Instead of studying, Jennifer went out with her friends last night, so she's poorly prepared for today's biology exam. Her level of stress is high because she is thinking about, or 1____________________, this particular 2____________________, or test, as beyond her coping abilities.

Jennifer's response was first described by Walter 3____________________and later refined by physiologists who identified a 4____________________system, in which

the 5____________________nervous system

directs the 6____________________glands
to

release the stress hormones 7____________________

and 8____________________.

These hormones are responsible for Jennifer's 9____________________(immediate/sustained) response to stress.

When stressed, Jennifer's autonomic nervous system (ANS) does not distinguish between a difficult test and an attacking lion. Either way, the ANS responds by

increasing her 16____________________rate and respiration, diverting blood from digestion to her skeletal 17____________________,

and releasing sugar and fat to prepare her body for 18____________________or 19____________________.

At the same time, the brain's 10____________________, by way of the 11____________________and the pituitary gland,

directs the 12____________________glands to release the 13____________________stress hormones, such as 14____________________.

These hormones are responsible for Jennifer's 15____________________(immediate/sustained) response to stress.

(Continued on the next page.)