**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**