Introduction to Psychology 0010
Study Guide for Exam 1

General conceptual understanding for each topic – what, when, how, and most importantly, why
- know what each of these concepts are and their definitions
- be able to identify different theories and examples of those theories clearly and specifically

Chapter 1: History of Psychology
The definition of psychology
What does representation mean in Psychology?
Understand the idea of nativism (nature) and empiricism (nurture) and be able to explain how they are different
Know the philosophies and the main ideas of these philosophies that are associated Wilhelm Wundt and William James.

Chapter 2: Methods of Psychology
Know and be able to recognize and example of an operational definition
Know the difference between a dependent variable and an independent variable
Know and be able to recognize an example of reliability and validity
Know and be able to recognize an example of demand characteristics
Know what a correlation is and that it does not mean causation. Be able to recognize an example of a correlation, a positive correlation, and a negative correlation
Know and understand the third variable problem (confounding variable)
Know and be able to recognize an example of observer bias and double blind and naturalistic studies
Know the difference between the experimental group and the control group, random sampling, random assignment
Know what a case method (case study) is.
Know aspects of respecting people and ethics (informed consent, no coercion, protect from harm, risk-benefit ratio, deception, debriefing, confidentiality)

Chapter 3: Neuroscience and Behavior
Know what a neuron is.
The parts of a neuron (cell body, dendrites, synapses, axon, terminal boutons, myelin sheath) and how each part is used in the flow of information processing
Understand how neurons communicate with each other (action potential, sodium and potassium ions)
Know the specific types of neurons discussed in class (sensory, interneuron, motor, and mirror)
Know what a synapse is.
Know the four ways in which neurotransmitters are regulated in the synapse.
Know the types of neurotransmitters discussed in class (glutamate, acetylcholine, serotonin, dopamine, norepinephrine, endorphins)
Know what diseases are associated with increased or decreased amounts of dopamine.
Know what an agonist and antagonist action is.
Know the different areas of the nervous system (peripheral –autonomic and somatic) and (central nervous system)
Different lobes of the brain and be able to recognize an example related to their main function (frontal, parietal, temporal, occipital)
Other areas of brain and examples of basic function (amygdala, cerebellum, hippocampus, medulla, thalamus)
What is brain plasticity, mirror therapy?

Chapter 5: Consciousness
Know the problem of other minds and the mind/body problem
The four properties of consciousness discussed in class: intentionality, unity (automaticity, stroop task), selectivity (dichotic listening task, cocktail party phenomenon), transience
Change Blindness
Know and recognize and example of the levels of consciousness (minimal, full and self-consciousness)
Know the mirror test of consciousness
Know the default network
Know the perspectives of Freud and Cognitive Psychologist on the unconscious mind
Know and be able to recognize and example of thought suppression, rebound effect of thought suppression and ironic processes of mental control
Know hypnagogic and hypnopompic states of sleep
Know circadian rhythm and the stages of sleep and the types of brain waves associated with them
Know and be able to recognize examples of sleep disorders (insomnia, sleep apnea, narcolepsy, night terrors, sleep walking)