What are emotions and how do we measure them?

1. What are the 2 general classes of appraisal theories and how do they differ?

2. What does it mean to say that emotions are a process? What are the parts of this process?

3. What is the difference between affect, emotion, mood, personality, etc.

4. What are the major ways that emotions have been measured and what are the advantages and disadvantages of each?

5. What positions do Zajonc and Lazarus have about cognition and emotion?
   a. With respect to the major theoretical traditions we discussed on the first day of class, where does each of these researchers fit?
   b. What do their ideas imply for a definition of emotion?