

# AP Psychology Terms with Multiple Meanings

## **Insight**

- Therapy: refers to therapies where the goal is to help patients gain an understanding of what is causing their behaviors, thoughts, and feelings. Psychoanalysis and Humanistic therapies are insight therapies
- Learning: the sudden perception of the solution to a problem. An “aha!” moment. Kohler studied this with Sultan the chimp.

## **Accommodation**

- Vision: a monocular cue; when looking at objects close by, our lens contracts, when looking at things far away, our lens relaxes.
- Piaget: Understanding that two objects are different and are not part of the same schema. For instance, understanding that a dog is different than a cat because it barks, drools, and wags its tail.

## **Convergence:**

- Thinking: convergent thinking is a type of thinking where problems are seen as having only one solution, all lines of thinking point to one solution
- Vision: binocular cue. The two eyes rotate inward to focus on a single object. More convergence for closer objects, less for objects farther away.

## **Fixation**

- Cognition: The inability to look at a problem from a new perspective or to see other ways of solving the problem because you are stuck doing it the way you always did it.
- Cognition: functional fixedness- object specific. Failure to see an object for anything other than it's intended purpose, an obstacle to problem solving
- Development: related to Freud's psychosexual development. Failure to confront the conflict of the stage may lead one to focus/become stuck on a related activity. For instance, developing an oral fixation of biting your nails if you didn't overcome the oral stage.

## **Discrimination**

- Social Psychology: treating people differently because of a prejudice towards the group to which they belong; an action
- Learning: when a conditioned response (either classical or operant) does NOT spread to other similar stimuli
- Learning: Discriminative stimulus- any stimulus, such as a stop sign, that provides a person with a cue for making a certain response in order to receive reinforcement.

## **Refractory Period**

- Neurons: period of rest between the firing of a neuron. Neuron is repolarizing and cannot fire until this period ends.
- Sex: period of rest after orgasm, organism cannot have another orgasm until this period is over.

## **Generalize**

- Experimental Design:** means the results can be applied beyond the sample and to the wider population. Can only occur if random sampling/selection occurs. For instance, if your sample is all girls, you can't generalize results to males.
- Learning-** generalization is when a conditioned response (either classical or operant) spreads to other similar stimuli. Think Little Albert
- Development: Generativity-** Erikson's 7<sup>th</sup> stage, when middle aged adults feel the need to contribute to the well being of the next generation through a career change or volunteer work

## **Polarization**

- Neurons:** When a neuron is not stimulated, it's just sitting with no impulse to carry or transmit, its membrane is polarized. It is negative on the inside and positive on the outside and ready to receive a message.
- Groups:** tendency for like-minded people to become more extreme in their beliefs after meeting.

## **Threshold**

- Neurons:** amount of stimulation necessary for a neuron to fire. Once this threshold is met, firing is an "all or nothing" deal.
- Sensation:** amount of stimulus necessary to detect its presence (Absolute Threshold) or to detect a change in amount (Difference Threshold.)

## **Opponent Process**

- Emotion:** when one experiences a strong emotion, it is followed by an opposite emotion to create homeostasis in the body and cognitive consistency in the mind.
- Color Vision:** theory that we see color because cones are grouped into pairs- red/green, blue/yellow, black/white. Only one of each pair can fire at any given time. Explains afterimages. Think of the American Flag.

## **Proximity**

- Gestalt Perceptual Principle:** tendency to perceive objects that are physically close together as belonging to the same group.
- Attraction:** the closer you are to someone geographically, the more time you spend together, the more likely you are to find them attractive.

## **Latent**

- Learning-** learning that remains hidden until its application becomes useful. Think Tolman and his rats running the maze
- Dreams:** in Freud's dream theory, the latent content was the symbolic or hidden meaning of the dream. It was a window to the unconscious.
- Psychosocial Development (latency):** In Freud's development theory, stage where children repress their sexually feelings and develop in other ways.

## **All or Nothing**

- Cognitive therapy: a type of thinking that cognitive therapy seeks to stop. The tendency to believe that one's performance must be perfect or the result will be a total failure.
- Neurons: a neuron either fires completely once stimulated past the threshold or it doesn't fire at all.

## **Peripheral**

- Peripheral Nervous System- all nerves and neurons that are not contained in the brain or spinal cord. Further broken down into the Somatic and Autonomic Nervous systems.
- Peripheral Route Processing- attending to factors such as the appearance of the messenger instead of logic or facts when drawing a conclusion/making a decision. Opposite of central route.

## **Semantic**

- Semantic Memory- type of long term memory containing general facts and knowledge such as Alexander Hamilton was the first Secretary of the Treasury.
- Language- semantics are the rules for determining the meaning of words and sentences. For instance, understanding the different meaning of "trip" in "Don't trip!" vs "Have a nice trip!"

## **Implicit**

- Implicit Memory- memories that are not easily brought to conscious awareness. Procedural memories are implicit
- Implicit Personality Theory- set of assumptions about how different types of people, traits, and actions are related. For instance- "You are quiet in school? You must be really shy!"

## **Kinesthetic**

- Intelligence: one of Gardner's Multiple Intelligences; people who prefer to learn by doing, by being hands on
- Sensation: sense of the location of body parts in relation to the ground and each other; knowing your hand is over your head.

## **Conscience/ Consciousness/Conscientiousness**

- Conscience- the inner "voice" in your head acting as a moral guide. In Freud's personality theory, the superego plays this role as it produces guilt for incorrect actions and pride for correct actions
- Consciousness: a person's awareness of everything that is going on around him at any given moment.
- Conscientiousness: part of the Big Five/OCEAN personality trait theory. Refers to the care a person gives in planning and organizing; thoughtfulness towards others, dependability.

## **Intrinsic vs. Internal**

- Intrinsic Motivation: type of motivation where a person performs an action because the act itself is rewarding or satisfying internally. Reading for pleasure for example.
- Internal locus of control: tendency to assume that one has control over the events in their lives. Leads people to not give up, to persevere and succeed more.