

Introduction

1. What method do psychologists use to study Psychology?
2. What are the 4 goals of psychology? Which one must be done first?
3. What would the following psychologists study: Personality, Clinical, Developmental, Educational

Body and Behavior

4. What are the two parts of the Central Nervous System?
5. What is the Peripheral Nervous System?
6. What is the purpose of each of the following lobes: occipital, frontal, temporal, parietal
7. Which part of the brain is responsible for planning, initiative, and goal setting?
8. The Autonomic Nervous System has two parts. What are they and what do they do?
9. What is the Corpus Callosum?
10. What is the Endocrine System?

Stress

11. When do we experience stress?
12. What impact can stress have on our immune system?
13. How do we respond to stress?
14. What happens as we are repeatedly exposed to stressors?
15. Know the following defense mechanisms: denial, intellectualization, projection, regression

Personality

16. When assessing a person's personality, we want to observe what type of behavior?
17. Who is the father of Psychoanalysis?

18. What would a Psychoanalyst be interested in learning about a patient?
19. What was Maslow's theory of personality? *Be sure to know self-actualization.
20. What does trait theory focus on?

Altered States of Consciousness

21. What is consciousness?
22. What is the deepest stage of sleep?
23. What happens during the REM stage of sleep?
24. How often do we dream?
25. Know the following sleep disorders: Insomnia, Narcolepsy
26. What happens to people who undergo sensory deprivation?
27. What do you need to be able to be hypnotized?
28. What does Freud believe are the purpose of dreams?

Memory

29. What happens to memories which are lost from short-term memory?
30. Know the following ways to move memories from short-term to long-term: chunking, rehearsal, rote-rehearsal, mnemonic device
31. How are memories stored?
32. What is a mnemonist?
33. What are flaws in eye-witness testimony?
34. What is the difference between sensory storage, short-term memory and long-term memory?
35. What is the difference between recall and recognition *Hint- types of test questions