**UNIT OBJECTIVES**

1. Understand Maslow’s Hierarchy of Needs and be able to list them in order.
2. Understand both the physiology and psychology of hunger and be able to list body parts and hormones involved.
3. Explain how the eating disorders anorexia nervosa and bulimia nervosa demonstrate the influence of psychological forces on physiologically motivated behaviors.
4. Describe the adaptive value of social attachments, and identify both healthy and unhealthy consequences of our need to belong.
5. Discuss the impact of hormones on sexual motivation and behavior.
6. Describe the role of external stimuli and fantasies in sexual motivation and behavior.
7. Discuss some of the forces that influence teen pregnancy and teen attitudes toward contraception.
8. Summarize current views on the number of people whose sexual orientation is homosexual.
9. Discuss the research on environmental and biological influences on sexual orientation.
10. Discuss the place of values in sex research.
11. Describe some of the factors that affect our ability to decipher non-verbal cues.
12. Describe some gender differences in perceiving and communicating emotions.
13. Discuss the research on reading and misreading facial and behavioral indicators of emotion.
14. Discuss the culture-specific and culturally universal aspects of emotional expression, and explain how emotional expressions could enhance survival.
15. Discuss the facial feedback and behavior feedback phenomena, and give an example of each.
16. Identify the three components of emotions, and contrast the James-Lange, Cannon-Bard, and two-factor theories of emotion.
17. Name several basic emotions, and describe two dimensions psychologists use to differentiate emotions.
18. State two ways we learn our fears.
19. Discuss some of the biological components of fear.
20. Identify some common triggers and consequences of anger, and assess the catharsis hypothesis.
21. Describe how the feel-good, do-good phenomenon works, and discuss the importance of research on subjective well-being.
22. Discuss some of the daily and longer-term variations in the duration of emotions.
23. Summarize the findings on the relationships between affluence and happiness.
24. Describe how adaptation and relative deprivation affect our appraisals of our achievements.
25. Summarize the ways that we can influence our own levels of happiness.

**Post-Test Reading: pp. 419-429**

**Day One:** Friday, February 7 / Monday, February 10

Discussion: Intro to Motivation

Start Hunger

Activity: Maslow’s Hierarchy of Needs Order

Video: *Alive*

**Homework: 429-432, 651-653**

**Day Two:** Tuesday, February 11 / Thursday, February 13

Discussion: Finish Hunger

Eating Disorders

Activities: Assessing Body Image

Video: *Anorexia Nervosa*

**Homework: 433-447**

**Day Three:** Friday, February 14 / Monday, February 17

Discussion: Sexual Motivation

Sexual Orientation

Kinsey Studies

Activity: Complexity of Sexual Orientation

**Homework: 448-454 (stop at Achievement Motivation) and 460-464**

**Day Four:** Tuesday, February 18 / Wednesday, February 19

Discussion: Need to Belong

Introduce Theories of Emotion

- James-Lange

- Cannon-Bard

- Two-Factor

**Homework: 464-475**

**Day Five:** Thursday, February 20 / Friday, February 21

Discussion: Embodied Emotion

Emotional Expression

Nonverbal Expression

Activity: Emotional Expressivity

Nonverbal Demonstration

Body Language Analysis

Facial Expressions

Video: Happiness (maybe if time) or Crash Course (if time)

**Homework: 476-487**

**Day Six:** Monday, February 24 / Tuesday, February 25

Discussion: Experienced Emotion: Fear, Anger, Happiness

**Homework: Study for Unit 8 Test**

**Day Seven:** Wednesday, February 26 / Thursday, February 27

**TEST 7**