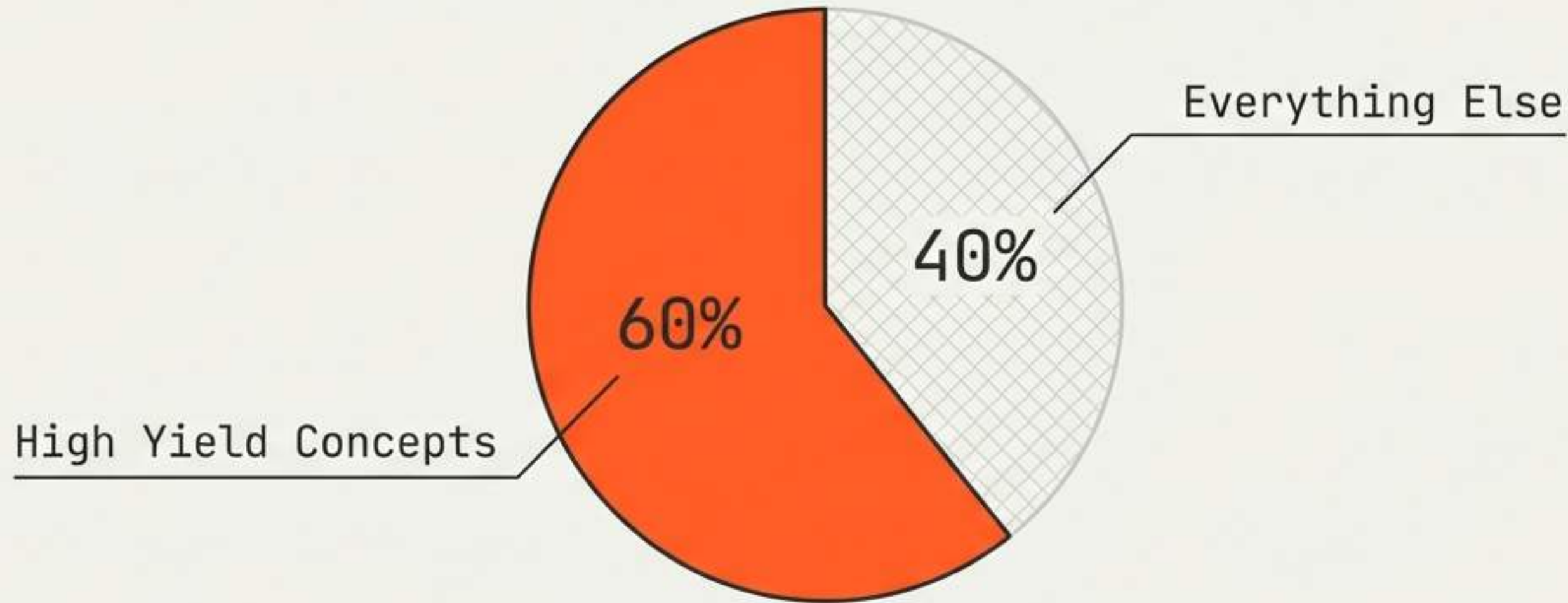


# CLEP INTRODUCTORY PSYCHOLOGY

## High-Yield Review // Pareto Protocol

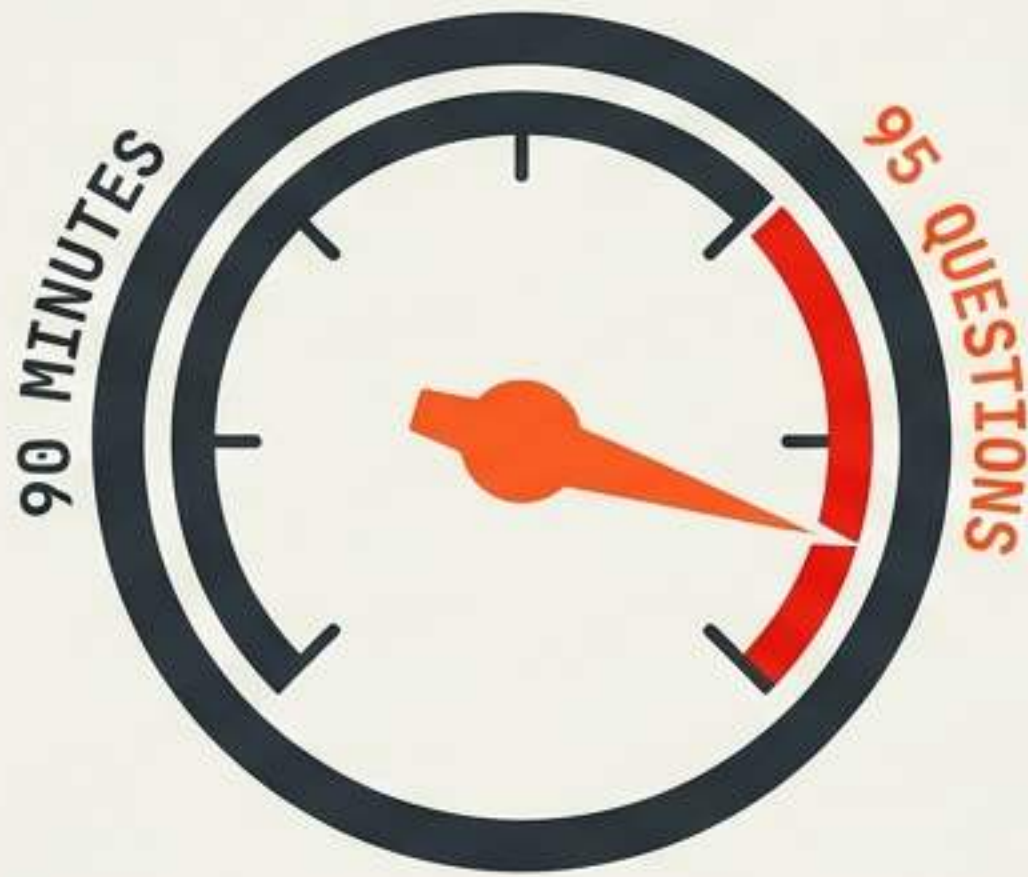


**From Zero to Passing in 1-4 Weeks.**

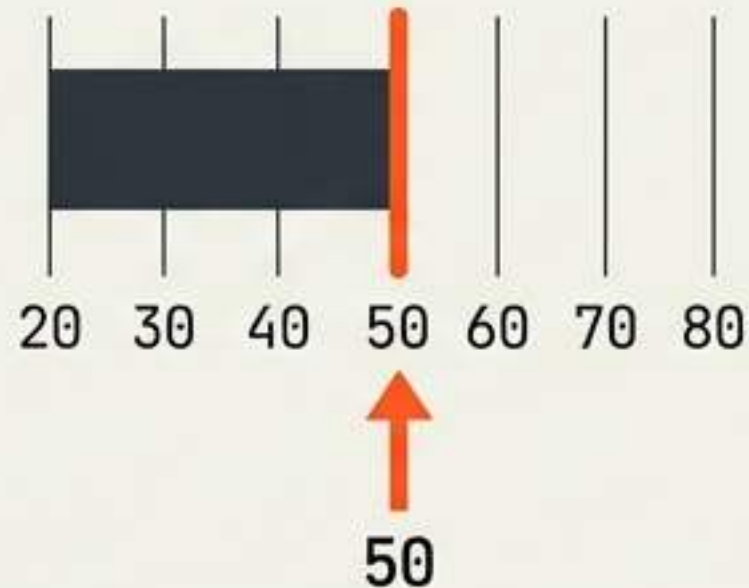
GOAL: MASTER THE 60%.



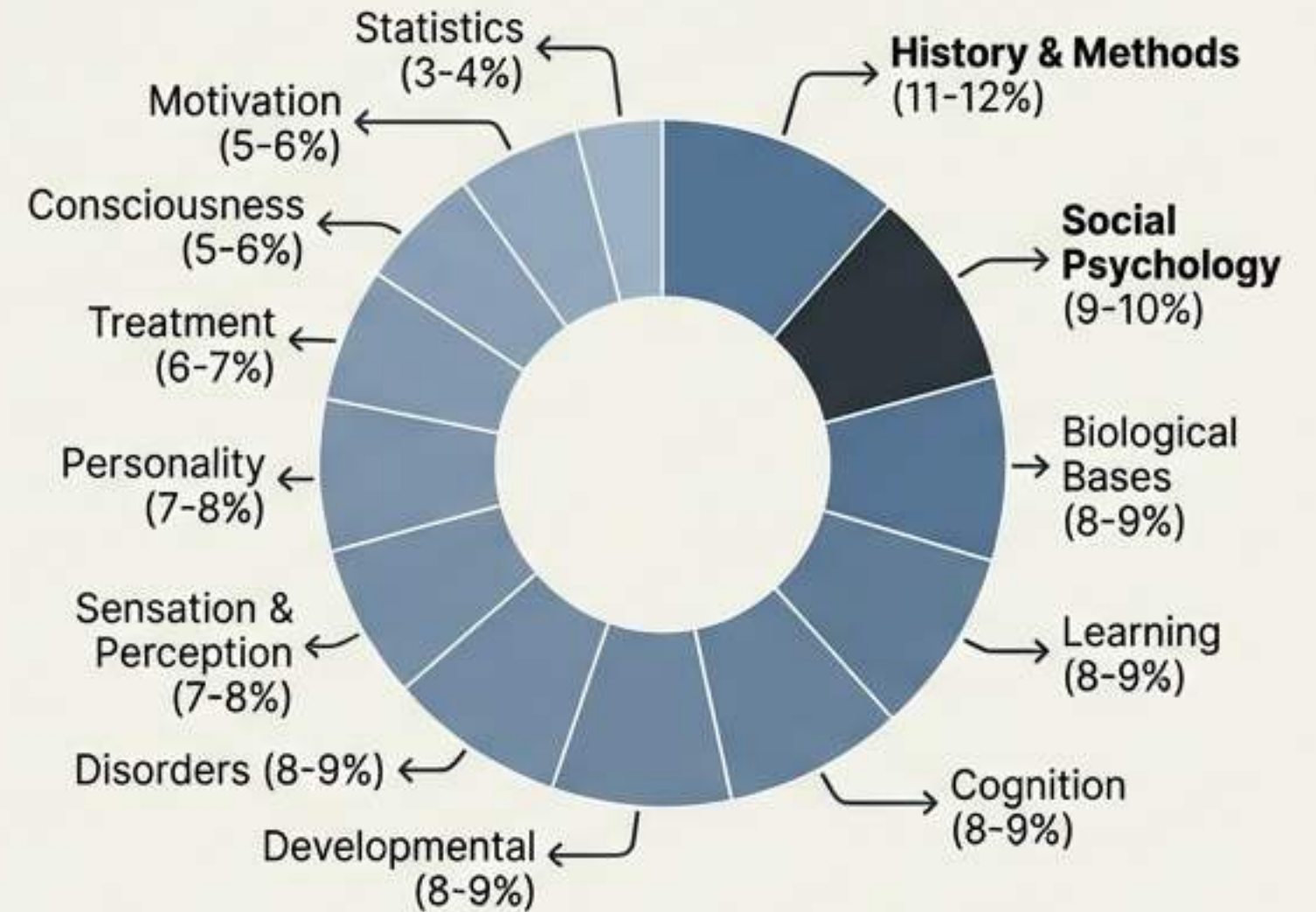
# EXAM SNAPSHOT & LOGISTICS



PACE: < 1 MIN/QUESTION



PASSING SCORE  
(CREDIT GRANTING)



**TACTICAL ALERT:** Watch for Double-Barreled Questions  
(Two conditions must be true).



# HISTORY & APPROACHES: THE BIG 6



**BIOLOGICAL**  
(Brain/Chems)



**BEHAVIORAL**  
(Watson/Skinner)



**COGNITIVE**  
(Thinking/Memory)



**PSYCHODYNAMIC**  
(Freud/Unconscious)



**HUMANISTIC**  
(Rogers/Growth)



**BIOPSYCHOSOCIAL**  
(The Mix)



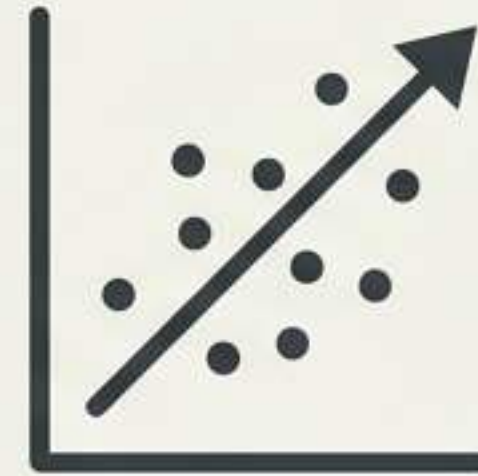
# RESEARCH METHODS: RULES OF EVIDENCE

## EXPERIMENTAL



- Manipulate IV → Measure DV
- Goal: Cause & Effect
- Requirement: Random Assignment

## CORRELATIONAL

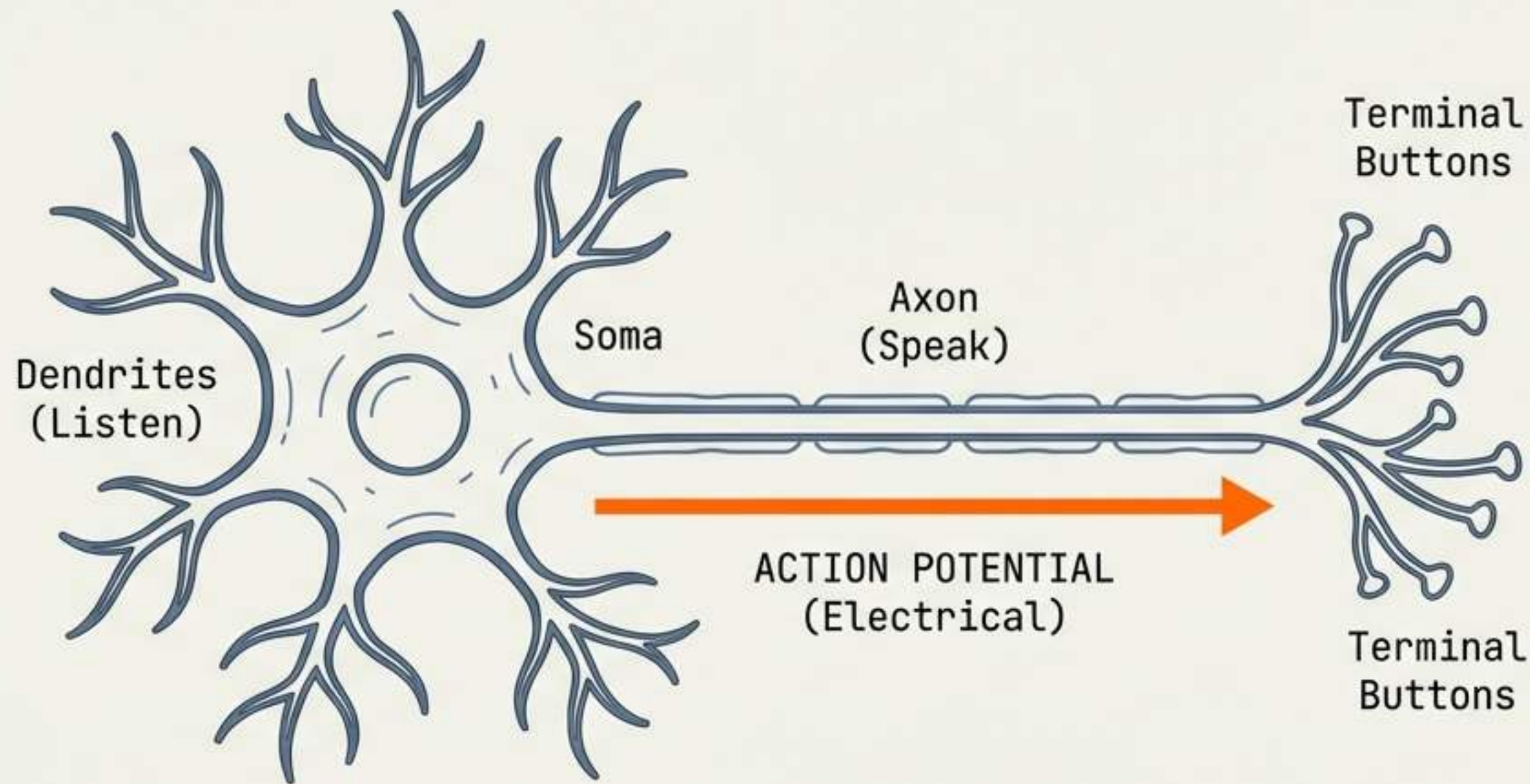


- Measure Relationship ( $r = -1$  to  $+1$ )
- Correlation  $\neq$  Causation

**TRAP:** RANDOM SAMPLING (Selection) vs. RANDOM ASSIGNMENT (Grouping)



# THE NEURON & NEUROTRANSMITTERS



Chemical Messengers
<b>DOPAMINE:</b>
Reward/Movement (Schizophrenia/Parkinson's)
<b>SEROTONIN:</b>
Mood/Sleep (Depression)
<b>ACETYLCHOLINE:</b>
Memory (Alzheimer's)

☒ **TACTICA SWITCH**

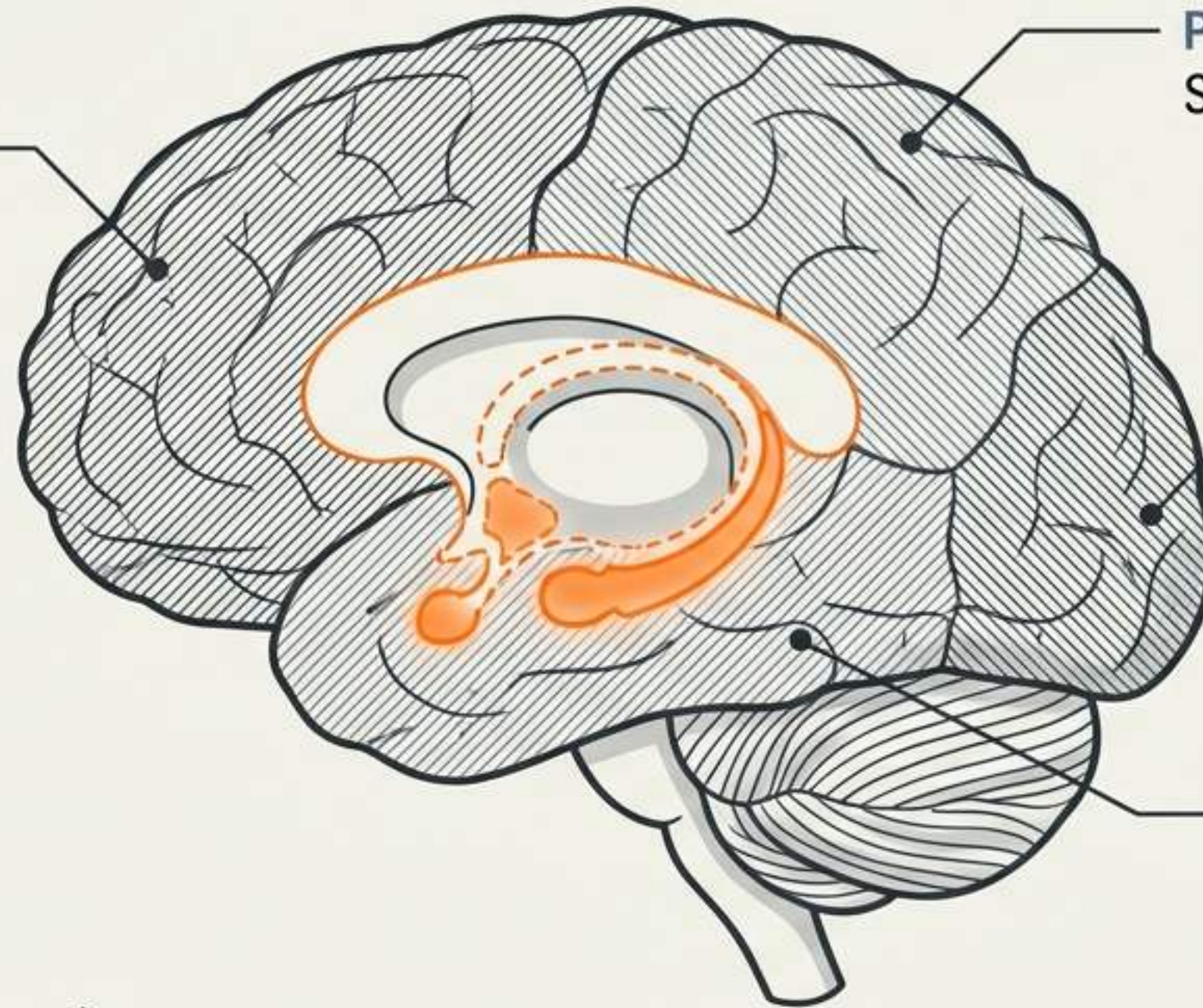
 **SYMPATHETIC**  
(Fight/Flight)

 **PARASYMPATHETIC**  
(Rest/Digest)



# THE BRAIN: LOCALIZATION OF FUNCTION

**Frontal Lobe:**  
Executive Function /  
Planning / Motor



**Parietal Lobe:**  
Sensory / Touch

**Occipital Lobe:**  
Vision

**Temporal Lobe:**  
Hearing / Language

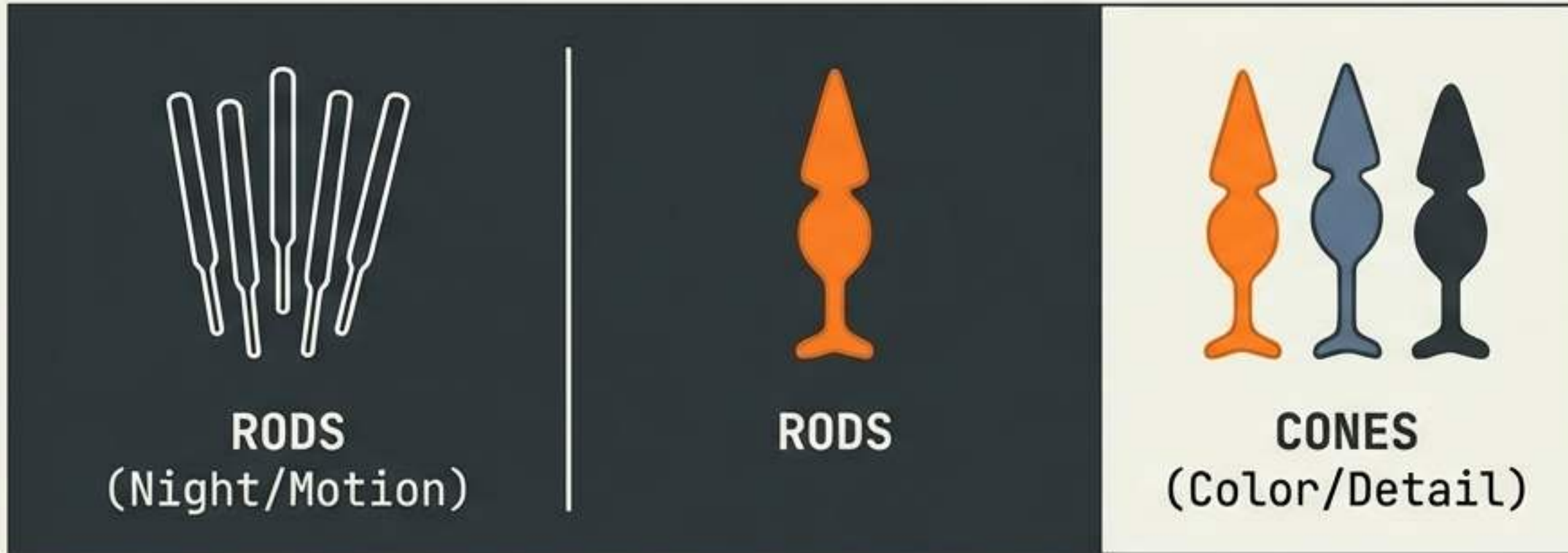
## **LIMBIC TRIAD**

1. Amygdala (Fear)
2. Hippocampus (Memory)
3. Hypothalamus (Drives: 4 Fs)

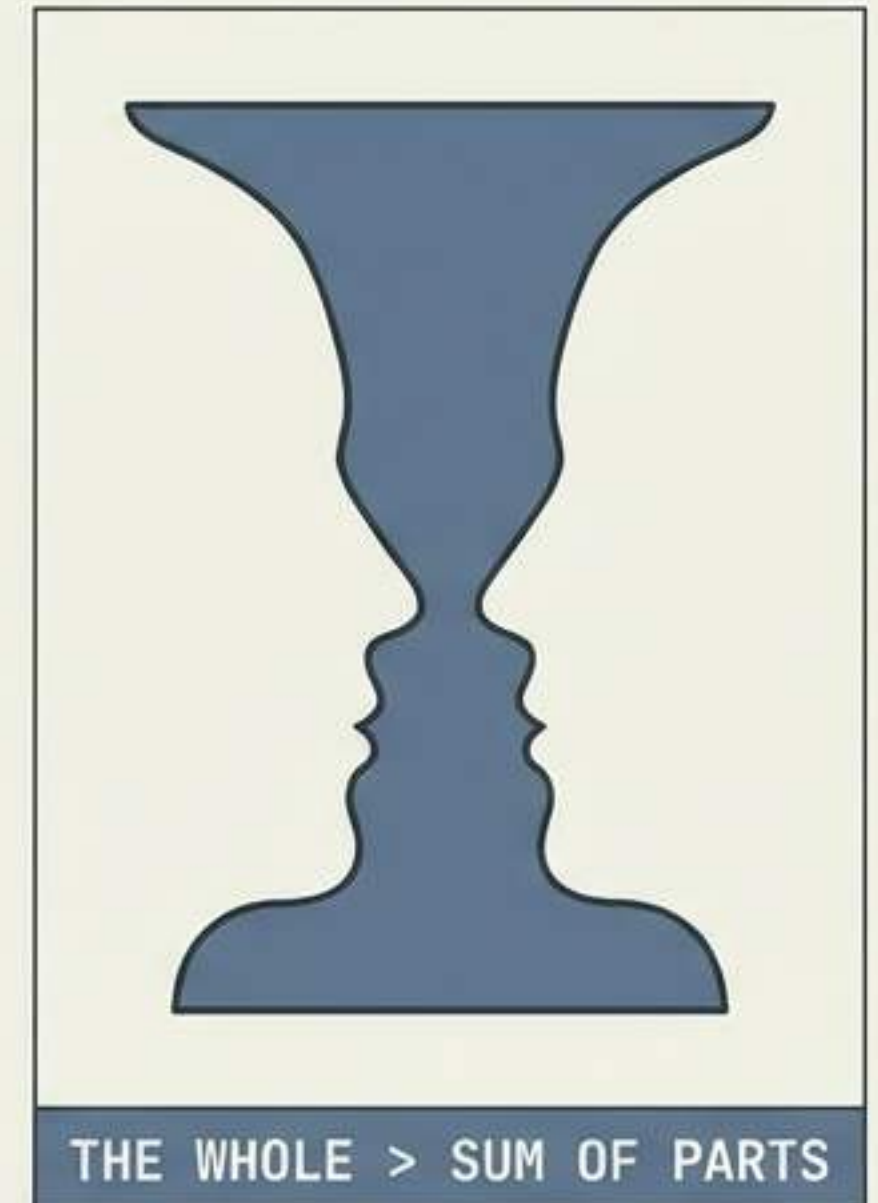


# SENSATION & PERCEPTION

## VISION HARDWARE



## GESTALT PRINCIPLES

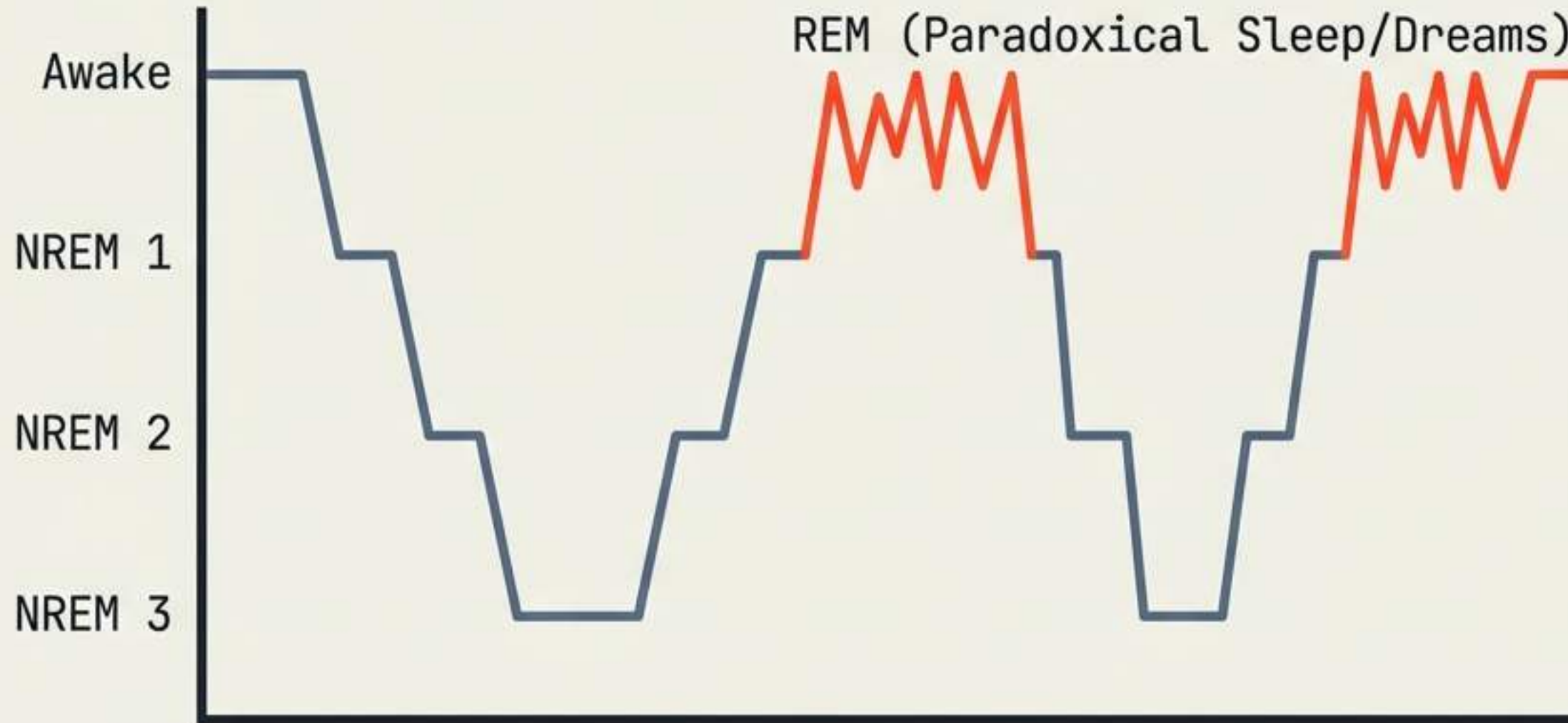


## THRESHOLDS

- Absolute: Detect 50% of time.
- Difference: Weber's Law (Constant %).

# STATES OF CONSCIOUSNESS

## SLEEP STAIRCASE



## CHEMICAL AGENTS

- Depressants (Alcohol):  
↓ Down Arrow Icon
- Stimulants (Cocaine):  
↑ Up Arrow Icon
- Hallucinogens (LSD):  
☯ Swirl Icon

**DISORDERS:** Apnea (No breath) / Narcolepsy (Sleep attacks)



# LEARNING: CONDITIONING

## CLASSICAL (PAVLOV)

Bell (**NS**) + Food (**UCS**) = Saliva (**UCR**)  $\rightarrow$  Bell (**CS**) = Saliva (**CR**)

## OPERANT (SKINNER)

Add Stimulus

Remove Stimulus

Reinforcement  
(Increase)

### Positive Reinforcement



Reward  
added

### Negative Reinforcement



Unpleasant  
removed

✗ NOT PUNISHMENT

Punishment  
(Decrease)

### Positive Punishment



Unpleasant  
added

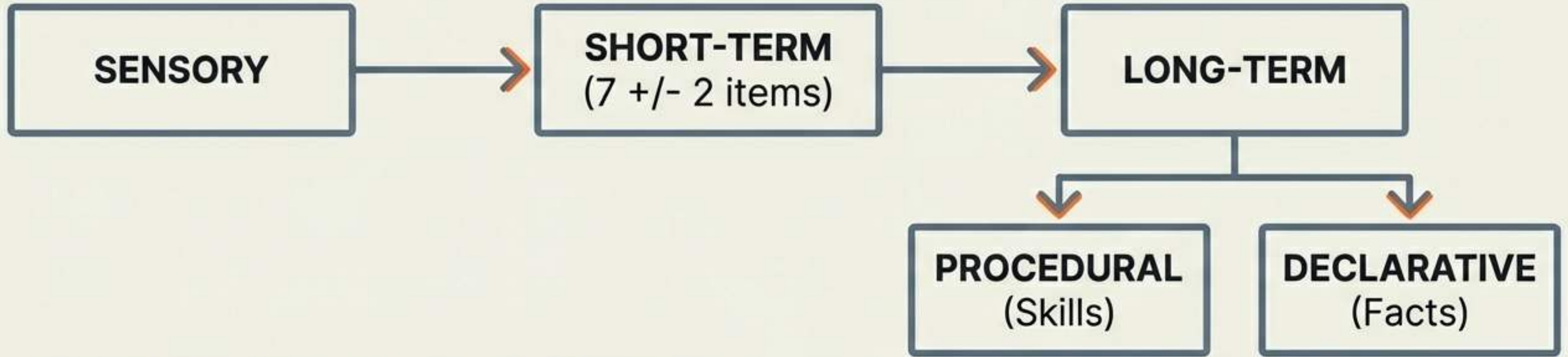
### Negative Punishment



Pleasant  
removed



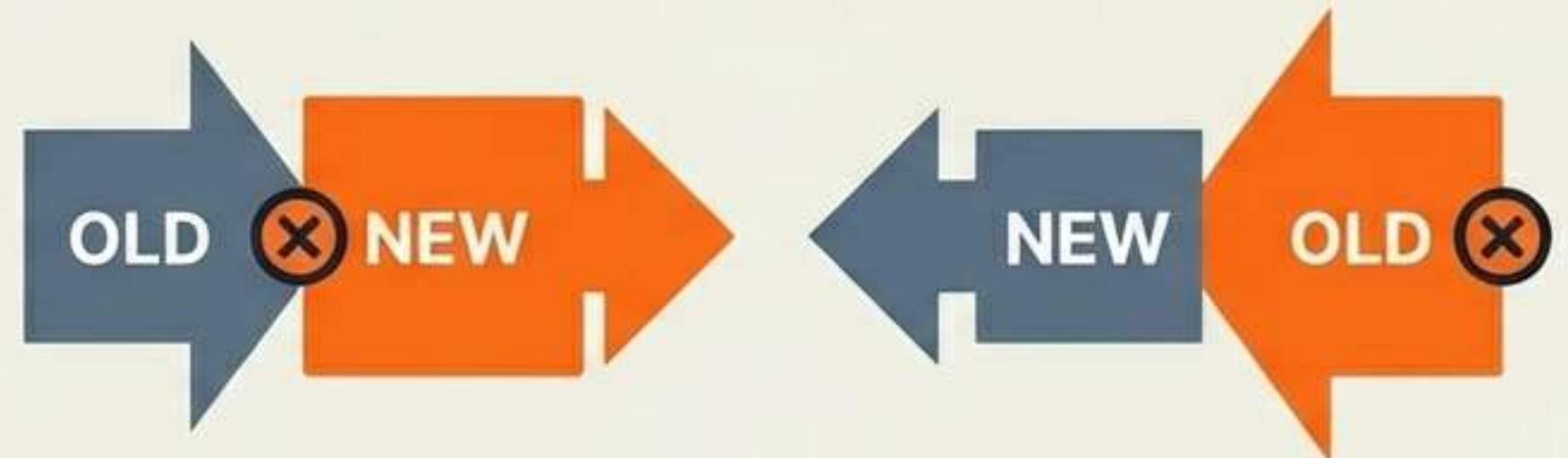
# MEMORY: THE ARCHIVE



## FORGETTING: INTERFERENCE

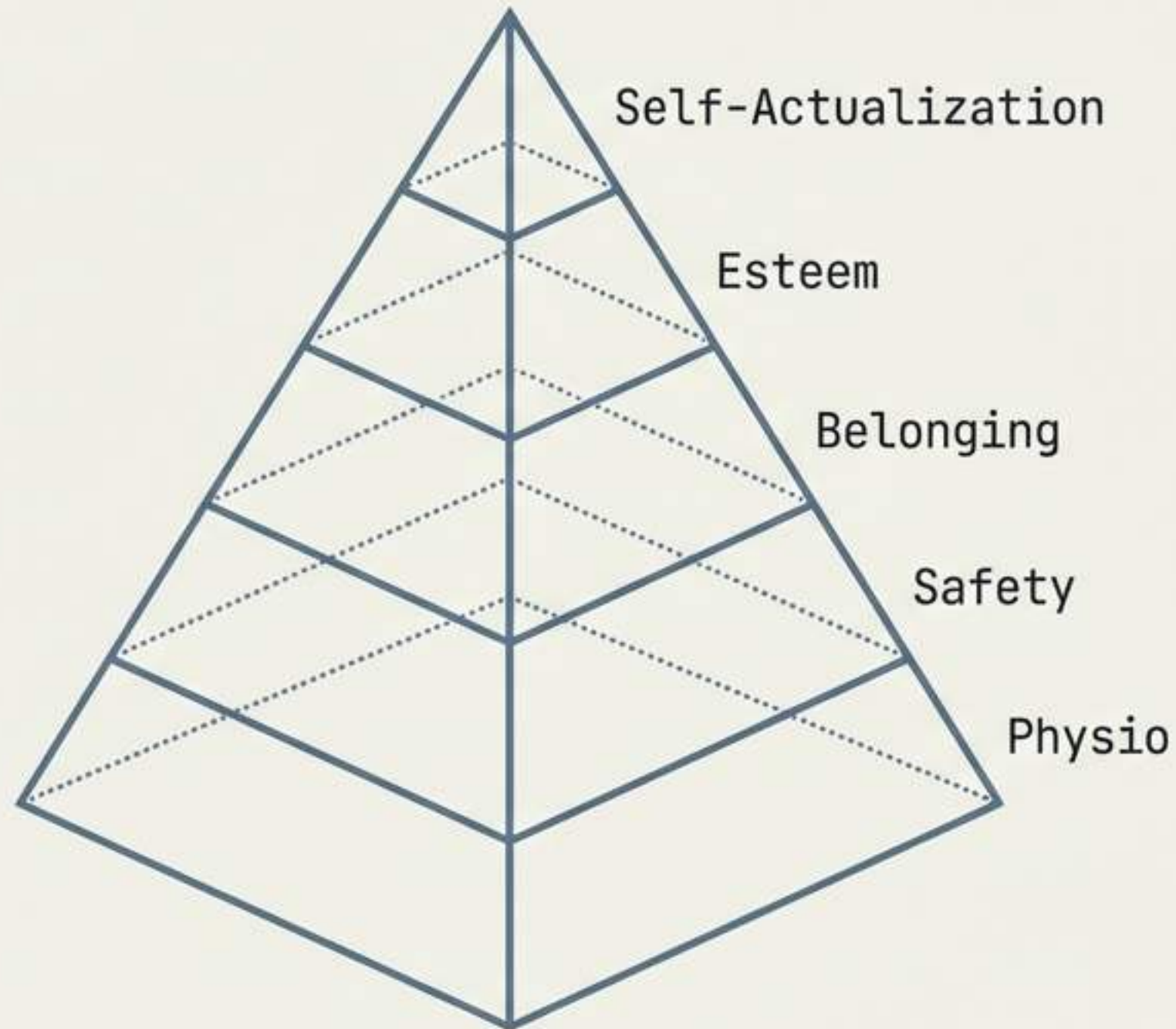
**P.O.R.N.** Mnemonic

- **P.O.** (Proactive: Old blocks New).
- **R.N.** (**Retroactive**: New blocks Old).



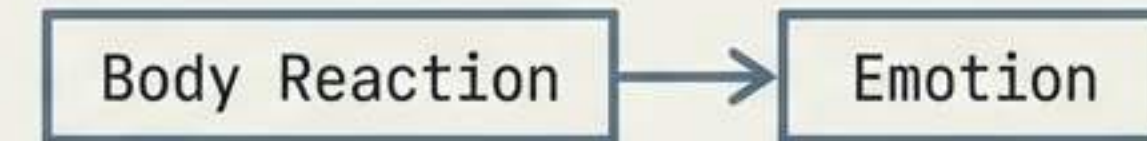


# MOTIVATION & EMOTION

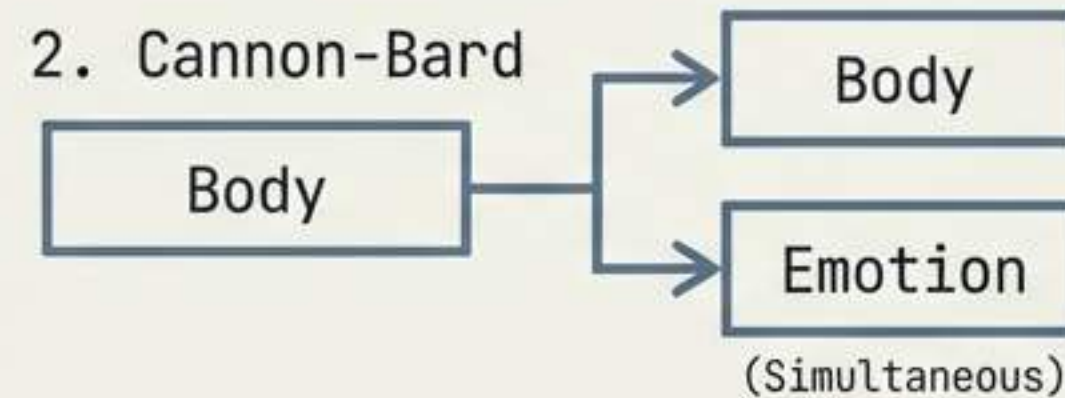


## EMOTION THEORIES (The Order of Ops)

### 1. James-Lange



### 2. Cannon-Bard



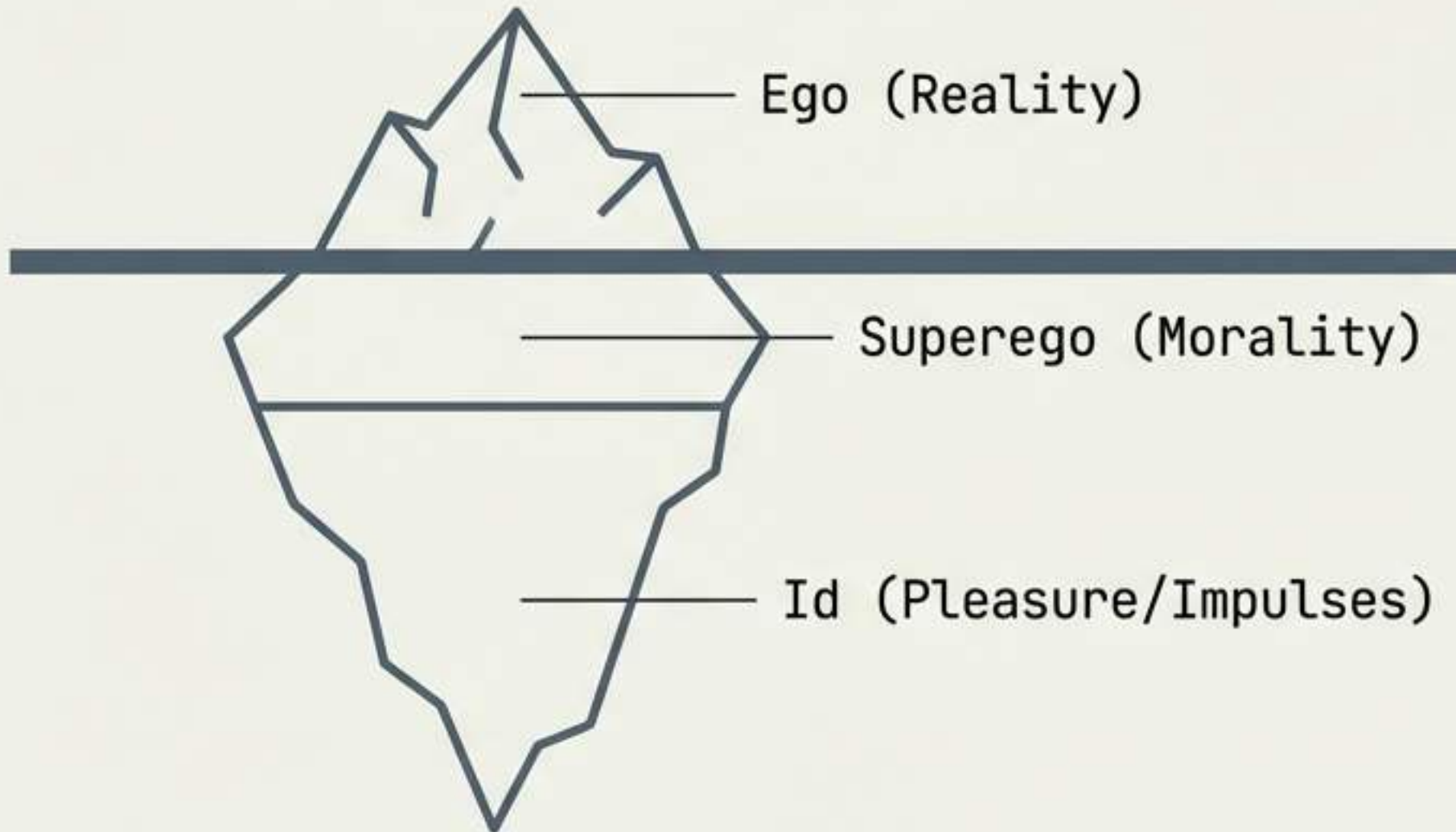
### 3. Schachter-Singer





# PERSONALITY: THE SELF

## FREUD'S CONFLICT



## TRAIT THEORY: BIG 5

**O.C.E.A.N.**

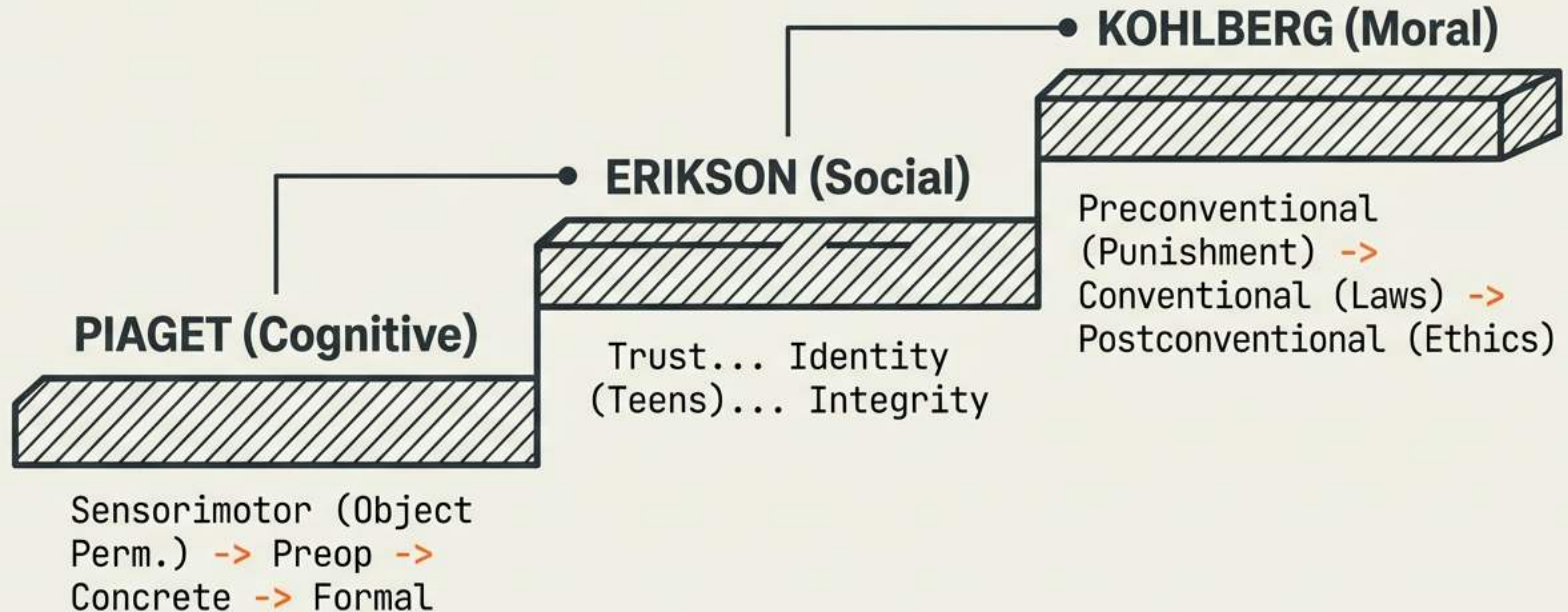
Openness  
Conscientiousness  
Extraversion  
Agreeableness  
Neuroticism (Stability)

## HUMANISTIC

Unconditional Positive Regard



# DEVELOPMENT: CRADLE TO GRAVE





# PSYCHOLOGICAL DISORDERS (DSM-5)

## ANXIETY

Panic, Phobias, GAD

## MOOD

Depression (Serotonin),  
Bipolar (Manic/Depress)



DOPAMINE HYPOTHESIS

## SCHIZOPHRENIA

Delusions, Hallucinations

## PERSONALITY

Antisocial (No remorse),  
Narcissistic

## PERSONALITY



# TREATMENT MODALITIES

## BEHAVIORAL



Systematic  
Desensitization  
(Phobias)  
Aversion Therapy

## COGNITIVE



CBT (Change  
thoughts to  
change behavior)

## BIOMEDICAL



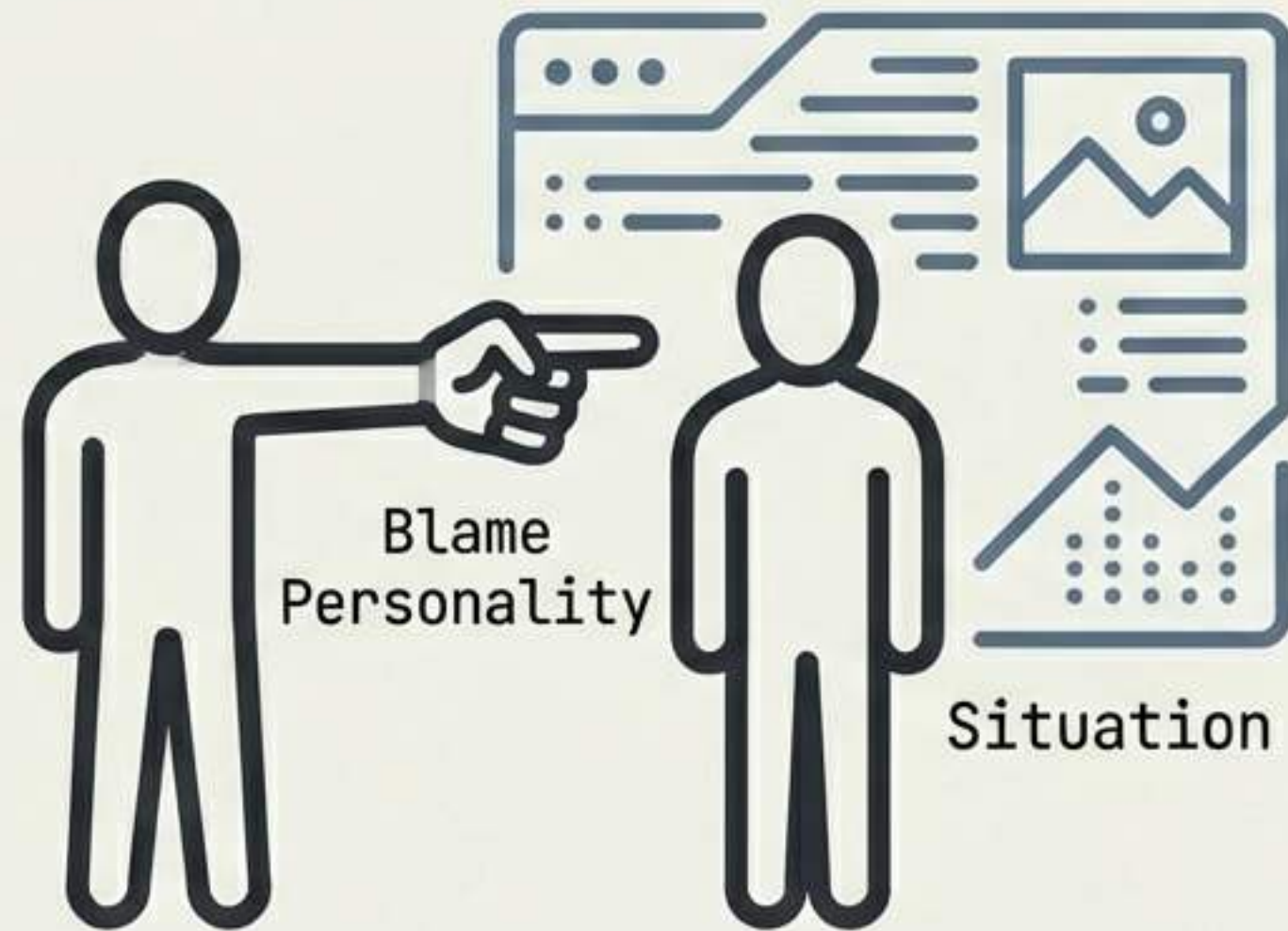
SSRIs (Serotonin)  
Antipsychotics  
(Block Dopamine)  
Lithium (Bipolar)



# SOCIAL PSYCHOLOGY

## ATTRIBUTION

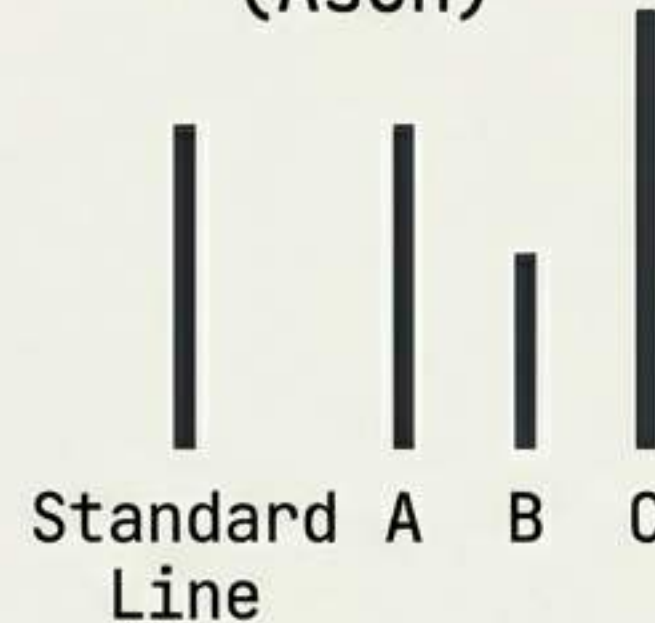
Fundamental Attribution Error



## INFLUENCE

Conformity  
(Asch)

Obedience  
(Milgram)



Shock

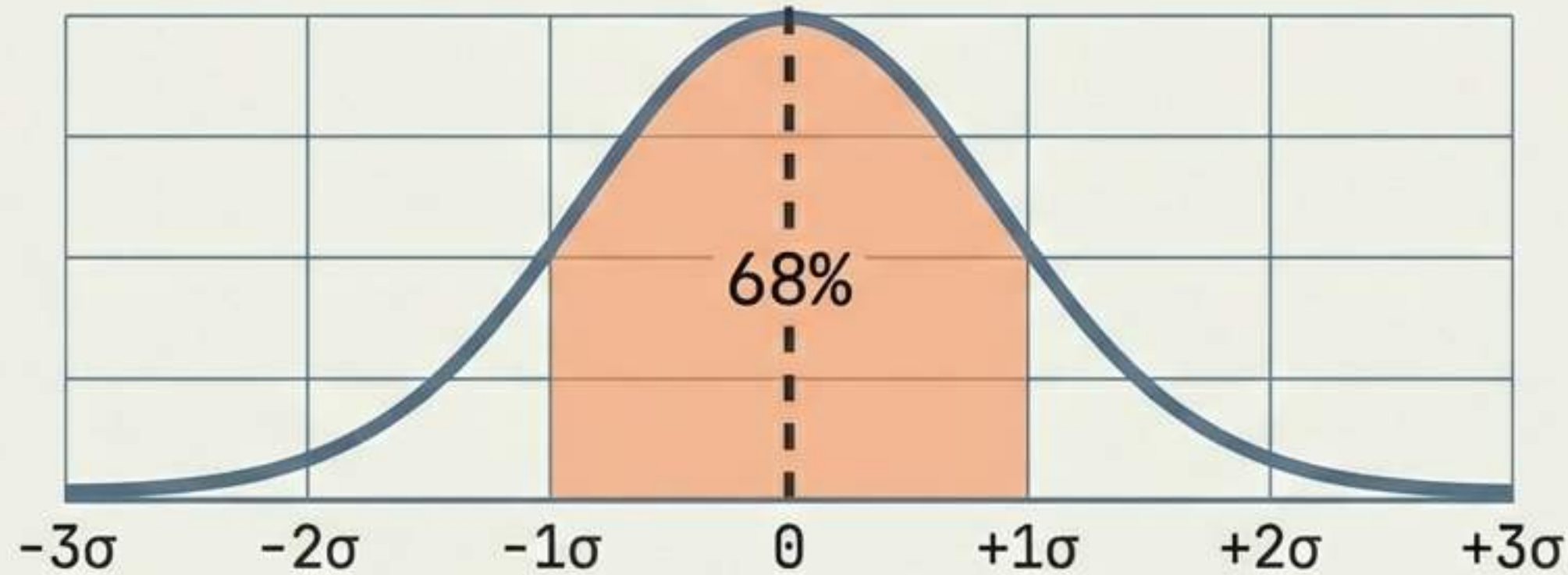
## GROUPS

Social Loafing  
Groupthink



# STATISTICS & MEASUREMENT

MEAN = MEDIAN = MODE



## CENTRAL TENDENCY

- Mean (Avg)
- Median (Middle)
- Mode (Most)

## QUALITY CHECK

Reliability: "Consistency"

Validity: "Accuracy"



Reliable but  
not Valid



Valid



# FINAL REVIEW: THE WEAK LIST

- ☐ Review your 'Weak List' daily.
- ☐ Correlation is NOT Causation.
- ☐ Negative Reinforcement is NOT Punishment.
- ☐ Break down Double-Barreled Questions.

**“IF YOU CAN TEACH IT, YOU OWN IT.”**