

# Psychology

## Review Sheet for the Final Exam

### Unit 1: Intro & Research Methods

- Case Studies, Naturalistic Observation, Surveys
- Correlation research methods
- Experimental research
- Independent vs. dependent variable
- Experimental vs. control groups
- Controls
  - o Random sampling
  - o Random assignment
  - o Double-blind
  - o Placebo
- Hindsight Bias
- Overconfidence
- Normal distribution

### Unit 2: The Biological School

- Axons, dendrites, synaptic gap, myelin sheath
- Endorphins, serotonin, dopamine
- Sympathetic nervous system
- Parasympathetic nervous system
- Brainstem
  - o medulla (heartbeat and breathing)
  - o reticular formation (arousal center)
  - o thalamus (the "sensory switchboard")
- Limbic system
  - o hippocampus (memory)
  - o hypothalamus (drives (eating and sex)/"pleasure center")
  - o cerebellum (balance and coordination)
  - o amygdala (fear and aggression)
- Cerebral Cortex
  - o Occipital Lobe (Vision)
  - o Parietal Lobe (Sensory Cortex)
  - o Temporal Lobe (Hearing)
  - o Frontal (Personality/Judgment/ Motor Cortex)
  - o Right hemisphere: Spatial and Emotions
  - o Left: Language and Logic

### Unit 3: Developmental Psychology

- Identical twins (from same fertilized egg)
- Fraternal twins (from two separate eggs)
- Attachment
- Cognitive Development (Piaget)
  - o Schema, assimilation, accommodation
  - o Object permanence
  - o Egocentrism
  - o Stranger anxiety
  - o Sensorimotor, preoperational, concrete, formal
- Authoritative, Authoritarian, Permissive
- Moral Development (Kohlberg)
  - o Pre-conventional, conventional, post-Conventional
- Alzheimer's Disease (decreased acetylcholine)
- Parkinson's Disease (decreased dopamine)

### Unit 4: Sensation and Perception

- Absolute Threshold
- Vision
  - o Parts of the eye: pupil, lens, retina (rods and cones), fovea
- Blind spot
- Hearing
  - o Parts of the ear: eardrum, bones of the middle ear, cochlea, hair cells
- Kinesthesia
- Selective attention
- Perceptual set
- Visual capture
- Binocular cues (retinal disparity, convergence)
- Monocular cues (relative size, relative height, texture gradient, interposition, linear perspective, relative clarity)

### Unit 5: States of Consciousness

#### Sleep and Dreams:

- Alpha waves, delta waves, circadian rhythm, manifest/latent dream content
- Sleep Cycle
- REM Sleep (paradoxical)
- Sleep disorders (Night terrors, Narcolepsy, Insomnia, Sleep Apnea)
- Hypnosis
- Drugs (depressants, stimulants, and hallucinogens)

### Unit 6: Learning

- Classical conditioning (Pavlov)
  - o CS, UCS, CR, and UCR
- Acquisition, extinction, spontaneous recovery, discrimination, generalization
- Operant Conditioning (Skinner)
  - o Positive and Negative reinforcers
- Observational Learning (Bandura and "Bobo doll" experiment)

### Unit 7: Memory and Thinking

- Context effect
- Encoding, Storage, Retrieval
- Mnemonic devices
- Spacing Effect
- Serial position effect
- Proactive interference
- Retroactive interference
- Forgetting
- Algorithms
- Heuristics
  - o Representativeness
  - o Availability
- Functional Fixedness

### Unit 8: Intelligence, Motivation and Emotion

- Achievement tests (AP exams)
- Aptitude tests (SATs, IQ tests...)
- Reliability
- Validity
- Factor Analysis
- "G" Factor (Spearman)
- Gardner's Multiple intelligences
- Emotional Intelligence
- Intrinsic and extrinsic motivation
- Instinct vs. Drive-reduction vs. Optimum Arousal
- Theories of Emotion
- Polygraph
- Stress
  - o Burnout
  - o Type A, B Personalities

### Unit 9: Personality

#### Psychoanalytic Theory

- Free Association
- Freud
- Dream interpretation
- Id, Ego, Superego
- Defense mechanisms (repression, reaction formation, projection, displacement, sublimation)
- Projective tests (TAT, Rorschach)
- Archetypes

### Unit 10: Abnormal Psychology

- *DSM-IV*
- Anxiety Disorders
  - o Generalized Anxiety Disorder
  - o Panic Disorder
  - o Phobias (agoraphobia)
  - o Obsessive-Compulsive Disorder
- Personality Disorders
  - o Anti-social
  - o Dependent
  - o Histrionic
  - o Narcissistic
- Somatoform Disorders
  - o Conversion Disorder
  - o Hypochondriasis
- Dissociative Disorders (Amnesia, Fugue, DID)
- Mood Disorders
  - o Major Depressive Disorder
  - o Dysthymic disorder
  - o Bipolar Disorder
- Schizophrenia
- Therapies/Treatment

