Teacher Answer Key

Case Study

1. His heart pounded, his palms became sweaty, and he felt a rush of energy. He also experienced shakiness for several minutes after the scare ended.

2. The body's fear response happens automatically, even when the brain knows consciously that there's no real danger. His amygdala triggered the fight-or-flight response before his conscious mind could override it.

Multiple Choice

1. C

2. B

3. D

Matching

1-E, 2-A, 3-D, 4-B, 5-C

Fill-in-the-Blank

1) Amygdala, 2) Stress, 3) High blood pressure (or anxiety disorders)

Short Answer (Sample Responses)

Q1: Fear activates both the brain and body, combining emotions with physical changes.

Q2: Adrenaline increases energy while cortisol ensures glucose is available for sustained action.

Q3: Because they enjoy the adrenaline rush and relief once the scare ends.