

Special Supplement—Units 7 and 8

Super-Secret Study Hints

- Make sure you download the way-detailed study guide [from my website](#). Make sure to do this before the test, especially the first part which has some questions to help you review for throwback. **But before you do this:**
- Watch these Crash Course vids to make sure you're clear on the concepts:
 - [The Power of Emotion](#): understand the theories of emotion that somehow correspond to the chart I gave you in class today!
 - [Feeling All the Feels](#): pay attention to the concepts presented and GET THE EXAMPLES!
 - [Emotion, Stress and Health](#): this finishes what we were watching today.
 - [Theories of Emotion](#) (a Khan Academy video; a bit more detailed than what you saw on Crash Course)
- The last two Mods, 43-44, are all on **stress**. You can read through them (advised) and make sure you understand the basic physiological responses to stress and the terms related. However, Khan Academy has really good videos explaining the concepts (I know, they can be slow). Make sure you review the terms from your [Units 7-8 Guide](#) before watching them so that you can **selectively attend** to the information you need to know.
 - [What is Stress](#): pay attention to the differences between Stress Appraisal and Stress Response.
 - [Responding to Stress](#): physiological reactions to stress are important to know. Pay attention to the terms from the Unit Guide.
 - [Physical Response to Stress](#): more information about how stress can mess with health and the immune system.
 - [Behavioral Response to Stress](#): this gives all the zany things that people do when they be all stressed!
- Join the online study session at 7:30PM.
- Use the [TEXTBOOK WEBSITE](#) Unit 7 and Unit 8 quizzes (under Free and Open Resources) to review application of content. These quizzes give you the specific pages to review for those questions you get wrong.