives useful for studying motivated behavior. Be able to explain and apply four major theories of motivation: evolutionary psych/instincts, drive-reduction theory, optimum arousal, Maslow’s Hierarchy of needs.
Describe the physiological factors that produce hunger.
Discuss cultural and situational factors that influence hunger.
Discuss the factors that predispose some people to become and remain obese.
Describe the human sexual response cycle , and identify the dysfunctions that disrupt it.
Discuss the impact of hormones, and of external & internal stimuli, on human sexual motivation.
Describe the evidence that points to our human affiliation need--our need to belong.
Describe how social networking influences us.
Describe how arousal and expressive behaviors interact in emotion. Apply the three major theories of emotion to explain these connections: James-Lange, Cannon-Bard, and Two-Factor Theory
Explain whether we can experience emotions without consciously interpreting and labeling them.
Describe the link between emotional arousal and the autonomic nervous system, and discuss the relationship between arousal and performance (Yerkes-Dodson Law).
Discuss whether different emotions activate different physiological and brain-pattern responses.
Discuss the effectiveness of polygraphs in using body states to detect lies.
Describe our ability to communicate nonverbally, and discuss gender differences in this capacity.
Discuss the culture-specific and culturally universal aspects of nonverbal expressions of emotion.
Describe how facial expressions influence our feelings (e.g., facial feedback)
Identify events that provoke stress responses, and describe how we respond and adapt to stress. Particularly, apply the stages of General Adaptation Syndrome to real-world examples.
Describe how stress makes us more vulnerable to disease.
Explain why some of us are more prone than others to coronary heart disease (including personality factors; Type A/Type B)
Explain the concept of flow , and identify three subfields of industrial-organizational psychology.
Describe how personnel psychologists help organizations with employee selection, work

	placement, and performance appraisal.
	Define achievement motivation , and describe the role of organizational psychologists .
	Describe some effective leadership techniques.
	Describe human factors psychologists ' work to create user-friendly machines and work settings.
	Name some basic emotions, and describe two dimensions psychologists use to differentiate them.
	Identify the causes and consequences of anger.
	Identify the causes and consequences of happiness.

Key People (be able to describe their contributions to the study of motivation, emotion and stress):

- Abraham Maslow
- Ansel Keys
- Alfred Kinsey
- William Masters & Virginia Johnson
- Stanley Schachter
- William James
- Hans Selye
- Friedman & Rosenman