1. Define the term *emotion*. Be clear and given two examples of each emotion in each term of each dimension.

2. What is *Emotional Intelligence (EQ)*?

3. What are three characteristics of the *range* of emotions and tell me what you know about the non-verbal expressions of emotions. How is it done, is it effective, and when is it learned?

4. What is *Health Psychology* about and what areas of concern would a health psychologist focus on?

5. Define the term *stress*. Tell me what you know about it. And, what is the *general adaptation syndrome*?

6. When thinking about coping with stress, what is the difference between *monitoring* techniques and *blunting* techniques?

7. **EXTRA CREDITY** - According to Lazarus, what is the most important factor in what makes something stressful?