AP Psychology/Ms. Dexter

Unit VIII Requirements

**Motivation and Emotion (6–8%)**

In this part of the course, students explore biological and social factors that motivate behavior and biological and cultural factors that influence emotion.

*AP students in psychology should be able to do the following:*

• Identify and apply basic motivational concepts to understand the behavior of humans and other animals (e .g ., instincts, incentives, intrinsic versus extrinsic motivation).

• Discuss the biological underpinnings of motivation, including needs, drives, and homeostasis.

• Compare and contrast motivational theories (e.g., drive reduction theory, arousal theory, general adaptation theory), including the strengths and weaknesses of each.

• Describe classic research findings in specific motivation systems (e.g., eating, sex, social)

• Discuss theories of stress and the effects of stress on psychological and physical well-being.

• Compare and contrast major theories of emotion (e.g., James–Lange, Cannon– Bard, Schachter two-factor theory).

• Describe how cultural influences shape emotional expression, including variations in body language.

• Identify key contributors in the psychology of motivation and emotion:

* William James
* Alfred Kinsey
* Abraham Maslow
* Stanley Schachter
* Hans Selye