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## AP Psych Review Assignment

Chapter and Topic of this Review Guide: Introducing Psychology - Prologue

Vocab Term	Definition of Term	Example/Application
Psychology	Science used to understand behavior and mental processes	Psychology explains our personalities and actions.
Biological Psychology	Study of how biological processes in the brain and other organs affect, and are affected by, behavior and mental processes.	Eating certain foods changes the chemical interactions within and between nerve cells in your brain, thereby possibly inducing drowsiness.
Developmental Psychologists	They study changes in behavior and mentally that occurs from birth until old age and understands causes and effects of them.	How you think when you graduate from elementary school is different from the way you think after graduating college.
Cognitive Psychologists	They study mental processes underlying judgment, decision making, problem solving, imagining, and other aspects of human thought.	How does the brain translate light into the experience of sight?
Personality Psychologists	They study what makes a person different from another.	Why do some people prefer red rather than pink?
Clinical and Counseling Psychologists	They study abnormal behavior and mental processes, what causes them and how to treat them. How well and why a treat works.	Is depression heredity? What is its best treatment?
Community Psychologists	They try to prevent psychological disorders and treat people in their community.	Lora and her family in Hermosa are having constant arguments; they are all going to see one psychologist to solve their problem.
Social Psychologists	They study how people influence one another and interactions between people in groups.	Mariana's therapist observes the way she acts at school with her friends and at home with her family.
Industrial/Organizational Psychologist	They study on ways to increase productivity and satisfaction of worker and employee.	The manager of la Pasadita wants more productivity but doesn't want to put too much pressure on the employees.
Quantative Psychologists	They use statistical tools to analyze data collected by psychologists working on other subfields.	What percentage of clients improve behavior after being treated?
Biological Approach	This approach assumes that biological factors such as genetics, brain activity, or hormonal activity are the most important factors determining behavior and mental processes.	People whose ancestors suffered from depression might have abnormal levels of certain chemicals important to mood.
Evolutionary Approach	This approach assumes that human and animal behavior is the result of evolution through natural selection.	Running away from threats.
Psychodynamic Approach	This approach emphasizes the interplay of the unconscious mental processes in determining human thought, feelings, and behavior.	Surgeons express aggressive instincts in a manner that is accepted by society.
Behavior Approach	An approach to psychology emphasizing that human behavior is determined mainly by what a person has learned, especially from rewards and punishments.	People become doctors only because of the salary received, positions gained, or satisfaction.
Cognitive Approach	A way of looking at human behavior that emphasizes research on how the brain takes information, creates perceptions, forms and retrieves memories, processes information, and generates integrated patterns of action.	Study of why people try to fight terrorists on the 9-11 attacks rather than just panic.
Humanistic Approach	Approach to Psychology that assumes people control their behavior based on their perceptions of the world.	People have the potential of doing things; they just got to look forward to it.

culture	Accumulation of values, rules of behavior, forms of expression, religious beliefs, and so on, for a group of people who share a common language and environment.	There's individualists and collectivists.
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Name of Important Person	What this person is known for	Impact on Psychology
Sigmund Freud	He developed a theory of personality based on the assumption that the unconscious could influence people's behavior.	He is one of the most important psychologists recognized today.
Wilhelm Wundt	With his technique of introspection, he documented "quality" and "intensity" as elements of sensation.	
William James	He investigated how consciousness works to help people adapt to their environment, his technique became known as functionalism.	
John B. Watson	He believed psychologists should observe people's behavioral reaction to stimuli without making inferences about consciousness.	He inspired many psychologists to adopt behaviorism as the method of choice for scientific research in psychology.

Chapter and Topic: Ch. 1 Research in Psychology

Vocab Term	Definition Of Term	Example
Hypothesis	Scientific research, a prediction stated as a specific testable proposition about a phenomenon.	
Operational Definition	Help make easier to understand and evaluate the hypothesis.	
Variables	Specific factors or characteristics that are manipulated and measured in research.	
Data	Numbers represent client improvement or whatever other variables are of interest.	
Theory	Set of statements to predict.	
Naturalistic Observations	Process of watching without interfering as behaviors occurs in the natural environment.	
Case Studies	Examination of behavior or mental processes in a particular individual group/ situations.	
Surveys	Researchers use interviews/ questions to ask people about their behavior.	
Correlational Studies	Examine relationships between variables in order to describe research data more fully to test predictions, and evaluate theories.	
Experiments	Tests the hypothesis.	
Experimental Group	Receives experimental treatment.	
Control Group	Receives no treatment. (Stays the same)	
Independent Variable	Controlled variable by experimenter.	
Dependant Variable	Depends on independent variable.	
Confounding Variable	Interference with activity in the independent/ dependant variables.	
Random Variables	Uncontrolled, sometimes uncontrollable.	
Random Assignments	Distributes the impact of uncontrolled variable randomly equally across groups.	

Placebo	Treatment that contains nothing known to be hopeful but produces benefits because a person's beliefs will be beneficial.	Sugar Pill
Experimental Bias	Unintentional effect that experimenters may exert on their results.	
Double-Blind Design	To prevent experimenters bias from confiding results.	
Sampling	Process of selecting participants for research.	
Random Sampling	Every member of population to be studied would have an equal chance of being chosen.	
Biased Sample	Any selection produced that does not have this equal chance.	
Behavioral Genetics	Study of how genes and environments affect behavior.	
Behavioral Statistics	Numbers describe and summarize a set of research data.	
Inferential Statistics	Set of mathematical procedures that help researchers infer what their data might mean.	
Mode	The number that occurs the most.	<b>6365896566548. Mode=6</b>
Median	Halfway point in a set of data.	<b>1234567. Median=4</b>
Mean	Average of a set.	<b>12345. Mean=3</b>
Range	Difference between highest and lowest scores in set.	<b>456789. Range=5</b>
Standard Deviation (SD)	Measures the average difference between each score the mean of data set.	
Correlation	Degree to which one variable is related to another.	
Correlation Coefficient	Statistic summarizes the strength and direction of a relationship between two variables.	
Statistically Significant	Term used to describe research results when the outcome of statistical test indicates that the probability of those results occurring by chance is small.	

Authors of Important Study	Basics of What Was Done	Lesson(s) learned from the study
Francine Shapiro	Developed a treatment method she calls "eye movement desensitization and reprocessing" (EMDR)	
Douglas Biklen	Promoted a procedure called "facilitated communication" (FC)	Helps people w/ severe autistic disorder use of language for the first time.

## Chapter 2 Biological Basis

Words	Definitions	Examples
Biological psychology	Study of cells and organs of the body and the physical and chemical changes involved in behavior and mental processes	It is here that we begin to consider the relationship between your body and your mind, your brain and your behavior
Input	Receive information	The sound of the alarm clock is conveyed to your rain by your ears
Process	Integrate that information with past experiences	Your brain knows from past experiences that it is time to get up

Output	Guide actions	Your brain directs the muscles of your arm and hand to reach out and shut off the alarm clock
Neurons	Are cells that are specialized to rapidly respond to signals and quickly send signals of their own	
Glial	Holds neurons together	Means glue
Glial cells	Also help neurons communicate by directing their growth, keeping their chemical environment stable providing energy, secreting chemicals to help restore damage, and even responding to signals from neurons	Without glial cells, neurons could not function
Outer membrane	Acts like a fine screen, letting some substances pass in and out while blocking others`	
Cell body	Which contains a nucleus	Only red blood cells have no nucleus
Nucleus	Carries the genetic information that determines how a cell will function	
Mitochondria	Are structures that turn oxygen and glucose into energy	
Axons	Are the fibers that carry signals away from the cell body, out to where communication occur with other neurons	Like the axon that sends signals from your spinal cord all the way down to your big toe
Dendrites	Are the fibers that receive signals from the axons of other neurons and carry those signals to the cell body	Axons carry signals away from the cell body, where as dendrites detect signals from other cells
Synapse	The tiny gap between neurons across which they communicate	
Semi permeable barrier	Lets some chemical molecules pass through but blocks others	
Polarized	Inside of cell is more slightly negative then the outside	
Electrochemical potential	Which drives the positively charged molecules toward the inside of the cell	
Channels	Distributed along the axon and dendrites and acts as gates that can be opened or closed	
Depolarized	Allowing positively charged molecules to rush in	
Action potential	An abrupt wave of electrochemical changes traveling down an axon when a neuron gets depolarized	The cell either fires at full strength or it does not fire at all
Myelin	Is a fatty substance that wraps around some axons and speeds action potentials	Larger myelinated cells are usually found in parts of the nervous system that carry the most urgently needed information
Refractory period	During which the neuron cannot fire	As the positively charged molecules are pumped back outside the membrane, the cell returns to its original polarized state
Neurotransmitter	Chemicals that assists in the transfer of signals from one neuron to another	These chemicals are stored in little "bags" called vesicles
Vesicles	"bags" that hold chemicals in them	At the tips of axons

Receptors	Site on the surface of a cell that allows only one type of neurotransmitter to fit into it, triggering a chemical response that may lead to an action potential	Like a puzzle piece fitting into its proper place
Postsynaptic potential	The change in the membrane potential of a neuron that has received stimulation from another neuron	Make the cell either more likely or less likely to fire
Excitatory postsynaptic potential (EPSP)	Lead the neuron to fire an action potential	
Inhibitory postsynaptic potential (IPSP)	Makes it less likely that the neuron will fire an action potential	
Neural networks	Neurons that operate together to perform complex functions	
Sensory systems	The parts of the nervous system that provide information about the environment	Hearing, vision, taste, smell, and touch
Motor systems	Which are the parts of the nervous system that influence muscles and other organs to respond to the environment	
Peripheral nervous system (PNS)	The parts of the nervous system not housed in bone	Carries out sensory and motor functions
Central nervous system (CNS)	Is the part encased in bone	Including the brain and the spinal cord
Somatic nervous system	Transmits information from the senses to the CNS and carries signals from the CNS to the muscles that move the skeleton	Also involved in every move you make
Autonomic nervous system	Carries messages back and forth between the CNS and the heart, lungs, and other organs and glands	Controls activities that are normally outside of conscious control, such as digestion and perspiration (sweating)
Computational neuroscientists	Have created neural network models on computers	
Nuclei	Collections of nerve cell bodies in the central nervous system	
Fiber tracts or pathways	Axons in the central nervous system that travel together in bundles	
Spinal cord	Receives signals from the senses	Including pain and touch from the fingertips
Reflexes	Involuntary, unlearned reaction in the form of swift, automatic, and finely coordinated movements in response to external stimuli	Direct simple behaviors without instruction from the brain
Feedback system	A series of processes in which information about the consequences of an action goes back to the source of the action so that adjustments can be made	
Afferent	Sensory neurons	Coming toward
Efferent neurons	Motor neurons	Going away

Electroencephalograph (EEG)	Measures general electrical activity of the brain	Electrodes are pasted to the scalp to detect the electrical fields resulting from the activity of billions of neurons
PET scan	Can locate cell activity by recording here radioactive substances become concentrated when injected into the bloodstream	
PET positron emission tomography	Records images from the brain that indicate the location of the radioactivity as the brain performs various tasks	Have revealed that specific brain regions are activated when we look at fearful facial expressions or engage in certain kinds of thoughts
MRI magnetic resonance imaging	Exposes the brain to a magnetic field and measures the resulting radio frequency waves to get amazingly clear pictures of the brains anatomical details	
Functional MRI or fMRI	Is capable of detecting changes in blood flow that reflect ongoing changes in the activity of neurons	Providing a sort of "moving picture" of the brain
DTI diffusion tensor imaging	Traces activity of axon pathways	
TMS transcranial magnetic stimulation	Temporarily disrupts the function of a particular part of the brain	This technique may also have potential in the treatment of certain psychological disorders
Hindbrain	A continuation of the spinal cord	Lies just inside the skull/ blood pressure, heart rate, breathing, and many other vital autonomic functions are controlled by nuclei in the hindbrain
Medulla	An area in the hindbrain that controls blood pressure, heart rate, breathing, and other vital functions	
Reticular formation	A network of cells and fibers threaded throughout the hindbrain and midbrain that alters the activity of the rest of the brain	Is involved for example, arousal and attention
Locus coeruleus	A small nucleus in the reticular formation involve in attention, sleep, and mood	
Cerebellum	The part of the hindbrain whose function is to control finely coordinated movements and to store learned associations that involve movements	Appears to play a vital role in normal speech integrating moment-to-moment feedback about vocal sounds with a sequence of precise movements of the lips and tongue
Midbrain	A small structure between the hindbrain and forebrain that relays information from the eyes, ears, and skin and that controls certain types of automatic behaviors	When a loud noise causes you to turn your head reflexively and look in the direction of the sound, your midbrain circuits are at work
Substantia nigra	Area of midbrain involved in the smooth initiation of movement	Means black substance
Striatum	Are necessary in order to smoothly begin movements	Without them you would find it difficult, if not impossible, to get up out of a chair, or lift your hand to swat a fly.
Forebrain	Responsible for the most complex aspects of behavior and	

	mental life	
Thalamus	Relays signals from most sense organs to higher levels in the brain and plays an important role in processing and making sense out of this information	
Hypothalamus	Regulates hunger, thirst and sex drives	Hypo means under/ its under the thalamus
Suprachiasmatic nuclei	Nuclei in the hypothalamus that generate biological rhythms	Keeps an approximately twenty-four hour clock that establishes your biological rhythms
Amygdala	Associates features of stimuli from two sensory modalities	As when we link the shape and feel of objects in memory
Hippocampus	A structure in the forebrain associated with the formation of new memories	
Limbic system	A set of brain structures that play important roles in regulating emotion and memory	
Anterograde amnesia	Lose the ability to remember new events	
Stroke	An interruption of blood flow in the brain	
Dementia	Deterioration of cognitive capabilities often associated with aging	
Cerebral hemispheres	The left and right halves of the rounded, outermost part of the brain	
Cerebral cortex	The outer surface of the brain	Associated with the analysis of information from all the senses, control of voluntary movements, higher-order thought, and other complex aspects of our behavior and mental processes.
Anatomical	Physical features	
Gyri	Ridges of the brain	That gives it that wrinkled appearance
Sulci or fissures	Valleys of the brain	That gives it that wrinkled appearance
Sensory cortex	Lies in the parietal, occipital, and temporal lobes	Is the part of the cerebral cortex that receives information from our senses
Visual cortex	Made up of cells in the occipital lobe	Where visual information is received
Auditory cortex	Made up of cells in the temporal lobe	Where auditory information is received
Somatosensory cortex	Make up of cells in the parietal lobe	Where information from the skin about touch, pain, and temperature is received
Homunculus	Latin for "little man"	
Motor cortex	Create voluntary movements in specific parts of the body	
Association cortex	Those parts of the cerebral cortex that receive information from more than one sense or that combine sensory and motor information to perform complex cognitive tasks	Such as associating words with images

Aphasia	Creates difficulty in understanding or producing speech and can involve all the functions of the cerebral cortex	
Paul Broca	Described the difficulties that result from damage to the association cortex in the frontal lobe near motor areas that control facial muscles	
Broca's area	When this is damaged the mental organization of speech suffers, a condition called Broca's aphasia	
Broca's aphasia	Victims have great difficulty speaking, and what they say is often grammatically incorrect.	Each word comes slowly
Carl Wernicke	A different set of language problems result from damage to a portion of the association cortex first described in the 1870's by this guy	
Wernicke's area	It is located in the temporal lobe, near an area of the cortex that receives information from the ears and eyes.	Wernicke's area is involved in the interpretation of other speech and written words. Damage to this area can leave a person able to speak, but it disrupts the ability to understand the meaning of words or to speak understandably
Roger Sperry and Michael Gazzaniga	Began to study split-brain patients	
Split-brain	People who had undergone a surgical procedure in an attempt to control severe epilepsy.	
Corpus Callosum	A massive bundle of more than a million fibers that connects the two hemispheres.	
Lateralized	Referring to the tendency for one cerebral hemisphere to excel at a particular function or skill compared with the other hemisphere	
Plasticity	The ability to create new synapses and to change the strength of synapses	The more you use it the stronger it becomes
Parkinson's disease	A disorder characterized by tremors, rigidity of the arms and legs, difficulty in initiating movements, and poor balance	
Neural stem cells	These are special glial cells that are capable of dividing to form new tissue, including new neurons	
Growth factors or neurotrophic factors	Which promote the survival of neurons	
Glial cell line-derived neurotrophic factor (GDNF)	Actually causes neurons to produce the neurotransmitter needed to reverse the effects of Parkinson's disease	
Neurotransmitter system	A group of neurons that communicates by using the same neurotransmitter	Certain neurotransmitter systems play a dominant role in particular functions, such as emotion or memory, and in particular problems, such as Alzheimer's disease



Neuromodulators	Act slowly and often modify or "modulate" a cell's response to other neurotransmitters	
Small-molecule	Occur in both the central nervous system and the peripheral nervous system	
Acetylcholine	Is used by neurons of the parasympathetic nervous system to slow the heartbeat and activate the digestive system and by neurons that make muscles contract.	
Norepinephrine or noradrenaline	A neurotransmitter involved in arousal, as well as in learning and mood regulation	
Serotonin	A neurotransmitter used by cells in parts of the brain involved in the regulation of sleep, mood, and eating	
Dopamine	A neurotransmitter used in the parts of the brain involved in regulating movement and experiencing pleasure	
GABA gamma-amino butyric acid	A neurotransmitter that inhibits the firing of neurons	
Huntington's disease	An inherited and incurable disorder in which the victim is plagued by uncontrollable jerky movement of the arms and legs along with dementia	Results in the loss of many GABA-containing neurons in the striatum.
Epilepsy	A brain disorder associated with seizures and convulsive movements	
Glutamate	An excitatory neurotransmitter that helps strengthen synaptic connections between neurons	
Opiates	Can relieve pain, produce feelings of elation, and in high doses, bring on sleep	Such as heroin and morphine
Endorphin	Refers to any neurotransmitter that can bind to the same receptors stimulated by opiates	
Endocrine system	Cells that form organs called glands and that communicate with one another by secreting chemicals called hormones	
Gland	An organ that secretes hormones into the bloodstream	
Hormones	Chemical secreted by a gland into the bloodstream, which carries it throughout the body	
Target organs	Organs whose cells have receptors for a hormone	
(ACTH)adrenocorticotrophic hormone	Which causes the adrenal glands to release the hormone cortisol into the bloodstream	
Fight-or-flight syndrome	Prepares the animal or person for action in response to danger or other stress	The heart beats faster, the liver releases glucose into the bloodstream, fuels are mobilized from fat stores, and the organism usually enters a state of high arousal
Immune system	The body's system of defense against invading substances	

	and microorganisms	
Autoimmune disorders	In which cells of the immune system attack normal cells of the body, including brain cells	

### Chapter 8 Learning

Vocabulary terms	Definition	Example
Learning	A relatively permanent change in behavior as a result of experience.	
Classical Conditioning	Learning which takes place when two or more stimuli are presented together; the subject learns to give a response it already knows to a new stimulus.	
Stimulus	A change in the environment that elicits (brings out) a response;	
Neutral stimulus	A stimulus that initially does not elicit a response;	
Unconditioned stimulus	Reflexively, or automatically, brings about the unconditioned response;	
Unconditioned response	An automatic, involuntary reaction to an unconditioned stimulus.	
Conditioned stimulus	A neutral stimulus at first, but when paired with the UCS, it elicits the conditioned response.	
Acquisition	In classical conditioning, learning to give a known response to a new stimulus, the neutral stimulus.	
Delayed conditioning	Ideal training, NS precedes UCS; briefly overlaps	
Simultaneous conditioning	NS and UCS paired together at same time.	
Trace conditioning	NS presented first, removed, then the UCS is presented.	
Backward conditioning	UCS presented first and NS follows	
Conditioned taste aversion	An intense dislike and avoidance of a food because of its association with an unpleasant or painful stimulus through backward conditioning.	
Temporal conditioning	Time serves as the NS	
Extinction	Repeatedly presenting a CS without a UCS leads to return of NS;	
Spontaneous recovery	After extinction, and without training, the previous CS suddenly elicits the CR again temporality.	
Generalization	Stimuli similar to the CS also elicit the CR without training.	
Discrimination	The ability to tell the difference between stimuli so that only the CS elicits the CR;	
Higher-order conditioning	Classical conditioning in which a well-learned CS is paired with an NS to produce a CR to the NS.	
Aversive conditioning	Learning involving an unpleasant or harmful stimulus or reinforcer.	

Instrumental learning	Associative learning in which a behavior becomes more or less probable depending on its consequences.	
Law of effect	Behaviors followed by positive consequences are strengthened while behavior followed by annoying or negative consequences are weakened.	
Operant conditioning	Learning that occurs when an active learner performs certain voluntary behavior and the consequences of the behavior determines the likelihood of its recurrence.	
Positive reinforcement	A rewarding consequence that follows a voluntary behavior thereby increasing the probability the behavior will be repeated;	
Primary reinforcer	Something that is biological important and thus rewarding;	
Secondary reinforcer	Something rewarding because it is associated with a primary reinforcer;	
Generalized reinforcer	Secondary reinforcer associated with a number of different primary reinforcer.	
Premack principle	A more probable behavior can be used as a reinforcer for a less probable one;	
Negative reinforcement	Removal of an aversive consequence that follows a voluntary behavior thereby increasing the probability the behavior will be repeated;	escape and avoidance
punishment	An aversive consequence that follows a voluntary behavior thereby decreasing the probability the behavior will be repeated;	
Omission training	Removal of a rewarding consequence that follows a voluntary behavior thereby decreasing the probability the behavior will be repeated.	
shaping	Positively reinforcing closer approximations of a desired behavior to teach a new behavior.	
Continuous reinforcement	Schedule that provides reinforcement following the particular behavior every time it is emitted.	Acquisition of a new behavior
Partial reinforcement or intermittent schedule	Occasional reinforcement of a particular behavior; produces responding that is more resistant to extinction;	
Fixed ratio	Reinforcement of a particular behavior after a specific number of responses.	
Fixed interval	Reinforcement of the first particular response made after a specific length of time.	
Variable ratio	Reinforcement of a particular behavior after a number of responses that changes at random around an average number.	
Variable interval	Reinforcement of the first particular response made after a length of time that change at random around an average time period.	

Behavior modification	A field that applies the behavioral approach scientifically to solve problems;	
Token economy	Operant training system that uses secondary reinforcer to increase appropriated behavior.	Learners can exchange secondary reinforcer for desired reward.
Biological preparedness	Predisposition to easily learn behaviors related to survival of the species.	
Instinctive drift	A conditioned response that moves toward the natural behavior of the organism.	
Latent learning	Learning in the absence of rewards	
Observational learning	Learning that occurs by watching the behavior of a model.	
Insight	The sudden appearance of an answer or solution to a problem;	

Author of important study and year	Basics of what was done	Lesson(s) learned from the study
Ivan Pavlov 1900's	A bell was rung right before the meat was given to the dog	By repeatedly pairing the food and the bell, the bell alone came to elicit salivation in the dogs.
John B. Watson & Rosalie Rayner 1920's	Nine-month-old infant known as baby Albert to fear a rat.	Did not get a chance to rid baby Albert of his phobia to the rat.
E.L.Thorndike	He put hungry cats in puzzle boxes and placed fish outside. To get to the fish, the cats had to step on a pedal, which released the door bolt on the box.	The cats moved about the box and clawed at the door.

Name of important person	What this person is known for	Impact on psychology
Edward Tolman	Studied spatial learning by conducting maze experiments with rats under various conditions.	B.F. Skinner
Wolfgang Kohler	Exposed chimpanzees to new learning tasks and concluded that they learned by insight	

Chapter and Topic of this Review Guide: Chapter 7: States of Consciousness

Vocab Term	Definition of Term	Example
Consciousness	Awareness of external stimuli and mental activity	
Conscious level	Holds the thoughts and mental processes that you are aware from moment to moment.	What you are hearing, seeing, feeling, smelling, etc at the moment.
Nonconscious level	Physiological process that you are not aware of.	
Preconscious level	Stores sensations, memories, inferences and assumptions that can be brought to the conscious level.	Thinking what you are going to do later can come to mind after reading this.
Unconscious level	Level of mental activity that are important but hard to be conscious of it.	Your digestive system.

State of consciousness	Characteristics of conscious level at any particular moment.	
Altered state of consciousness	Happens when there is a change in stream of consciousness.	
Slow-wave sleep	Slow, deep breathing; a calm, regular heartbeat and reduced blood pressure.	Beta waves.
Rapid eye movement (REM)	Heart rate and blood pressure are almost the same as when a person is awake, also the eyes move back and forth.	
Insomnia	Not being able to fall or stay asleep.	
Narcolepsy	When people fall directly into REM sleep from active state.	A person is driving a car and suddenly falls asleep behind the wheel.
Sleep apnea	Stop breathing when you are asleep.	Mr. Cantour needs a mask because sometimes he stops breathing during sleep.
Sudden infant death syndrome (SIDS)	A sleeping baby stops breathing but does not awaken and suffocates.	
Nightmare	Frightening dreams that occur when asleep.	
Night terror	Frightening dreams that bring terror after waking.	You have a nightmare and after waking up you feel scared and the feeling stays for half hour.
Sleepwalking	Occurs during non-REM sleep, walking asleep.	A little kid gets up and starts walking around the house.
REM behavior disorder	Occurs during REM sleep. A person acts out its dreams because the paralysis that follows REM sleep is not present.	A person having a dream and then turns and starts acting out its dream until it falls off the bed.
Circadian rhythm	Normal-sleep-waking cycle that occurs during a twenty four hour period.	
Jet lag	Common when a person travels from time zone to time zone. The body is ready to wake up or fall asleep at an inappropriate time.	When you fly from USA to Japan, the body needs to get used to waking up when it is time to fall asleep and vice-versa.
Dream	Story like sequences of images, sensations and perceptions.	
Lucid dreaming	Knowing you are dreaming in a dream.	A person is dreaming and they realize they are dreaming and start controlling their dream.
Hypnosis	Altered state of consciousness brought on by special techniques and characterized by responding to suggestions of the hypnotist.	A person is hypnotized to give in to the hypnotist.
State theory	Hypnosis is a special altered state of consciousness.	
Role theory	People only play a role of being hypnotized.	
Dissociation theory	Puts role and state theory together. It contends that hypnosis is a splitting of the central control of thought process and behavior. The person being hypnotized also gives some of the control to the hypnotist.	
Psychoactive drug	Physiological changes by affecting the physiological functioning of the brain.	LSD, changes perception of sensory information.
Psychopharmacology	Study of psychoactive drugs.	
Blood-brain barrier	Part of the structure of the blood vessels that supply the brain. Many chemicals can't penetrate it.	
Agonist	Drugs that mimic the effects of a particular neurotransmitter by binding to its receptors.	Heroin and codeine mimic the pain-regulating endorphins.

Antagonist	Prevent neurotransmitters from having effect by blocking receptors.	
Substance abuse	Self-administration of drugs that cause social legal or interpersonal problems.	Many people take medicine such as nightquill but can take it wrong and cause problems to the person taking it.
Psychological dependence	Person needs to take a drug to maintain a sense of well-being.	A person can take pills for pain even though the person knows that it will harm them in some way.
Physical dependence (addiction)	Physical body needs drug.	A person gets irritated when he is addicted to a drug and doesn't have any to use at the moment.
Withdrawal syndrome	Drug in a person that is physically dependent is removed and suffers this.	Being irritated, not being able to stay still are effects of the withdrawal syndrome.
Tolerance	Body's requiring ever-increasing amounts to achieve the same psychological and physical effects.	Many people need more and more drugs to achieve a certain level of "happiness"
Depressant	Reduce activity in the central nervous system.	Alcohol.
Stimulant	Increases behavioral and mental activity,	Cocaine, caffeine, nicotine.
Opiate	Produce sleep and pain relief, are highly addictive and can be fatal.	Heroin, morphine.
Hallucinogen	Causes loss of contact with reality and changes in thoughts, perception, and emotion.	LSD, ketamin, marijuana.

Authors of Important Study and year	Basics of What Was Done	Lesson(s) learned from the study
Roehrich and Goldman (1995)	Participants took part in a memory experiment whose real purpose was to prime their positive expectations about the effects of alcohol.	

Name of Important Person	What this person is known for	Impact on Psychology
William James	Compared consciousness to a stream, describing it as ever changing, multilayered and varying in both quantity and quality.	Idea of levels of consciousness was born.
Ernest Hilgard	Described the main changes that people display during hypnosis.	

Chapter and Topic: Motivation and Emotion

Ch. 12, 13 & 14

Vocab Term	Definition of Term	Example
Motivation	Influences that account for the initiation, direction, intensity, and persistence of behavior.	What causes us to persist in our work, sometimes to the point of staying up all night? -motivation
Motive	A reason of purpose for behavior. One motive can often account for many behaviors.	A woman drives a BMW & wears expensive clothes to demonstrate that she belongs to people who are wealthy.
Instincts	An automatic, involuntary, and unlearned behavior patterns that are consistently displayed in the presence of specific stimuli.	Baby birds instinctively respond to the striped beak of an adult bird by opening their mouths.
Instinct Theory	Human behaviors are caused by instincts.	(curiosity or fearfulness) Nancy wants to have children because she has a reproductive instinct.
Drive reduction theory	States that biological needs, which are created by imbalances in homeostasis, produce drives.	Oscar hasn't had anything to drink for hours. He has a need for fluids, which has caused a drive to find something to drink.
Homeostasis	*internal balance* The tendency to keep physiological systems at a steady level by constantly making	Suppose that you had to walk outside in cold weather. Your body would sense this change in external stimuli

	adjustments in response to change.	(the cold) & would begin taking action to maintain your temperature. Shivering, and adjustment that generates body heat, would help keep your temp from dropping.
Need	A biological requirement for well-being,	Water and food are necessary needs for survival.
Drive	A feeling of arousal that prompts an organism to take action, restore the balance, and, as a result, reduce the drive.	When thirsty, you have the drive to find and drink water.
Primary Drives	Drives that arise from biological needs.	Obtaining food, water, & warmth.
Secondary Drives	Learned through Operant Conditional. We learn drives that prompt us to obtain objects that are associated w/the reduction of a primary drive.	Joseph lives in Alaska. He has learned that it is necessary to pay his power bill on time (secondary drive) in order to stay warm (primary drive) during the winter.
Arousal	The level of alertness, wakefulness, & activation caused by activity in the central nervous system.	After the announcement of a pop quiz, Jimmy's heart rate, muscle tension, & brain activity increased.
Arousal Theory	States that people are motivated to behave in ways that maintain an optimal level of arousal which varies w/the person & activity.	After a day of boring classes & intense studying you may want to watch an exciting movie.
Yerkes-Dodson law	For easy tasks, moderately high arousal is optimal; for difficult tasks, moderately low is optimal; & for most average tasks, a moderate level of arousal is optimal.	
Incentive Theory	States that human behavior is goal directed; we act to obtain positive	When Joanna & David were first married, they saved \$ to by a house (incentive). Now their mortgage is paid, & buying a house is no longer an incentive that guides their behavior. Instead, they save \$ to take vacations.
Hunger	The state of wanting to eat.	Stomach cues, signals carried by the blood, & hypothalamus activity indicate when we should eat.
Satiety	The state of no longer wanting to eat. It is triggered by the brain recognizing nutrients & hormones in the bloodstream.	Being full.
Set point	A pre-set natural body weight, determined by the number of fat cells in our body.	Like a thermostat - it is set and keeps the room at a constant temp. Animal's set point keeps it at constant weight.
Anorexia Nervosa	Eating disorder characterized by an obsession w/eating & self starvation, sometimes to the point of death, & distorted body image.	Common in adolescent females w/ weight less than 85% of normal.
Bulimia Nervosa	Eating disorder in which a person consumes large quantities of food (binges) & then attempts to eliminate the food (purges) through vomiting & laxatives.	
Sexual Orientation	Refers to the direction of an individual's sexual interest.	Hetero-, Homo-, and Bi- sexuality.
Homosexuality	A tendency to direct sexual desire toward another person of the same sex.	Female-to-female Male-to-male
Bisexual	A tendency to direct sexual desire toward both sexes	Female->Male->Female
Heterosexual	A tendency to direct sexual desire toward people of the opposite sex.	Male-> Female
Sexual Response	The pattern of arousal during & during and after sexual activity.	Sexual arousal, plateau, orgasm, and resolution.
Sexual dysfunctions	Conditions in which a person's ability or desire to have sex is diminished or gone.	The most common sexual dysfunctions in men & women are, respectively, the erectile disorder.
Need for achievement	A desire to meet some internalized standard of excellence, related to productivity & success. People w/a high need for achievement choose moderately challenging tasks to satisfy their need.	During grade school Kelly chose to join an after-school math activity program that had regular tests in addition to projects. Kelly knew that she was good in math & wanted something new to challenge her.
Affiliation	The need to be with others; is aroused when people	You feel happy when others are happy.

Motive	feel threatened, anxious, or celebratory.	
Intrinsic motivation	A desire to perform an activity for its own sake	Marta quits smoking for herself.
Extrinsic motivation	A desire to perform an activity to obtain a reward.	Joe is a lawyer that is only interested in the money and less interested in actually helping the people.
Subjective well-being	Refers to a combination of a cognitive judgment of satisfaction with life, the frequent experiencing of positive moods & emotions, and the relatively infrequent experiencing of unpleasant moods & emotions.	Jules is generally happy with her life, and rarely feels upset or angry. Jules probably has high subjective well-being.
Emotion	Either positive or a negative experience that's felt w/some intensity as happening to the self, is generated in part by a cognitive appraisal of situations, and is accompanied by both learned & innate physical responses.	Imagine that your boss unjustly says your work is worthless. Rage wells up inside you have worked very hard. When in rage, you may feel your face flush & your heart rate increase.
Sympathetic System	A subdivision of the autonomic nervous system, prepares the body for vigorous activity, such as the	
Parasympathetic System	A subdivision of the autonomic nervous system is involved in activities relating to the growth and nourishment of the body.	Coleman is happily relaxing after a long day of classes. As he watches a comedy on TV, his heart rate slows, but digestion activity increases.
Flight-or-flight syndrome	A Series of physiological changes in activity, controlled by the sympathetic nervous system, which prepares the body for combat (fight) or escape (flight) from the threatening situations.	A fire alarm startles Coleman. In the fight-or-flight response activated by the sympathetic nervous system, his heart rate & breathing increase. Although he can't feel the difference as he walks to the stairway, his digestive activity has slowed & his blood sugar has increased.
Attribution	The process of identifying the cause of an event through cognitive appraisal	Felicia was smiling as she studied. When she noticed it, she attributed it to her happiness about a trip she was planning for the weekend.
Transferred excitation	Occurs when arousal from one experience carries over to a different situation. People stay aroused longer than they think they do. If people have been aroused & then encounter a new situation, they may interpret their arousal as an emotional reaction to the new situation.	You have just run to class. Just outside the classroom, one of the people working on your project tells you that she couldn't finish her part of the paper that is due this period. Normally you would be angry but the run intensifies your emotion & you're not just angry, you are furious.

Authors of Important Study and year	Basics of What Was Done	Lesson(s) learned from the study
Abraham Maslow, 1970	Maslow's Hierarchy of Motives	Arranges biological and social needs in priority from the lowest level of 1) basic biological needs to 2) safety & security needs to 3) belongingness & love needs to 4) self esteem needs to 5) self-actualization, the need to fulfill one's potential and transcendence, spiritual fulfillment, are the highest needs & can only be realized after each succeeding need below has been fulfilled. Lacks evidence to support theory.
William Masters & Virginia Johnson 1966	Measured sexual arousal and behavior in volunteers who received natural & artificial stimulation in laboratory.	For both men & women, the <i>excitement</i> phase begins w/ sexual stimulation from the environment or one's own thoughts. Continued stimulation leads to intensified excitement in the <i>plateau</i> phase, & if stimulation continues, to the intensely pleasurable release of tension in the <i>orgasmic</i> stage. During the <i>resolution</i> phase, both men & women experience a state of relaxation. Following the resolution, men enter a <i>refractory</i> phase, during which they are unresponsive to sexual stimulation. Women are capable of immediately repeating the cycle.
William McDougall	Listed 18 human instincts & in a few years, 10,000 more.	Somewhat discarded but psychologists have continued to explore the possibility that at least some aspects of human motivation are innate.



William James, late 1800's	James-Lange theory	Conscious experience of emotion result's from one's awareness or autonomic arousal.
Walter Cannon, 1927/1987	Cannon-Bard theory	The thalamus sends information to the limbic system & cerebral cortex simultaneously so that conscious experience of emotion accompanies physiological processes.
Stanley Schachter, 1996	Schachter-Singer two-factor theory	We determine an emotion from our physiological arousal, and then label that emotion according to our cognitive explanation for the arousal.

Name of Important Person	What this person is known for	Impact on Psychology
Alfred Kinsey	First extensive studies of sexual behavior in the U.S. during the late 1940's & early 1950's.	He conducted surveys of people's sexual lives. Influence Masters and Johnson's studies.
David McClellan	Described the achievement motive and used Thematic Apperception Test (TAT) to measure it.	
Charles Darwin	Natural Selection	Many behaviors were characteristics that could be passed on.
Richard Lazarus	Cognitive-Appraisal Theory	Our emotional experience depends on out interpretation of the situation we are in.

2009 / Chapter and Topic of this Review Guide: Chapter 5 Sensation

Vocab Term	Definition of Term	Example
Sense	System that translates information from outside the nervous system into neural activity.	
Sensations	Messages from the senses that make up the raw information that affects many kinds of behavior and mental processes.	
Accessory structures	Lens of the eye that modify a stimulus.	
Transduction	Converting incoming energy into neural activity through receptor	
Sensory receptors	Specialized cells that direct certain forms of energy	
Adaptation	Responsiveness to an unchanging stimulus decreases over time	
Coding	Translating the physical properties of a stimulus into a pattern of neural activity that specifically identifies those properties	
Doctrine of specific nerve energies	Stimulation of a particular sensory nerve provides codes for that sense no matter how the stimulation takes place.	
Temporal Codes	Coding attributes of a stimulus in terms of changes in the timing of neural firing	
Spatial codes	Coding attributers of a stimulus in terms of the location of firing neurons relative to their neighbors.	
Sound	A repetitive fluctuation in the pressure of a medium such as air.	
Basilar membrane	The floor of the fluid filled duct that runs through the cochlea	
Auditory nerve	The bundle of axons that carries stimuli from the hair cells of the cochlea to the brain	
Primary auditory cortex	The area in the brains temporal lobe that is first to receive information about sounds from the thalamus.	

Place theory	Hair cells at a particular place on the basilar membrane respond most to a particular frequency of sound.	
Frequency matching theory	The view that some sounds are coded in terms of the frequency of neural firing.	
Visible light	Electromagnetic radiation that has a wave length of about 400 nanometers to about 750 nanometers	
Light intensity	A physical dimension of light waves that refers to how much energy the light contains	
Light wavelength	The distance between peaks in light waves.	
Cornea	The curved transparent protective layer through which light rays enter the eye	
Pupil	An opening in the eye just behind the cornea through which light passes.	
Iris	The colorful parts of the eye which constricts or relaxes to adjust the amount of light entering the eye.	
Lens	The part of the eye behind the pupil that bends light rays focusing them on the retina	
Retina	Surface at the back of the eye onto which the lens focuses light rays.	
Accommodation	The ability of the lens to change its shape and bend light rays so that objects are in focus.	
Photoreceptors	Nerve cells in the retina that code light energy into neural activity	
Photo pigments	Chemicals in photoreceptors that respond to light and assist in converting light into neural activity.	
Dark adaptation	The increasing ability to see in the dark as time in the dark increases.	
Rods	Highly light sensitive but color insensitive photoreceptors in the retina that allow vision even in dim light.	
Cones	photoreceptors in the retina that help us to distinguish colors	
Fovea	A region in the center of the retina where it cones are highly concentrated	
Acuity	Visual clarity which is greatest in the fovea because of its large concentration of cones	
Lateral inhibition	A process in which lateral connections allow one photoreceptor to inhibit the responsiveness of its neighbor	
Ganglion cells	Cells in the retina that generate action potentials.	
Receptive field	The portion of the retina and visual world that affects a given ganglion cell.	
Optic nerve	A bundle of fibers composed of axons of ganglion cells that cells that carries visual information to the brain	
Blind spot	The light insensitive point at which axons from all the ganglion cells converge exit from the eyeball.	
Optic chiasm	Bottom surface of the brain where half of each optic nerves fiber cross over to the opposite side of the brain.	
Primary visual cortex	An area at the back of the brain to which neurons in the lateral geniculation nucleus relay visual input.	
Feature detectors	Cells in the cortex that respond to a specific feature of an object.	
Hue	The essential color determined by the dominant wavelength of light	
Saturation	The purity of a color	
Brightness	The sensation of the overall intensity of all of the wavelengths that make up light	
Trichromatic theory	A theory of color vision identifying three types of visual elements each of which is most sensitive to different wavelengths of light	
Opponent process theory	A theory of color vision stating that color sensitive visual elements are grouped into red-green blue-yellow and black-white elements.	
Synesthesia	A blending of sensory experience that causes some people to see	

	sound or taste colors.	
Olfaction	The sense of smell	
Gestation	The sense of taste	
Olfactory bulb	A brain structure that receives messages regarding olfaction.	
Pheromones	Chemicals released by one animals and detected by another shape the second animals behavior	
Vomeranasal organ	A portion of the mammalian olfactory system that in sensitive to pheromones.	
Papillae	Structures on the tongue containing groups of taste receptors or taste buds.	
Somatic senses	Senses of touch temperature pain and kinesthesia.	
Gate control theory	Functional gate in the spinal cord can either let pain impulses travel upward to the brain or block their progress.	
Analgesia	The absence of pain sensations in the presence of a normally painful stimulus.	
Proprioceptive senses	Sensory systems that allow us to now about where we are and what each part of our body is doing	
Vestibular sense	Provides information about the position of the head in space and about its movements	
Vestibular sacs	Organs in the inner ear that connect the semicircular canals and the cochlea and contribute to the body's sense of balance	
Otoliths	Small crystals in the fluid-filled vestibular sacs of the inner ear that when shifted by gravity stimulates nerve cells that inform the brain of the position of the head.	
Semicircular canals	Tubes in the inner ear whose fluid when shifted by head movements stimulates nerve cells that tell the brain about those movements.	
Kinesthesia	The sense that tells you where the parts of your body are with respect to one another.	

Authors	Basics of What Was Done	Lesson(s) learned
Ramachandran & Rogers-Ramachandran 2000	Patients moved their real hands while looking in the mirror, they not only felt movement occurring in their phantom hands but they could also unclench their phantom fists and stop their intense pain.	Arose from research on how vision interacts with the sense of touch.
Lettvin et al 1959	Process of interpreting sensations begins in the sense organs themselves	
Graziano et al 2002	Sensory receptors respond best to changes in energy	
Bella & Peretz 2003; Stewart & Walsh 2002; Zatorre 2003a	A 262 hertz tone is middle c. perfect pitch appears to be an inborn trait	
Hyde & Peretz 2004	Some children improve their skills at pitch identification if given special training before about the age of six	
Ayache et al 2003	Conduction deafness can be treated by surgery to break the bones apart or to replace the natural bones with plastic ones	

## Chapter 11 /Cognitive Abilities and Intelligence

**Achievement test** A measure of what a person has accomplished or learned in a particular area. **Aptitude test** a test designed to measure a person's capacity to learn certain things or perform certain tasks.

**Cognitive ability** "The capacity to reason, remembers, understand, solve problems, and make decisions".

**Convergent thinking** The ability to apply logic and knowledge to narrow down the number of possible solutions to a problem or perform some other complex cognitive task.

**Crystallized intelligence** The specific knowledge gained as a result of applying fluid intelligence.

**Divergent thinking** The ability to think along many alternative paths to generate many different solutions to a problem.

**Fluid intelligence** The basic power of reasoning and problem solving.

**g** A general intelligence factor that Charles Spearman postulated as accounting for positive correlations between people's scores on all sorts of cognitive ability tests.

**Intelligence** "Those attributes that center around skill at information processing, problem solving, and adapting to new or changing situations".

**intelligence quotient (IQ score)** An index of intelligence that reflects the degree to which a person's score on an intelligence test deviates from the average score of others in the same age group.

**IQ test** "A test designed to measure intelligence on an objective, standardized scale".

**Information-processing approach** "An approach to the study of intelligence that focuses on mental operations, such as attention and memory that underlie intelligent behavior".

**Metacognition** "The knowledge of what strategies to apply, when to apply them, and how to use them in new situations".

**Multiple intelligences** Eight semi-independent kinds of intelligence postulated by Howard Gardner.

**Norms** Socially based rules that prescribe what people should or should not do in various situations.

**Psychometric approach** "A way of studying intelligence that emphasizes analysis of the products of intelligence, especially scores on intelligence tests".

**Reliability** The degree to which a test can be repeated with the same results.

**Stanford-Binet** "A test for determining a person's intelligence quotient, or IQ,".

**Test** A systematic procedure for observing behavior in a standard situation and describing it with the help of a numerical scale or a category system.

**Triarchic theory of intelligence** "Robert Sternberg's theory that describes intelligence as having analytic, creative, and practical dimensions".

**Validity** The degree to which test scores are interpreted correctly and used appropriately.

- **Characteristics of Intelligence**

- Potential to acquire and apply knowledge.
- Ability to understand, learn, and think like a problem solver.
- Carrying knowledge in adapting to new environments or pursue in changing them.
- Challenging yourself with complex questions and statements.
- Exercising your mind.

- **Brief History of Intelligence**

- Alfred Binet (pronounce "bih-nay") Can French children doing poorly in school be identified?
  1. Test measured child's mental age
  2. "Regular intelligence" if mental age equaled actual age.
  3. Assumed that reasoning, thinking, and problem solving all depend on intelligence.
  4. Performed tasks like "unwrapping candy, repeating numbers or sentences from memory, and identifying familiar objects".
  
- **English version (Stanford-Binet) was translated by Lewis Terman (1916)**
  1. Added new items to measure the intelligence of adults and revised the scoring procedure.
  2. Mental age **divided** Chronological age. Results **times** 100 (intelligence quotient or IQ)
  3. Equal mental age and chronological age is considered equal intelligence.
  4. Ten year old w/ score of a twelve year old would have an IQ of  $12/10 * 100 = 120$ .
  5. **Controversy:** can intelligence be improved or is it fixed and inherited entity?
  6. Group-Administered intelligence tests were created for army recruits during WWII
  7. 47% scored at a mental age of 13 years old or lower.
  8. Was this a problem with the test or recruits?
  9. Fluid Reasoning
  10. Knowledge
  11. Quantitative Reasoning-Mathematical
  12. Visual-Spatial Processing
  13. Working Memory
  
- **David Wechsler** improved old tests in three ways.
  1. Verbal and subverbal subtests were completed by all test takers
  2. Knowing correct answers depended less on familiarity
  
- **Wechsler** intelligence scale for children (4<sup>th</sup> ed.) - WISC
  1. **Verbal Comprehension Cluster**
    - a. Investigates whether sentence **comprehension** and nonsyntactic **verbal** working memory (vWM) are sustained by the same or by different neural systems.
  2. **Perceptual Reasoning**
    - a. Component of the WISC IV requires visual perception, organization and reasoning with visually presented, nonverbal material to solve the kinds of problems that are not typically taught at school. The PR Index (PRI) accounts of 45% of variance in general intelligence.
  3. **Working Memory** Is a key cognitive function used in daily life that allows individuals to hold information in mind—"online"—for brief periods of time, typically a few seconds.
  4. **Processing Speed**
    - d. It involves the ability to automatically and fluently perform relatively easy or over-learned cognitive tasks, especially when high mental efficiency is required.
  
- **Calculating today's IQ**
  - i. Total score is compared to scores earned by other people
  - i. Aptitude and Achievement Tests

- i. **Aptitude Test:** assesses potential to learned or perform well in the future.
- ii. **Achievement Test:** measures what has been accomplished or learned in a particular area.

1. **Reliability**

- i. **Low:** different results from one time to another
- ii. **High:** same results from one time to another

- a. Are results repeatable or stable?
- b. Estimate using a correlation coefficient
- c. Methods for estimation reliability

- 1. Test-Retest
- 2. Alternate Form
- 3. Split half
- 4. +1 positive correlation
- 5. -1 negative correlation
- 6. 0 no correlation

- d. Problem before age 7
- e. For teens & adults, reliability is high

2. **Validity**

- i. **Low:** inaccurate conclusions and predictions
- ii. **High:** accurate conclusions and predictions

- To what degree does the test measure what it is suppose to measure?
- Evidence about a test's validity:

- 1. **Content Validity:** is the content representative of what the test is suppose to measure
- 2. **Criterion Validity:** how well does a test correlate with an independent measure of validity, the criterion.

3) **Cognitive Ability Test:** an assessment test of s range of reasoning skills.

- i. Performance depends on arousal level. Too much or too little tends to decrease performance.
  - ii. Perform better on test arousal level is moderate.
  - iii. May experience physical symptoms (heart palpitations, sweating and negative thoughts etc.)
  - iv. Anxiety may affect 40% of elementary schools students and college students. And think that they are unable to successfully complete the test.
- 1. **Verbal:** assesses reasoning processes using the medium of words (e.g., opposites, relationships, deductions, and categorization)
  - 2. **Quantitative:** use numbers as the symbols process is the same as for verbal reasoning.
  - 3. **Non-Verbal:** looks at reasoning processes but use shapes and figures.

Chapter and Topic of this Review Guide: \_\_\_\_\_ Chapter 16- Psychological Disorders \_\_\_\_\_

Vocab Term	Definition of Term
Psychopathology	Involves patterns of thinking and behavior that are maladaptive, disruptive, or uncomfortable either for the person affected or for those with whom he or she associates.
Impaired functioning	Is difficulty in fulfilling appropriate and expected family, social and work-related roles.
Biopsychosocial Model	Is a view of mental disorders as caused by a combination of interacting biological, psychological, and sociocultural factors.

Neurobiological Model	Attributes abnormal behavior to the presence of biochemical, genetic or other physical problems.
Psychological Model	Views abnormal behavior as caused by mental processes.
Sociocultural Model	Of abnormal behavior looks for the influence of factors such as gender, social situations, cultural expectations, and historical eras on behavior.
Diathesis-stress approach	Attributes abnormal behavior to more than one cause; the model recognize the integration of a person's biological predisposition, environmental surrounding and psychological factors in mental illness.
Anxiety disorder	Characterized by fear that causes a disruption in a person's life.
Phobia	Strong, irrational fears of an object or situation that should not cause such a reaction
Specific Phobia	A fear of something specific; such as heights, animals, or air travel.
Social Phobia	Is a fear of being negatively evaluated by others or of doing something so impulsive or outrageous that public humiliation will result.
Agoraphobia	Is the fear of being alone or away from the security of home.
Generalized Anxiety Disorder	Involves relatively mild but long-lasting anxiety that is not focused on any object or situation.
Panic Disorder	Consists of attacks of extreme fear and panic that occur with no warning and no obvious cause. Symptoms; heart palpitations, chest pain or pressure, dizziness, sweating, and feeling of faintness.
Obsessive-Compulsive disorder(OCD)	Involves an obsession with particular thoughts or images, which motivates repetitive, uncontrollable behaviors.
Somatiform Disorders	Characterized by the presence of physical symptoms of illness in the absence of a physical cause.
Conversion Disorder	A condition in which a persons reports being blind, deaf, paralyzed, insensitive to pain, or even pregnant, but is not true.
Hypochondriasis	Is an unjustified concern that one has a serious illness. A person with this disorder makes frequent visits to doctors and will not be convinced that he or she is healthy.
Somatization Disorder	Is similar to hypochondriasis. People frequently go to the doctor with vague complaints about a multitude of physical problems rather than any specific disease.
Pain disorder	Involves the experience of sometimes extreme pain in the absence of a physical cause
Dissociative disorder	Involves a sudden and usually temporary disruption in a person's memory, consciousness or identity.
Dissociative fugue	Is a disorder in which a person experiences sudden memory loss, adopts a new identity, and moves to a new place.
Dissociative identity disorder	Is a condition in which a person reports having more than one identity, each of which speaks, acts, and writes in a very different way.
Mood disorders	Are extreme changes in mood, lasting for extended periods of time, which are inconsistent with the happy or sad events in a person's life. They include major depressive disorder, dysthymic disorder, mania, and the bipolar disorder.
Major depressive disorder	Is a mood disorder typified by feelings of sadness and hopelessness and an inability to enjoy oneself or take pleasure in anything.
Delusions	Are false beliefs
Dysthymic disorder	Is a form mood disorder that is similar to depression but is less severe and last for a shorter time.
Mania	Is an elated, very active emotional state.
Bipolar I disorder	Is a form of mood disorder that involves extreme mood changes In which feelings of mania are followed by severe depression.
Cyclothymic Disorder	Is a less severe form of bipolar I disorder in which mood swings are not ass extreme.
Schizophrenia	Is characterized by several of abnormal behaviors of disorders, including abnormalities in thinking, perceptions and attentions, affects, motor behavior, personal identity, motivation, and day to day functioning.
Hallucinations	Are false perceptions that occur as schizophrenic symptoms.
Positive symptoms	Of schizophrenia involves distortions of cognitive, perceptual, or behavioral functioning, such as hallucinations or delusions.
Negative symptoms	Of Schizophrenia involves a decrease or loss in normal functioning, such as absence of pleasure

	or lack of emotional expressions.
Personality Disorders	Are long-standing behavior patterns that create problems, usually for others, and are not as severe as mental disorders.
Antisocial personality disorder	Involves long-term persistent patterns of impulsive, selfish, unscrupulous, even criminal behavior. People with antisocial personalities appear to have no morals and can be dangerous to the public because they very rarely experience deep feelings for anyone.
Substance-Related Disorder	Are characterized by long-term drug use that causes physical or psychological harm to the user or others. Alcoholism is one example.
Addiction	Is the development of a physical need for a psychoactive drug.
Alcoholism	Is characterized by frequent and extreme consumption of alcoholic beverages.

Chapter and Topic of this Review Guide: Ch. 18 Social Cognition

<b>Vocab Term</b>	<b>Definition of Term</b>	<b>Example</b>
Social Psychology	Effects of the social world on the behavior and mental processes of individuals.	
Social cognition	Mental processes by which people perceive and react to others.	People believe that going to Mexico will get them infected with the swine flu.
Self-concept	Set of beliefs we have about who we are and what we're like.	Maria believes she is a responsible student, a caring friend, and a somewhat shy person.
Self-esteem	Evaluations we make about how worthy we are as human beings.	Although Juan recently failed a psychology quiz, he knows that he is smart and a good person.
Temporal comparison	Comparisons between one's past and present states.	Liz takes a new job and usually compares it with her previous job to determine if she has moved up in prestige.
Social comparison	People compare themselves to others for the purpose of self evaluation.	Oscar wants to know how athletic he is, so he compares himself with friends of the same sex.
Reference groups	Categories in which individuals see themselves as belonging and to which they usually compare themselves.	Karen is majoring in business she probably considered her reference group to be students who share her same interest in business.
Relative deprivation	When people fund their self evaluations to be poor in comparison to others in the new group.	Sarah was considered the best in the academic are throughout high school, but once she attended college, there were students that had more knowledge in many subjects.
Social identity	Beliefs about the groups to which we belong.	Saul says he's a Mexican-American Catholic student.
Self-schemas	Mental representations people form of themselves.	Tony has a differentiated self scheme, thinks of himself as a capable student but incapable car mechanic.
Social perception	Process through which people interpret information about others. It influences the conclusion one makes about another personality style and why they behave in certain ways.	
Self-fulfilling prophecy	Process by which an impression of a person, object, or event elicits behavior that confirms the impression.	Mr. Cantor observes that Saul outstands in Math, and has high expectations of him.
Attribution	Process of explaining the causes of people's behavior, including one's own.	One classmate fails to return some borrowed notes on time. You attribute to his behavior to many causes, from an unavoidable emergency to simple selfishness.
Fundamental attribution error	A tendency to overattribute the behavior of others to internal such as personality traits.	Karla's brother calls and tells her that he flunked the algebra exam. Karla tell him that he is either lazy or stupid or both. She thinks that her brother's behavior not situational factors caused him to flunk the exam.
Actor-observer bias	The tendency to attribute other people's behavior to internal causes while attributing one's own behavior (especially in errors and failures) to external causes.	When John failed to stop at a stop sign, he attributed his behavior to the sun in his eyes and poor placement of the sign (external factors). When someone else runs a stop sign, however, John thinks they did so because of carelessness, or lack of attention (internal factor)



Self-serving bias	The tendency to have credit for success but to blame external causes for failure.	Peter noticed that whenever his company wins a big account with a new client, each person claims responsibility for the success. However, when a client decides to take its business elsewhere, everyone denies responsibility for the client's departure.
Attitude	The tendency to think, feel, or act positively or negatively toward objects in our environment. Therefore, it has cognitive, affective, and behavioral components.	Erick joins the marching band because he believes that it challenges, its members to become better musicians (cognitive component). He practices his saxophone nearly everyday (behavioral component) and enjoys band practices and performances (affective component).
Elaboration likelihood model	A model suggestions that attitude change can be driven by evaluation of the content of a persuasive message (central route) or by irrelevant persuasion (peripheral route)	Matthew chose to purchase a generic medication after reading an informational pamphlet and discussing it with his doctor (central route). Jennifer chose to buy generic medicines after seeing a television commercial with a trustworthy, confident person describing their advantages (peripheral route).
Cognitive dissonance theory	Theory asserting that attitude change is driven by efforts to reduce tension caused by in consistencies between attitudes and behavior.	Monica is working on a cigarette company's account, but she thinks that cigarettes should not be advertised to teenagers. Her attitude and behavior are inconsistent. She will have to change her attitude about cigarettes advertising or change jobs in order to reduce cognitive dissonance.
Self-perception theory	States that we review our own behavior in order it determine what our attitudes are.	To be admitted in to his boyhood group of friends. Irving was required to eat worms after the worms he liked the group even more than before. He inferred that he must really like the group because he was above to overcome his loathing of worms.
Stereotypes	Are impressions or schemas of entire groups of people. Operate on the false assumption that all members of a group share the same characteristics. This can lead to prejudice.	Jan is interviewing candidates for a position in his company. He decides not to hire Mexicans because he's been told by his peers that Mexicans are lazy, loud, and socially inept.
Prejudice	A positive or negative attitude toward an entire group of people.	Isa, an American, went to study to Russia. She met a child on the street one day and answer why Americans wanted to destroy the worlds with nuclear bombs. The child was never exposed to Americans before and prejudged them based on information from the press, her parents, and peers.
Discrimination	Differential treatment of various groups; the behavioral component of prejudice.	Eva brought her boyfriend, an artist to meet her parents. She is very embarrassed because her day will not speak to him. Later her dad explains his rudeness and said that all artists are shiftless and no good.
Contact hypothesis	The idea that stereotypes and prejudice toward a group will diminish as contact with the group interests.	Anna grew up in the East. Her parents always told her that people who spoke with a Southern accent core stupid and lazy. When Anna's company relocated her to Texas, she enjoys interacting with other employees and found them component at their jobs.
Matching hypothesis	States that a person is more likely to form committed relationships which other who are similar in physical attractiveness than those who are notably more or less attractive.	As you walk through our neighborhood you will often look at couples and find them to be about equal in attractiveness.

<b>Authors of Important Study and year</b>	<b>Basics of What Was Done</b>	<b>Lesson(s) learned from the study</b>
Jeff Greenberg Tom Pyszczynski Sheldon Solomon Terror management theory (1992)	In one series of experiments Greenberg and his colleagues ask whether high self-esteem would, in fact serve a buffer against anxiety , specifically the anxiety brought on by thoughts about death and pain.	They concluded that the results support terror management theory and that self-esteem is important as a buffer against anxiety and other negative feelings. An increased in self-esteem reduces most people's anxiety.

<b>Name of Important Person</b>	<b>What this person is known for</b>	<b>Impact on Psychology</b>
Leon Festinger	Pointing out the self evaluation involves 2 types of nonobjective (subjective) comparison: Temporal and social comparison.	People usually look to others who are similar to themselves.
Harold Kelly	Proposed an influential theory of how people (observers) make attributions about the actions of other people (actors)	Kelley's theory suggests that people are most likely to make internal attributions about an actor's behavior when there is a low consensus high consistency and low distinctiveness.
Joan Miller & David Bersoff	Found that students from United States and students from India made very different attributions about the reasons why people would do a favor for someone who has just helped them.	Cross cultural differences in attributions and other aspects of social cognition may help to explain why people in different cultures sometimes have so much difficulty in understanding one another.
Bob Altermeyer	Prejudice may be especially likely among people who display a personality trait called authoritarianism.	Prejudice may result when people's motivation to enhance their own self stem causes them to disrespect other people.
Elliot Aronson	Jigsaw technique	Studies show that children from various ethnic groups. Who are exposed to the jigsaw technique and other cooperative learning experiences show substantial reductions in prejudice toward other group.
Robert Sternberg	Offered a more comprehensive analysis of love. Triangular theory has 3basic components of love are passion, intimacy and commitment.	Consummate love is the most complete and satisfying. It is the most complete because it includes a high level of all 3 components and it is the most satisfying because the relationship is likely to fulfill many of the needs of each partner.