

Period 1's Learning Opportunity Answer on your own paper Due Monday!

1. Briefly discuss the similarities and differences between instinct theory and drive-reduction theory.
2. Abraham Maslow suggested that "A person who is lacking food, love, and self-esteem would most likely hunger for food more strongly than anything else." Conversely, the novelist Dostoyevski wrote, "Without a firm idea of himself and the purpose of his life, man cannot live even if surrounded with bread." Give evidence that would lead you to support *both* statements.
3. Although Jan appears to be underweight, she is afraid of becoming fat and consistently restricts her food intake. Although Gene appears to be overweight, he enjoys eating and always eats as much as he wants. Explain how their different reactions to food might result from (a) differences in their inner bodily states *and* (b) differences in their reactions to external incentives.
4. The rate of teenage pregnancy in the United States rose sharply in the twentieth century, despite the increased availability of contraceptives. Describe several specific reforms suggested by psychological research policy makers that could be implemented to reduce teenage pregnancy rates.
5. Injecting a person with an excitatory chemical that activates the sympathetic nervous system is likely to increase his or her subjective experience of intense fear and anxiety. Use one of the major theories of emotion to account for the effects of this chemical on a person's emotional state. Which theory of emotion would have the greatest difficulty explaining these effects? Why?
6. What advice would a health psychologist give to a student about the stress of an AP exam? What are the potential benefits of this stressor, and what are the possible disadvantages of long-term stress?

Essay Practice

1. After your AP psychology teacher announces that everyone in class passed the last test, your friend Marco jumps up on the table and does a victory dance. When the laughter dies down, you start to wonder why Marco is so extraverted and impulsive.

Discuss how the following concepts may or may not be useful in explaining Marco's impulsive behavior.

- Drive-reduction theory
- Incentive theory
- Hierarchy of needs
- Instinct
- Operant conditioning
- Genetic predisposition

2. Sue was feeling a little sad and didn't feel like volunteering at the homeless shelter as she had promised. But then she remembered that, earlier in the day, her friend Rob got his foot stuck in a wastebasket, took one step, and fell over. When she thought about this episode, she smiled and felt a little better. She started to feel a bit happier, so she went to the shelter to help out.

Explain how a psychologist might use the following concepts to explain how Sue remembered this episode and the relationship between this memory, Sue's behavior, and her emotions.

- Automatic encoding
- Explicit memory
- Mood-congruent memory
- Two-factor theory
- Facial feedback