**Study Guide**

**Module 9-2: Emotional Development**

1. What does it mean to say that basic emotions are universal? What does it imply? What are the most reliable cues to them? Are they also universal?

2. What are the three dimensions of emotion, and what other mental activities are involved in the experience of emotion?

3. What are the purposes or functions of emotion, and how are they comparable to pain/

4. What are the dimensions of emotional competence that Sarnii talks about? You should be able to recognize these and to name and describe two or three of them.

5. What is the understanding that we call a “Theory of Mind”?

6. From whose theory did the idea of emotional intelligence or EQ emerge? Who were the authors of the MSCEIT and what is it? Who published the book “Emotional Intelligence”?

How did Salovey & Mayer define emotional intelligence?

7. What happens when emotional responses go seriously awry?

8. What are the primary emotions and when do they emerge? Are there any neutral emotions? What does Erikson imply that our emotions help us to learn in the first year of life?

9. There are emotional milestones for infants and young children. How early do emotions appear? When do anger and fear appear? What is social referencing, and when does it appear?

10. What is stranger anxiety and what is separation protest?

11. What are two strategies that babies use for emotional self-regulation?

12. What is required for the development of self-conscious emotions? When do they emerge, and what are some of them?

13. Why is adult instruction required in relation to the self-conscious emotions? What are shame, pride and guilt most often in response to? What are they linked to, and what do they serve to do?

14. Which is related to good adjustment, shame or guilt? Why? What is shame associated with?

15. What emotions do small children fail to do well with?

16. Who experiences the most peer rejection?

17. What happens to babies of depressed mothers emotionally & behaviorally and where does it lead?

18. In middle and late childhood what happens to awareness of the need for emotional management, the ability to understand complex emotions, and the ability to conceal negative emotions?

19. What happens to happiness between the 5th and 9th grades? Is it due to hormones? Describe adolescent emotional behavior.

20. What happens to emotions in older adulthood? Is it due to the passage of time? What could be other explanations?

21. What is temperament?

22. What later life consequence is it related to?

23. Can it be modified by parenting?

24. What are the types of temperament? Which is the most frequent? Which is the most problematic?

25. Is temperament biological?

26. Kagan’s behavioral inhibition pattern is related to a personal characteristic that we all know as ?