*Note: For the concepts listed below you will need to understand their meaning and be able to apply them in different contexts. Memorizing the definitions will not be sufficient.

Ch. 7
1. Understand what circadian rhythms are
2. Know what occurs if one’s circadian rhythm of sleep is disrupted
3. Know the different brain waves associated with each stage of sleep & wakefulness
4. Understand the different stages of sleep (both REM & NREM)
5. Know the research on sleep and dreams (debunking myths)
6. Know what happens when deprived of sleep
7. Understand the different sleep disorders and treatments as discussed in class
8. Understand Freud’s view on dreams
9. Understand the information-processing view on dreams
10. Understand the biological view (activation synthesis hypothesis) on dreams
11. Understand the different terms associated with drug use
12. Know the effect of repeated use of opiates
13. Understand the different effects of each class of drug as discussed in class

Ch. 14
14. Know what health psychology is
15. Understand the different biological pathways of stress as discussed in class
16. Understand the General Adaptation Syndrome
17. Understand the relationship of chronic anger & chronic depression with heart disease
18. Know the relationship between Type A personality & heart disease
19. Understand Type A & Type B personalities
20. Know the effects of epinephrine, norepinephrine and cortisol on the body
21. Know what neurotransmitters are associated with aerobic exercise (also know the relationship)
22. Understand problem-focused and emotion-focused forms of coping as well as specific types
23. Understand what biofeedback is and how it works
24. Know what the most preventable cause of death and disease is in the U.S.
25. Know the desirable effects of nicotine
26. Understand the effects of stress on the body (what illnesses are associated with stress?)
17. Know the research on obesity & weight control
Ch. 12
18. Know what incentives, drives & instincts are
19. Know what motivation is
20. Know what homeostasis is
21. Understand the arousal theory
22. Understand Maslow’s Hierarchy of Needs
23. Understand the biology & psychology of hunger
24. Understand what setpoint is
25. Understand Anorexia & Bulimia & how family factors can influence the disorders
26. Know the stages of the sexual response cycle
27. Know what a refractory period is
28. Know what hormone is most related to sexual motivation for both sexes
29. Know the research on adolescents and contraception
30. Know the biological factors related to homosexuality
31. Know the myths associated with homosexuality
32. Understand the info on the need to belong as discussed in class
33. Understand achievement motivation

Ch. 13
34. Understand the three parts of emotion (arousal, cognitive, behavioral)
35. Understand the four theories of emotion as discussed in class (Canon-Bard, Schacter Two Factor, etc)
36. Know the two dimensions of emotion (valence, arousal)
37. Know the research on lie detection tests (i.e., polygraph test)
38. Know the areas of the brain associated with emotion
39. Know the six basic emotions
40. Know what the catharsis hypothesis is & understand the research
41. Know the best way to handle anger
42. Know what subjective well-being is
43. Understand the adaptation-level principle & the relative deprivation principle
44. Know the predictors of happiness