**A Self-Study Guide to General Psychology, Revised 2015**

**(Psychology 1: Introduction to Psychology)**

**PART IX: EMOTIONS**

**A. Know the ETYMOLOGICAL DEFINITION and MODERN DESCRIPTIONS of EMOTION and the concepts related to it.**

 **1. Temperament**

 **2. Mood**

 **3. Affective states**

**B. Identify the ASPECTS of EMOTIONS.**

 **1. Physiological Aspects**

 **2. Overt Behavior**

 **3. Effects on Memory Retention**

**C. Define or describe the BASIC HUMAN EMOTIONAL RESPONSES. Identify the PHYSIOLOGICAL ACCOMPANIMENTS of these emotions and the INSTRUMENTS used to measure these bodily reactions.**

 **1. Fear**

 **2. Anger**

 **3. Love**

 **4. Grief**

**D. Memorize the THEORIES of EMOTIONS. Explain them.**

 **1. James-Lange Theory**

 **2. Cannon-Bard Theory**

 **3. Cognitive Theory of Emotion**