1. What is Magda Arnold’s view of emotion?
   a. What are appraisals?
   b. Are they conscious?
   c. How does Arnold’s view differ from the ideas of James in particular?

2. What does the cognitive appraisal perspective on emotion imply about how we can change our emotions? How does the research where participants were asked to view emotion-arousing films in different ways relate to this?

3. What is Lazarus’ Cognitive-motivational-relational theory?

4. In what general ways have cognitive appraisals theories been tested (e.g., Smith & Lazarus’ study, Roseman’s studies)?

5. According to the chapter, what are some issues about emotion that the researchers using a cognitive perspective still have not addressed?

6. Regarding the papers we read by Zajonc and Lazarus, what position does each writer take about the relation between cognition and emotion?
   a. What do their ideas imply for a definition of emotion?