



# Life as an AP Student



# Successes

The challenge of college level work is very rewarding! It pays off when you are completing college applications!

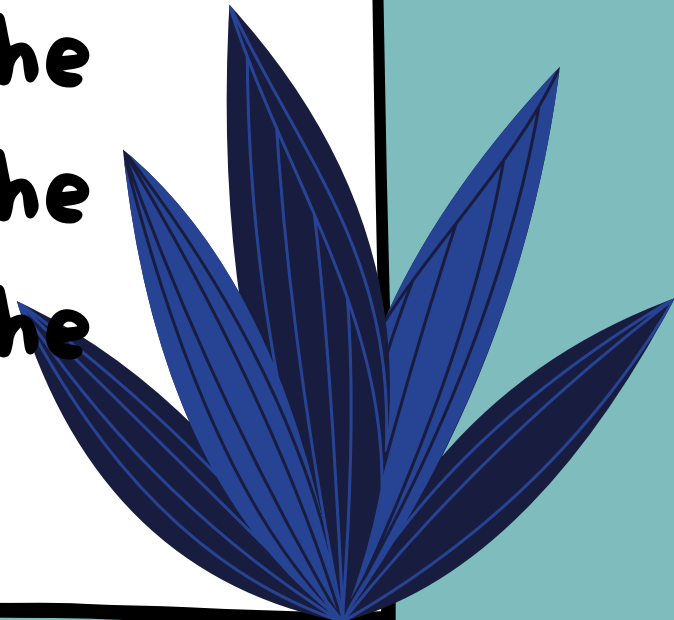


## Recognition

- National Recognition
- School based recognition at graduation

## The Post Exam Shift

When exams are over, the learning continues but the teachers recognize the need for FUN!



# CHALLENGES

- Exams can be stressful-AP classes cover wide ranging topics.
- College credit varies by school so do your research!
- Time-AP courses require time management, especially if you are doing other things!

## Quick Tips:

- Make a schedule and stick to it!
- Commit to staying on top of the work

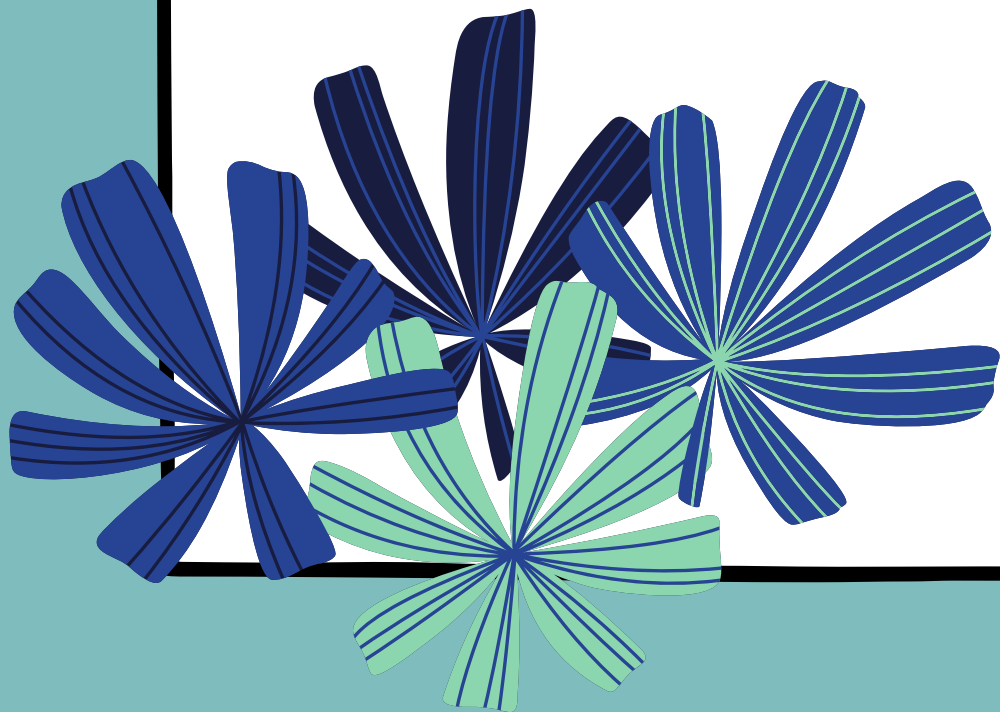
## Tonight's Homework

Look up a few colleges you are interested in attending and see how credits transfer!



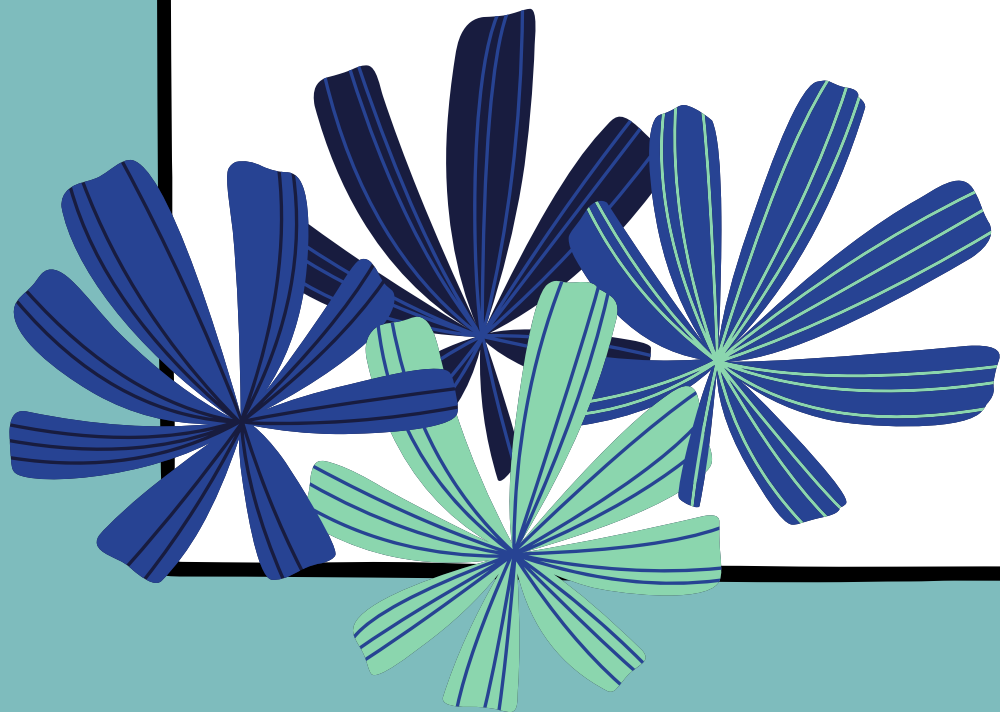
# Diana's Highlights

- **AP Psychology**
  - Mrs. Medina
  - a blend of science and philosophy
- **AP Stats**
  - Mrs. Tinker
  - opportunities for our own statistical research



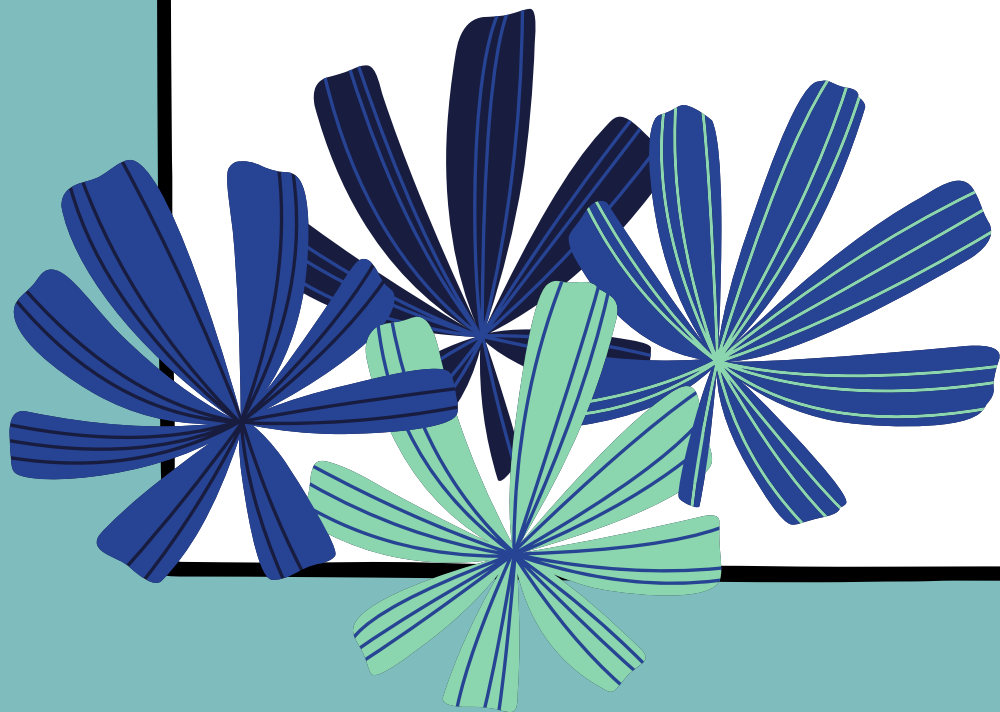
# Malaysia's Highlights

- **AP Calculus**
  - **Mrs. Schaeffer**
  - **combined with Calculus Honors for an easier transition**
  - **Difficult, but rewarding!**



# Brooke's Highlights

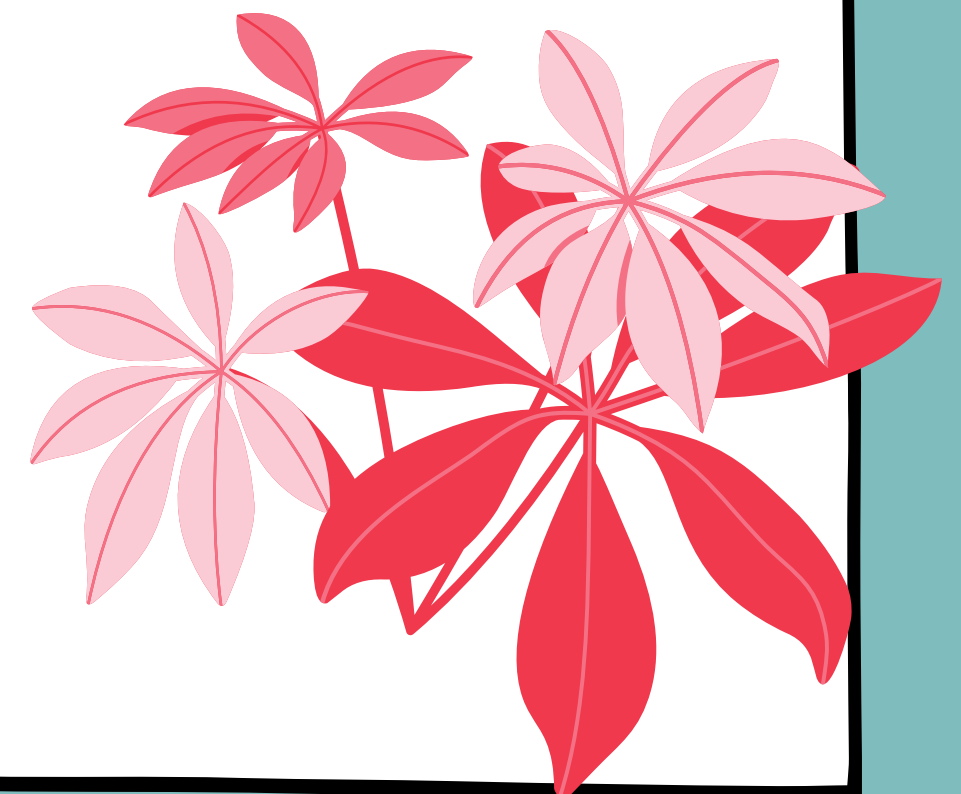
- **AP Biology**
  - **Creative learning through labs, experiments, and projects**
  - **Mrs. Snyder**
- **Capstone**
  - **a combo of AP Seminar and AP Research**
  - **current events, research, personalized learning, and small group setting**





# A Balancing Act

- You can have a life and be an AP student!
- We represent AP, but we are also athletes, friends, club members, etc.
- Procrastination is not your friend.

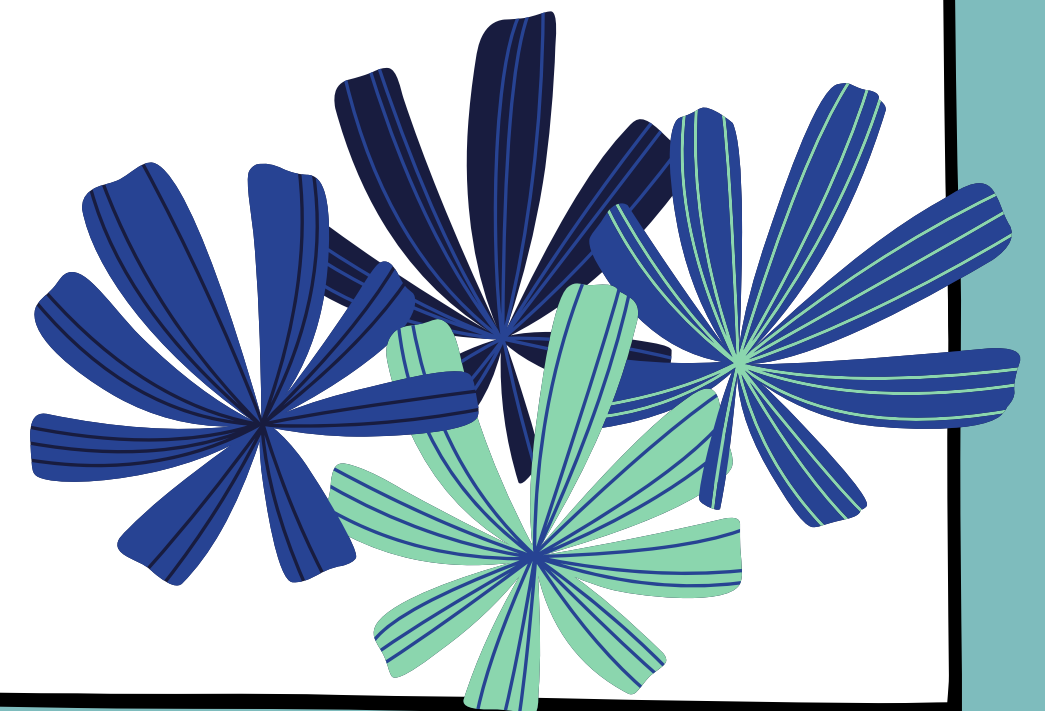


# Future Focus

-Course offerings are vast and provide us with foundational knowledge for the future courses we will take.

-We are taking classes that directly relate to our future majors and help prepare of for what is coming!

-AP courses are helping us figure out our strengths and weaknesses and make choices for the future!







**Emotions:**

**Theories on Emotion Responses:**

1. James Lange Theory  
Physical changes in the body happen first, which then leads to the experience of emotion.
2. Cannon-Bard Theory  
Simultaneous events trigger feelings and physical reactions that occur simultaneously.
3. Schachter Two-Factor  
Physiological arousal determines the strength of the emotion, while cognitive appraisal identifies the emotion labeled.
4. Zajonc & LeDoux  
Some emotions occur repeatedly from a prior to our cognitive interpretation of them.
5. Lazarus - multidimensional appraisal theory of emotion, where an appraisal is an evaluation of an external event.  
1) cognitive appraisal 2) physiological response 3) action

**10 Primary Emotions (Carol Izard)**

- 1. Joy
- 2. Surprise
- 3. Sadness
- 4. Anger
- 5. Disgust
- 6. Contempt
- 7. Fear
- 8. Shame/Embarrassment
- 9. Guilt
- 10. Love

**Facial Feedback Effect**  
The idea that a facial expression may feed back on emotion, but only when expression and emotion are related to the same object or event. (Schulman & Tomkins, 1979; Coatsworth & Izard, 1993)

**Paul Ekman & Expressions of Facial Emotions**  
Universals.

**Emotions & ANS Arousal**  
Emotions = process consisting of physiological arousal, cognitive interpretation, subjective feelings, & behavioral expression.  
Arousal: the physiological state of being active and alert, regulated by the Autonomic Nervous System (ANS).  
Muscle tone, brain activity, blood pressure.

**Physiology of Emotions**  
Emotion = reflect physiological states in the body. James Lange theory holds that human bodies first experience physical sensations and then become aware of them.  
The result of the autonomic nervous system's reaction to the emotion we're experiencing.

11) paradox (d) - full statement that contradicts itself (can be a sentence or poem stanza, ex: success is counted sweetest by those who've never succeeded... contradiction is that they've never achieved it)

12) personification (d) - IN ANIMATE (ex: cannot be the dog smiled at its owner bc dogs have the ability to express human-like characteristics)  
ex 1: profit (shop cannot profit)  
ex 2: abstract concept is wisdom personification that its making wisdom a concept, gives wisdom a gender and increases its volume.  
ex 3: card is dancing/waving

13) symbol (d) - something that stands for another thing (DON'T confuse allegory & symbol, a symbol is not a allegory BUT... a allegory is a complete literary work (poem, novel, short story) but a allegory can have symbols) dte=peace, heart=love, be able to identify

14) tone (d) - 2 definitions again but only need to know 1 word for word (tone is a attitude has to be an adjective ex: happy & sad - don't use it ex of what is expected: empowered - JUST THE WORD)

**AIN Love**

AP Life



**Stages of Love**

**Just Attraction**

**Attachment**

**Attachment**

**Brain Diagram**

**Verbal Cortex**  
The part of the brain that is responsible for language, including the ability to understand and produce speech.

**Emotional Cortex**  
The part of the brain that is responsible for emotions, including the ability to feel and express emotions.

**Visual Cortex**  
The part of the brain that is responsible for vision, including the ability to see and interpret visual information.

**Motor Cortex**  
The part of the brain that is responsible for movement, including the ability to control and coordinate physical actions.

**Somatosensory Cortex**  
The part of the brain that is responsible for sensation, including the ability to feel touch, temperature, and pain.

**Auditory Cortex**  
The part of the brain that is responsible for hearing, including the ability to hear and interpret sound.

**Olfactory Bulb**  
The part of the brain that is responsible for smell, including the ability to detect and identify odors.

**Hypothalamus**  
The part of the brain that is responsible for regulating the body's internal state, including the ability to control hunger, thirst, and sleep.

**Pituitary Gland**  
The part of the brain that is responsible for producing and releasing hormones, which regulate various bodily functions.