1. Log on to the Motivation and Emotion section of the JMB Psych website.
2. Click on the link to take you to the activity. (https://ucbpsych.qualtrics.com/jfe/form/SV_0TiM7pOS5VM6ONv)
3. Read the landing page and predict how many smiles you think you will correctly identify as being genuine or fake. Write the number down on your clean sheet of notebook paper.
4. Click "next"
5. You do not need to fill out any of the information on the second page.
6. When you click "next" on the second page you will see the first of 20 different smiles, and you will be asked to determine which ones are genuine and which ones are fake.
7. Proceed through all 20 samples to see how well you do and make a tally mark for each smile that you correctly identify as fake or real. Then answer the four questions below.

- How many did you get correct out of 20?
- What is one reason why people may be bad at spotting fake smiles?
- Which 3 parts of the face are typically only activated with genuine smiles, not fake ones?
- Where should you look at a person to have the best chance to determine if their smile is fake or genuine?

Part II - Experienced Emotion Pages 532 – 545  - AP* 384 – 396  (27 points)

1. Re-create and explain the "two dimensions of emotion" model, and explain why states of low or high arousal may be on different valences for different people.  (2 points)
2. How is fear useful for us?  (1 point)
3. Describe one example of learned fear through conditioning, and one example of learned fear through observation. (2 points)
4. Explain the role of the amygdala in the processing of fear.  (2 points)
5. Contrast fear and phobias.  Are phobias adaptive as fears are?  Explain. (2 points)
6. Andrea is furious because her steady boyfriend spent half an hour talking with his former girlfriend at last night's school dance. A friend suggests that Andrea ought to get the anger out of her system by repeatedly pounding her pillow while she imagines that she is hitting her boyfriend. Explain the term catharsis and why this might be an ineffective way for Andrea to reduce her anger. Suggest better ways.  (3 points)
7. Explain the fluxuation of emotion throughout the day, and the long-term effects of tragic or dramatically positive events.  (2 points)
8. Provide arguments for and against the idea that monetary wealth leads to happiness.  (You may want to create a 2 column chart to add information for each side as you read.)  (4 points)
9. How can the research studies of Richard Ryan, Tim Kasser and H.W. Perkins be connected to Maslow's Hierarchy of Needs Theory?  (2 points)
10. "For some people, material desires can never be satisfied."  Name and explain the principle that supports this statement, and explain how this principle supports this view. (2 points)
11. "The grass is always greener on the other side of the fence."  Name and explain the principle that supports this statement, and discuss some research that supports AND refutes it. (2 points)
12. Identify six factors that are positively correlated with feelings of happiness, and 5 factors that are evidently unrelated to happiness. (1 point)
13. Describe what the "happiness set point" is.  (1 point)
14. What do studies of happiness remind us about emotions, and what do fear, anger and happiness have in common?  (1 point)

# THEORIES OF EMOTION

**Commonsense**

"I tremble because I feel afraid"

Stimulus → Fear (Conscious feeling) → Autonomic arousal

**James-Lange**

"I feel afraid because I tremble"

Stimulus → Autonomic arousal → Fear (Conscious feeling)

**Cannon-Bard**

"The dog makes me tremble and feel afraid"

Stimulus → Subcortical brain activity → Autonomic arousal / Fear (Conscious feeling)

**Schachter**

"I label my trembling as fear because I appraise the situation as dangerous"

Stimulus → Autonomic arousal → Appraisal → Fear (Conscious feeling)