

# AP PSYCHOLOGY

## TEST REVIEW



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Analogies for Psychology review

1. Mono zygotic is to identical as \_\_\_\_\_ is to fraternal.
2. Perfect positive correlation is to +1.00 as \_\_\_\_\_ is to -1.00.
3. David Meyers is to happiness as \_\_\_\_\_ is to death and dying.
4. Latency is to 4 as anal is to \_\_\_\_\_.
5. John Locke is to tabula rasa as \_\_\_\_\_ is to g factor.
6. Freud is to psychosexual as Erikson is to \_\_\_\_\_.
7. Cocaine is to dopamine as Nicotine is to \_\_\_\_\_.
8. Awareness is to lucid dreaming as \_\_\_\_\_ is to latent dream.
9. Alfred Binet is to IQ as \_\_\_\_\_ is to EQ.
10. Dysphasia is to the spoken word as \_\_\_\_\_ is to the written word.
11. Hunger is to eating as \_\_\_\_\_ is to full.
12. Blood pressure is to non-conscious as \_\_\_\_\_ is to preconscious.
13. Height of wave is to amplitude as waves per second are to \_\_\_\_\_.
14. JND is to \_\_\_\_\_ as MMPI is to Minnesota Multiphasic Personality Inventory.
15. Axis II is to personality disorder as Axis V is to \_\_\_\_\_.
16. The cerebral cortex is to higher level thinking as \_\_\_\_\_ is to emotion.
17. Somatosensory cortex is to parietal lobe as motor cortex is to \_\_\_\_\_.
18. Puzzle box is to \_\_\_\_\_ as Skinner box is to B.F. Skinner.
19. Systematic procedures that cannot fail are to \_\_\_\_\_ as time saving mental shortcuts is to heuristics.
20. Dysthymia is to depression as hypomania is to \_\_\_\_\_.
21. Bobo is to observational learning as visual cliff is to \_\_\_\_\_.
22. Automatic is to implicit learning as intentional effort is to \_\_\_\_\_.
23. Radical determination is to behaviorism as \_\_\_\_\_ is to the social-cognitive theory.

24. Depression is to serotonin as schizophrenia is to \_\_\_\_\_.
25. Sleep spindles are to \_\_\_\_\_ as delta waves are to stage 4 sleep.
26. Type A is to aggressive as \_\_\_\_\_ is to relaxed.
27. Resting potential is to polarization as action potential is to \_\_\_\_\_.
28. Prediction is to correlation study as cause-effect relationship is to \_\_\_\_\_.
29. Psychopath is to antisocial personality disorder as psychotic is to \_\_\_\_\_.
30. Max Wertheimer is to Gestalt psychology as \_\_\_\_\_ is to behaviorism.
31. Natural observation is to description as correlation study is to \_\_\_\_\_.
32. Knowledge of how your memory works is to metamemory as knowledge of how you problem solve is to \_\_\_\_\_.
33. Sensory neurons are to afferent as motor neurons are to \_\_\_\_\_.
34. Freud is to psychoanalysis as \_\_\_\_\_ is to depression.
35. Consistency is to reliability as accuracy is to \_\_\_\_\_.
36. GABA is to Huntington's disease as \_\_\_\_\_ is to depression.
37. Occipital lobe is to vision as \_\_\_\_\_ is to hearing.
38. Cerebellum is to little brain as homunculus is to \_\_\_\_\_.
39. The amygdala is to fear as the \_\_\_\_\_ is to memory.
40. Physical stimulation is to sensation as interpretation is to \_\_\_\_\_.
41. Photoreceptors are to vision as \_\_\_\_\_ are to hearing.
42. Valium is to anxiety as Paxil is to \_\_\_\_\_.
43. Encoding is to memory as \_\_\_\_\_ is to sensation.
44. Variable-ratio is to slot machine as \_\_\_\_\_ is to factory piecework.
45. The MMPI is to objective test as the TAT is to \_\_\_\_\_.
46. Cone is to color as rod is to \_\_\_\_\_.

47. Tympanic membrane is to middle ear as cochlea is to \_\_\_\_\_.
48. Self-actualization is to top as \_\_\_\_\_ is to bottom.
49. Michael Gazzaniga is to split-brain research as \_\_\_\_\_ is to id, ego, superego
50. Id is to pleasure principle as ego is to \_\_\_\_\_.
51. Mid-life crisis is to middle adulthood as reassessment is to \_\_\_\_\_.
52. Paradoxical sleep is to \_\_\_\_\_ as manic-depression is to bipolar disorder.
53. Tree is to sky as \_\_\_\_\_ is to ground.
54. Empathy is to \_\_\_\_\_ as free association is to psychoanalysis
55. Bird is to concept as Robin is to \_\_\_\_\_.
56. Infinite is to \_\_\_\_\_ as 7 is to STM.
57. Stanley Milgram is to obedience as \_\_\_\_\_ is to cognitive dissonance.
58. James-Lange is to physiological first as \_\_\_\_\_ is to simultaneous.
59. The study of brain structures is to biological psychology as the study of mental abilities is to \_\_\_\_\_.
60. The Wright brothers are to aviation as \_\_\_\_\_ is to psychology.
61. Regulation of thirst is to hypothalamus as relay of messages is to \_\_\_\_\_.
62. Range is to measure of variability as mode is to \_\_\_\_\_.
63. MAOI is to monoamine oxidase inhibitor as SSRI is to \_\_\_\_\_.
64. Long-term is to storage as acoustic is to \_\_\_\_\_.
65. The removal of a chore is to \_\_\_\_\_ as the adding of a chore is to positive punishment.
66. Expectations and knowledge are to top-down processing as the color and shape are to \_\_\_\_\_.
67. A fast response rate is to ratio schedule as a steady/constant response rate is to \_\_\_\_\_.
68. Max Weber is to Weber's law as \_\_\_\_\_ is to the law of effect.
69. The conscious mind and the physical brain are to the mind-body problem as stage theories and continuous development are to the \_\_\_\_\_.

70. Perceptual experiences lacking sensory stimuli are to \_\_\_\_\_ as false beliefs are to delusions.
71. Insomnia is to sleep disorder as ADHD is to \_\_\_\_\_.
72. SRRS is to stress as MMPI is to \_\_\_\_\_.
73. Multifactorial is to the biopsychosocial model as predisposition is to the \_\_\_\_\_.
74. Dysthymia is to mood disorder as PTSD is to \_\_\_\_\_.
75. Collective unconscious is to Jung as inferiority complex is to \_\_\_\_\_.
76. Picture is to visual encoding as general meaning is to \_\_\_\_\_.
77. Alfred Binet is to the bell curve as \_\_\_\_\_ is to the forgetting curve.
78. Loss after trauma is to anterograde as loss for events prior to trauma is to \_\_\_\_\_.
79. Aversive conditioning is to behavioral technique as RET us to \_\_\_\_\_.
80. Voluntary behaviors are to \_\_\_\_\_ as involuntary behaviors are to classical conditioning.
81. Cognitive maps are to latent learning as trains and tunnels are to latent \_\_\_\_\_.
82. Prefrontal cortex is to \_\_\_\_\_ as the brainstem is to vital functioning.
83. Norepinephrine is to mood as endorphins are to \_\_\_\_\_.
84. Formation of new memories is to hippocampus are coordinated movement is to the \_\_\_\_\_.
85. Valium and Xanax are to benzodiazepines as Zoloft and Paxil are to \_\_\_\_\_.
86. Robert Sternberg is to the triarchic theory of intelligence as \_\_\_\_\_ is to the triangular theory of love.
87. The best of two desirable activities is to the approach-approach as the lesser of two evils is to \_\_\_\_\_.
88. Optimal level is to arousal theory as rewards are to \_\_\_\_\_.
89. Experimental group is to treatment as \_\_\_\_\_ is to no treatment.
90. Structure of consciousness is to \_\_\_\_\_ as flow of consciousness is to functionalism.
91. Sticking to your guns even when proven wrong is to belief perseverance as only searching for a certain type of gun is to \_\_\_\_\_.

93. Troubles falling asleep is to insomnia as sleeping too much is to \_\_\_\_\_.
94. The study of human behavior is to psychology as the study of psychoactive drugs is to \_\_\_\_\_.
95. Circadian is to "about a day" as hypnosis is to \_\_\_\_\_.
96. The ACT is to aptitude test as the Advanced Placement Psychology Exam is to \_\_\_\_\_.
97. Creating solutions is to divergent thinking as eliminating possibilities is to \_\_\_\_\_.
98. Piaget is to cognitive as Kohlberg is to \_\_\_\_\_.
99. Attachment is to Harlow as hierarchy of needs is to \_\_\_\_\_.
100. Generativity vs. stagnation is to \_\_\_\_\_ as integrity vs. despair is to old age.
101. Paper and pencil are to the Stanford-Binet as blocks and pictures are to the \_\_\_\_\_.
102. Repeated is to reliable as accurate is to \_\_\_\_\_.
103. The triarchic theory of intelligence is to Sternberg as \_\_\_\_\_ is to Gardner.
104. Social facilitation is to \_\_\_\_\_ as social impairment is to reduction in performance.
105. Kleptomania is to impulse-control disorder as hypochondriasis is to \_\_\_\_\_.
106. Phil Zimbardo is to prison as Wilhelm Wundt is to \_\_\_\_\_.
107. Acquisition is to classical conditioning as alarm is to \_\_\_\_\_.
108. Albert Bandura is to reciprocal determinism as \_\_\_\_\_ is to person x situation (cognitive/affective theory).
109. Medical concerns are to Axis III as \_\_\_\_\_ are to Axis IV.
110. Obsession is to thought as \_\_\_\_\_ is to ritualistic action.
111. Hue is to color as saturation is to \_\_\_\_\_.
112. Kinesthesia is to \_\_\_\_\_ as vestibular sense is to sense of balance.
113. Light intensity is to different \_\_\_\_\_ as frequency is to different pitch.
114. Humanistic and psychoanalytic are to insight therapy as \_\_\_\_\_ and \_\_\_\_\_ are to solution therapy.
115. Disorganized thoughts, hallucinations, and delusions are to positive symptoms as \_\_\_\_\_ are to negative symptoms.

115. Joseph Wolpe is to systematic desensitization as \_\_\_\_\_ is to RET.
116. Toilet training is to anal stage as Oedipal complex is to \_\_\_\_\_.
117. Place is to context dependent memory as \_\_\_\_\_ is to state dependent memory.
118. Phineas Gage is to the frontal lobe as Clive Wearing is to the \_\_\_\_\_.
119. Specific and systematic procedures are to formal reasoning (deductive) as believability and availability are to \_\_\_\_\_.
120. Association is to classical conditioning as reinforcements and punishments are to \_\_\_\_\_.
121. Michael Gazzaniga is to biological psychology as Phil Zimbardo is to \_\_\_\_\_.
122. Acetylcholine is to Alzheimer's as \_\_\_\_\_ is to Parkinson's.
123. Chlorpromazine is to schizophrenia is to lithium is to \_\_\_\_\_.
124. Number of responses is to ratio as time passed is to \_\_\_\_\_.
125. Fixed sequence independent of the environment is to maturation as permanent change due to the environment is to \_\_\_\_\_.
126. Fixed-action patterns are to the instinct theory of motivation as homeostasis is to the \_\_\_\_\_.
127. Lateral hypothalamus is to start as \_\_\_\_\_ is to stop.
128. The phenomenological approach is to the humanistic approach as the social-cognitive approach is to \_\_\_\_\_.
129. Edward Titchner is to structuralism as \_\_\_\_\_ is to functionalism.
130. Manipulated variable is to \_\_\_\_\_ as outcome variable is to dependent variable.
131. Compliance to social demands is to social role theory of hypnosis as split consciousness is to \_\_\_\_\_.
132. Mimic is to agonist as occupation/prevention is to \_\_\_\_\_.
133. Alcohol is to depressant as barbiturate is to \_\_\_\_\_.
134. Dreaming is to REM sleep as sleepwalking is to \_\_\_\_\_.
135. Learned helplessness is to rats as attachment is to \_\_\_\_\_.



136. Avoidance of punishment is to preconvictional as pleasing others is to \_\_\_\_\_.
137. Identity vs. role confusion is to adolescence as industry vs. inferiority is to \_\_\_\_\_.
138. Odds and evens are to split-half reliability as alternate forms are to \_\_\_\_\_.
139. Martin Seligman is to \_\_\_\_\_ as Charles Darwin is to the theory of evolution.
140. Jung is to Freud as \_\_\_\_\_ is to Asch.
141. Hans Selye is to GAS as \_\_\_\_\_ is to WAIS.
142. Global and stable are to pessimism as specific and unstable are to \_\_\_\_\_.
143. Conversation disorder is to \_\_\_\_\_ as attack is to panic disorder.
144. Free-floating is to \_\_\_\_\_ as attack is to panic disorder.
145. Unconditional positive regard is to Carl Rogers as self-actualization is to \_\_\_\_\_.
146. Sense of smell is to olfaction as sense of taste is to \_\_\_\_\_.
147. Minimum amount of stimulus detected is to \_\_\_\_\_ as smallest difference between stimuli detected is to difference threshold.
148. After-images are to the opponent process theory as television sets are to the \_\_\_\_\_.
149. Nerve deafness is to hair cells as \_\_\_\_\_ is to the middle ear.
150. Light intensity is to \_\_\_\_\_ as amplitude is to loudness.
151. Amplitude is to decibels as \_\_\_\_\_ is to Hertz.
152. Lengthy is to psychoanalytic as time-limited is to \_\_\_\_\_.
153. Phenomenologists are to \_\_\_\_\_ as client-centered therapy is to person-centered therapy.
154. Desensitization hierarchy is to \_\_\_\_\_ as hierarchy of needs is to \_\_\_\_\_.
155. Remembering what you had for dinner last night is episodic memory as remembering how to ride your bike is to \_\_\_\_\_.
156. Stimulus-response is to classical conditioning as response-stimulus is to \_\_\_\_\_.
- Neuroleptics are to psychotic as benzodiazepines are to \_\_\_\_\_.

158. Ridges of the cortex are to gyri as valleys of the cortex are to \_\_\_\_\_.
159. Breathing is to the medulla as waking to the alarm is to \_\_\_\_\_.
160. Pavlov is to classical conditioning as \_\_\_\_\_ is to observational learning.
161. Firm and punitive is to authoritarian as firm but fair is to \_\_\_\_\_.
162. Reasoning and problem solving are to fluid intelligence as specific knowledge is to \_\_\_\_\_.
163. OCD is to \_\_\_\_\_ as bipolar disorder is to mood disorder.
164. Multiple personality disorder is to dissociative identity disorder as \_\_\_\_\_ is to bipolar disorder.
165. Vestibular sense is to body position as somatic sense is to \_\_\_\_\_.
166. Max Weber is to sensation as Elizabeth Loftus is to \_\_\_\_\_.
167. Pitch is to \_\_\_\_\_ as loudness is to amplitude.
168. Distrust of others is to paranoid personality disorder as ideas of self-importance are to \_\_\_\_\_.
169. Interpretation of transference is to psychoanalysis as systematic desensitization is to \_\_\_\_\_.
170. Interpretation of speech and written words is to Wernicke's area as production of speech is to \_\_\_\_\_.
171. Language is to left hemisphere as \_\_\_\_\_ is to right hemisphere.
172. Neurotransmitters are to the nervous system as \_\_\_\_\_ are to the endocrine system.
173. Sympathetic system is to action as parasympathetic system is to \_\_\_\_\_.
174. Long wavelength is to low frequency as short wavelength is to \_\_\_\_\_.
175. Unconscious wish fulfillment is to Freudian interpretation of dreams and synthesizing random neural firings is to \_\_\_\_\_.
176. Marijuana is to hallucinogen as MDMA is to \_\_\_\_\_.
177. Low sound frequencies are to frequency theory as high sound frequencies are to \_\_\_\_\_.
178. New interfering with the old is to retroactive interference as old interfering with the new is to \_\_\_\_\_.

1. Dizygotic
2. perfect negative correlation
3. Elizabeth Kubler-Ross
4. 2
5. Charles Spearman
6. Psychosocial
7. Acetylcholine
8. Hidden
9. Daniel Goleman
10. Dyslexia
11. Satiation
12. Something easily brought to mind
13. Frequency
14. Just noticeable difference
15. Global assessment of functioning
16. Limbic system or amygdala
17. Frontal lobe
18. Edward Thorndike
19. Algorithms
20. Bipolar disorder
21. Depth perception
22. Explicit memory
23. Reciprocal determinism
24. Dopamine
25. Stage 2
26. Type B
27. Depolarization
28. Experimental method/experiment
29. Schizophrenia
30. John Watson
31. Prediction
32. Metacognition
33. Efferent neurons
34. Gustav Fechner
35. Validity
36. Serotonin/norepinephrine
37. Temporal Lobe
38. Little man
39. Hippocampus
40. Perception, 41. Hair cells
42. Depression
43. Transduction
44. Fixed-ratio
45. Projective test
46. Black and White
47. Inner ear
48. Biological needs
49. Sigmund Freud
50. Reality principle
51. Late adulthood
52. REM sleep
53. Figure
54. Humanism
55. Prototype
56. LTM
57. Leon Festinger
58. Cannon Bard
59. Cognitive psychology
60. Wilhelm Wundt
61. Thalamus
62. Measure of central tendency
63. Selective serotoninreuptake inhibitor
64. Sensory
65. Negative reinforcement
66. Bottom-up processing
67. Interval schedule
68. Edward Thorndike
69. Stage continuity problem
70. Hallucinations
71. Developmental disorder first diagnosed in infancy,
72. childhood, or adolescence
73. Personality
74. Diathesis stress model
75. Anxiety disorder
76. Adler
77. Semantic encoding
78. Hermann Ebbinghaus
79. Retrograde
80. Cognitive therapy
81. Operant conditioning
82. Dream content
83. Higher-level thinking
84. Pain reduction
85. Cerebellum
86. Antidepressants/SSRI's
87. Robert Sternberg
88. Avoidance-avoidance
89. Incentive theory
90. Control group
91. Structuralism

92. Confirmation bias
93. Hypersomnia
94. Psychopharmacology
95. Sleep
96. Achievement test
97. Convergent thinking
98. Moral
99. Maslow
100. Adulthood
101. Wechsler Scales/Test
102. Valid
103. Theory of multiple intelligences
104. increase in performance
105. Somatoform disorder
106. First Laboratory
107. General Adaptation Syndrome
108. Waler Mischel
109. Environmental concerns
110. Compulsion
111. Purity
112. Movement 112. Brightness
113. Behavioral and cognitive
114. Flat affect
115. Albert Ellis
116. Phallic stage
117. Mood
118. Hippocampus
119. Informal (inductive)
120. Operant conditioning
121. Social psychology
122. Dopamine
123. Bipolar disorder
124. Interval
125. Learning
126. Drive-reduction theory
127. Ventromedial hypothalamus
128. Behaviorism
129. William James
130. Independent variable
131. Dissociation theory
132. Antagonist
133. Depressant
134. Stage 4
135. Monkeys
136. Conventional
137. Early childhood
138. Alternate forms of reliability
139. Positive psychology
140. Milgram
141. David Wechsler
142. Optimism
143. Somatoform disorder
144. Generalized anxiety disorder
145. Abraham Maslow
146. Gustation
147. Absolute threshold
148. Trichromatic Theory of color vision
149. Conductive deafness
150. Brightness
151. Frequency
152. Psychodynamic
153. Humanist
154. Joseph Wolpe, Abraham Maslow
155. Procedural memory
156. Operant conditioning
157. Neurotic (anxiety/mood)
158. Sulci
159. Reticular formation
160. Bandura
161. Authoritative
162. Crystallized intelligence
163. anxiety disorder
164. Manic-depression
165. Touch, pain, temperature
166. Memory (constructive)
167. Frequency
168. Narcissistic personality disorder
169. Behavioral therapy
170. Broca's area
171. Facial recognition, visual-spatial ability
172. Hormones
173. Rest
174. High frequency
175. Activation synthesis theory
176. Hallucinogen
177. Place theory
178. Proactive interference
179. Posthypnotic amnesia
180. Yellow

## Down & Dirty Study Notes

### Approaches:

#### General:

Behaviorism- Environmental: learning; nurture

Biological- Physiology; genetics; nature

Cognitive- Mental Processes

Psychoanalytical- Unconscious, childhood

Humanistic- Freewill; basis goodness

Multicultural- Sociocultural; role of structure

Gestalt- Emphasizes the organization process in behavior. Focuses on problem of perception

#### Personality:

Psychoanalytic- People are driven by instincts, largely sexual

Behaviorist- Behavior is personality; determined by history of reinforcement

Humanistic- People are inherently good, society ruins them, people strive to satisfy a hierarchy of motives toward self-actualization

Cognitive- People are rational and want to predict and control their world, personal constructs help in this process

Biological- Biological factors such as body type or genetics

#### Abnormal:

Psychoanalytic- Emerge from initial psychological conflicts that are unconscious, often arising from childhood trauma

Biomedical- Traceable to physical abnormalities, biochemistry, structural defects

Cognitive- Results from unusual ways of thinking, inappropriate belief system

Behavioral- Results from faulty contingencies of reinforcement contexts contribute to the development of psychological disorders

Cultural- Variables such as social class, gender and rural-urban contexts contribute to the development of psychological disorders

Humanistic/Existential Model- Results from Failure to fulfill ones potential

Treatment:

Biomedical

- a) ECT
- b) Psychosurgery; ablation
- c) Chemotherapy
- d) Intensive light therapy (S.A.D.)

Psychoanalytic Therapy- Alleviate unconscious conflicts

- a) Free association
- b) Dream analysis
- c) Transference
- d) Symptom substitution

Behavior Therapy-application of learning principles

- a) Systematic desensitization
  - 1) In vivo desensitization
  - 2) Counter Conditioning
- b) Flooding- real event
- c) Implosive therapy- imagine the event
- d) Aversion therapy

Cognitive-Behavior Therapy-thoughts and behavior

- a) modeling and role play
- b) Rational-emotive therapy-forces a more realistic look in the evaluating circumstances
- c) Stress- inoculation therapy-retractors inappropriate thinking
- d) Cognitive therapy- used for depression; requires the restructuring of persons invalid perceptions of self, future and the world or experience

Humanistic-focuses on getting the person to accept the responsibility for their improvement

- a) Rogers' client-centered therapy
  - 1) unconditioned positive regard
- b) Frankl's existential analysis-treatment attempts to help client gain sense of purpose and meaning
- c) Gestalt therapy- client comes into contact with the whole self

Gestalt- focuses on integrating the whole person

- a) Developed by Fritz Perls
- b) Utilizes role playing and acting out
- c) Focuses on the "now" experience

Biomedical Treatment- includes medical procedures and medication that can help alleviate symptoms of psychological disorders

- 1) Psycho-surgery (ablation)
  - Surgical destruction of involved brain tissue
  - Obsessive-compulsive disorder
- 2) Electroconvulsive therapy (ECT)
  - Major depression
- 3) Psychopharmacological treatment

- A) Neuroleptics (antipsychotics) i.e. Thorazine, Haloperidol, Clozapine
- B) Antidepressants i.e. Tricyclic compounds, selective serotonin reuptake inhibitors, Prozac
- C) Lithium Carbonate (treat bipolar disorder)
- D) Anxiolytics (anti anxiety) such as Valium or other benzodiazepines

**The Experiment:**

1. Two variables are studied for cause and effect
  - a. Independent variable-manipulated
  - b. Dependent variable- the response to be manipulated; measured
  - c. Confounding variable- other variables that may influence results
  - d. Experiment group- exposed to manipulation of independent variable
  - e. Control group- an unaffected comparison group
  - f. Subject bias- a subject's behavior changes due to believed expectations of experiment
  - g. Researcher bias- expectations influence what is recorded
  - h. Double-blind technique- control for bias by keeping placement of subject secret
  - i. Placebo- inactive substance unknowingly given in place of drug
  - j. Null hypothesis- negatively expressed hypothesis; X will not change Y

**Theories:**

**Piaget's Cognitive-Development Theory:**

- a) Sensory Motor- Schema assimilation and accommodation  
Circular reaction  
  
Object permanence
- b) Preoperational- egocentrism  
  
Animism  
  
Artificialism
- c) Concrete- Operational-reversibility  
  
Conservative problems
- d) Formal- Operational-personal fable

**Kohlberg's Moral Judgment:**

- a) Preconventional-good and bad, right and wrong
- b) Conventional-social rules
- c) Postconventional-universal principles

**Erickson's Psychosocial Development:**

- INFACNY                      a) trust vs. mistrust

b) Autonomy vs. shame and doubt

CHILDHOOD

c) initiative vs. guilt

d) Industry vs. territory

ADOLESCENCE

e) identity vs. role confusion

ADULTHOOD f) intimacy vs. isolation

g) Generality vs. stagnation

h) Ego integrity vs. despair

### **Kubler-Ross' Stages of Death**

- 1) denial
- 2) anger
- 3) bargaining
- 4) depression
- 5) acceptance

### **Theories:**

Weber's law- just noticeable difference

Young-Helmholtz Color Theory- (trichromatic theory)- color determined by the relative activity in red, blue, or green sensitive cones

Opponent-Process Color Theory- Color information is organized into 3 antagonistic pairs

Place Theory- relates perceived pitch to region

Frequency Theory- related pitch to the frequency of sound waves and frequency of neuron firing

Facial Feedback hypothesis- sensations from the face provide cues to the brain that help us determine what emotion we are feeling (Ekman)

Statistical Significance- .05 chance accounts for results less than 5% of the time

Template-Matching Theory-stored copies

Prototype-Matching Theory-recognition involves comparison

Feature-Analysis Theory-patterns are represented and recognized by distinctive features

Restorative Theory- We sleep in order to replenish

Adaptive Nonresponding Theory-sleep and inactivity have survived value



Activation-Synthesis hypothesis-dreams are products of spontaneous neural activity

Thorndike's Law of effect-reward and punishment encourages and discourages responding; Thorndike

Premack principle-states that any high-probability behavior can be used as a reward for any lower-probability behavior

Continuity vs. Discontinuity-theories of development, nature vs. nurture

Serial position phenomenon-sequence influences recall

Primacy effect-enhanced memory for items presented earlier

Recency effect-enhanced memory for items presented last

Decay theory-forgetting caused by learning similar materials

a) proactive-initially

b) retroactive-previously

Linguistic relativity hypothesis-person's language determines and limits a person's experiences

Hull's drive-reduction model-motivation arises out of need

Cognitive consistency theory-cognitive inconsistencies create tension and thus motivate the organism

Festinger's Cognitive dissonance theory-reconcile cognitive discrepancies

Arousal Theories-we all have optimal levels of stimulation that we try to maintain

Yerkes-Dodson law-arousal will increase performances up to a point, then further increases will impair performance; inverted U function

Incentive theory-behavior is pulled rather than pushed

James-Lange theory-emotion is caused by bodily changes

Cannon-Bard's Thalamic theory-emotional expression caused by simultaneous changing bodily event thoughts and feelings

Schachter's Cognitive-Physiological Theory-bodily changes, current stimuli, events, and memories combine to determine behavior

Attribution theory-explains how people make inferences about the causes of behavior; personal or situational; self-serving bias

Deindividuation-loss of self-restraint that occurs out of anonymity

Contact theory-proposes that equal-status contact between antagonistic groups should lower tension and bring harmony

Selye's General Adaptation Syndrome- (GAS) emergency reaction to stressful situations Alarm reaction, resistance and exhaustion

Lazarus's Cognitive-Psychological Model-emphasizes the process of appraisal (primary and secondary) as the primary determinant of stress

Twin Studies-allows a researcher to test influence of heredity v. environment

Personal Construct Theory-unique system of reality

Deinstitutionalization-occurred because of changes in political policy and development of new drug therapies

Ainsworth's Strange Situation-looked at attachment in young children to their parents

### **Social Psychology Studies:**

Zimbardo's Prison Study-effect of roles

Hawthorne Effect-people change their behavior when they think that they're being observed

Dailey and Latane's Bystander effect-diffusion of responsibility (Kitty Genovese Case Study)

Asche Conformity Study-Lines of different lengths 75% at least once

Milgram's Obedience Study-Shocking the confederate 65% delivered full range

Sherif-"Autokinetic phenomenon", conformity studies. Social Psychologist

### **Social Pressure:**

1. Conformity-occurs when individuals adopt the attitudes or behavior of others because of real or imagined pressure
2. Social Norms-shared standards of behavior
3. Reciprocity norm-people tend to treat others as they have been treated
4. Compliance-to get along with a request made of you from a person who does not have authority over you, techniques include:
  - a. Foot in the door technique-if a small request is made first a larger request will be easier to fill later
  - b. Door in the face technique-making a larger request first then making a smaller one which will seem more reasonable
  - c. Low balling-getting agreement first, then adding specifics later
5. Obedience-compliance with someone who has authority

### **Altruism:** Self concern for others

1. Bystander intervention-will individuals intervene in a harmful situation to another
2. Bystander effect-people are less likely to help when several people witness an emergency due to diffusion of responsibility, thinking that someone else can be responsible
3. Social facilitation-tendency to do better on well-learned tasks when another person is present
4. Social loafing-reduction in effort by individuals when they work in groups compared to by themselves
5. Risky shift-groups often arrive at riskier decisions than do individuals
6. Deindividuation-loss of identity as a result of being part of a group
7. Groupthink-members of a cohesive group emphasize agreement at the expense of critical thinking

## Famous Psychologist to Know

### History and Approaches

- ψ Mary Whiton Calkins: first female president of the APA
- ψ Charles Darwin: Evolutionary Psych
- ψ Dorothea Dix: creation of American mental hospitals
- ψ Sigmund Freud: Psychoanalytic Perspective
- ψ G. Stanley Hall: 1st psych lab in America at Johns Hopkins; 1st President of the APA
- ψ William James: 1st psych textbook
- ψ Ivan Pavlov: Classical Conditioning
- ψ Jean Piaget: Cognitive Development
- ψ Carl Rogers: self theory; client-centered therapy, active listening, unconditional positive regard
- ψ B.F. Skinner: Operant Conditioning
- ψ Margaret Floy Washburn: 1st female Ph.D. in psych
- ψ John B. Watson: Behaviorism; Little Albert
- ψ Wilhelm Wundt: 1st psych lab

### Research Methods - none

### Biological Bases of Behavior

- ψ Paul Broca: speech production area in the frontal lobe
- ψ Charles Darwin (repeat): natural selection, survival of the fittest
- ψ Michael Gazzaniga: split-brain research; understanding of functional lateralization in the brain; how the cerebral hemispheres communicate
- ψ Alexander Luria: studied the relation between language, thought, and cortical functions; his work resulted in creating the field of Neuropsychology.
- ψ Roger Sperry: surgery designed to treat epileptics by severing the corpus callosum; contributed greatly to understanding the lateralization of brain function.
- ψ Carl Wernicke: speech comprehension area in the temporal lobe

### Sensation and Perception

- ψ Gustav Fechner: Absolute Threshold
- ψ David Hubel (with Wiesel): discovered feature detectors in the visual system
- ψ Ernst Weber: Law to detect JND; change must be proportional to the stimulus' magnitude
- ψ Torsten Wiesel (with Hubel): discovered feature detectors in the visual system

### States of Consciousness

- ψ William James: Stream of Consciousness
- ψ Sigmund Freud (repeat): Unconscious motives, wishes, and urges
- ψ Ernest Hilgard: role of hypnotism in human behavior and response

## **Learning**

- ψ Albert Bandura: Social Learning Theory, Bobo Doll Experiment, imitation in learning
- ψ John Garcia: Conditioned Taste Aversion (The Garcia Effect)
- ψ Ivan Pavlov (repeat): Classical Conditioning; Associative Learning; Stimulus-Stimulus
- ψ Robert Rescorla: Contingency Theory - a stimulus must provide the subject information about the likelihood that certain events will occur.
- ψ B.F. Skinner (repeat): Operant Cond.; Skinner Box; Pos. and Neg. Reinforce. and Punishment
- ψ Edward Thorndike: Law of Effect; Instrumental Conditioning
- ψ Edward Tolman: Latent Learning; rats in mazes
- ψ John B. Watson (repeat): Behaviorism; "Little Albert"

## **Cognition**

- ψ Noam Chomsky: Language Acquisition Device (LAD)
- ψ Hermann Ebbinghaus: studied memory using nonsense syllables; retention and forgetting curves
- ψ Wolfgang Kohler: insight in chimps
- ψ Elizabeth Loftus: eyewitness testimony, misinformation effect, false memories
- ψ George A. Miller: STM's "Magic Number" =  $7 \pm 2$
- ψ George Sperling: studied sensory memory sub-type - Iconic Memory - with cued recall tasks
- ψ Benjamin Whorf: Whorf's Linguistic Determinism Hypothesis; language determines thought

## **Motivation and Emotion**

- ψ William James: James-Lange Theory of Emotion - the body reaction comes first, the emotion comes quickly afterward.
- ψ Abraham Maslow: strive for self-actualization, Hierarchy of Needs
- ψ David Matsumoto: study of facial expressions and emotions; first training tool to improve ability to read microexpressions; studied spontaneous facial expressions in blind individuals; discovered that many facial expressions are innate and not visually learned.
- ψ Stanley Schachter (with Singer): 2-Factor Theory of Emotion - physiological arousal + cognitive label
- ψ Hans Selye: General Adaptation Syndrome (GAS) - alarm, resistance, exhaustion

## **Developmental Psychology**

- ψ Mary Ainsworth: secure vs. insecure attachment
- ψ Albert Bandura (repeat): Social Learning Theory, Bobo Doll Experiment, imitation in learning
- ψ Diana Baumrind: types of parenting styles: authoritarian, permissive, authoritative
- ψ Erik Erikson: 8 Stages of Psychosocial Development
- ψ Sigmund Freud (repeat): 5 Stages of Psychosexual Development
- ψ Carol Gilligan: criticized Kohlberg's work, b/c he only studied privileged, white men and boys, she felt this caused a biased opinion against women.
- ψ Harry Harlow: wire mother monkey studies, contact comfort
- ψ Lawrence Kohlberg: Levels of Moral Development - Pre-Conv., Conventional, Post-Conv.
- ψ Konrad Lorenz: Imprinting in animals
- ψ Jean Piaget (repeat): 4 Stages of Cognitive Development

- ψ Lev Vygotsky: research on play; "Zone of proximal development" (ZPD) - the range of tasks that a child can complete independently; studied concept of inner speech in language development

### **Personality**

- ψ Alfred Adler: inferiority complex, sibling rivalry
- ψ Albert Bandura (repeat): personality development is affected by observational learning and modeling (Bobo Doll Experiment); Social Learning Theory
- ψ Paul Costa/Robert McCrae: Big Five Trait Theory (CANOE: conscientiousness, agreeableness, neuroticism, openness to experience, and extraversion)
- ψ Sigmund Freud (repeat): unconscious, childhood experiences, 5 stages of sexual development
- ψ Carl Jung: collective unconscious, archetypes
- ψ Abraham Maslow (repeat): strive for self-actualization, Hierarchy of Needs
- ψ Carl Rogers (repeat): Self Theory; real vs. ideal self; sees people as basically good
- ψ Martin Seligman: Positive Psychology

### **Testing and Individual Differences**

- ψ Alfred Binet: 1st Intelligence Test
- ψ Francis Galton: founded psychometrics; developed the ideas of correlation, standard deviation, regression toward the mean
- ψ Howard Gardner: Theory of Eight Multiple Intelligences
- ψ Charles Spearman: 2-Factor Theory of Intelligence - "g" factor (general intelligence), an inherited intellectual ability that influences all around performance; "s" factor (specific abilities), which account for differences between scores on different tasks
- ψ Robert Sternberg: Triarchic Theory of Intelligence - creative, analytical, practical
- ψ Louis Terman: (of Stanford University) altered Binet's IQ test, calling it the Stanford-Binet
- ψ David Wechsler: Wechsler Scales (WIAS and WISC) - most widely used intelligence tests today

### **Abnormal Behavior--none**

### **Treatment of Abnormal Behavior**

- ψ Albert Ellis: founder of cognitive-behavioral therapies
- ψ Sigmund Freud (repeat): psychoanalysis, dream analysis, free association
- ψ Mary Cover Jones: counter conditioning of fears
- ψ Carl Rogers (repeat): client-centered therapy, active listening, and unconditional positive regard
- ψ B.F. Skinner (repeat): Behavioral Therapies use the principles of Operant Conditioning; Behavior Modification, Token Economies
- ψ Joseph Wolpe: developed the Exposure Therapy technique known as flooding

### **Social Psychology**

- ψ Solomon Asch: studies of conformity using lines
- ψ Leon Festinger: Cognitive Dissonance Theory
- ψ Fritz Heider: Attribution theory describes how people come to explain (make attributions about) the behavior of others and themselves; behavior is attributed to a disposition or to a situation

- ψ Stanley Milgram: obedience studies; "teacher" and "learner" shock experiment
- ψ Philip Zimbardo: Stanford Prison Study; power of power; when roles become reality

