

Module 11 - Emotion
Guided Notes (pgs. 202-217)

1. List and describe the full-body responses of emotion.

a. _____ -

b. _____ -

c. _____ -

2. What are two questions that the text mentions that arise related to emotion? What answers would you provide from your experiences?

a. Question 1

_____?

Your Explanation:

b. Question 2

_____?

Your Explanation:

3. What is the “commonsense” sequence of emotion?

4. Describe a characteristic of EACH of the emotional theories listed below:

James-Lange -

Cannon-Bard -

5. What do modern psychologist believe is a factor in the experience of emotions?

6. According to the Two-Factor Theory of emotion, what two things must be present in order for a person to experience that emotion?

7. The two-factor theory says that we must cognitively appraise AND label our experiences to experience emotion. Why is this necessary?

8. Why does Robert Zajonc claim that we don't always "cognitively appraise and label" in order to experience emotion?

9. The emotion control center of the brain is the _____.

10. Using your experiences, how can a past event influence emotion?

11. What are some of the body's physiological responses to fear?

12. Describe the specific function of the sympathetic and parasympathetic nervous systems.

<u>Sympathetic</u>	<u>Parasympathetic</u>

13. Nonverbal communication is also known as _____.

14. What are examples of nonverbal communication?

15. According to much research, which gender is better at reading emotions based on nonverbal cues? _____

16. Why do YOU think that a person with less power is better able to read nonverbal communication than the person with more power in many relationships?

17. How does culture impact non-verbal communication?

18. What are display rules?

19. Why would knowing the culture of a place you are traveling to be important in terms of the use of nonverbal communication?

20. How are facial expressions different when compared to other forms of nonverbal communication when it comes to identifying emotion?