

Psychology Final Review Guide

Semester #2 * 2011-2012

Introduction:

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

1. What method is used to conduct psychological experiments? **Scientific Method**
2. What do clinical, experimental, behavioral, and educational psychologists specialize in?
 - a. **Clinical- therapy**
 - b. **Experimental- new discoveries in psychology**
 - c. **Behavioral- why we act as we do**
 - d. **Educational- teaching**

The Brain

Terms to know: Autonomic Nervous System, Brain, Central Nervous System, Cerebellum, Endocrine System, Forebrain, Hindbrain, Hormones, Midbrain, Neurons, Neurotransmitter, Peripheral Nervous System, Phynneas Gage, Pituitary Gland, Sociobiology, Somatic Nervous System, Spinal cord, Thyroid gland, Twin Study

3. What is the nervous system? **Body system which transmits messages throughout the body via nerves**
4. Explain the Somatic vs. Autonomic Nervous Systems **Somatic- voluntary actions, Autonomic-involuntary actions**
5. What does each side of the brain (left vs. right) control?
 - a. **Left Brain- right side of the body, language, logical/mathematical**
 - b. **Right Brain- left side of the body, visual, spatial, creativity**
6. Define Peripheral Nervous System. How does it differ from the Central Nervous System? **Central Nervous System is the brain and the spinal cord, peripheral is everywhere else in the body**
7. Explain the purpose of heredity and twin studies. **To determine if behavior stems from nature or nurture**
8. Explain the functions of the forebrain. **Thinking and emotions**

Stress

Terms to know: Anxiety, Biofeedback, Coping, Denial, Intellectualization, Learned helplessness, Meditation, Perceived control, Pressure, Stress, Stressor, Stress reaction

9. How can stress affect our health? **Long-term and severe stress can impact a person mentally, physically and behaviorally**
10. How can we cope with stress? **Social support, ability to control our stressors**
11. Explain: repression, projection, denial, rationalization
 - a. **Repression- “forgetting” a traumatic memory**
 - b. **Projection- taking out your feelings on someone else**
 - c. **Denial- it is not a problem**
 - d. **Rationalization- reasoning why you are correct**

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

12. What is a personality trait? **A descriptor of a person**
13. Maslow’s Hierarchy of Needs: explain and be sure to know the order from least complex to most complex. **Least complex to most complex: Physiological, safety, love, self esteem, self actualization**
14. What are Freud’s theories on personality? Be sure to include defense mechanisms **Id, ego, super ego—see #11 above**
15. Personality disorders- sociopath, serial killers---be able to describe the background and actions of at least one of the serial killers we learned about in class **Not on test**
16. Why is it believed that many criminals have Personality Disorders? (antisocial disorder, paranoid personality) **Lack a conscience**

Altered States of Consciousness

Terms to know: Consciousness, REM Sleep, Sleep Apnea, Narcolepsy, Sleep Terrors, Sleep Deprivation, Hypersomnia, Insomnia, Dream, Hypnosis, Posthypnotic Suggestion, Hallucination, Sensory Deprivation

17. What is consciousness? **State of awareness**
18. What happens during the REM stage of sleep? **Rapid eye movement, dream, increased brain activity**
19. What do brain scans find about the sleeping person’s brain? **Changes throughout the night--stages**
20. Explain the theories about the purpose and meaning of dreams.

- a. **Freud- dreams reveal the unconscious**
 - b. **Jung- dreams are needed for therapy**
 - c. **Others- dreams help to organize our thoughts**
21. Name 2 sleep disorders and their characteristics (sleep terrors and insomnia)
- a. **Sleep Terrors- not a nightmare, happens during stage 4 of sleep, feeling of terror**
 - b. **Insomnia- inability to fall asleep or stay asleep**
 - c. **Sleep Apnea- blocked air passage**
22. Define hypnosis and explain why hypnosis is controversial in the psychological community. **Hyper-suggestibility is needed, doesn't work for everyone, can manipulate a person**

Conditioning

Terms to know: Pavlov and his dogs, Skinner and his box, Classical Conditioning, Unconditioned Stimulus, Unconditioned Response, Neutral Stimulus, Conditioned Stimulus, Conditioned Response, Discrimination, Extinction, Operant Conditioning, Fixed-interval schedule, Fixed-ratio schedule, Variable-interval schedule, Variable-ratio schedule, Generalization, Negative Reinforcement, Positive Reinforcement, Positive Punishment, Negative Punishment

23. Define Classical Conditioning **Learning through stimulus and response**
24. Define and be able to label: UCS, UCR, NS, CS, CR
- a. **Unconditioned Stimulus- grabs attention**
 - b. **Unconditioned Response- automatic reaction to the stimulus**
 - c. **Neutral Stimulus- thing added—Pavlov's bell**
 - d. **Conditioned Stimulus- after the UCS is no longer needed**
 - e. **Conditioned Response- trained response**
25. Define Discrimination **Ability to differentiate between stimuli**
26. Define Generalization **Inability to differentiate between stimuli**
27. Define Extinction **Conditioning is no longer present**
28. What problem with Classical Conditioning did Little Albert exhibit? **Generalization**
29. Define Operant Conditioning **Learning through rewards and punishments**
30. Define and explain Punishment (both positive and negative)
- a. **Punishment works to stop a behavior**
 - b. **Positive- adds something undesirable**
 - c. **Negative- takes away something desirable**
31. Define and explain Reinforcement (both positive and negative)
- a. **Reinforcement/rewards work to keep a behavior happening**
 - b. **Positive- adds something desirable**
 - c. **Negative- takes away something undesirable**

Memory

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

32. Define Long-term Memory **Lasts indefinitely**
33. How are memories stored? **Throughout the brain, through emotions and senses as well as language**
34. Define Short-term memory **Lasts as long as can be repeated**
35. Define: sensory storage, rehearsal, chunking, mnemonic devices, rote memorization
- a. **Sensory Storage- memory which lasts for only several seconds**
 - b. **Rehearsal- repeating something to aid in recall**
 - c. **Chunking- grouping like items together to aid in recall (ex phone number or social security number)**
 - d. **Mnemonic Devices- creating an aid to improve recall (ex Please Excuse My Dear Aunt Sally for order of operations for math or MAIN for causes of World War I)**
 - e. **Rote Memorization- memorizing something without any aids**
36. How can we improve our memory? **Exercise- physical and mental**
37. What are the drawbacks to using eye witness testimony? **Incorrect memories, bias, memories can be influenced---still used by police and courts despite the draw-backs**

Abnormal Behavior

Terms to know: Antisocial personality, Anxiety Disorder, Bipolar disorder, Conversion disorder, Delusion, Depression, Dissociative identity disorder, Hypochondria, Manic, Obsessive-compulsive disorder, Panic disorder, Paranoid, Personality disorder, Phobia, Post-traumatic stress disorder, Schizophrenia, Somatoform disorder, Withdrawal

38. What is normal and how is it determined? **Statistics, experts, self-reporting, immaturity, society**
39. How are disorders treated? (medical vs. psychological---Psychiatrists vs. Psychologists)

a. **Medical- Psychiatrists- biological causes, biological treatments including drugs**

b. **Psychological- Psychologists- experiences causes, therapy as treatment**

40. Anxiety Disorders- Explain each disorder and discuss treatment for at least one disorder. (general anxiety, phobias, panic, OCD, PTSD)
41. Define Somatoform Disorder. **Physical symptoms without a physical cause**
42. Describe Dissociative Disorders. Why do you believe that people would develop this kind of disorder? **Severe psychological trauma**
43. How can a Mood Disorder (depressive disorder, bipolar, suicide) lead to suicide? **Severe depression**
44. Explain why Schizophrenia is considered one of the most serious psychological disorders. **No cure, unable to determine reality, gets progressively worse**

Other items that may appear on the test:

Films and Clips

- History Channel: The Brain
- Stress: The Portrait of a Killer
- Serial Killers: Jeffery Dahmer, Ted Bundy, Profilers
- Dying to Sleep
- Narcolepsy Clips
- BBC: Total Isolation (topic: sensory deprivation)
- Little Albert and Classical Conditioning
- Memento
- The Bridge
- Shutter Island
- Panic Disorder (informational animation)
- OCD- from The Aviator
- PTSD- CBS Report
- Conversion Disorder- from Band of Brothers
- Psychogenic Fague: NYC and Seattle
- Multiple Personality Disorder - amazing stories
- Celebrities with Bipolar Disorder (Demi Lovato and Catherine Zeta-Jones)
- Bullied to Suicide
- Childhood Schizophrenia
- Borderline Personality Disorder

Readings and Handouts

- Teen Brain Readings
- Coping Packet
- Putting a Price on Procrastination
- Serial Killers Packet
- Social Websites Harm Children
- Can Birth Order Determine Your Career?
- A Look at the Start Times Debate
- Sleep: Why It's Important and What Happens If We Don't Get Enough
- How to Train a Husband
- Memory Pre-Test
- Amnesia reading
- How memories form, fade, and persist over time
- Suicide Packet
- Listening to the Madness
- Phobia Worksheet
- Schizophrenia Packet

Final Information:

Part I: Multiple Choice- 60 Questions-----Wednesday, June 6th (please bring a pencil)

Part II: Short Answer ----- Thursday, June 7th (please bring a pen)

***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.**