**Memory & Learning**

* **Working memory** is the short-term system the brain uses to hold and manipulate information temporarily.
* **The spacing effect** suggests that information is better recalled if learning sessions are spaced out over time.
* **Chunking** improves memory by grouping individual pieces of data into larger, meaningful units (e.g., phone numbers).
* **The serial position effect** says we tend to remember the first (primacy) and last (recency) items in a list best.

**Cognitive Psychology**

* **Cognitive dissonance** is the mental discomfort felt when holding two conflicting beliefs or behaviors.
* **Confirmation bias** is the tendency to search for, interpret, and remember information in a way that confirms one’s preconceptions.
* **The Stroop Effect** demonstrates interference in reaction time when the brain has to process conflicting information (e.g., the word "red" written in blue ink).

**Biopsychology**

* **The amygdala** is involved in emotion, especially fear and aggression.
* **Neuroplasticity** refers to the brain's ability to change and adapt throughout life by forming new neural connections.
* **Dopamine** is a neurotransmitter involved in reward, motivation, and motor control.

**Developmental Psychology**

* **Piaget’s stages of cognitive development** include:
  + Sensorimotor (0–2): object permanence
  + Preoperational (2–7): egocentrism
  + Concrete operational (7–11): logical thinking
  + Formal operational (12+): abstract reasoning

**Behavioral Psychology**

* **Classical conditioning** (Pavlov) is learning through association.
* **Operant conditioning** (Skinner) is learning through consequences (reinforcement and punishment).
* **Positive reinforcement** adds something desirable to increase a behavior (e.g., giving a treat).

**Social Psychology**

* **The bystander effect** shows that individuals are less likely to help when others are present.
* **Milgram’s obedience study** showed people will follow authority even when it conflicts with personal conscience.
* **Social loafing** occurs when people put in less effort when working in a group versus individually.