Quiz 2 Study Questions

Chapter 6 Principles of Pleasure

1. Define affect, emotion, mood, subjective well-being
2. What is the PANAS? What is main content of negative affect? Positive affect?
3. Isen’s work: when people are experiencing positive emotions, what are they more likely to do?
4. Describe Fredrickson’s broaden and build model of positive emotions.
5. What are thought action repertoires?
6. What is the undoing hypothesis?
7. What are the 3 major theories of happiness? (need/goal, process/activity, genetic/personality)
8. Describe Maslow’s self-actualization theory
9. How are process/activity theories used to explain happiness? What is flow?
10. What % of positive and negative emotionality is genetically influenced?
11. What is subjective well-being?
12. Why is happiness important?
13. Describe the Complete State Model of Mental Health

Chapter 7 Making the Most of Emotional Experiences

1. What is Approach Oriented Emotion-Focused Coping? What are the 2 related processes?
2. Describe research on emotion-focused coping and breast cancer, racism, and parental illness.
3. What role does culture play in emotional expression?
4. What is emotional intelligence? Describe the 4 branches of Salovey and Mayer’s EQ model
5. Know the slides on EQ, Mindfulness and Leadership
6. What is socioemotional selectivity? Carstensen research comparing older and younger and goals and behavior. Research on emotion-laden material processed by young and old
7. What is emotional storytelling? Writing exercises have what positive outcomes? What is alexithymia?

Chapter 8 Self-Efficacy

1. What are outcome and efficacy expectancies?
2. What is self-efficacy and what are the 5 childhood antecedents/ways to increase self-efficacy?
3. Know the cultural context and self-efficacy research.
4. Self-efficacy and psychological adjustment research findings.
5. What is bicultural and cultural self-efficacy?
6. What is collective efficacy?
7. What is the difference between internal and external locus of control?
8. What are attributions, fundamental attribution error, and self-serving bias?
9. What types of attributions do optimists and pessimists make for failures?
10. What is the ABCDE model for pessimistic thoughts? What are the components and what are the ways to make disputations convincing?
11. What are the childhood antecedents of hope?

Chapter 9 Wisdom and Courage

1. What do explicit theories of wisdom focus on?
2. What is the goal of Sternberg’s Balance Theory of Wisdom?
3. What are moral, vital and physical courage (K.K. O’Byrne)?
4. What is the difference between civil courage and altruism?
5. Vital courage and Miep Gies
6. Practical Applications of Learning to Face Fear
7. Wise acts for men (public) women (private)