

## Exam #1

As we have discussed, one of the major goals of this course is not only to learn the material, but to be able to apply what you've learned to the outside world. This exam will assess the degree to which you are able to translate what you've learned to very real-world experiences – experiences you will likely encounter for years to come.

You will be asked to write two, two-part essays (4 essays in total). The first two essays will be on one (1) of the attached three vignettes (you get to choose!). The second two essays will be about a “surprise” stimulus that I will provide to you at the beginning of class. Details below . . .

So far this semester, we have covered the below topics in depth:

- 1) What is an emotion? The parameters used to study emotion, and the component approach.
- 2) What causes emotions? Major theories about how they unfurl.
- 3) How are emotions understood? Discrete versus dimensional accounts. Three major theories about the relationship between PA and NA.
- 4) Why/How are emotions important and/or functional (intrapersonal, dyadic, in a group)?
- 5) Levenson's (1999) Core-Control System
- 6) Emotion elicitation. Pros, cons, and unique nature of each method (movies, slides, music, social psychological, etc.) – both in research and in the real world.
- 7) How do people communicate emotions? Relatedly, how are emotions in others measured (behaviorally, autonomically, neurally, via self-report)?
- 8) What strategies do people use to regulate/control their emotions? Which strategies are most effective, and why?

Your job will be to select two (2) topics from the above list and relate them to one of the attached vignettes (you will not write at all about the other two vignettes). Your responses should clearly demonstrate that you understand the course material well and, more importantly, that your understanding/appreciation of the vignette you selected has been improved as a result of the course material.

For the “surprise” stimulus, you will be asked to select two (2) different topics from the above list (i.e., you must write about 4 different topics in this exam). As before, you will be asked to relate these two topics to the stimulus and clearly demonstrate that you understand the course material well and, more importantly, that your understanding/appreciation of the stimulus has been improved as a result of the course material.

Thus, in total, you will be asked to write four essays (2 films \* 2 topics each = 4 essays, each valued at 6 points each).

For each essay, please clearly indicate which of the above 8 topics you are writing about. And, for the two vignette essays, please clearly state which vignette you are writing about. How long should each essay be? This is up to you . . . as *efficiently* as possible, *thoroughly* explore the bridge between 4 of the 8 class topics (above) to a vignette (2 essays) and to the “surprise” stimulus (2 essays).