

UNIT 1 – HISTORY, APPROACHES, and RESEARCH METHODS

PERCENT ON AP EXAM – 2-4%

PERCENT ON AP EXAM – 8-10%

TERMS YOU MUST KNOW

Behaviorism
Functionalism
Structuralism
Evolutionary Psychology
Gestalt Psychology
Cognitive Psychology
Dependent Variable
Independent Variable
Case Study
Experiment
Control Group
Hypothesis
Naturalistic Observation
Survey
Theory
Correlation Coefficient
Operational Definition
Experimental Group
Correlational Research
Random Assignment
Mean
Normal Distribution
Double Blind Study
Median
Mode
Sample
Standard Deviation
Inferential Statistics
Placebo Effect

IMPORTANT PEOPLE

- Alfred Adler – strive to overcome inferiority
- Albert Bandura – learned personality from observation
- Erik Erikson – face crisis at different stages of our lives
- Hans Eysenck – extroversion and introversion
- Sigmund Freud - unconscious determines everything that we do
- Karen Horney – parental indifference the true reason behind neurosis
- Carl Jung – we wear “personality masks” depending on situation
- Abraham Maslow – hierarchy of needs
- Jean Piaget – cognitive development
- Carl Rogers – theory of self-concept (did not look at unconscious motives)
- Hermann Rorschach- inkblots
- B.F. Skinner – behavior and personality is learned through operant conditioning
- John Watson – personality is due to classical conditioning
- Charles Darwin – evolutionary theory, survival of the fittest

CONFUSING PAIRS

- Independent Variable (what is tested) v. Dependent Variable (what is measured)
- Experimental Group (group that is tested) v. Control Group (compared to the experimental, receives the placebo in a drug experiment)

TERMS STUDENTS MAKE MISTAKES ON

- Mean – Can be thrown off by a couple high or low scores
- Bell Shaped Curve - A Normal Distribution
- William James – Functionalism
- Observation – Most Critical ingredient to learning
- Piaget – Cognitive Development
- Charles Darwin
- Behavioral Perspective – relies on Observation
- Overconfidence – Inhibit Critical Thinking
- Placebo Effect – Healing Powers of Positive Expectations
- APA (British Version also) – Review Board
- William Wundt – first psychological lab in Germany
- Definition of Psychology – the scientific study of the human mind and its functions, especially those affecting behavior in a given context
- Biological Approach – would study head injuries
- Common Issues Throughout Psychology – Nature vs. Nurture, Diversity vs. Universality, Stability vs. Change
- Common Psychological Processes – how culture affects your thoughts and perceptions
- Correlation DOES NOT Prove Causation

UNIT 2 – BIOPSYCHOLOGY
PERCENTAGE ON AP EXAM – 7-9%

TERMS YOU MUST KNOW

Axon
Central Nervous System
Cerebral Cortex
Dendrites
Peripheral Nervous System
Synapse
Thalamus
Autonomic Nervous System
Gene
Hypothalamus
Neurons
Neurotransmitters
Sympathetic Nervous System
Action Potential
Cerebellum
Hormone
Limbic System
Parasympathetic Nervous System
Homeostasis
Chromosomes
Corpus Callosum
Myelin Sheath
Pituitary Gland
Endocrine System
Somatic Nervous System
Medulla
Sensory Neuron
Cell Body
Frontal Lobes
Glial Cells
Positron Emission Tomography
Electroencephalogram
Endorphins
Magnetic Resonance Imaging
Occipital Lobes
Parietal Lobes
Temporal Lobes
Heritability
Amygdala
Hippocampus
Interneurons
Reticular Formation
Behavioral Genetics
Natural Selection
Pons
Resting Potential
Basilar Membrane
Midbrain
Motor Neurons
Receptors
Identical Twins

PEOPLE YOU MUST KNOW

- Phineas Gage – damage to frontal lobe, emotional control, rational thoughts, decision making

CONFUSING PAIRS

- Left brain (language and logic) v. Right brain (creative and spatial).
- Corpus Callosum (divides the brain) v. Cerebral Cortex (covers the brain)
- Sympathetic Nervous System (“fight or flight”) v. Parasympathetic (calming – parachute)
- Neurotransmitters (in the nervous system) v. Hormones (in the endocrine system)
- Lateral Hypothalamus (stimulates hunger - GO) v. Ventromedial Hypothalamus (suppresses hunger - STOP)
- Broca’s Area (makes words) v. Wernicke’s area (comprehends words)
- Identical Twins (same fertilized egg) v. Fraternal Twins (two separate eggs)
- Afferent Neurons (sensory, body to brain) v. Efferent Neurons (motor, brain to body)

TERMS STUDENTS MAKE MISTAKES ON

- Thalamus is the SENSATION Switchboard
- Hindsight Bias – knew-it-all-along effect
- Sequence of transmission in a Neural Impulse – dendrite, cell body, axon, synapse
- MRI – Magnets & Radio Waves
- Parts of the Brain from Oldest to Newest – goes back to front (brain stem to frontal lobe)
- Brainstem Parts – thalamus, midbrain, pons, medulla
- Autonomic Nervous System – Reflexes (sympathetic and parasympathetic nervous system – flight or flight)
- Action Potential – More Excitatory than Inhibitory Inputs
- Split Brain – Left Eye to Right Brain to Left Hand, Right Eye to Left Brain to Right Hand (Language on Left side)
- Brain Plasticity – brains ability to make new neural connections (more plastic the younger you are)
- Peripheral Nervous System – any nerves not encased in bone
- Central Nervous Systems – all nerves incased in bone
- Motor Neurons (Efferent) – located in peripheral nervous system and carry neural impulses away from the spine
- Inter Neurons – located in the spine and brain and help with reflexes and transfer sensory impulses to motor impulses
- Sensory Neuron (Afferent) Locations – located in our sensory organs and carry signals to the spine and brain
- Limbic System – emotional control center of the brain
- Cerebral Cortex – Higher brain functions
- Neural Network – More for complex activities
- Acetylcholine – too little Alzheimer’s, too much paralysis
- Dopamine – too much schizophrenia, not enough Parkinson’s, too little much emotion
- Norepinephrine – too little depression
- Serotonin – too little depression, too much anxiety
- GABA – too little depression and / or Huntington’s
- Medulla – heartrate and breathing
- Reticular Formation – Involved in arousal, waking up and feeling alert
- Thalamus controls SENSATIONS (Pleasure, Pain, Sight, Hearing, Taste)
- Hippocampus – long term explicit memory
- Cerebellum – balance and coordination
- Amygdala – fear, aggression, emotions
- Occipital Lobe – vision
- Parietal Lobe – sensory cortex
- Temporal Lobe – hearing
- Frontal Lobe – personality, judgement, motor cortex
- Right Hemisphere – spatial and emotions
- Left Hemisphere – language and logic
- Broca’s – broken speech
- Wernicke’s – language comprehension
- Biofeedback – control physiological responses (heartrate, etc.)
- Light Transduction Sequence – enters eye – ganglion cells, bipolar cells, cones and rods, optic nerve

UNIT 3 – DEVELOPMENT
PERCENT ON AP EXAM – 7-9%

TERMS YOU MUST KNOW

Object Permanence
Formal Operational Stage
Schemas
Accommodation
Assimilation
Attachment
Concrete Operational State
Puberty
Critical Period
Preoperational Stage
Sensorimotor State
Conservation
Egocentrism
Fetus
Embryo
Longitudinal Study
Cross Sectional Study
Developmental Psychology
Gender Identity
Maturation
Zygote

IMPORTANT PEOPLE TO KNOW

- Mary Ainsworth – study of parenting and attachment “Strange Situations”
- Albert Bandura – Bobo Doll Study – observational learning
- Erik Erikson – psychosocial development
- Sigmund Freud – psychosexual development
- Carol Gilligan – believed that Kohlberg’s theory was male-centered and boys are more likely to apply moral rules to all contexts where girls are more likely to consider relationships when making a decision
- Francis Galton – nature vs. nurture, genetics
- Harry Harlow – study of monkeys and attachment, need for comfort over nutrition
- Lawrence Kohlberg – three moral development stages
- Jean Piaget – cognitive development of children

CONFUSING PAIRS

- Assimilation (what is perceived in the outside world is incorporated into the internal world without changing structure of the internal world) v. Accommodation (internal world has to change itself to the evidence with which it is confronted, and thus adapt to it)
- Concrete Operations (logical thinking) v. Formal Operations (philosophical thinking)

TERMS THAT STUDENTS MAKE MISTAKES ON

- Assimilation - we take in new information or experiences and incorporate them into our existing ideas
- Erikson – Psychosocial Stages – Trust vs Mistrust, Autonomy vs. Shame and Doubt, Initiative vs. Guilt, Industry vs. Inferiority, Identity vs. Role Confusion, Intimacy vs. Isolation, Generativity vs. Stagnation, Integrity vs. Despair
- Piaget – Cognitive Development
- Identical Twins – Same Placenta
- Maturation – biological growth process (usually same for everyone)
- Puberty – Reproductive Sex Organs
- Elizabeth Kubler-Ross – stage of death and dying – Denial, Anger, Bargaining, Depression, Acceptance, not always in that exact order, and not everyone goes through all of them
- Basic Trust – must be met by caregiver
- Natural Selection – Choosing a Partner
- Accommodation – when new information or experiences cause you to modify your existing schemas
- Types of Parenting – Authoritative, Neglectful, Permissive, and Authoritarian
- Lawrence Kohlberg's Stages of Morality – Pre-Conventional, Conventional, Post-Conventional
- Secure Attachment – Basic Trust
- Insecure Attachment – No Basic Trust
- Temperament – aspects of an individual's personality, such as introversion or extroversion, which are often regarded as innate rather than learned

UNIT 4 – SENSATION AND PERCEPTION
PERCENT ON THE AP EXAM – 6-8%

TERMS YOU MUST KNOW

Sensation
Absolute Threshold
Retina
Cones
Difference Threshold
Perception
Rods
Opponent Process Theory
Fovea
Trichromatic Theory
Cochlea
Perceptual Constancy
Monocular Cues
Pheromones
Transduction
Weber's Law
Binocular Cues
Place Theory
Retinal Disparity
Taste Buds
Pitch
Bottom-Up Processing
Feature Detectors
Gate Control Theory
Psychophysics
Sensory Adaptation
Signal Detection Theory
Top-Down Processing
Accommodation
Frequency Theory
Habituation
Lens
Optic Nerve
Pupil
Vestibular Sense

IMPORTANT PEOPLE

- Ernst Weber – Weber's Law
- Harry McGurk – sensory interaction

CONFUSING PAIRS

- Sensation (bottom-up processing) v. Perception (top-down processing)
- Rods (night vision, in peripheral of the retina) v. Cones (color vision, in the center of the retina)
- Kinesthetic Sense (muscle memory) vs. Vestibular Sense (complex sense concerned with the perception of bodily position and motion / movement)

TERMS STUDENTS MAKE MISTAKES ON

- Parallel Processing – process Color, Shape, Size, Speed all at same time
- Relative Size – a monocular cue; if we assume two objects are similar in size we perceive the one that casts the smaller retinal image as farther away
- Iris – color muscle part of eye that opens and closes
- Relative Clarity – further object hazy, close object clear
- Continuity – a tendency to group stimuli into continuous lines and patterns
- Top-Down Processing – involved in Continuity & Closure
- Blind Spot – where optic nerve leaves eye, no receptor cells
- Amplitude – corresponds with brightness
- Just Noticeable Difference – the amount something must be changed in order for a difference to be noticeable, detectable at least half the time
- Absolute Threshold – as the lowest level of a stimulus—light, sound, touch, etc.—that an organism could detect (Vision – candle flame from 30 miles away, Hearing – Ticking watch 20 feet away, Smell – 1 drop of perfume in a 3 room apartment, Taste – 1 teaspoon in 2 gallons of water, Touch – wing of a bee dropped on cheek from 2/5 of an inch away)
- Retina – Rods (black and white) & Cones (color vision)
- Sensation - a physical feeling resulting from something that happens to or comes into contact with the body
- McGurk Effect – best example of Sensory Interaction
- Eye – Retina (spot of transduction)
- Ear – Cochlea (spot of transduction)
- Illusions – trick the mind
- Hallucinations – no sensory information
- Figure-Ground – most basic perceptual cue, first figure out what the image is and what the background is
- Proximity – group things similar together as close
- Linear Perspective – Convergence of Parallel Lines in the distance

UNIT 5 – STATES OF CONSCIOUSNESS

PERCENT ON AP EXAM – 2-4%

TERMS YOU MUST KNOW

Circadian Rhythms
Hypnosis
REM Sleep
Stimulants
Consciousness
Insomnia
Psychoactive Drugs
Hallucinogens
Narcolepsy
Tolerance
Depressants
Latent Content
Manifest Content
Sleep Apnea
Opiate
Activation Synthesis Hypothesis
Meditation
Physical Dependence

IMPORTANT PEOPLE

- Ernest Hilgard – hidden observer
- Sigmund Freud – unconscious drives your dreams

CONFUSING PAIRS

- Alpha Waves (occur stage 1 of sleep) v. Delta Waves (occur stages 3 and 4 of sleep)
- Nightmare (occurs in REM of sleep can be remembered) v. Night Terror (occurs in stages 3 or 4 of sleep)

TERMS STUDENTS MAKE MISTAKES ON

- Alpha Waves – stage 1 of sleep
- Theta Waves – stage 2 of sleep
- Delta Waves – stages 3 and 4 of sleep
- Beta Waves – while you are awake
- Sleep Spindles – during the beginning of stage 2 (burst of brain activity)
- K-Complex – at the end of stage 2 (large event)
- Sleep Cycles Length – each cycle lasts about 90 minutes (1, 2, 3, 4, 3, 2, REM)
- Nightmares – REM sleep (you can remember them)
- Night Terrors – stages 3 or 4 (little kids)
- REM Sleep – Rapid Eye Movement, when dreams occur
- NREM Sleep – all sleep not REM
- Alcohol – Is a depressant no matter how much you consume
- Depressants – suppress central nervous system (Alcohol, Opiates, etc.)
- Hallucinogens – causes false sensory information (Marijuana, Mushrooms, etc.)
- Stimulants – raise central nervous system activity (caffeine, cocaine, etc.)

UNIT 6 – LEARNING
PERCENT ON AP EXAM – 7-9%

TERMS YOU MUST KNOW

Classical Conditioning
Conditioned Response
Conditioned Stimulus
Observational Learning
Operant Conditioning
Shaping
Spontaneous Recovery
Stimulus Discrimination
Stimulus Generalization
Unconditioned Response
Unconditioned Stimulus
Learning
Negative Reinforcement
Positive Reinforcement
Punishment
Reinforcement
Secondary Reinforcement
Classical Conditioning Extinction
Learned Helplessness
Primary Reinforcement
Fixed Ratio
Law of Effect
Variable Interval Schedule
Variable Ratio Schedule
Fixed Interval Schedule
Partial Reinforcement
Aversion Therapy
Continuous Reinforcement
Operant Conditioning Extinction
Latent Learning
Reflex
Cognitive Map
Discriminative Stimulus

IMPORTANT PEOPLE

- John Garcia – rats studies (one time conditioning)
- Robert Koelling – learned taste aversion
- Ivan Pavlov – classical conditioning
- B.F. Skinner – operant conditioning, Skinner Box
- Edward Thorndike – Law of Effect
- John Watson – behaviorism, Baby Albert
- Edward Tolman – cognitive map and latent learning
- Martin Seligman – positive psychology & learned helplessness

CONFUSING PAIRS

- Classical Conditioning (involuntary) v. Operant Conditioning (voluntary)

TERMS STUDENTS MAKE MISTAKES ON

- Social Learning Theory – role playing and learning
- Punishment – e.g. quite gambling after loss
- Operant Conditioning – voluntary
- Classical Conditioning – involuntary
- Observation – Most critical to learning
- Conditioned Response – learned response
- Negative Reinforcer – taking away an adverse thing will make you do it again (aspirin and headache)
- Counter Conditioning – Classical Conditioning
- B.F. Skinner – Operant Conditioning
- Ivan Pavlov – Classical Conditioning
- Rapid Acquisition may occur immediately
- Latent Learning – Rats wondering through a maze with food at the end
- Avoidance (Aversion) Training – Warning

UNIT 7 – COGNITION (MEMORY, THINKING, LANGUAGE)

PERCENT ON AP EXAM – 8-10%

TERMS YOU MUST KNOW

Long Term Memory
Working Memory
Semantic Memory
Episodic Memory
Chunking
Implicit Memory
Proactive Interference
Retroactive Interference
Procedural Memory
Anterograde Amnesia
Encoding
Explicit Memory
Retrograde Amnesia
Sensory Memory
Flashbulb Memory
Memory
Mnemonic Devices
Retrieval
Elaborative Rehearsal
Storage
Serial Position Effect
Priming
Recognition
Declarative Memory
Primacy Effect
Heuristic
Algorithms
Functional Fixedness
Prototypes
Concepts
Morpheme
Phoneme
Syntax
Insight
Availability Heuristic
Mental Set
Representativeness Heuristic
Language
Semantics
Confirmation Bias

IMPORTANT PEOPLE

- Noam Chomsky – language is inborn
- Hermann Ebbinghaus – forgetting curve
- Elizabeth Loftus – misinformation effect
- George Sperling – 7 +or- 2
- Benjamin Whorf – one’s language and grammar patterns shape one’s view of reality (no past tense words)

CONFUSING PAIRS

- Primacy Effect (first items remembered) v. Recency Effect (last items remembered)
- Proactive Interference (loss of the new info) v. Retroactive Interference (loss of the old info)
- Implicit Memory (non-declarative; skills) v. Explicit Memory (declarative, facts)
- Recall Memory (no cues) v. Recognition Memory (some hints, priming)
- Algorithms (step-by-step, computer) v. Heuristics (rule-of-thumb, simple efficient rules, how we make decisions, come to judgement, or solve problems)
- Representative Heuristics (schema, prototypes) v. Availability Heuristics (based on available info)
- Phonemes (basic sound units) v. Morphemes (basic units of meaning)

TERMS STUDENTS MAKE MISTAKES ON

- Retroactive Interference – new info makes you lose old info
- Chunking – grouping
- Observation – Most Critical to learning
- Flashbulb Memory – Release Stress Hormones, so memory is seared into brain
- Framing – wording of a question can affect answer / results
- Semantics – understanding the meaning of a word
- Mnemonic Device – memory aid
- HM – Hippocampus Removed
- Episodic Memory – Like an episode of TV, played back in mind
- Algorithm – Like Computer, step by step process
- Recall – need to pull from memory
- Recognition – pull from a list, primed
- Proactive Interference – old info makes you lose new info
- Length of different types of Memories – Sensory - .3-3 seconds, Working Memory – 10-20 seconds, Long Term – forever
- Critical Thinking is associated with Divergent Thinking
- Misinformation Effect – impairment in memory for the past that arises after exposure to misleading information
- Sapir-Whorf Hypothesis – language deals with your thought processes
- Availability Heuristic – mental shortcut that relies on immediate examples
- Representative Heuristic – making judgments about the probability of an event under uncertainty (schema or prototype)
- Syntax – grammar
- Phoneme – smallest unit of recognized sound
- Prototype – schema
- Confirmation Bias – tendency to search for or interpret information in a way that confirms one's preconceptions
- Cortex – Long Term Memories storied
- Spacing Effect – learn better when we space studying out over time
- Primacy-Recency Effect – remember first and last things

**UNIT 8 – MOTIVATION, EMOTION, STRESS, and
INDIVIDUAL DIFFERENCES (INTELLIGENCE)
PERCENT ON AP EXAM – 11-15%**

TERMS YOU MUST KNOW

Reliability
Validity
Intelligence Quotient
Intelligence
Creativity
Crystallized Intelligence
Fluid Intelligence
g Factor
Standardization
Divergent Thinking
Emotional Intelligence
Factor Analysis
Mental Age
Anorexia Nervosa
Motivation
Bulimia Nervosa
Emotion
Drive
Instinct
James Lange Theory
Intrinsic Motivation
Sexual Orientation
Set Point
Cannon Bard Theory
Generalized Anxiety Disorder
Stress
General Adaptation Syndrome
Health Psychology
Type A Behavior Pattern
Biopsychosocial Model
Social Support
Psychoneuroimmunology
Stressors

CONFUSING PAIRS

- Fluid Intelligence (processing speed) v. Crystallized Intelligence (acquired knowledge)
- Validity (test measures what it should) v. Reliability (same scores on a retest)
- Achievement Test (what you've learned) v. Aptitude Test (shows potential for future learning)
- Intrinsic Motivation (for personal satisfaction) v. Extrinsic Motivation (for rewards)
- Theory Y (democratic/intrinsic) v. Theory X (rewards or punishment/extrinsic)
- Lateral Hypothalamus (stimulates hunger - GO) v. Ventromedial Hypothalamus (suppresses hunger - STOP)

IMPORTANT PEOPLE

- William James – function rather than structure
- Carl Lange – emotion based on arousal first
- Hans Selye – General Adaptation Syndrome (stress response – prolonged leads to death or diseases)
- Stanley Schachter – two factor theory of emotion (cognition)
- Jerome Singer – two factor theory of emotion (cognition)
- Abraham Maslow – hierarchy of needs (self-actualization)
- Alfred Binet – modern IQ formula
- David Wechsler – modern IQ tests
- Charles Spearman – one type of intelligence (“g”)
- Howard Gardner – multiple intelligences
- Robert Sternberg – three aspects of intelligence (analytical, creative, practical)
- Francis Galton – nature vs. nurture
- Lewis Terman – Sanford-Binet IQ Test
- Paul Ekman – 6 universal emotions
- Daniel Goleman – Emotional Intelligence
- Raymond Cattell – fluid & crystallized intelligence

TERMS STUDENTS MAKE MISTAKE ON

- Framing – based on how something is worded
- Emotional Intelligence – can have high EI but low other intelligence, and vice versa
- Achievement Test – tests what you already learned
- Parasympathetic Nervous System – calms you down
- Instinct – set of behaviors that are both unlearned and set in motion as the result of some environmental trigger
- “g” Factor – general intelligence, good at one thing it correlates to something else
- Social Leadership Styles – need to either lead with an iron fist (lazy workers) or give them freedom
- Two-Factor Theory – experience physiological and emotion at same time
- Fearful Faces – Stored in Amygdala (Emotions)
- James-Lange Theory – physiological experience first then emotion
- Adaptation-Level Phenomenon – hard task low arousal, easy task high arousal
- Need – arouses an organism to action toward a goal
- Drive – “excitatory” state produced by a homeostatic disturbance
- Intrinsic Motivation – do it for the joy of it
- Humans have a need to belong
- Content Validity – testing for what it is supposed too
- Sternberg – general intelligence “g”
- Cerebellum – controls body responses (heart rate, etc.)
- Ventromedial Hypothalamus – stops hunger, stimulate won't eat, destroy will over eat
- Lateral Hypothalamus – starts hunger, stimulate will eat, destroy won't eat

UNIT 9 – PERSONALITY
PERCENT ON AP EXAM – 5-7%

TERMS YOU MUST KNOW

Defense Mechanism
Ego
Id
Projective Test
Superego
Personality
Humanistic Psychology
Trait
Transference
Repression
Collective Unconscious
Oedipus Complex
Self-Actualization
Self-Efficacy
Temperament
Unconscious
Psychodynamic Theories
Big Five
Archetypes
Freudian Fixation
Psychosexual Stages
Self-Concept
Thematic Apperception Test

IMPORTANT PEOPLE

- Alfred Adler – strive to overcome inferiority
- Albert Bandura – learned personality from observation
- Erik Erikson – face crisis at different stages of our lives
- Hans Eysenck – extroversion and introversion
- Sigmund Freud – unconscious determines everything that we do
- Karen Horney – parental indifference the true reason behind neurosis
- Carl Jung – we wear “personality masks” depending on situation
- Abraham Maslow – hierarchy of needs
- Jean Piaget – cognitive development
- Carl Rogers – theory of self-concept
- Hermann Rorschach- inkblots
- B.F. Skinner – behavior and personality is learned through operant conditioning
- John Watson – personality is due to classical conditioning

CONFUSING PAIRS

- Internal Locus (you control the environment) v. External Locus (environment controls you)
- Lithium (treats bi-polar) v. Librium (treats anxiety)
- Type A (high stress) v. Type B (low stress)
- Superego (provides conscious judgement) v. Ego (mediates among the demands of the id, superego, and reality)

TERMS STUDENTS MAKE MISTAKES ON

- Projection – put your feeling on someone else
- Carl Rogers – Personal Growth
- Freud’s Theory – unconscious determines everything that we do
- Id – instinctive part of personality
- Ego – decision making part of personality
- Superego – control the id's impulses
- Repression – we (ourselves) push the memory into our unconscious
- Displacement – moving our feeling onto something or someone less threatening
- Big 5 Personality Traits – (OCEAN) – Open, Extraverted, Consciousness, Stable, Agreeable

**UNIT 10 – ABNORMAL PSYCHOLOGY and
TREATMENT OF PSYCHOLOGICAL DISORDERS**
PERCENT ON AP EXAM – 12-16%

TERMS YOU MUST KNOW

Schizophrenia
Dissociative Identity Disorder
Personality Disorders
Obsessive Compulsive Disorder
Panic Disorder
Posttraumatic Stress Disorder
Agoraphobia
Bipolar Disorder
Phobia
Antisocial Personality Disorder
Dissociative Disorder
Delusions
Hallucinations
Major Depressive Disorder
Mood Disorders
Anxiety Disorders
Mania
Dissociative Fugue
Psychoanalysis
Systematic Desensitization
Electroconvulsive Therapy
Cognitive Therapy
Client Centered Therapy
Free Association
Behavior Therapy
Psychotherapy
Antipsychotic Drugs
Rational Emotive Behavior Therapy
Resistance
Unconditional Positive Regard
Family Therapy
Psychosurgery
Group Therapy
Meta-Analysis

IMPORTANT PEOPLE

- David Rosenhan – study call “Sane People In Insane Places”
- Aaron Beck – believes that a person’s reaction to specific upsetting thoughts (cognition) may contribute to abnormality.
- Albert Ellis – A Cognitive Psychologist, founder of school of psychology known as Rational Emotive Therapy (REBT). Believes strongly in the individual's power over his or her own life.

CONFUSING PAIRS

- Lithium (treats bi-polar) v. Librium (treats anxiety)
- Delusions (an idiosyncratic belief or impression that is firmly maintained despite being contradicted by what is generally accepted as reality or rational argument) vs. Hallucinations (an experience involving the apparent perception of something not present)
- Positive Symptoms (schizophrenia Feelings or behaviors that are usually not present, hallucinations) vs. Negative Symptoms (A lack of feelings or behaviors that are usually present)
- Delusions of Grandeur (a false impression of one's own importance) vs. Delusions of Persecution (a false impression hostility and ill-treatment towards self from others)
- Histrionic Personality Disorder (characterized by a pattern of excessive attention-seeking emotions) vs. Narcissistic Personality Disorder (have an inflated sense of their own importance)

TERMS STUDENTS MAKE MISTAKES ON

- Antipsychotics – schizophrenia, block activity of dopamine (Thorazine, Pisperdal, Zyperxa, Abilify, Clozapine)
- Antianxiety Drugs – depress central nervous system activity (Valium, Xanax, Ativan)
- Antidepressants – increase norepinephrine, serotonin, and / or dopamine (Prozac – fluoxetine, Paxil, Zoloft – selective serotonin reuptake inhibitors – SSIR’s) (MAOI’s – monoamine oxidase inhibitors – inhibit enzyme that breaks down serotonin and norepinephrine) (Tricyclics – increase levels of norepinephrine, serotonin, and dopamine)
- The 5 DSM-V Axes – 1 – Identifying Disorder, 2 – Personality Disorder, 3 – Medical Disorders, 4 – Psychological Stressors, 5 – Level of Function
- Narcissistic – all about them self
- Mania – period of up (very happy), talk none stop
- Panic Disorders – an episode of intense fear
- Depression – “Common Cold”
- Dissociative Disorders – loss of memory
- Schizophrenia – too much dopamine
- Parkinson’s – too little dopamine
- Electroconvulsive Therapy (ECT) used to treat depression (suicidal thoughts as well)
- Neuroleptics – have tardive dyskinesia effects
- Medical Model – the concept that diseases have physical causes that can be diagnosed, treated, and, in most cases, cured. When applied to psychological disorders, the medical model assumes that these mental illnesses can be diagnosed on the basis of their symptoms and cured through therapy, which may include treatment in a psychiatric hospital.
- Diathesis Stress Approach – disorders are a result of predisposed biological factors triggered by the environment

UNIT 11 – SOCIAL PSYCHOLOGY
PERCENT ON AP EXAM – 8-10%

TERMS YOU MUST KNOW

Cognitive Dissonance
Fundamental Attribution Error
Stereotypes
Attitude
Diffusion of Responsibility
Social Psychology
Conformity
Prejudice
Groupthink
Gender Roles
Group Polarization
Social Phobia
Aggression
Social Behavior Discrimination
Self-Serving Bias
Attribution
Deindividuation
Obedience
Social Facilitation
Social Loafing
Altruism
Facial Feedback Hypothesis
Self-Fulfilling Prophecy
Social Norms

IMPORTANT PEOPLE

- Stanley Milgram – conformity test to show power of an authority figure
- Philip Zimbardo – role playing affects attitudes
- Sherif's Robbers Cave – experiment on intergroup conflict and co-operation.
- Johnson and Masters – pioneered research into the nature of human sexual response and the diagnosis and treatment of sexual disorders and dysfunctions.
- Kinsey Studies – regarded by some as the father of the scientific study of human sexuality.
- Robert Zajonc – Affective-Primary Theory: emotional reactions can be quicker than cognitive interpretations
- Solomon Asch – conformity to the group to fit in even if group is wrong

CONFUSING PAIRS

- Groupthink (desire for harmony) vs. Group Polarization (the enhancement of a group's prevailing inclinations)
- Companionate Love (deep affectionate attachment we feel for those with whom our lives are intertwined) vs. Passionate Love (an aroused state of intense positive absorption in another usually present at the beginning of a love relationship)
- Dispositional Attribution (bad things blame someone else or environment) vs. Situational Attribution (good things give credit to self)
- Central Route to Persuasion (when a person is persuaded by the content of the message) vs. Peripheral Route (when someone evaluates a message on the basis of physical attractiveness, background music, or other surface-level characteristics rather than the actual content of the message)
- Foot in the Door (ask for small thing, then ask for big) vs. Door in the Face (ask for something big, they say no, ask for something small)
- Normative Social Influence (influence resulting from a person's desire to gain approval or avoid disappointment) vs. Informational Social Influence (influence resulting from one's willingness to accept others' opinions about reality)
- Social Facilitation (when an individual's skill performance gets better in the presence of others) vs. Social Inhibition (when an individual's skill performance gets worse in the presence of others)
- Bystander Effect (individuals do not offer any means of help to a victim when other people are present) vs. Diffusion of Responsibility (a person is less likely to take responsibility for action or inaction when others are present)

TERMS STUDENTS MAKE MISTAKES ON

- Role Playing Attitudes – will conform to expected social norms
- Social Loafing – less effort in a group
- Cognitive Dissonance – inconsistent thought, beliefs, attitudes
- Stanley Milgram – Obedience – will listen to someone in an authority position
- Zimbardo – Stanford Prison – prisoners and guards became roles they were playing (Role Playing Attitudes)
- Superordinate Goals – require the cooperation of two or more people or groups to achieve
- Companionate Love – found in marriages
- Passionate Love – lust at beginning of relationship
- Just-World Phenomenon – karma, get what you deserve
- Bystander Effect – in a group we think someone else will help
- Deindividuation – loss of self-awareness in a group, can lead to riots
- Group Think – desire for group harmony
- Door in Face – ask for something big, say no, then ask for small
- Foot in Door – ask for something small, say yes, then ask for something big
- Attributional Theory – how and why ordinary people explain events as they do
- Social Inhibition – get worse when in front of people
- Social Exchange Theory – someone does something for you, you want to do something in return for them