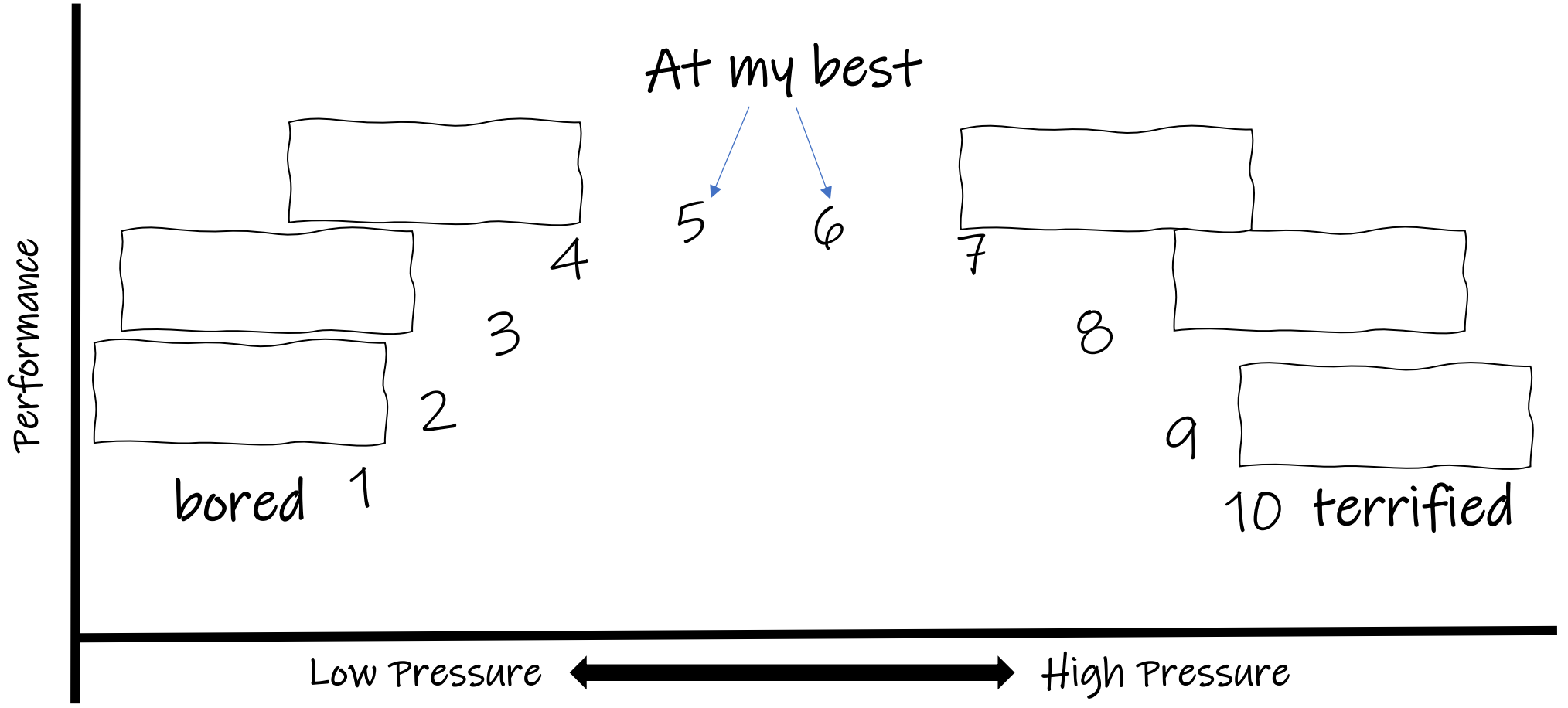


# Appendix A

## Optimal Learning Inverted-U



## Appendix B

### Pressure Adjectives List

#### Under high-pressure words:

- afraid
- scared
- distressed
- fearful
- sweating bullets
- worried sick

#### Under moderately high-pressure words:

- concerned
- nervous
- uneasy
- restless
- fidgety
- apprehensive
- shaky
- jumpy- bugged

#### Under moderately low-pressure words:

- preoccupied
- unmindful
- removed
- dreamy
- lost
- absentminded

#### Under very low-pressure words:

- indifferent
- apathetic
- faraway
- out to lunch
- thoughtless
- laid-back