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
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

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 6\textsuperscript{th} (please bring a pencil)
Part II: Short Answer --------- Thursday, June 7\textsuperscript{th} (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.