

# Psychology Final Review Guide

## Introduction:

**Terms to know:** Psychology, Cognitive, Psychologist, Hypothesis, Scientific Method, Psychoanalysis, Clinical psychology, Sigmund Freud, Psychologist, Psychiatrist

1. What is Psychology?
2. What is used to study Psychology?
3. What do clinical, experimental, behavioral, and educational psychologists specialize in?
4. What is the difference between a psychologist and a psychiatrist?

## The Brain

**Terms to know:** Autonomic Nervous System, Brain, Central Nervous System, Endocrine System, Forebrain, Hindbrain, Hormones, Midbrain, Neurons, Neurotransmitter, Parasympathetic Nervous System, Peripheral Nervous System, Phineas Gage, Somatic Nervous System, Spinal cord, Sympathetic Nervous System, Twin Study

5. What is the nervous system?
6. Explain the Somatic vs. Autonomic Nervous Systems
7. Define Central and Peripheral Nervous System.
8. Explain the purpose of heredity and twin studies.
9. Explain the functions of the forebrain.
10. What is the corpus callosum?
11. What did Phineas Gage injure?

## Stress

**Terms to know:** Anxiety, Coping, Denial, Intellectualization, Perceived control, Pressure, Projection, Regression, Repression, Stress, Stressor

12. When do we experience stress?
13. How can stress affect our health?
14. How can we cope with stress?
15. Explain: repression, projection, denial, rationalization

## Personality

**Terms to know:** Behaviorism, Conscious, Defense mechanism, Denial, Displacement, Ego, Extravert, Humanistic psychology, Id, Introvert, Projection, Rationalization, Regression, Repression, Self-actualization, Superego, Trait, Unconscious

16. What is a personality trait?
17. What influences our personality traits?
18. Maslow's Hierarchy of Needs: explain and be sure to know the order from least complex to most complex.
19. What are Freud's theories on personality? Be sure to include defense mechanisms.
20. Which is part of our conscious selves according to Freud: Id, Ego, or Superego?

## Altered States of Consciousness

**Terms to know:** Consciousness, REM sleep, Sleep Apnea, Narcolepsy, Sleep Terrors, Insomnia, Dream, Hypnosis, Posthypnotic Suggestion, Hallucination

21. What is consciousness?
22. What happens during the REM stage of sleep?
23. Which stage of sleep is the "deepest" sleep?
24. Explain the theories about the purpose and meaning of dreams.
25. Explain the following sleep disorders and their characteristics: sleep terrors, sleep apnea, narcolepsy, and insomnia
26. Define hypnosis and explain why hypnosis is controversial in the psychological community.

## Conditioning

**Terms to know:** Pavlov and his dogs, Skinner and his box, Classical Conditioning, Unconditioned Stimulus, Unconditioned Response, Neutral Stimulus, Conditioned Stimulus, Conditioned Response, Operant Conditioning, Generalization, Negative Reinforcement, Positive Reinforcement, Positive Punishment, Negative Punishment

27. Define Classical Conditioning
28. Who is the "father" of Classical Conditioning?
29. Define and be able to label: UCS, UCR, NS, CS, CR
30. Define Generalization
31. What problem with Classical Conditioning did Little Albert exhibit?
32. Define Operant Conditioning
33. Define Punishment and Reinforcement.

## **Memory**

**Terms to know:** Chunking, Long-term memory, Memory, Mnemonic Devices, Recall, Recognition, Rehearsal, Repression, Retrieval, Selective Attention, Sensory Storage, Short-term Memory

34. Define Long-term Memory
35. How are memories stored?
36. Define Short-term memory
37. Define: sensory storage, rehearsal, chunking, mnemonic devices, rote memorization
38. How can we improve our memory?
39. What are the drawbacks to using eye witness testimony?

## **Abnormal Behavior**

**Terms to know:** Anxiety disorder, Bipolar disorder, Conversion disorder, Delusion, Depression, Dissociative disorders, Hypochondria, Manic, Obsessive-compulsive disorder, Panic disorder, Paranoid, Personality disorder, Phobia, Post-traumatic stress disorder, Schizophrenia, Somatoform disorder

40. What is normal and how is it determined?
41. How are disorders treated? (medical vs. psychological---Psychiatrists vs. Psychologists---specifically Psychoanalytic)
42. What category of disorders does Depression fall into?
43. What are the two “poles” of Bipolar?
44. Anxiety Disorders- Explain each disorder: phobias, OCD, PTSD
45. Define Somatoform Disorder---specifically Conversion Disorder
46. Describe Dissociative Disorders. Why do you believe that people would develop this kind of disorder?
47. Explain some of the symptoms associated with depression and bipolar disorder.
48. What causes Schizophrenia?
49. Explain why Schizophrenia is considered one of the most serious psychological disorders.
50. What is the difference between a hallucination and a delusion?

**\*If you are absent on either day you can take an alternate exam during Regents Week**

**\*YOU ONLY HAVE THIS OPTION IF YOU HAVE A WHITE SLIP FOR YOUR ABSENCE.**

**\*If you need this option, you must make an appointment with me beforehand to take your exam.**