**Learning, Motivation, and Emotion Study Guide:**

1. What is classical conditioning?
2. How does an unconditioned stimulus (UCS) differ from a conditioned stimulus (CS)? How does an unconditioned response (UCR) differ from a conditioned response (CR)?
3. What are the three basic processes in classical conditioning? Explain each.(hint: the first is acquisition)
4. What role did Ivan Pavlov play in the study of classical conditioning?
5. What are generalization and discrimination and in what ways can they be considered opposites?
6. How do positive and negative reinforcements work, and how do they differ from each other?
7. How did Bandura’s research demonstrate the principles of observational learning?
8. What is the difference between eustress and distress?
9. How do our perceptions of situations influence our experience of stress?
10. What were the two main historical theories of emotion, and how do modern cognitive theories of emotion differ from these older theories?
11. How do we communicate our emotions to others? What is the impact of gender and culture on this communication?
12. According to Maslow, are some needs more basic than others? Explain your answer.
13. What is the difference between intrinsic and extrinsic motivation?