

FINAL EXAM STUDY GUIDE

These questions are from student's notes. I would suggest going through and answering as many as you can without notes. Then go back through and answer the ones you don't know with your notes. The ones you feel comfortable about may not need as much attention and studying. The more detailed you are in answering these questions the better! I know you'll do great! Good luck!!

What is the purpose of studying psychology?

What is psychology?

What are the four goals of psychology?

What is structuralism?

Who is the key player and when did it first appear?

How did it come to the US?

What is functionalism?

Who is the key player?

What is its significance to psychology?

What is the difference between psychoanalysis and psychodynamic?

Who is the father of psychology?

What was his contribution and influence?

What is Classical Conditioning?

How does it work?

Who came up with it?

What was the experiment?

What is Operant Conditioning?

How does it work?

Who came up with it?

What was the experiment?

What is the difference between classical and operant conditioning?

There are 4 different perspectives. What are they? Define each. And give an example of how it relates to us/psychology.

What is the difference between bio, psycho, and social levels of analysis?

What occupations are there with psychological professions? Give an example of each of their occupations.

What are the steps in the Scientific Method? Describe each step with an example of what you do during that step.

Why is the Scientific Method used and reliable?

What is the difference between naturalistic observation and laboratory observation? Give an example of each.

What is a case study? Give an example.

What is a survey method? What are the pros and cons of this method?

How can you find relationships in studies? What do those relationships tell about the study?

What is an advantage of an experiment?

What are the features of an experiment?

What is the Placebo effect? What are the pros and cons of using this?

What is the difference between single blind study and double blind study?

What are some examples of ethics in psychology? What role do ethics play?

What is critical thinking? What are some examples of critical thinking and how it effects psychological studies?

What is the difference between mean, median, mode, and range? How are these used in studies?

What are the biological basics of behavior?

What is neural communication?

What two branches are the nervous system split in to? Define each.

What is a neuron? What is its responsibility?

What are glial cells? What is their function?

How do neurons generate messages?

What is the difference between resting and action potential?

How do messages go to other cells?

How does neuron communication work?

What is the difference between excitatory and inhibitory synapses?

What is the difference between agonists and antagonists?

What are the various neurotransmitters? What are their functions and what are they related to? Are they excitatory or inhibitory?

Example: serotonin-both, sleep, mood, anxiety, appetite

What is the peripheral nervous system?

What is the endocrine system?

What are the glands that make up the endocrine system? What are each of their roles?

What is the difference between deep and shallow lesioning when imaging the brain and in lesioning studies?

How do you map the brain structure? What are the functions?

What are the major functions of the brain? What is each responsible for?

Ex: brain stem-responsible for _____

What is the limbic systems function?

What is the difference between thalamus and hypothalamus?

What are all the pieces of the limbic system? What is each function/job?

Who did Split Brain Research, when and why?

What are the four lobes of the brain? What does each do?

What is the difference between Broca's Area and Wernick's Area?

What is neuroplasticity?

What is the difference between sensation and perception? Give an example of each.

Define and distinguish between reception, transduction, and transmission.

What is sensory adaptation and habituation?

What are psychoactive drugs? What do they do?

What is the most addictive drug in the world? Why?

What happens when you become addicted to something?

What does it mean to be psychologically dependent?

What does it mean to be addicted? What happens when you do not have what you are addicted to?

How can stress be good for you? How can it be bad for you?

What are some types of stressors?

What is the difference between psychological and physiological stressors? Give examples of each.

What is the cognitive appraisal approach? What are the two different approaches within it?

What is the difference between Type A, B, and C personalities?

What is Hardy Personality?

What is the difference between internal and external control?

How do men and women deal with coping with stress differently?

What are some coping strategies?

What is learning?

What is classical conditioning and who is responsible for it's success in psychology?

What was his theory and study?

What are the classical conditioning concepts? How are they abbreviated?

What are classical conditioning principles?

How do we know classical conditioning works?

What is operant conditioning?

Who contributed to operant conditioning?

What is reinforcement? What are the two types of reinforcement?

What is the difference between continuous reinforcement and partial reinforcement?

How is punishment related to operant conditioning?

What are some problems with punishment?

How can we make punishment more effective?

What is discriminative stimulus?

What is shaping? What is an example of shaping?

What behavior is resistant to conditioning?

What is the cognitive learning theory?

When did this occur and who are the key players?

What is latent learning? Who is responsible? Give an example.

What is insight learning? Who is responsible? Give an example.

What is learned helplessness? Who is responsible? Give an example.

What is observational learning? Who? Give an example.

What are four elements of observational learning? Define each.

What is cognitive development?

What is Piaget's Stage Theory?

What is the memory process? What is the model of memory?

What are the stages of memory?

What is the difference between iconic memory and echoic memory?

What is the difference between short term and long term memory?

What is working memory? Give an example.

What is the difference between selective attention and selective inattention?

What are some types of long term memory? Define each.

How do we use memory?

What is the difference between retrieval, recall, and recognition?

What is eye witness testimony? Who is associated with this?

What is an example of automatic encoding?

What is constructive processing of memories?

What are some problems with retrieving memories?

What is Memory Trace Decay Theory?

What is Interference Theory?

Define the neuroscience of memory. What process does the brain go through when discussing memories?

What is the importance of sleep?

Why do we need sleep?

What happens when we don't get enough sleep?

What are the five stages of wakefulness?

What is the sleep cycle?

What are some sleep disorders?

What happens when individuals have sleep disorders?

How do dreams play into our sleep?

What did Freud say about dreams?

What is personality?

How does character and temperament play into personality?

What are 4 perspectives in the study of personality?

What was Freud's take on psychoanalytic theory?

What was his obsession?

Define the unconsciousness mind.

What three distinct parts is it divided into?

What three parts played a role in Freud's theory and parts of personality? Define each.

What are the stages of Freud's personality development?

What happens in each stage? How are they related to the three parts of personality?

Give an example of something that happens in each stage.

What is Modern psychoanalytic theory? What research supports it?

Who are Neo-Freudians and what did they believe?

What did Carl Jung contribute?

Who is Alfred Adler?

Who is Karen Horney? What did she contribute to Neo-Freudians beliefs?

What did Erik Erikson study?

What are Erikson's Psychosocial Stages of Development?

Define behaviorism.

What is Bandura's take on self-efficacy?

How does Rotter's Social Learning Theory play into personality?

What is the humanistic perspective?

What did Maslow believe?

What does it mean to be a self-actualizing person?

What are the five needs of self-actualization?

What is Rogers Theory of Personality?

How does it relate to self-concept?

What is Trait Theory?

What is a trait?

What are traits of personality?

Who is Cattell? What did he believe?

What are the 16 traits that are hardwired into the brain? How did he take them down to 2?

What are trait theories today?

What is personality testing?

What is measured? Why is it measured?

What are the various ways you can measure personality?

Define each measure and give an example.

Example: Interviews- ask questions to sample, sample may or may not respond truthfully. An example of an interview in a personality test is when samples are asked for their opinions on a certain topic.

Who uses a method?

What is behavioral genetics?

What is the Minnesota twin study?

What is the history of disorders?

What are the early explanations of mental illnesses?

What happens during trepanning?

What are the four humors and why are they important?

What was treatment for mental illness in the past?

What was Pinel's new approach?

What are two types of modern approaches to treatment?

What biological and psychological influences can be found in biopsychosocial approach?

What defines abnormal behavior?

What are models of abnormality?

What is the DSM? What revisions have been made? What is it used for?

What is the yearly occurrence of psychological disorders in the US?

What are pros and cons of labels?

Define personality disorders.

What are the ten types of personality disorders and what 3 groups do they fall into?

What are the causes of personality disorders?

Define anxiety disorder.

What are some examples of anxiety disorder?

Give an example of each.

What happens during PTSD? What are the causes of PTSD?

What are biomedical therapies that help with anxiety disorders?

What is the difference between mood disorders, depressive disorders, and bipolar disorders?

What is an example of a mood disorder?

What is cyclothymia?

What happens during a manic episode?

What are causes of mood disorder?

What are some biomedical therapies for mood disorders?

What is the difference between anti-manic drugs and antidepressant drugs?

What are the four eating disorders in the DSM? Define each.

What is a psychotic disorder?

What are some types of psychotic disorders? What happens during these disorders?

What causes them? What are the biomedical therapies associated with each disorder?

What is psychoanalysis? What happens during this type of treatment?

What is the humanistic approach? Who is responsible for this type of approach?

What are the four elements to humanistic approach?

What are some therapies based on classical conditioning?

What are some therapies based on operant conditioning?

What are cognitive therapies?

What is Beck's cognitive therapy?

What is Cognitive Behavioral therapy?

Which therapy is Ms. Austin's favorite?

What is a benefit to group therapy?

How does family counseling help?

What is the difference between group therapy and self-help groups?

What is electroconvulsive therapy?

What happens during this type of therapy?

What is psychosurgery?

What is social psychology? How does it differ from sociology?

What are 3 factors of Social Psychology?

What is the difference between conformity and compliance?

What are four ways to gain compliance?

Define obedience.

Define aggression.

What is the power of social roles?

What is the Zimbardo Prison Experiment?

What is Altruism?

What is the bystander effect?

What happens during diffusion of responsibility?

Whew! Good luck! This is quite the doozy of a test you have coming. I know you'll do great!! You're almost at the finish line! Proud of you! Love ya!!