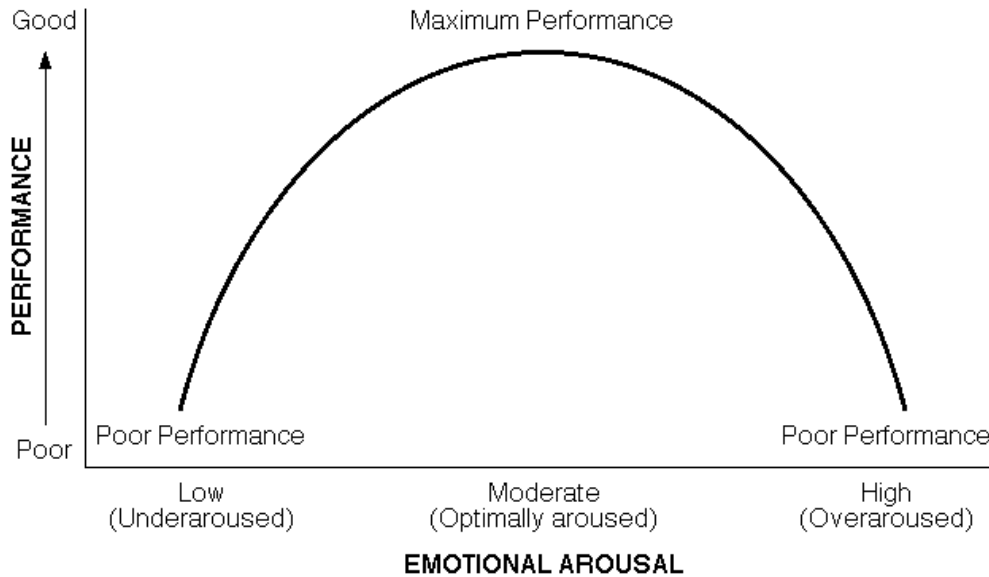


## Open Your Class With This Tomorrow

### *David and Goliath*

**Directions:** For the following examples, identify where each of the following statements would fall on the inverted U-curve (under-aroused, optimally aroused, over-aroused). Go on to explain how having a higher or lower level of arousal might help performance. If an optimal arousal level is identified, explain why this is the best level of arousal to have.



### Examples:

- 1. A student who has test anxiety and feels sick before taking their ACT.**  
**Current Level of Arousal:** Too higher and thus poor performance because they have high anxiety.  
**Optimal Level of Arousal:** If the student can reduce their level of anxiety, it should increase their ability to attend to the task at hand.
- 2. An airline pilot who has changed a number of time zones and is feeling very sleepy before a flight.**  
**Current Level of Arousal:**  
**Optimal Level of Arousal:**
- 3. Elaine wants to go to sleep, but she has had three cups of coffee in the hour before she goes to bed.**  
**Current Level of Arousal:**  
**Optimal Level of Arousal:**
- 4. A women is excited about a date with a new person, but not so nervous that she cannot talk to act like herself.**  
**Current Level of Arousal:**  
**Optimal Level of Arousal:**
- 5. An assembly line worker who places bolts onto car tires each day, they find this task incredibly boring and often nod off during their shift.**  
**Current Level of Arousal:**  
**Optimal Level of Arousal:**