**Psychology Exam Information**

The exam in this course will be 150 multiple choice and matching questions. Be sure to bring your textbook on exam day. You will turn your textbook in. Also be sure to bring a pencil, as the the exam is scantron.

The best way for you to study for your exam is to follow these suggestions:

* Read through the summaries at the end of each chapter we studied.
* Read through your notes for each chapter.
* Go through the review sheet and find the topics/concepts that are difficult for you. Prepare “crib notes” (written or typed). Your notes must fit on one sheet of paper (8 ½ x 11).

**Theories of Personality (Modules 17 & 18)**

* **Personality** (definition)
* **Sigmund Freud and his ideas** (psychoanalytic theory, the unconscious, free association, libido, id, superego, ego, oral stage, anal stage, phallic stage, latency stage, genital stage)
  + **Defense mechanisms** (repression, regression, denial, fantasy, reaction formation, compensation, projection, procrastination, displacement, intellectualization, rationalization, identification, sublimation)
* **Carl Jung and his ideas** (the collective unconscious, archetypes, persona)
* **The Neo-Freudians and their ideas** (Karen Horney, Alfred Adler, Erik Erikson)
  + **Erikson’s psychosocial stages** (trust vs. mistrust, autonomy vs. shame and doubt, initiative vs. guilt, industry vs. inferiority, ego-identity vs. role confusion, intimacy vs. isolation, generativity vs. stagnation, integrity vs. despair)
* **The behaviorists and their ideas/experiments** (John Watson, B.F. Skinner, reinforcement, Albert Bandura, modeling)
* **The humanists and their ideas** (Carl Rogers, ideal self, fully functioning individual, Abraham Maslow, self-actualized)
* **The trait theorists and their ideas** (personality traits, Gordon Allport, cardinal traits, central traits, secondary traits, Raymond Cattell, surface traits, source traits, Hans Eysenck, extraversion, emotional stability)
* **Assessing personality** (benefits of taking a personality test, the Keirsey Temperament Sorter, extroversion vs. introversion, test validity, test reliability, the Rorschach Inkblot, The Thematic Apperception Test, the “Big Five” personality traits: openness, conscientiousness, extraversion, agreeableness, neuroticism)

**The Field of Psychology (Modules 1 & 2)**

* **The basics of psychology** (definition, definition of and importance of theories, applied psychologist vs. research psychologist, four goals of psychology, nature vs. nurture)
* **The history of psychology** (trephination, the four humors, bloodletting, phrenology, the year psychology officially became a science)
* **Important people/ideas in early psychology** (Charles Darwin, Wilhelm Wundt, introspection, Sigmund Freud, William James, John Watson, Ivan Pavlov, B.F. Skinner, Carl Rogers, Margaret Washburn)
* **Careers in psychology** (therapists, psychiatrist, psychologist, counselor/social worker, clinical/counseling psychologist, school/educational psychologist, environmental psychologist, industrial/organizational psychologist, engineering/human factors psychologist, experimental psychologist)
* **Modern-day approaches to psychology**--what they are and advantages and disadvantages (biopsychological, behavioral, humanistic, psychoanalytic, cognitive, sociocultural, eclecticism)

**Brain, Body, and Behavior (Modules 6 & 7)** *Focus on function, not location*

* **Cerebral cortex** (left hemisphere, right hemisphere, dominance, fissure, corpus callosum, frontal lobe, parietal lobe, temporal lobe, occipital lobe)
* **Lower brain** (thalamus, hypothalamus, amygdala, hippocampus, cerebellum brainstem, reticular activating system)
* **The neuron** (axon, dendrites, cell body, synapse, vesicles, neurotransmitters)
* **The central and peripheral nervous systems** (spinal cord, reflex, somatic nervous system, autonomic nervous system, parasympathetic nervous system, sympathetic nervous system)
* **The endocrine system** (hormones, glands, pituitary gland, thyroid gland, adrenal gland, gonads, androgen, estrogen)
* **Other** (why psychologists study the brain, why psychologists study the body, how alcohol affects the brain, differences between the male and female brain, Phineas Gage)

**Methods of Psychology (Module 4)**

* **Placebos** (purpose of using them, the placebo effect)
* **Experiments** (control group, experimental group, double-blind study, subjects, random assignment, hypothesis, variables, independent variable, dependent variable, confounding variable)
* **Other methods of research and their advantages/disadvantages** (field study, survey method, representative sample, naturalistic observation, interview, case study, psychological test, cross-sectional method, longitudinal method)
* **Correlation vs. causation**
* **Ethics in experimentation** (six guidelines, Stanley Milgram’s obedience study, Phillip Zimbardo’s Stanford Prison Experiment)

**Infancy and Childhood (Modules 14 & 15)**

* **The basics**(definition of developmental psychology, why study childhood, the domains of development in psychology)
* **Heredity vs. environment** (genes, chromosomes, zygote, fraternal twins, identical twins, teratogenic effects, characteristics that seem to be hereditary)
* **Developmental patterns** (infant reflexes, maturation, growth cycles, imprinting, critical period, feral children, Harlow’s monkeys)
* **Attachment** (importance; avoidant, insecure attachment; ambivalent, insecure attachment; secure attachment; critical period for attachment)
* **The family** (nuclear family, extended family, blended family, importance of fathers, effects of mother working outside the home, effects of marital conflict on children)
* **Parenting** (permissive, authoritarian, authoritative, most important components for a child’s healthy development)
* **Child abuse** (types, characteristics of an abusive parent, how it can be prevented)
* **Birth order** (psychological birth order, how our birth order affects us, typical characteristics of each birth position, things that skew birth order predictions, Alfred Adler)
* **Jean Piaget and his ideas** (cognitive development, separation anxiety, sensorimotor stage, object permanence, preoperational stage, reversibility, conservation, concrete operations stage, formal operations stage)
* **Types of play** (solitary, parallel, social/cooperative)
* **Lawrence Kohlberg and his ideas** (moral development, preconventional level, conventional level, postconventional level)
* **The development of language skills**

**Consciousness (Modules 24 & 25)**

* **Construct** (defined)
* **Consciousness** (defined, conscious mind, subconscious mind, unconscious mind, intuition)
* **Biological clocks** (defined, free running cycles, entrainment)
* **Circadian rhythms** (defined)
* **Going to sleep** (hypothalamus, melatonin)
* **The sleep cycle** (twilight stage, main occurrences in each stage of sleep 1-4, brain waves present in each stage of sleep--alpha, beta, delta, REM vs. NREM, “paradoxical sleep”)
* **Sleep as we age** (sleep for infants vs. teens vs. older people)
* **Sleep deprivation** (signs, effects, “sleep stealers,” how alcohol affects sleep, how much sleep to get, ways to get better sleep, REM rebound)
* **Theories on dreaming** (define each, evidence for each--information-processing, physiological function, activation synthesis theory, psychoanalytic theory)
* **Sleep disorders** (insomnia, somnambulism, narcolepsy, sleep apnea, delayed sleep-phase syndrome, idiopathic hypersomnolence, bruxism, night terrors, restless legs syndrome, REM sleep behavior disorder)
* **Hypnosis** (history, defined, social influence theory, divided consciousness theory, hypnotic induction, uses, posthypnotic suggestion, trance, myths vs. facts, hypnosis and age regression)
* **Meditation** (defined, benefits, how hypnosis and meditation are similar/different)

**Conflict, Stress, and Coping (Modules 12, 13, & 26)**

* **Stress** (defined, eustress, distress)
* **Stressors** (physical stressors, psychological stressors, frustration, anxiety, conflict)
* **Types of psychological conflict** (approach-approach, avoidance-avoidance, approach-avoidance, double approach-avoidance)
* **Appraisal of stress** (corticolimbic system, primary appraisal, secondary appraisal)
* **Responses to stress** (emotional symptoms, cognitive symptoms, behavioral reactions)
* **Physiological response to stress** (fight or flight reaction, sympathetic nervous system, hypothalamus, endocrine system, cortisol, adrenaline)
* **Hans Selye’s general adaptation syndrome** (alarm, resistance, exhaustion)
* **Chronic stress** (defined, how it affects the immune system, dangers)
* **Personality and stress** (type a vs. type B, personality characteristic most likely to lead to heart disease, optimism, locus of control—internal vs. external, self-concept, self-esteem)
* **Coping with stress** (regressive coping, transformational coping, stress reducers, Sigmund Freud, defense mechanisms--repression, denial, displacement, reaction formation, intellectualization, identification, regression, rationalization, projection, sublimation)
* **Substance use/abuse terminology** (use, tolerance, dependency, abuse, addiction)
* **Physical addiction** (how it develops, withdrawal symptoms)
* **Psychological addiction** (defined, symptoms)
* **Synergistic effect** (defined)
* **Alcoholism** (signs of a problem, theories on causes)
* **Effects of alcohol** (short-term effects, long-term effects, alcohol withdrawal delirium, alcohol poisoning)
* **Categories of drugs** (defined, general effects--psychedelic drug, hallucinogen, opiate, stimulant drug, depressant drug)
* **Commonly abused substances--category and effects** (heroin, oxycodone, benzodiazepines, GHB, cocaine, amphetamines, methamphetamines, MDMD/ecstasy, LSD, psilocybin, marijuana, steroids, nicotine)
* **Treating substance abuse** (why it’s important to treat, those at higher risk of abusing substances, recovery)

**Mental Disorders (Modules 29, 30, & 31)**

* **Abnormal behavior** (defined)
* **Models of mental illness** (diathesis-stress model, bio-psycho-social model)
* **DSM-IV-TR** (defined)
* **Insanity** (defined, the insanity defense today)
* **Stigma** (defined, why is stigma a problem?)
* **Childhood disorders--defined, causes, treatment** (ADHD, autism spectrum disorders)
* **Anxiety disorders--defined, causes, treatment** (panic disorder, phobic disorder, agoraphobia, OCD)
* **Somatoform disorders--defined, causes, treatment** (conversion disorder, hypochondriasis, BDD)
* **Dissociative disorders--defined, causes, treatment** (psychogenic amnesia, psychogenic fugue, dissociative identity disorder)
* **Mood disorders--defined, causes, treatment** (dysthymic disorder, major depression, mania, bipolar disorder)
* **Psychotic disorders-- defined, causes, treatment** (catatonic schizophrenia, disorganized schizophrenia, paranoid schizophrenia, undifferentiated schizophrenia, prognosis for those with schizophrenia)
* **Personality disorders**--**defined, causes, treatment** (antisocial, borderline)
* **Suicide** (risk factors, signs, which mental disorder is most associated with suicide)
* **Males vs. females** (disorders more likely to affect males, disorders more likely to affect females)
* **Frequency of disorders** (disorders that are most common, disorders that are rarest)

**Treatment and Therapy (Modules 32 & 33)**

* **Historic reaction to mental illness** (past views of the mentally ill, Phillipe Pinel, Dorthea Dix, lobotomy)
* **Psychotherapy** (defined, goals, what it’s like today, is it beneficial?)
* **Types of psychotherapists** (clinical psychologists, counseling psychologists, psychiatrists, social workers, psychiatric nurses)
* **Psychoanalysis** (defined, important name(s), criticisms, characteristics, techniques/terms--dream interpretation, hypnosis, free association, Freudian slip analysis, resistance, transference)
* **Humanistic therapy** (defined, important name(s), criticisms, characteristics--person-centered therapy/Rogerian therapy/nondirective therapy, techniques/terms--empathy, unconditional positive regard, active listening)
* **Behavioral therapy** (defined, important name(s), characteristics, criticisms, for which disorder(s) it works best, techniques/terms--exposure therapy, systematic desensitization, aversive conditioning, token economy)
* **Cognitive-behavioral therapy** (defined, important name(s), for which disorder(s) it works best, characteristics/techniques/terms--Rational Emotive Therapy, irrational ideas, internalized sentences, awfulize, cognitive distortions, cognitive restructuring)
* **Group therapy** (defined, where it works best, pros and cons)
* **Biomedical therapies**
  + **Drug therapy/how drugs work** (antipsychotic drugs, antianxiety drugs, antidepressant drugs, mood stabilizers, pros and cons)
  + **Electroconvulsive therapy** (defined, how it works, when it’s used, side effects, reasons for controversy)
  + **Psychosurgery** (defined, when it’s used)
* **Help for those who don’t enter formal therapy** (five factors shown to support mental health)