

# AP Psych Review

# Schools of Thought

- \* **Behavioral**
- \* **Psychoanalytic/Psychodynamic**
- \* **Humanistic**
- \* **Cognitive**
- \* **Biological**
- \* **Evolutionary**
- \* **Social-Cultural**
- \* **Gestalt**

# Early People

- \* **John Locke**
- \* **William Wundt**
- \* **Edward Titchener**
- \* **William James**
- \* **Mary Calkins**
- \* **Margaret Washburn**
- \* **Max Wertheimer**

# Research

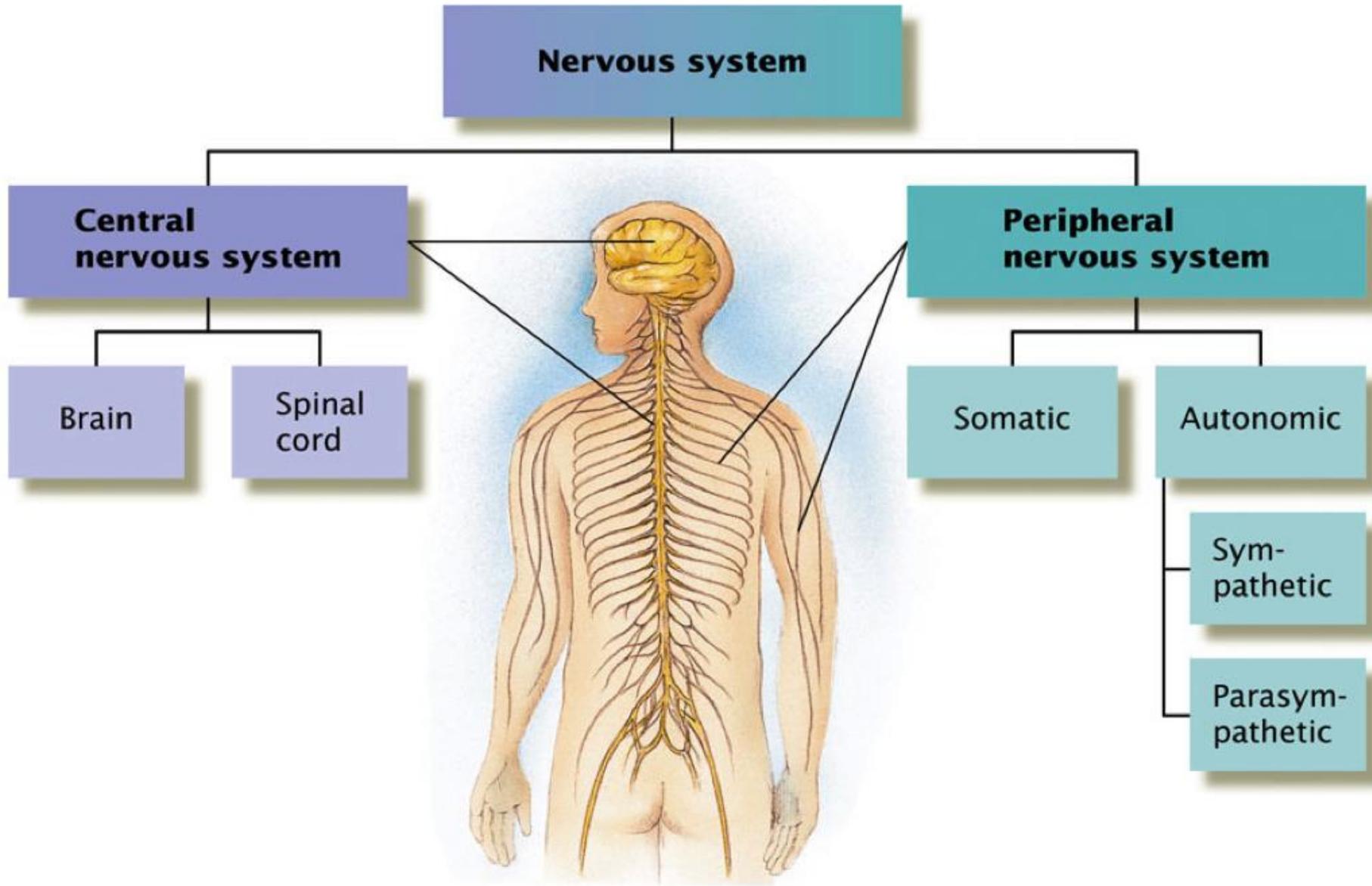
- \* **Case Study**
- \* **Survey**
- \* **Naturalistic observation**
- \* **Longitudinal study**
- \* **Cross-sectional**
- \* **Ex-post facto**
- \* **Experiment**

# The Experiment

- \* **Operational definitions**
- \* **Confounding variable**
- \* **Independent variable**
- \* **Dependent variable**
- \* **Control group**
- \* **Experimental group**

# Nervous System

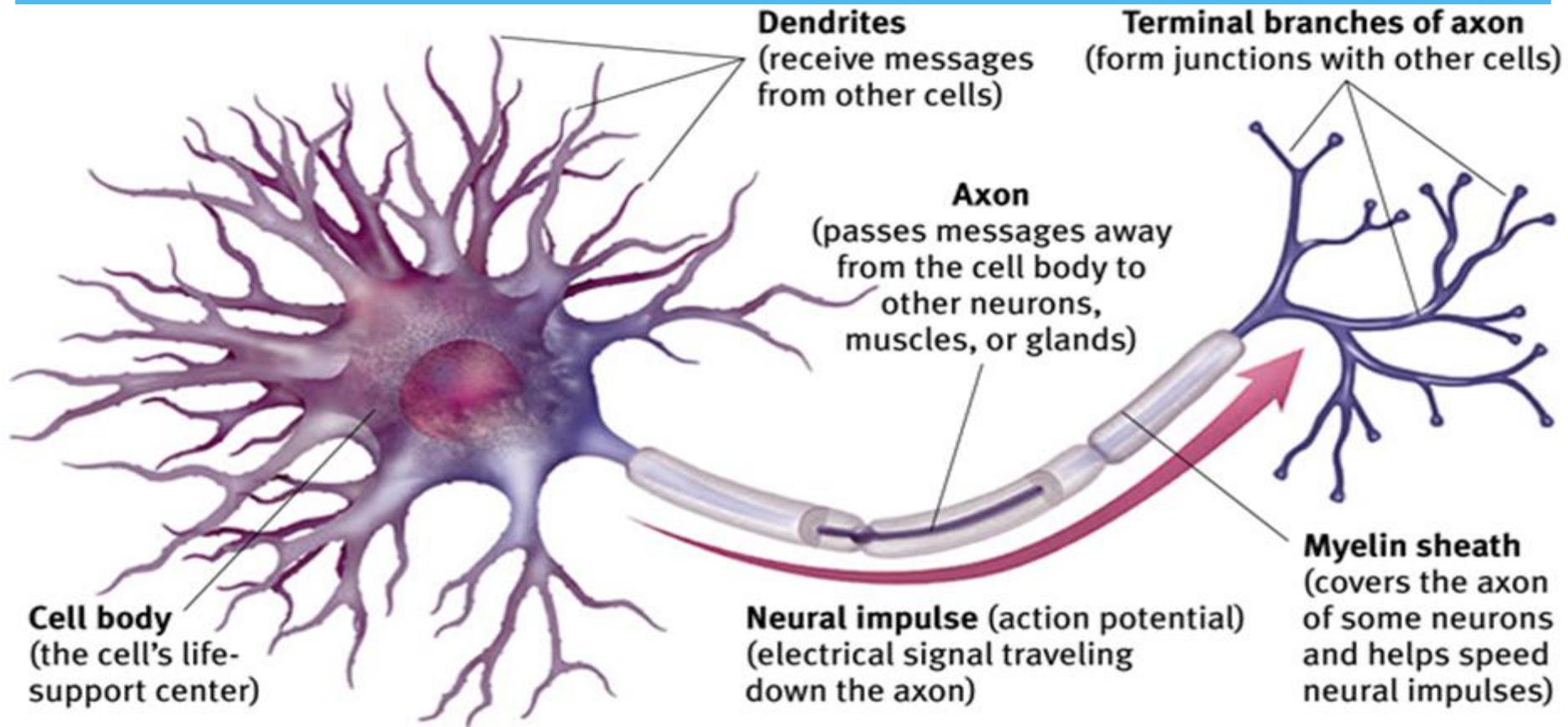
- \* **Central NS**
- \* **Peripheral NS**
- \* **Somatic NS**
- \* **Autonomic NS**
- \* **Parasympathetic NS**
- \* **Sympathetic NS**



# The Neuron

- \* **Action potential**
- \* **Resting state**
- \* **Polarized**
- \* **Selectively permeable**
- \* **Refractory state**
- \* **Reuptake**

# The Neuron



## SOME NEUROTRANSMITTERS AND THEIR FUNCTIONS

Neurotransmitter	Function	Examples of Malfunctions
Acetylcholine (ACh)	Enables muscle action, learning, and memory.	With Alzheimer's disease, ACh-producing neurons deteriorate.
Dopamine	Influences movement, learning, attention, and emotion.	Excess dopamine receptor activity is linked to schizophrenia. Starved of dopamine, the brain produces the tremors and decreased mobility of Parkinson's disease.
Serotonin	Affects mood, hunger, sleep, and arousal.	Undersupply linked to depression. Prozac and some other antidepressant drugs raise serotonin levels.
Norepinephrine	Helps control alertness and arousal.	Undersupply can depress mood.
GABA (gamma-aminobutyric acid)	A major inhibitory neurotransmitter.	Undersupply linked to seizures, tremors, and insomnia.
Glutamate	A major excitatory neurotransmitter; involved in memory.	Oversupply can overstimulate brain, producing migraines or seizures (which is why some people avoid MSG, monosodium glutamate, in food).

# Scans

\* EEG

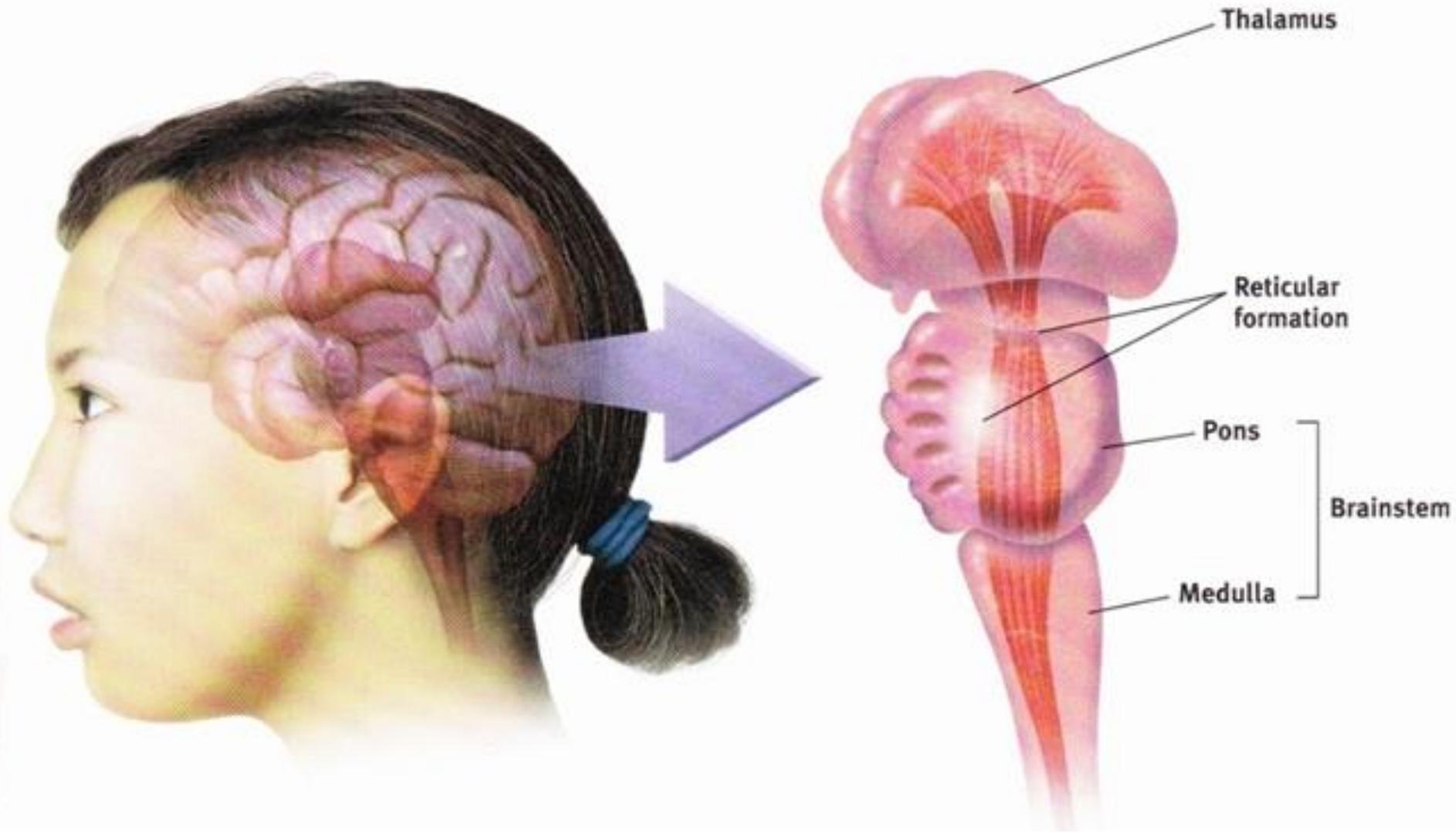
\* CT/CAT

\* PET

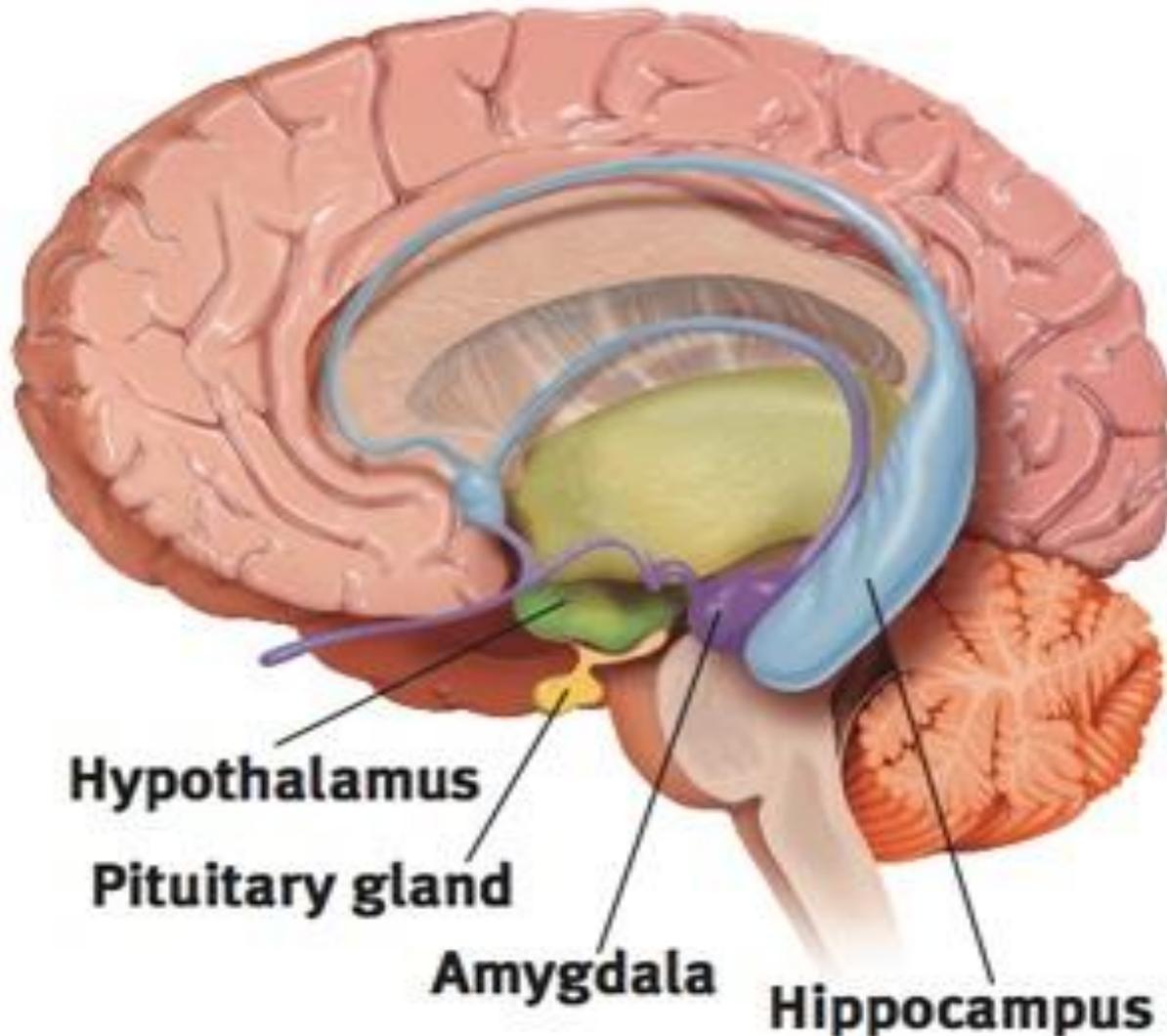
\* MRI

\* fMRI

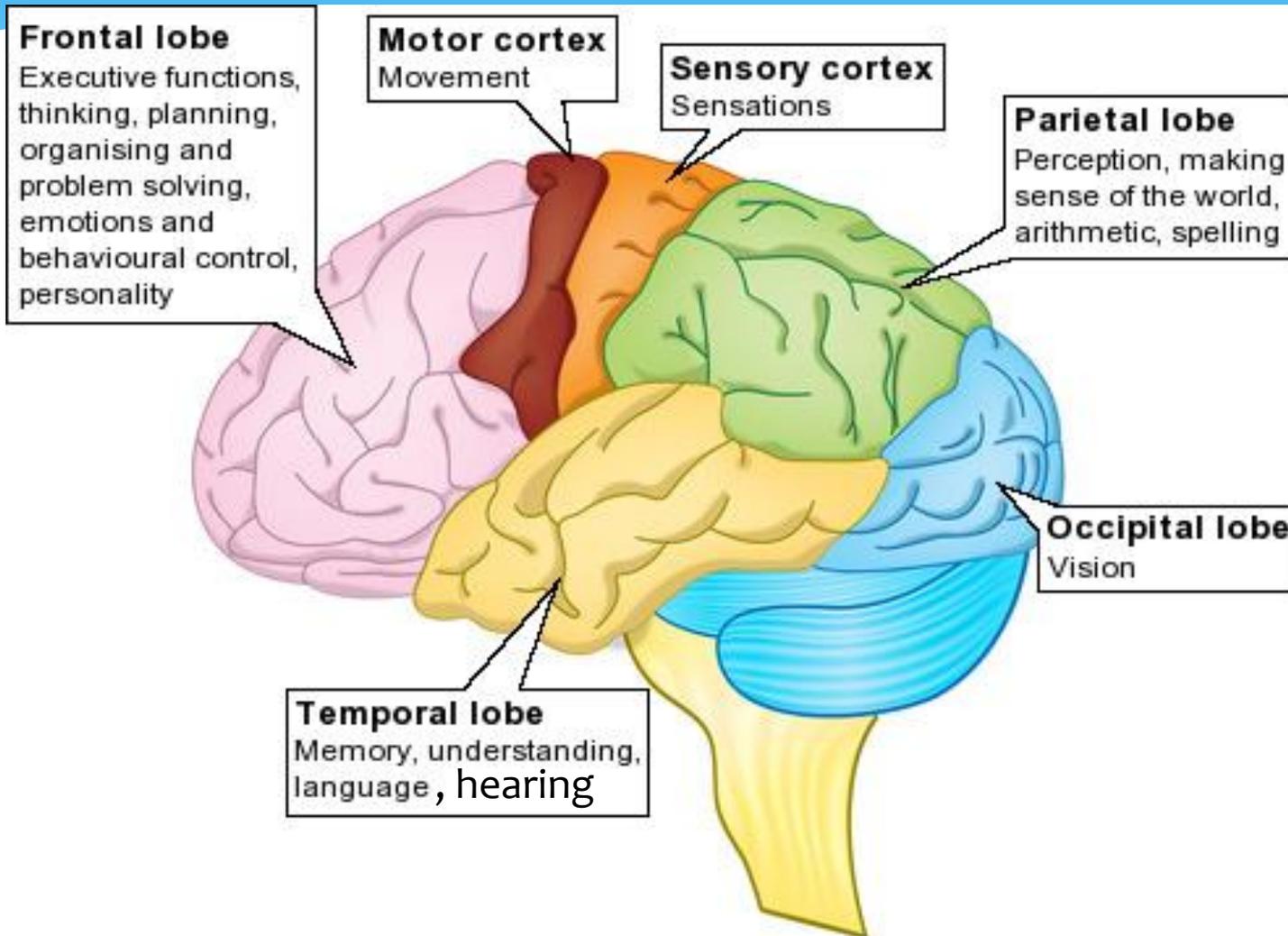
# The Brainstem



# The Limbic System



# The Cerebral Cortex



# Human Development

- \* Zygote, embryo, fetus
- \* Teratogens (FAS)
- \* Reflexes (rooting, Moro, Babinski)
- \* Mary Ainsworth (attachment)
- \* Harry Harlow (comfort vs. nourishment)
- \* Diana Baumrind and parenting styles

# Human Development

- \* **Piaget (Cognitive development)**
- \* **Object permanence, egocentrism, conservation**
- \* **Erik Erikson (Social development)**
- \* **Lawrence Kohlberg (Moral reasoning)**
- \* **Carol Gilligan criticism of Kohlberg**
- \* **Adolescence (G. Stanley Hall)**

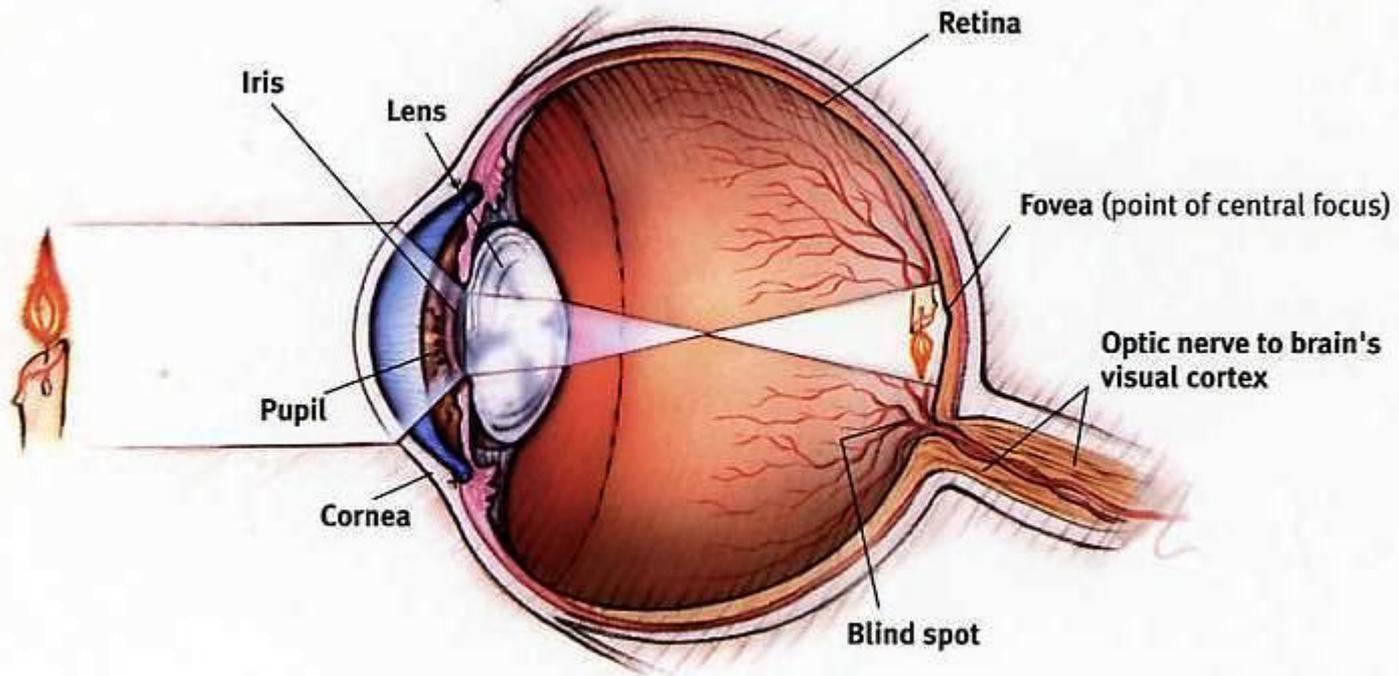
# The stages

<b>Approximate Age<sup>[2]</sup></b>	<b>Virtues</b>	<b>Psycho Social Crisis<sup>[3]</sup></b>	<b>Significant Relationship<sup>[2]</sup></b>	<b>Existential Question<sup>[2]</sup></b>
0–2 years	Hopes	Basic Trust vs. Mistrust	Mother	Can I Trust the World?
2–4 years	Will	Autonomy vs. Shame and Doubt	Parents	Is It Okay To Be Me?
4–5 years	Purpose	Initiative vs. Guilt	Family	Is It Okay For Me To Do, Move and Act?
5–12 years	Competence	Industry vs. Inferiority	Neighbors, School	Can I Make It In The World Of People And Things?
13–19 years	Fidelity	Identity vs. Role Confusion	Peers, Role Model	Who Am I? What Can I Be?
20–24 years	Love	Intimacy vs. Isolation	Friends, Partners	Can I Love?
25–64 years	Care	Generativity vs. Stagnation	Household, Workmates	Can I Make My Life Count?
65-death	Wisdom	Ego Integrity vs. Despair	Mankind, My Kind	Is It Okay To Have Been Me?

# Sensation

- \* **Absolute threshold**
- \* **Weber's Law**
- \* **Parts of eye and ear**
- \* **Olfaction**
- \* **Feature detectors**
- \* **Parallel processing**

# The Eye

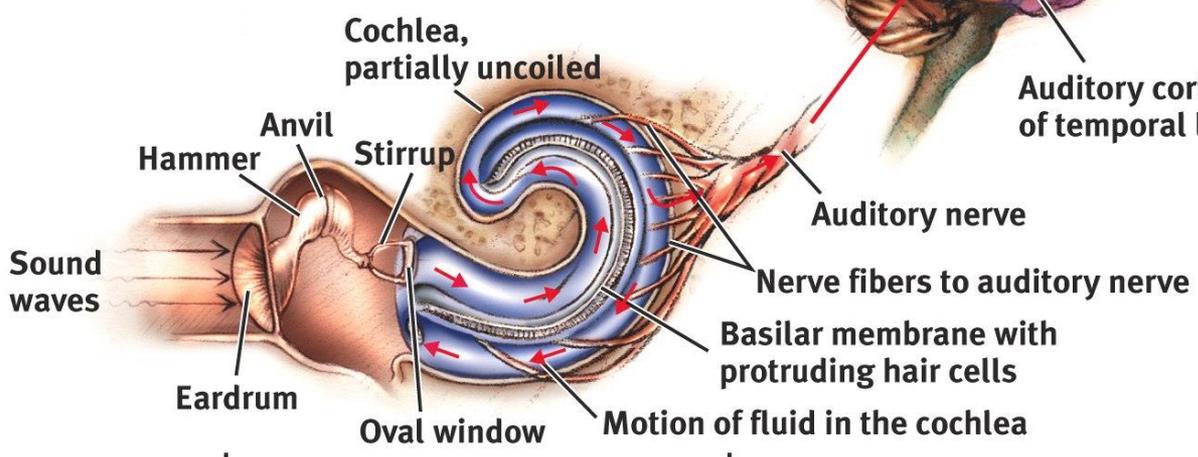
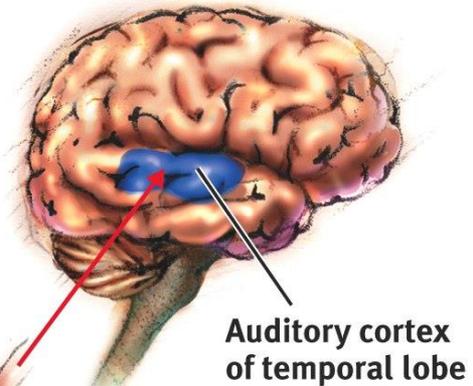
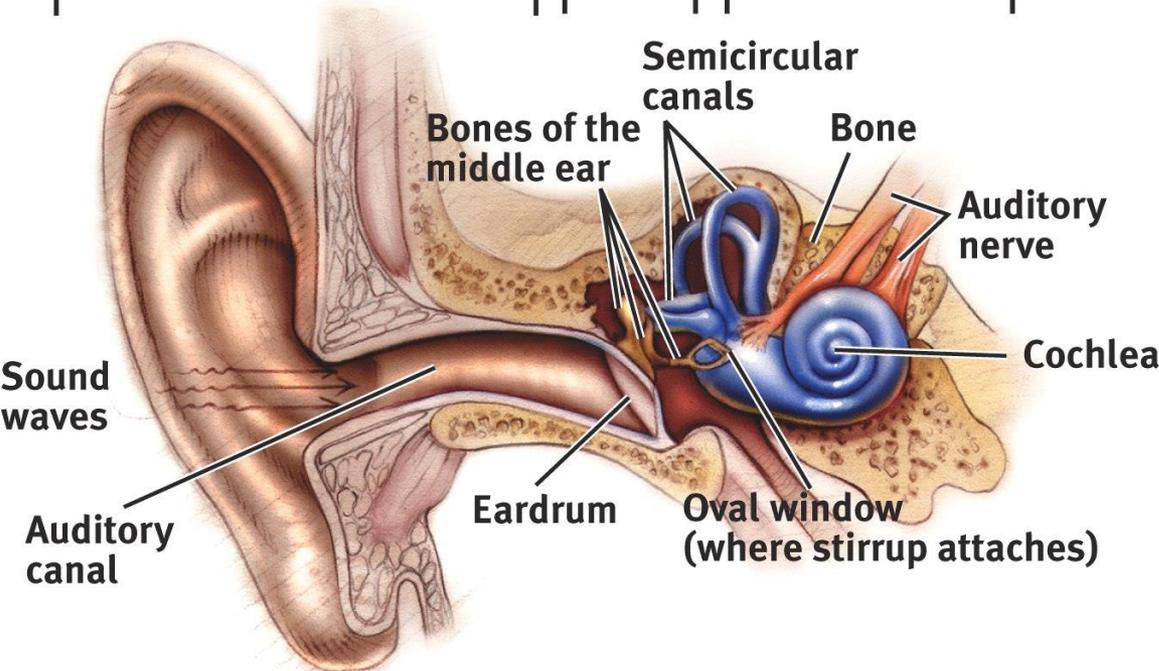


OUTER EAR

MIDDLE EAR

INNER EAR

# The Ear



Enlargement of middle ear and inner ear, showing cochlea partially uncoiled for clarity

# Perception

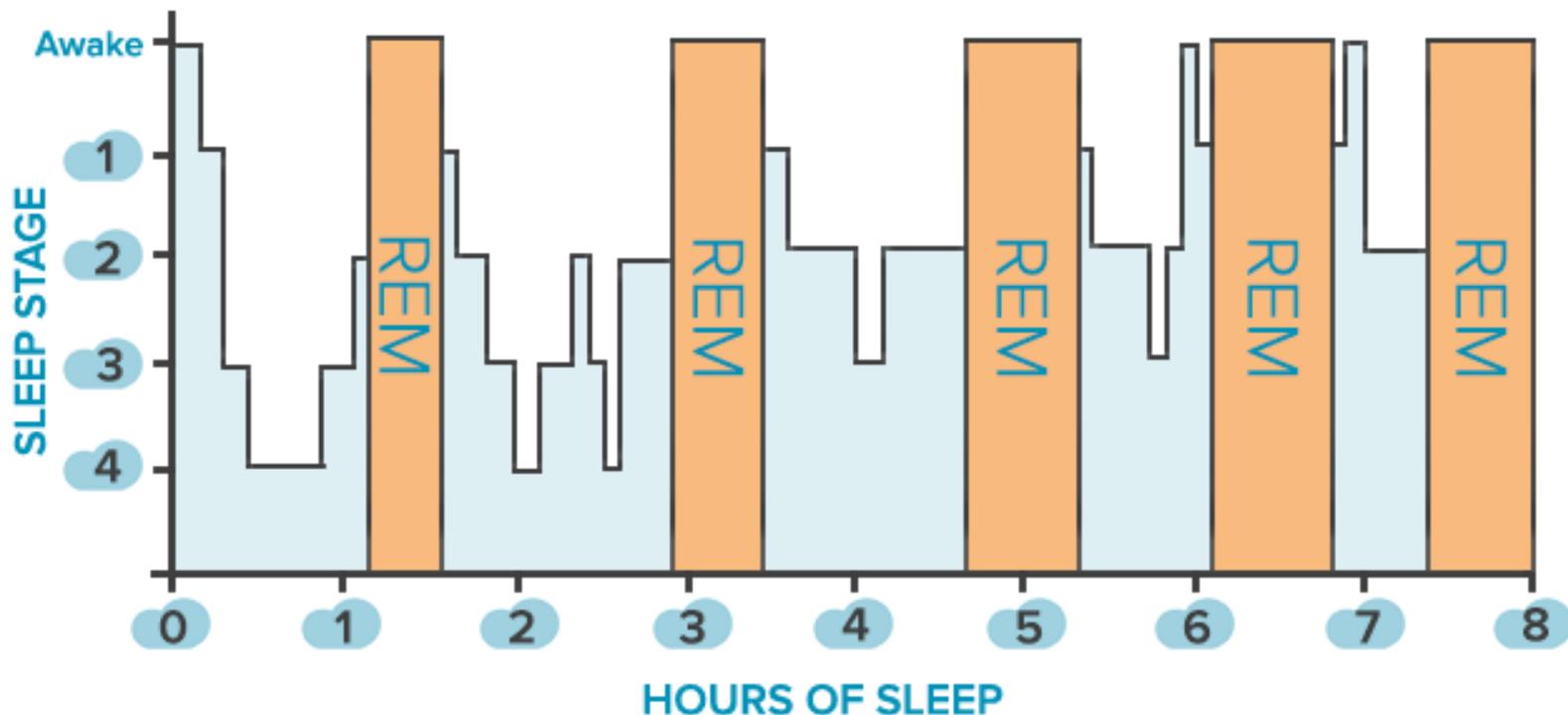
- \* **Gestalt**
- \* **Figure-ground**
- \* **Selective attention**
- \* **Monocular cues**
- \* **Binocular cues**

# Sleep

- \* **Hypnagogic state**
- \* **Sleep spindles (stage 2)**
- \* **Delta waves**
- \* **Sleep apnea, Insomnia, Narcolepsy**
- \* **REM**
- \* **REM rebound**

# Stages of Sleep

## Stages of Healthy Sleep



# Dreams

- \* **Freud**
- \* **Lucid dreaming**
- \* **Manifest content**
- \* **Latent content**
- \* **Theories**

# Drugs

- \* **Stimulants**
- \* **Depressants**
- \* **Barbituates**
- \* **Tolerance**
- \* **Withdrawal**

# Hypnosis

- \* **Anton Mesmer**
- \* **Ernest Hilgard**
- \* **Divided Consciousness**
- \* **Dissociation**
- \* **Hidden observer**
- \* **Posthypnotic suggestion**

# Classical Conditioning

- \* **Ivan Pavlov**
- \* **Respondent behavior**
- \* **UCS, UCR, NS, CS, CR**
- \* **Taste aversion (John Garcia)**
- \* **Learned helplessness (Martin Seligman)**
- \* **Behaviorism (John Watson)**

# Operant Conditioning

\* **E.L. Thorndike**

\* **B.F. Skinner**

\* **Positive/negative reinforcers**

\* **Positive/negative punishers**

\* **Schedules of reinforcement (Fixed Ratio, Fixed Interval, Variable Ratio, Variable Interval)**

# Memory

- \* **Encoding, storing, retrieving**
- \* **Sensory memory** → **Short term memory** → **Long term memory**
- \* **Forgetting curve (Ebbinghaus)**

# Memory

- \* Flashbulb, episodic, semantic
- \* Serial position effect (primacy & recency)
- \* Mnemonics (Method of Loci, Peg words)
- \* Elaborative rehearsal
- \* Self-referent processing

# Memory

- \* **Forgetting curve (Ebbinghaus)**
- \* **Proactive vs. retroactive interference**
- \* **Retrograde vs. anterograde amnesia**
- \* **Long-term potentiation (Kandel)**

# Memory Distortion

- \* Misinformation effect

- \* Elizabeth Loftus

Leading question asked during witness testimony	Possible schemas activated	Response of subjects asked one week later, "Did you see any broken glass?" (There was none.)
"About how fast were the cars going when they hit each other?"		"Yes"—14%
"About how fast were the cars going when they smashed into each other?"		"Yes"—32%

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# Language

- \* **Phonemes**
- \* **Morphemes**
- \* **Syntax vs. semantics**
- \* **Overregularization**
- \* **Receptive vs. productive language**
- \* **Noam Chomsky**
- \* **Benjamin Whorf**

# Cognition

- \* **Concepts**
- \* **Prototypes**
- \* **Schemas**
- \* **Algorithms**
- \* **Heuristics**
- \* **Means-end analysis**
- \* **Insight**
- \* **Inductive vs. Deductive reasoning**

# Obstacles to Problem Solving

- \* **Mental set**
- \* **Functional fixedness**
- \* **Availability heuristic**
- \* **Representativeness heuristic**
- \* **Framing**
- \* **Anchoring effect**
- \* **Bias (confirmation, hindsight, overconfidence)**

# Intelligence

- \* **Charles Spearman (G factor)**
- \* **Raymond Cattell (Fluid vs. crystallized)**
- \* **Robert Sternberg (Triarchic theory)**
- \* **Howard Gardner (Multiple intelligences)**
- \* **Alfred Binet (Mental age)**
- \* **Lewis Terman (Stanford-Binet)**
- \* **David Wechsler (WAIS, WISC)**

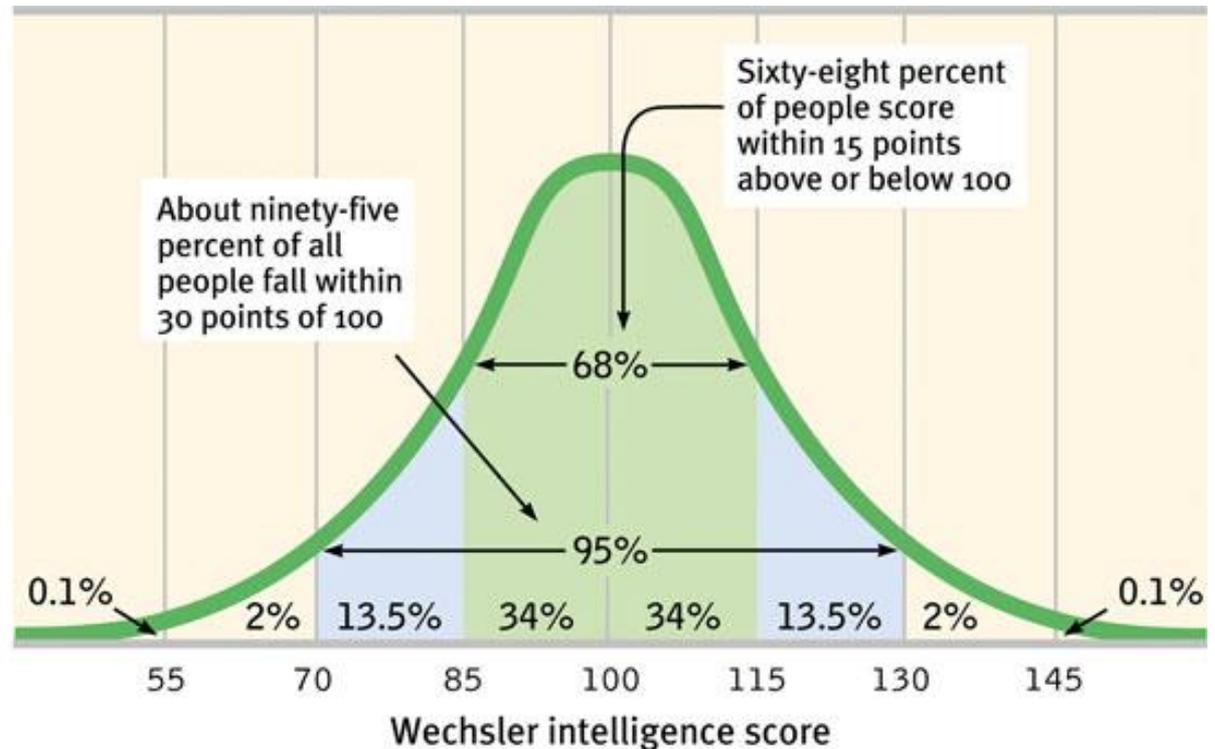
# Test Construction

- \* Standardization (bell curve)

- \* Reliability

- \* Validity

Number of scores



# Motivation

- \* **Instinct**
- \* **Drive-reduction theory**
- \* **Arousal theory**
- \* **Yerkes-Dodson law**
- \* **Maslow's Hierarchy of Needs**
- \* **David McClelland (Achievement)**
- \* **Extrinsic motivation**
- \* **Intrinsic motivation**
- \* **Overjustification effect**

# Hunger

- \* **Hypothalamus (LH vs. VMH)**
- \* **Glucose**
- \* **Appetite hormones (Ghrelin, leptin, orexin, PYY, insulin)**
- \* **Set-point**
- \* **Anorexia nervosa**
- \* **Bulimia nervosa**
- \* **Binge eating**

# Sex

- \* **Alfred Kinsey**
- \* **Masters and Johnson**
- \* **Hypothalamus**
- \* **Heterosexuality, bisexuality, homosexuality**
- \* **Biological reasons for homosexuality**

# Emotion

- \* **Sympathetic NS vs. Parasympathetic NS**
- \* **James-Lange**
- \* **Cannon-Bard**
- \* **Schacter-Singer Two-factor**
- \* **Cognitive appraisal theory**

# Stress

- \* **Walter Cannon (Fight or flight)**
- \* **Hans Selye (GAS)**
- \* **Kurt Lewin's social conflicts (ap-ap, av-av, ap-av, multiple ap-av)**

# Personality

\* **Conscious**

\* **Preconscious**

\* **Subconscious**

\* **Nonconscious**

\* **Unconscious**

# Freud & Personality

- \* **Id, ego, superego**
- \* **Defense mechanisms (repression, displacement, projection, denial, reaction formation, rationalization, regression)**
- \* **Neo-Freudians (Adler, Horney, Jung)**

# Personality & Traits

- \* **Gordon Allport (Hierarchy of traits)**
- \* **Raymond Cattell (16 PF)**
- \* **Hans Eysenck (Extroversion)**
- \* **William Sheldon (Body types)**
- \* **Big Five (FFM by Costa & McCrae  
\*remember OCEAN)**

# Personality

- \* **Carl Rogers (Unconditional positive regard)**
- \* **Abraham Maslow (Hierarchy of Needs)**
- \* **Albert Bandura (Self-efficacy, reciprocal determinism)**
- \* **Julian Rotter (Locus of control)**

# Assessing Personality

- \* **Projective tests**  
(Rorschach Inkblot test,  
TAT)
- \* **Self-report (MMPI-2,  
Myers-Briggs)**

# Abnormal Psych

- \* **David Rosenhan study**
- \* **OCD & PTSD are NO longer under anxiety disorders. Separate OCD & Stress classifications**

# Neurodevelopmental Disorders

\* **ADD/ADHD**

\* **Autism Spectrum  
Disorder**

# Depressive Disorders

- \* **Major Depression**
- \* **Dysthymia**
- \* **Bipolar is now its own classification**

# Somatoform Disorders

\* **Conversion**

\* **Hypochondriasis**

# Schizophrenia Spectrum

- \* **Delusions, hallucinations, word salad, disorganized speech & thought**
- \* **Dopamine hypothesis**
- \* **Diathesis-stress model**

# Dissociative Disorders

- \* **Dissociative Identity Disorder**
- \* **Dissociative Amnesia**
- \* **Dissociative Fugue**

# Therapy

- \* **Insight**

(psychoanalytic/psychodynamic, cognitive, humanistic)

- \* **Behavior**

- \* **Biomedical**

# Therapy

- \* **Psychoanalytic: Sigmund Freud**
- \* **Cognitive: Albert Ellis (ABCs of REBT), Aaron Beck**
- \* **Humanistic: Carl Rogers (client-centered)**

# Behavior Therapy

- \* **Mary Cover Jones**
- \* **Joseph Wolpe (Systematic desensitization)**
- \* **Aversion therapy**
- \* **Virtual reality therapy**
- \* **Flooding**
- \* **Token economy**

# Biomedical Therapy

- \* **Psychopharmacology**
- \* **Antianxiety drugs (Valium, Xanax)**
- \* **Antipsychotic**
- \* **Tardive dyskinesia**
- \* **Mood-stabilizing (Lithium)**
- \* **Antidepressant (Prozac, SSRI)**
- \* **ECT, rTMS**

# Social

- \* **Fundamental Attribution Error (Fritz Heider)**
- \* **Dispositional vs. situations attribution**
- \* **Just-world phenomenon**
- \* **Saliency bias**

# Social

- \* **Self-serving bias**
- \* **Self-fulfilling prophecy (Oak Hill, Jane Elliot)**
- \* **Central vs. peripheral route of persuasion**
- \* **Foot-in-the-door vs Door-in-the-face**

# Social

- \* **Cognitive dissonance (Leon Festinger)**
- \* **Social facilitation vs. social inhibition**
- \* **Social loafing**
- \* **Group think**

# Social

- \* **Group polarization**
- \* **Deindividuation**
- \* **Bystander effect**
- \* **Altruism**
- \* **Conformity (Asch study)**
- \* **Obedience (Milgram)**
- \* **Roles (Zimbardo)**

# Social

- \* **Stereotype**
- \* **Prejudice**
- \* **Discrimination**
- \* **In-groups vs. out-groups**
- \* **Ethnocentrism**
- \* **Aggression**