

**AP Psychology Unit 8: Motivation, Emotion and Stress**  
**Chapters 12, 13 & 14**

**Time: 2 weeks (01/04-01/15)**

**Note: Spring Semester will go very quickly. You MUST keep up in order to PASS for the YEAR!!!**

**Study Sessions for AP testing: every Tuesday and Thursday both in the morning (7:30-8:05) and afternoon (3:30-4:15)**

**Student Learning Objective Questions:**

1. Identify and apply basic motivational concepts to understand the behavior of humans and other animals
2. Discuss the biological underpinnings of motivation including needs, drives and homeostasis.
3. Compare and contrast motivational theories.
4. Describe classic research findings in specific motivation systems.
5. Discuss theories of stress and the effects of stress on psychological and physical well-being.
6. Compare and contrast major theories of emotion.
7. Describe how cultural influences shape emotional expression, including variations in body language.
8. Identify key contributors in the psychology of emotion and motivation.

**Topics/ Assignments**

***NOTE: There are a lot of interactive quizzes that we will be taking and evaluating in class. It is imperative that you are here every day to get the most out of the information presented.***

**Day 1: TEACHER WORKDAY (01/04)**

**Day 2: Read Ch. 12: Obj. 01-10**

- Emotion Stations: Must be completed in class in one day
- Quia Test over Emotion Stations to be taken at home.
  - **Due Friday, January 8, 2016: Secret word--emotion**

**Day 3: Read Ch. 12: Obj. 11-20**

**Day 4: Read Ch. 13: Obj. 01-11 (01/08)**

**Day 5: Read Ch. 13: Obj.12-21 (01/11)**

**Day 6: Read Ch. 14: Obj. 01-11**

**Day 7: Read Ch. 14: Obj. 12-22**

**Day 8: Catch up on reading and unit work at home**

**Day 9: Unit Due: LOQ, Vocabulary and VT (01/14)**

**Quia Unit 8 Test opens: Due 01/19 at 11:00pm: secret word--stress**

**Day 10: Unit 8 FRQ 25 minutes allotted (01/15)**

- Finishing notes on stress (what irony☺)
- **Unit 9 begins**