Psychology Semester Exam Review

Unit 1

1. What is the definition of psychology? **the scientific study of the behavior of individuals & their mental processes.**
2. Identify the 4 goals of psychology.

**1) Describe 2) Explain 3) Predict 4) Control**

1. Explain the following approaches to Psychology
2. **Biological- Focuses on how our genes, hormones, and nervous system interact with our environments to influence learning, personality, memory, motivation, emotions, and coping techniques**
3. **Behavioral/Learning- Studies how organisms learn new behaviors or modify existing ones, depending on whether events in their environments reward or punish these behaviors**
4. **Cognitive- Examines how we process, store, and use information and how this information influences what we attend to, perceive, learn, remember, believe, and feel**
5. **Psychoanalytic- Based on the belief that childhood experiences greatly influence the development of later personality traits and psychological problems**
6. **Humanistic- Emphasizes that each individual has great freedom in directing his or her future, and a large capacity for personal growth**
7. Who is identified as the first modern psychologist? **Wilhelm Wundt**
8. Who is the founder of behaviorism? **John B. Watson**
9. What is the difference between a clinical and a counseling psychologist?

**Counseling Psychologist help people w/challenges-vocational, marriage; whereas Clinical Psychologists help people with disorders and treatment**

1. What is the main advantage a psychiatrist has over a psychologist in treating their patients?

**A psychiatrist can prescribe medication**

1. Identify and explain the five major research methods used in psychology.
2. **Observation**
3. **Case Study**
4. **Correlational Study**
5. **Survey**
6. **Longitudinal Study**
7. Explain the difference between a positive and a negative correlation.

**Positive-both variables increase or decrease together**

**Negative- one variable increases while the other decreases**

1. Define the following as they relate to experiments
2. **Theory- an explanation that integrates principles and organizes and predicts behavior or events**
3. **Hypothesis-a testable prediction; An educated guess**
4. **Dependent Variable- The variable being measured**
5. **Independent Variable- The experimental variable which causes something to happen**
6. **Experimental Group- The group being studied and compared to the control group**
7. **Control Group-Are not exposed to the independent variable**

Unit 2

1. Identify the two parts of the Nervous System.

 **Central Nervous System**

  **Peripheral Nervous System**

12. Explain the functions of the following parts of a neuron.

 **a. Dendrites-receives impulses & conducts them to the cell body**

 **b. Axon-carries messages away from the cell body**

 **c. Soma- cell body**

 **d. Terminal Branches- form junctions with other cells**

 13. What are the three sections of your brain?

**Forebrain, Midbrain, Hindbrain**

14. Explain the functions of these parts of your brain:

1. **Cerebellum-balance & coordination**
2. **Hypothalamus-Regulates body temp., motivation, & emotion.**
3. **Limbic System- memory, emotion, sex, aggression**
4. **Cerebrum- coordination of voluntary activity in the body.**

15. Identify and Explain the purposes of the 4 lobes of the brain.

**Frontal Lobe - Movement & thinking**

**Parietal lobe - touch sensation & spatial relationships**

**Occipital lobe - visual cortex**

**Temporal lobe - process sounds, including speech**

16. What is the purpose of the Broca’s area of your brain? **producing language**

17. What is the purpose of the Wernicke’s area of your brain? **speech comprehension**

Unit 3

18.Define the following:

 **Developmental Psychology- physical, cognitive, and social changes throughout the human life span**

 **Stranger Anxiety- infants develop a fear of strangers. They cry when they see a stranger – look for**

 **parent**

 **Separation Anxiety- a child begins to cry when a parent leaves.**

 **Secure Attachment- Children feel protected & trust their parents**

 **Insecure Attachment-children show anxiety or avoidance of trusting relationships**

19.What is Jean Piaget’s role in developmental psychology? **He believed that a child’s mind develops through a series of stages**

20. Identify and Explain the four stages of Cognitive Development.

 **1) sensorimotor stage- Experiencing the world through senses and motions**

 **2) preoperational stage- Representing things with words and images**

 **3) concrete operational stage- Thinking logically about concrete events**

 **4) formal operational stage- abstract reasoning**

21. Name the following parental styles:

a. Parents submit to children’s demands and use little punishment.- **Permissive**

b. Parents are demanding but responsive to their children. They exert control not only by setting rules and enforcing them but also by explaining the reasons and exceptions when making the rules.- **\_Authoritative**

c. Parents impose rules and expect obedience.- **authoritarian**

22. The transition period from childhood to adulthood, extending from puberty to independence called

 **Adolescence**

23. What psychologist focused on morality issues of childhood development? **Lawrence Kohlberg**

24. Identify and Explain his 3 stages of Moral Development.

 1) **Preconventional Morality: Before age 9, children show morality to avoid punishment or gain reward.**

 2**) Conventional Morality**: **By early adolescence, social rules and laws are upheld for their own sake.**

3) **Postconventional Morality**: **Affirms people’s agreed-upon rights or follows personally perceived ethical principles**

25. Which area of development did Erik Erikson focus on in his study? **Social Development**

26.Explain the following stages of his psychosocial development:

**a.Trust vs Mistrust- the infant feels love and support from a family member**

**b.Autonomy vs Shame and Doubt- Feeling secure and confident**

**c. Initiative vs Guilt- child is supported in efforts to achieve goals that they have started**

**d. Competence vs Inferiority- child can create and be productive, and feels a sense of accomplishment**

**e. Identity vs Role Confusion-feels as if their identity is the same to others as they imagine themselves**

**f. Intimacy vs Isolationism- If person can decide on who they would like to build a relationship with for the future.**

**g. Generatively vs Stagnation- If person feels as if their life has been useful and had purpose**

**h. Integrity vs Despair- If the person feels that they can be self-sufficient.**

27. Who identified the Five Stages of Grief? **Elizabeth Ross**

28. Identify the Five Stages of Grief. **1) Denial 2) Anger 3) Bargaining 4) Depression 5) Acceptance**

Unit 4

29. Define the following terms:

 **A: Learning- A relatively permanent change in behavior due to experience**

 **B.Classical Conditioning- A type of learning where a stimulus gains the power to cause a**

 **response because it predicts another stimulus that already produces that response**

 **C. Stimulus- anything in the environment that one can respond to**

 **D. Unconditioned stimulus- A stimulus that triggers a response automatically and reflexively**

**E. Unconditioned response- The automatic response to the unconditioned stimulus**

 **F. Conditioned Stimulus- A stimulus that through learning has gained the power to cause a**

 **conditioned response**

 **G. Conditioned Response- The response to the conditioned stimulus**

30. Who was the Russian physiologist that discovered classical conditioning while doing experiments on the digestive system of dogs? **Ivan Pavlov**

31. What is Operant Conditioning? **A type of learning in which the frequency of a behavior depends on the consequence that follows that behavior**

32. Define Memory. **process by which we recollect prior experiences, information & skills learned in the past.**

33. Identify the three types of Memory.

 **Episodic Memory, Generic/Semantic Memory, and Procedural Memory**

34. A clear memory of an emotionally significant event is called a **Flashbulb** memory.

35. General knowledge & information that can be recalled is **Semantic** memory.

36. Memory that consists of the skills & procedures one has learned is called **Procedural** memory.

37. Identify the 3 Processes of Memory: **Encoding, Retrieval and Storage**

38. Explain the difference between Retrieval, Recall and Recognition.

 **Retrieval - the process of recalling information from memory storage**.

 **Recall - retrieve info from memory without help**

 **Recognition-recognize from a list**

39. Name the three stages of Memory. **Sensory Memory ,Short-Term Memory, Long-Term Memory**

40. What are Maslow’s hierarchy of needs? List them

 **Physiological, safety, love or belonging, esteem, self-actualization**

Unit 5

41. What are the four symptoms of Psychological Disorders? **Atypical, Maladaptive, Emotional discomfort, Socially Unacceptable Behavior**

42. What are the five major Anxiety Disorders?

 **Phobic Disorders, Panic Disorders, Generalized Anxiety Disorders, Obsessive-Compulsive Disorder**

 **Stress Disorders**

43.Identify and Explain the four types of Dissociative Disorders.

 a) **Dissociative Amnesia - A sudden loss of memory, usually following a particularly stressful or**

 **traumatic event.**

 **b) Dissociative Fugue - Amnesia characterized by a loss of their personal identity, which can result**

 **in traveling to another location and the assumption of a new identity**

 **c) Dissociative Identity Disorder - (Multiple personality disorder) Involves the existence of two or**

 **more personalities within a single individual.**

 **d) Depersonalization Disorder - feelings of detachment from one’s mental processes or body.**

44. Define

**a) Hypochondriasis- a person’s unrealistic obsession w/the fear that they have a serious disease**

**b) Depression-A state of feeling sad, hopeless, &worthless, also withdrawing from interpersonal contact.**

**c) Bipolar Disorder- a person’s mood alternates between extremes of mania & depression**

**d) Schizophrenia- a group of severe psychotic disorders characterized by distortions in thinking, perception, emotion, & behavior**

**e) Personality Disorder- patterns of inflexible traits that disrupt social life or work & distress the individual**

f) **Agoraphobia- extreme or irrational fear of entering open or crowded places, of leaving one's own home, or of being in places from which escape is difficult.**

g) **PTSD- a condition of persistent mental and emotional stress occurring as a result of injury or severe psychological shock, typically involving disturbance of sleep and constant vivid recall of the experience, with dulled responses to others and to the outside world.**

45. Identify the four kinds of Psychotherapy

 **1) Psychoanalytic**

 **2) Humanistic**

 **3) Cognitive**

 **4) Behavioral Therapy**

46. Identify the 3 types of Biomedical Therapy.

 **Psychosurgery, ECT, Drug Therapy**

Unit 6

47. Define Personality. **Patterns of feelings, motives, & behavior that set people apart from one another.**

48. Identify and Explain the three different theories on Personality.

**Psychodynamic- motivation influences of past events**

**Humanistic- subjective reality**

**Social- result of social interaction**

49. Who is the inventor of the Psychodynamic Theory? **Sigmund Freud**

50. Explain the roles of the following:

**Id- Wants things now; instant gratification**

**Ego- regulates the conflict between the two**

**Superego- moral principle**

51. What is the purpose of defense mechanisms? **Protect ego from anxiety**

52.Explain the following defense mechanisms:

a. **Denial- Refusing to accept the reality of anything bad or upsetting.**

**b.Repression- Removes anxiety causing ideas by pushing them into the unconscious.**

**c.Reaction Formation-Act opposite of their true feelings in order to hide true feelings**

**d.Projection- People see their own faults in other people.**

**e.Displacement- The transfer of an idea or impulse from a threatening or unsuitable object to a less threatening one.**

**f.Rationalization- Distortion of anxious ideas or thoughts.**

**g.Regression- Return to a behavior that is a characteristic of an earlier stage of life.**

**h.Sublimation- Channeling basic impulses into socially acceptable behavior**