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| Topic | Website Address | Article Citation | Video Link |
| 2 Factor Emotions | [Theories of Emotion – General Psychology](https://pressbooks.online.ucf.edu/lumenpsychology/chapter/emotion/#:~:text=Our%20emotional%20states%20are%20combinations%20of%20physiological%20arousal%2C,are%20informed%20by%20our%20experiences%2C%20backgrounds%2C%20and%20cultures.) | Understanding emotions: Origins and roles of the amygdala. (n.d.). PMC Home. https://pmc.ncbi.nlm.nih.gov/articles/PMC8228195/ | [16x9 EB H0 L48 4 VSL4 3 C0 with Disclaimer](https://www.youtube.com/watch?v=iWlcAylOVNU) |
| Decision Making | <https://www.psychologytoday.com/> | How to make great decisions, quickly. (2022, March 22). Harvard Business Review. https://hbr.org/2022/03/how-to-make-great-decisions-quickly | [7 Steps to Effective Decision Making | Process of Making Decisions](https://www.youtube.com/watch?v=5a0Fe3AchAI&t=7s) |
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