I’ll see you on Sat, 12/14 at 10:30 am (in the usual classroom). I’ll bring some breakfast goodies. The final will have a nearly identical format to the midterm. See the outline for the psychopathology class for information on the question that will assess your cumulative knowledge. That outline, as well as all others, are available on the web page if you need them. The web page also lists some study tips.

12/11: Emotion Regulation
1. Salovey & Meyer
   a. What do they include as the 3 components of emotional intelligence?

   a. According to past studies, what effects does emotion regulation seem to have on physical and emotional health.

   b. According to Gross, why do these effects occur (what is his model)?

   c. What are antecedent- and response-focused coping?

   d. What effects do each have on expressive behavior, subjective experience, and physiology?

   e. What are the potential benefits and disadvantages that Gross identifies for each type of emotion regulation?