**Unit 2 Study Guide**

1. The Endocrine System 15%
   1. Neuron Diagram
   2. Action, Refractory and Resting Potential
   3. Neurotransmitters and Sensory Cells
   4. Neural Train
   5. Nervous System
      1. Peripheral
      2. Central
      3. Somatic
      4. Autonomic
      5. Parasympathetic
      6. Sympathetic
   6. Hormones and Glands
      1. Pituitary
      2. Thyroid
      3. Adrenal
      4. Pancreatic
      5. Sex
2. The Brain 15%
   1. Lower Level Brain Structures
   2. The Cerebral Cortex
   3. Four Lobes of the Brain
   4. Left vs. Right Brain
   5. Broca’s and Wernicke’s Area
   6. Split Brain
3. Sensation 15%
   1. Eye Diagram and its parts/functions
   2. Ear Diagram and its parts/functions
   3. Bottom-Up and Top-Down Processing
   4. Signal Detection, Sensory Adaptation, and Selective Attention
   5. Wavelength and Amplitude
   6. Sound, pitch, hertz and decibel
4. Perception 10%
   1. Gestalt and Figure-Ground Principles
   2. Grouping Principles (grouping, similarity, proximity, closure, continuity)
   3. Depth Perception and Constancies (visual, sound, shape, lightness)
   4. Illusions
5. Motivation 10%
   1. Drive-Reduction Theory and Yerkes-Dodson Law
   2. Homeostasis
   3. Hierarchy of Needs (Maslow)
   4. Effects of Hunger and its various disorders (bulimia, anorexia)
6. Fear 10%
   1. Theories of Emotion 🡪 James Langue, Canon-Bard, Two-Factor
   2. Nervous System Effects when Fear is Initiated
   3. Nonverbal Communication
7. Stress 10%
   1. Stress 🡪 Appraisal 🡪 Response
   2. General Adaptation Syndrome
   3. Burnout
   4. Catastrophes vs. Perceived Control
   5. Stress, Hormones and Personal Effects
8. Wellness 10%
   1. Exercise and Mental Health
   2. Social Support and Religion
   3. Power of Positivity
   4. Smoking vs. Happiness/Wellness
   5. Body Mass Index
9. Guiding Questions
   * 1. Explain the process a neuron goes when “under fire.”
     2. How do each of our glands work in the functioning of our Endocrine system?
     3. Identify and explain each of the four lobes associated with the brain
     4. Identify and explain features in both the left and right side of the brain
     5. Differentiate between sound, pitch, hertz and decibel
     6. Why does our brain trick us when viewing illusions?
     7. What does the Gestalt Principle teach us about how we perceive everyday patterns?
     8. Why do you think Maslow categorized his needs in the manner he did?
     9. Why must our motivation levels remain regulated?
     10. What happens to our body during a fearful situation?
     11. Why is it critical for a counsellor/therapist to understand nonverbal communication?
     12. Why is it critical for us to manage our stress levels? How can we manage stress and promote wellness at the same time?
     13. Is stress critical to one’s health or a positive?
     14. Explain three strategies to help a smoker quit
     15. Why is exercise and mental health closely linked together?