**Test Review Sheet**

**What Should I Study?**

**Mental Health, Illness and Emotions**

* General understanding of the different theories of emotion—paying attention to the “Two Factor Theory” and “Cognitive Appraisal” – which one do you think makes the most sense to you? What would be an example?
* What is emotional intelligence?
* What stigma and stigmatization means in relation to mental illness, general idea of the negative and positive associations/stereotypes we have about mental illness (this can be related to how mental illness is portrayed in the media)
* Some myths vs. truths that we have covered about mental health and mental illness
* a concrete definition of what mental illness is
* some key points about the history of mental illness and how views and treatments have changed
* multiple choice or matching--- know the main differences between the different types of mental illnesses we have studied (including personality disorders)
* what did Harlow’s monkey experiment teach us about human emotion and the importance of how we are raised in early childhood?
* true or false- about the general differences between a mental disability and a mental illness