







# AP Psychology 2023 Cheatsheet

 <b>Unit 1</b> Scientific Foundations of Psychology	 <b>Unit 2</b> Biological Basis of Behavior	 <b>Unit 3</b> Sensation & Perception
<ul style="list-style-type: none"> <li>• <b>Structuralism</b> and <b>introspection</b> vs. <b>functionalism</b></li> <li>• Approaches: psychoanalytic, humanistic, evolutionary, biological, cognitive, biopsychosocial, sociocultural</li> <li>• Research Methods: <ul style="list-style-type: none"> <li>• <b>Experiment</b>: can prove cause and effect; uses <b>random assignment</b> and a <b>random sample</b></li> <li>• <b>Correlational study</b>: only shows correlation</li> <li>• <b>Survey</b>: info reported by ppl</li> <li>• <b>Naturalistic observations</b>: observe w/o intervening</li> <li>• <b>Case study</b>: detailed study of a person/small group</li> <li>• <b>Longitudinal study</b>: same ppl studied over time</li> <li>• <b>Cross-sectional study</b>: diff ppl studied at same time</li> </ul> </li> <li>• The <b>Scientific Method</b>: theory, hypothesis (<b>operational definition</b> used), indept var (changes), depen var (effect), confounding var (unforeseen effect)</li> <li>• Measures of Central Tendency (<b>mean, median, mode</b>) vs. Measures of Variation (<b>st. dev, range</b>) <ul style="list-style-type: none"> <li>• Normal curve, skews, correlation</li> </ul> </li> <li>• Ethical Guidelines: <b>informed consent</b>, no harm, anonymity, <b>debriefing</b>, voluntary, explain possible risk</li> </ul>	<ul style="list-style-type: none"> <li>• Nature (genetics) vs. Nurture (environment) debate</li> <li>• The endocrine system: <b>pituitary gland</b> (master gland), <b>hypothalamus</b>, release of hormones into the bloodstream</li> <li>• The nervous system: faster but shorter lasting than hormones <ul style="list-style-type: none"> <li>• Central (<b>CNS</b>) - brain and spine</li> <li>• Peripheral (<b>PNS</b>) - somatic (voluntary) vs. autonomic <ul style="list-style-type: none"> <li>◦ Autonomic → Sympathetic vs. Parasympathetic</li> </ul> </li> </ul> </li> <li>• <b>Neurons</b> - nerve cells, made up of <b>dendrite</b> (receives info), <b>soma</b> (processes info), <b>axon</b> (passes info), <b>myelin sheath</b> (speeds signal), &amp; <b>terminal branches</b> (sends off info) <ul style="list-style-type: none"> <li>• <b>Neurotransmitters</b> (agonist vs. antagonist): ACh, dopamine, serotonin, GABA, glutamate, endorphins, epinephrine, norepinephrine, oxytocin</li> <li>• Sensory/<b>afferent</b> vs. motor/<b>efferent</b> neurons</li> </ul> </li> <li>• <b>Action potential</b> - threshold, depolarization, <b>all-or-none</b></li> <li>• Brain structure - <b>Brainstem</b> (midbrain, pons, medulla), <b>Thalamus</b>, <b>Cerebellum</b>, <b>Limbic System</b> (emotions &amp; memory), <b>Cerebrum</b> (lobes and cortices), Corpus Callosum <ul style="list-style-type: none"> <li>• Split brain: left hemisphere (thinking) vs. right (creative)</li> <li>• Tools: EEG, PET, CT, MRI, fMRI</li> </ul> </li> <li>• Consciousness and <b>sleep</b> (NREM1-3, REM), sleep disorders</li> <li>• Dreaming: <b>manifest</b> vs. <b>latent</b> content (Freud)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sensation (Bottom-up. vs. Top-down Processing)</b> <ul style="list-style-type: none"> <li>• Sensory adaptation, sensory habituation, gestalt principles</li> <li>• <b>Sensory transduction</b>: receive, transform, deliver</li> <li>• <b>Signal detection theory</b>: <b>absolute threshold</b> &amp; <b>subliminal</b></li> <li>• Difference thres. /just-noticeable difference, Weber's Law</li> </ul> </li> <li>• <b>Perception</b> (your <b>perceptual set</b> set by <b>schemas</b> [concepts]) <ul style="list-style-type: none"> <li>• <b>Attention</b>: selective, cocktail party effect, inattentional vs. change blindness</li> <li>• <b>Monocular cues</b>: interposition, relative height, motion, size</li> <li>• <b>Binocular cues</b>: retinal disparity (diff bw two images)</li> </ul> </li> <li>• <b>Visual pathway</b>: cornea, pupil/iris, lens &amp; accommodation, retina (transduction, rods vs. cones, bipolar, ganglion), optic nerve <ul style="list-style-type: none"> <li>• Trichromatic Theory (RGB) and Opponent-Process Theory</li> </ul> </li> <li>• <b>Auditory pathway</b>: pinna, auditory cannel, eardrum, hammer, anvil, stirrup, oval window, cochlea, auditory nerve <ul style="list-style-type: none"> <li>• Sensorineural hearing loss vs. conduction hearing loss</li> <li>• Place (high-pitched) vs. frequency (low-pitched) theories</li> </ul> </li> <li>• <b>Chemical senses</b>: gustation/taste (sweet, sour, salty, bitter, umami) and olfaction/smell</li> <li>• <b>Body senses</b>: somatosensation (touch), pain (gate-control theory), vestibular (movement), kinesthesia, proprioception</li> </ul>
 <b>Unit 4</b> Learning	 <b>Unit 5</b> Cognitive Psychology	 <b>Unit 6</b> Developmental Psychology
<ul style="list-style-type: none"> <li>• <b>Classical Conditioning</b>: neutral stimulus associated with natural response <ul style="list-style-type: none"> <li>• Pavlov (dog and bell), Watson (little Albert)</li> <li>• UCR, USC, CR, CS</li> <li>• Acquisition, extinction, spontaneous recovery, generalization, discrimination</li> </ul> </li> <li>• <b>Operant Conditioning</b>: response increased/decreased due to reinforcement or punishment <ul style="list-style-type: none"> <li>• B.F. Skinner and Skinner Box</li> <li>• Positive &amp; negative reinforcement and punishment</li> <li>• Reinf. schedules: fixed, variable, interval, ratio</li> </ul> </li> <li>• <b>Observational Learning</b>: learning through observation and imitation of others <ul style="list-style-type: none"> <li>• Albert Bandura and modeling (Bobo experiment)</li> <li>• Attention, retention, reproduction, motivation</li> <li>• <b>Mirror</b> neurons in the frontal lobe</li> <li>• Prosocial vs. antisocial modeling</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Effortful</b> (active) vs. <b>automatic</b> (unconscious) processing</li> <li>• <b>Deep</b> (meaning) vs. <b>shallow</b> (surface) processing</li> <li>• <b>Encoding</b>: first step in memory; visual, acoustic, semantic encoding; maintenance vs. elaborative rehearsal</li> <li>• <b>Storing</b>: second step; sensory memory (iconic vs. echoic); short-term memory (chunking, mnemonics); long-term memory (explicit vs. implicit); hierarchies, schemas, prototypes</li> <li>• <b>Retrieving</b>: third step; recall, recognition, relearning; serial-position effect, method of loci, priming, dependency</li> <li>• <b>Forgetting</b>: Ebbinghaus curve, retroactive vs. proactive interference, retrograde vs. anterograde amnesia, repression</li> <li>• <b>Thinking</b>: algorithm vs. heuristics, mental set, functional fixedness, intuition, insight, inductive vs. deductive reasoning, convergent vs. divergent thinking, diff types of bias, framing</li> <li>• <b>Intelligence</b>: general intelligence (g), Thurstone's 7, Gardner's 8, Sternberg's 3, Cattell's 2 (fluid vs. crystallized), Flynn effect <ul style="list-style-type: none"> <li>• Good test must be standardized, reliable, &amp; valid</li> </ul> </li> <li>• <b>Language</b>: syntax, grammar, lexicon, phonemes, morphemes</li> <li>• <b>Acquisition</b>: LAD, critical period, babbling stage, one-word stage, two-ord stage, broca's vs. wernicke's area</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Prenatal dev</b>: zygote → embryo → fetus, <b>teratogens</b> &amp; FAS <ul style="list-style-type: none"> <li>• Habituation, reflexes, neural networks, maturation</li> </ul> </li> <li>• <b>Social dev</b>: <b>Harlow's</b> attachment theory with monkey experiment, <b>Lorenz's</b> imprinting theory with a critical period, <b>Ainsworth's</b> attachment styles (secure, insecure, anxious, avoidant), <b>Baumrind's</b> parenting styles (authoritarian, authoritative, permissive), <b>Freud's</b> psychoanalytic theory, <b>Erikson's 8 psychosocial stages</b></li> <li>• <b>Cognitive dev</b>: <ul style="list-style-type: none"> <li>• <b>Piaget's</b> 4 stages with assimilation, accommodation, and fine-tuning: <b>sensorimotor</b> (object permanence, stranger anxiety), <b>preoperational</b> (egocentrism), <b>concrete</b> operational (conservation), <b>formal</b> operational</li> <li>• <b>Vygotsky's</b> language acquisition theory, scaffolding, ZPD</li> </ul> </li> <li>• <b>Moral dev</b>: Kohlberg's preconventional, conventional, postconventional morality vs. Gilligan</li> <li>• <b>Gender &amp; Sexual Orientation</b>: gender roles &amp; identity</li> <li>• <b>Adulthood and aging</b>: reaction time decreases, memory worsens, physiological impact</li> </ul>

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## Unit 7

### Motivation, Emotion, & Personality

- **Motivation:** instincts, incentives, intrinsic vs. extrinsic, overjustification effect, achievement motivation
  - Evolutionary instinct theory vs. biological drive-reduction theory vs. optimal arousal theory vs. Maslow's hierarchy of needs
  - Hunger motivation, sexual motivation, social motivation
- **Emotion:** response involving physiological arousal, behaviors, and conscious experience. Theories include:
  - Common sense (emotion→response)
  - James-Lange (response→emotion)
  - Cannon-Bard (response+emotion)
  - Schachter-Singer (response+thoughts→emotion)
  - Zajonc-LeDoux (emotion separate from thoughts)
- **Stress:** how we respond to stressors
  - Fight or flight response (sympathetic NS)
  - Seyle's general adaptation syndrome (alarm, resistance, exhaustion)
  - Motivation conflict theory (approach & avoidance)
- **Psychoanalytic theories of personality:** Freud
  - The unconscious, preconscious, and conscious
  - The id, ego, and superego
  - Psychosexual stages: oral, anal, phallic (oedipus or electra complex), latency, genital
  - Defense mechanisms: repression, regression, reaction formation, projection, rationalization, displacement, sublimation, denial
- **Psychodynamic theories:** Carl Jung & Alfred Adler
- **Social-cognitive theories:**
  - Reciprocal determinism (Bandura)
  - Locus of Control (internal vs. external)
  - Optimism vs. pessimism
  - Self-esteem, self-efficacy, self-serving bias
- **Behavioral theories:** Skinner
- **Humanistic theories:** self-esteem and self-concept
  - **Maslow** - hierarchy of needs
  - **Rogers** - genuineness, acceptance, empathy → unconditional positive regard
- **Trait theories:** Allport, Eysenck, Myers & Briggs, Cattell
  - Costa and McCrea's Big Five (**O**penness, **C**onsciousness, **A**greeableness, **E**xtraversion, **N**euroticism)
- **Measuring Personality:**
  - Projective tests: Rorschach inkblot and TAT
  - Personality inventories: self-report and MMPI

## Unit 8

### Clinical Psychology

- **DSM-5:** defines guidelines and symptom lists
- **Neurodevelopmental & Schizophrenic Disorders**
  - **Autism Spectrum Disorder (ASD)**
  - **Attention Deficit Hyperactivity Disorder (ADHD)**
    - Marked by inattention, hyperactivity, or impulsivity
  - Intellectual disability - IQ below 70
  - **Schizophrenia** - psychosis
    - Acute schizophrenia: positive symptoms (delusions and hallucinations)
    - Chronic schizophrenia: negative symptoms (catatonia, flat affect, inability to feel emotion, impaired attention)
- **Mood and Anxiety Disorders**
  - **Major Depressive Disorder (MDD)**
    - Depressed mood & loss of interest for sustained period
    - Persistent depression (2+ years) = dysthymic disorder
  - **Bipolar disorder (BP)** - swings b/w depression & mania
  - **Panic disorder** - physiological and fear-based anxiety
  - **Obsessive-compulsive disorder (OCD)**
    - Obsessions (repetitive thoughts)
    - Compulsions (repetitive behaviors)
  - **Generalized anxiety disorder (GAD)** - consistent anxiety
  - **Phobias** - disruptive fears of any specific source
- **Trauma, Stressor, and Somatic Related Disorders**
  - **Post-Traumatic Stress Disorder (PTSD)**
  - **Conversion Disorder** - experiencing physical symptoms w/ no reason (makes no physiological sense)
  - **Illness Anxiety Disorder** - interpreting physical symptoms as signs of disease (hypochondriasis)
  - **Dissociative Identity Disorder (DID)** - presence of several distinct personality states
- **Feeding, Substance, and Personality Disorders**
  - **Anorexia Nervosa** - restriction of food, unhealthy obsessions and compulsions regard weight, malnutrition
  - **Bulimia Nervosa** - cycles of binge eating and purging to lose weight, often fluctuating weight
  - **Binge eating** - hunger regulation is low/nonexistent due to issues in the hypothalamus
  - **Personality disorders:** categorized into three clusters (A,B,C)
- **Treatment of Disorders:** based on psychological perspective
  - Behavioral: uses counterconditioning and systematic desensitization (using hierarchies of exposure)
  - Cognitive: uses rational-emotive behavior therapy (REBT)
  - Humanistic: uses client-centered talk therapy (focused on active listening and unconditional positive regard)
  - Psychodynamic: uses free association
  - Cognitive-behavioral: uses cognitive behavioral therapy (CBT)
  - **Other treatments:** antidepressants, anti-anxiety, mood stabilizers, antipsychotic drugs, ECT, rTMC

## Unit 9

### Social Psychology

- **Attribution theory:** we explain someone's behavior by looking at personality or circumstances
  - Fundamental attribution error
  - Just-world hypothesis
  - Self-serving bias
- **Perceiving others:** false-consensus effect, confirmation bias, halo effect, self-fulfilling prophecy
- **Persuasion:** central route vs. peripheral route
- **Attitudes:** foot in the door vs. door in the face phenomena
- Festinger's **cognitive dissonance theory**
- **Conformity:** adjusting our behaviors to mold to a standard
  - Informational vs. normative social influence
  - Asch experiment
  - **Groupthink**
- **Compliance** and adoption of roles (Stanford Prison experiment)
- **Obedience** (Milgram experiment)
- **Group Influences on Behavior**
  - **Social loafing:** putting less effort in a group
  - **Social facilitation** vs. **inhibition**
  - **Group polarization** and bias
  - **Deindividuation:** losing self-restraint in groups
  - Helping others: bystander effect, reciprocity norm
- **Biases and Stereotypes**
  - **Prejudice:** ingroups vs. outgroups
  - Ethnocentrism, just-world phenomenon, scapegoat theory
  - Confirmation bias, availability heuristic, hindsight bias
  - Discrimination and the mere-exposure effect
- **Altruism:** unselfish concern for the welfare of others
- **Aggression:** based on genetics, outside influences, biochemical influences, social scripts, + the frustration-aggression principle
- **Attraction:** based on exposure, impression, and similarity
- **Passionate** vs. **compassionate** love

## FRQ Tips

- **FRQ Writing Strategies:**
  - **Spacing:** skip a line between each answer
  - **Order:** answer frq in the order the terms are given
  - **Definitions:** define *each* term
  - **Application:** always apply the term to the given scenario
  - **Synonyms:** find another word that means the same thing not already used in the definition.
- **4 Golden Rules:**
  - Always write in complete sentences
  - Write in paragraph form
  - Always reference the given scenario
  - Always define key terms