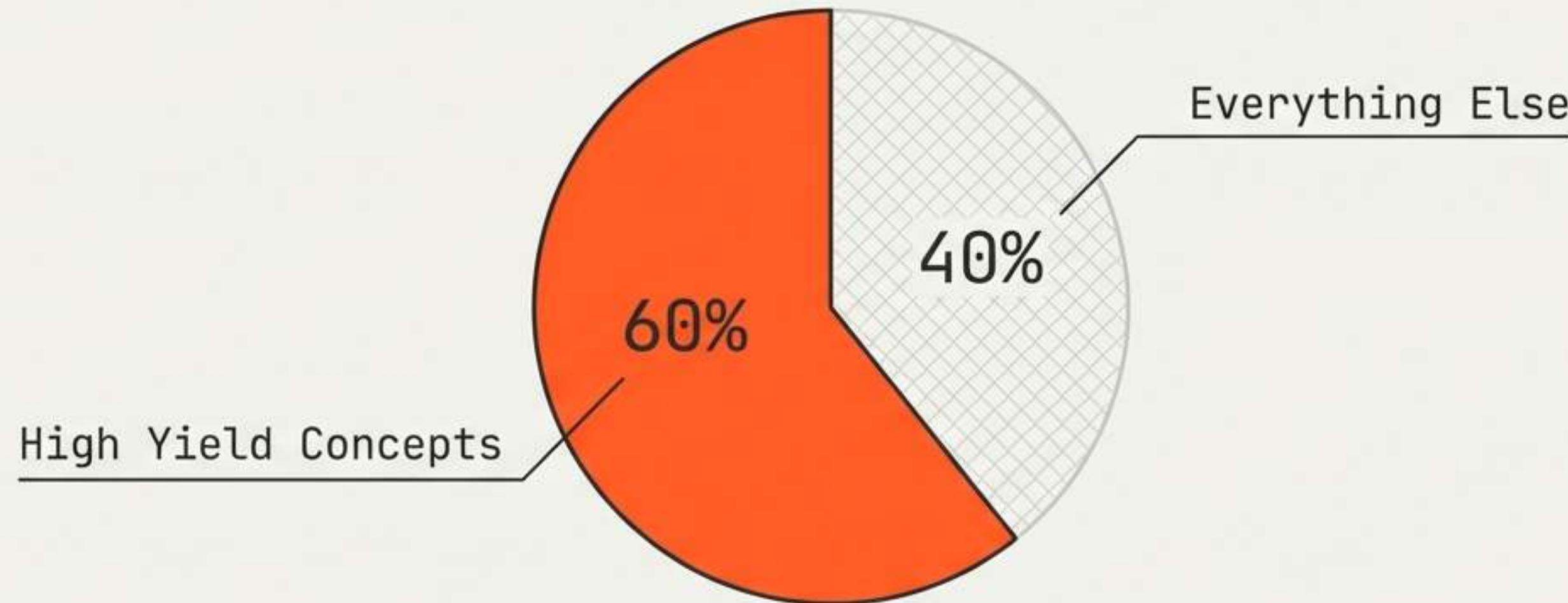


# CLEP INTRODUCTORY PSYCHOLOGY

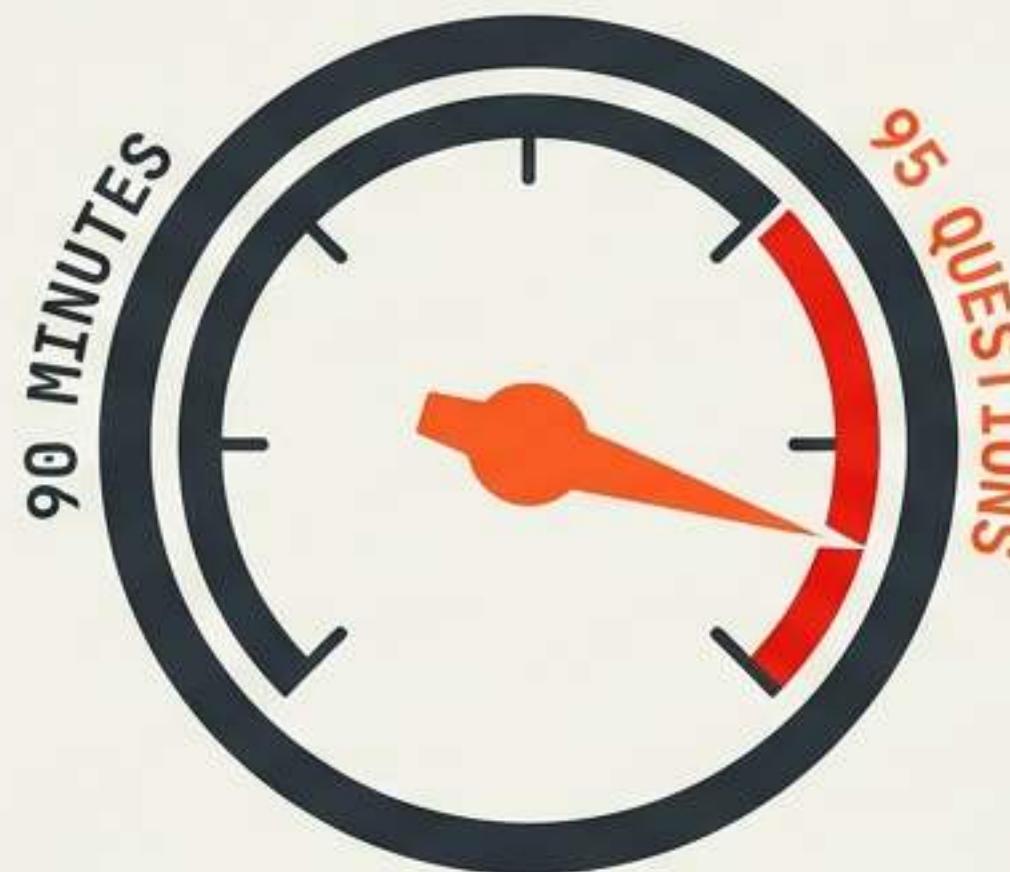
## High-Yield Review // Pareto Protocol



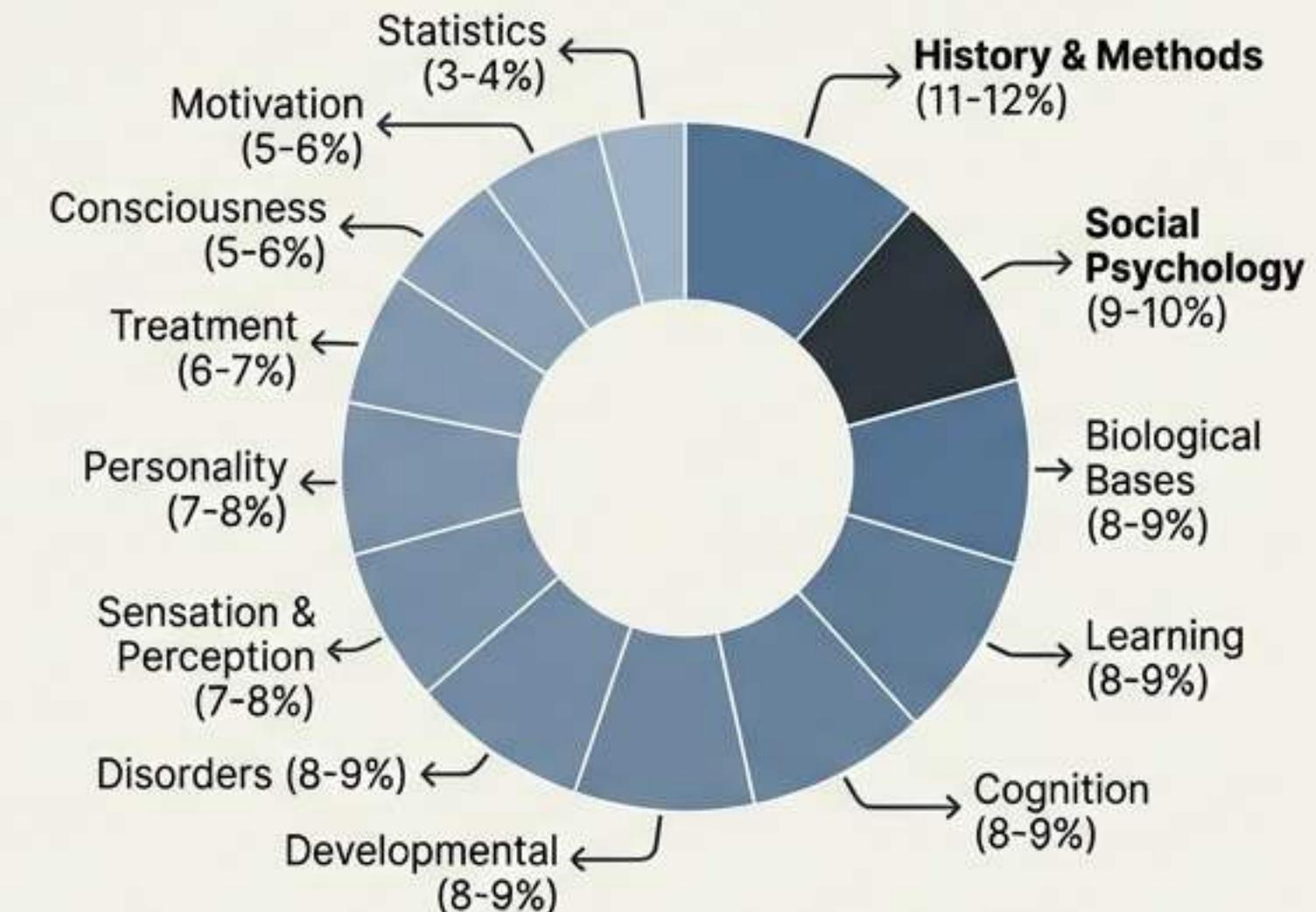
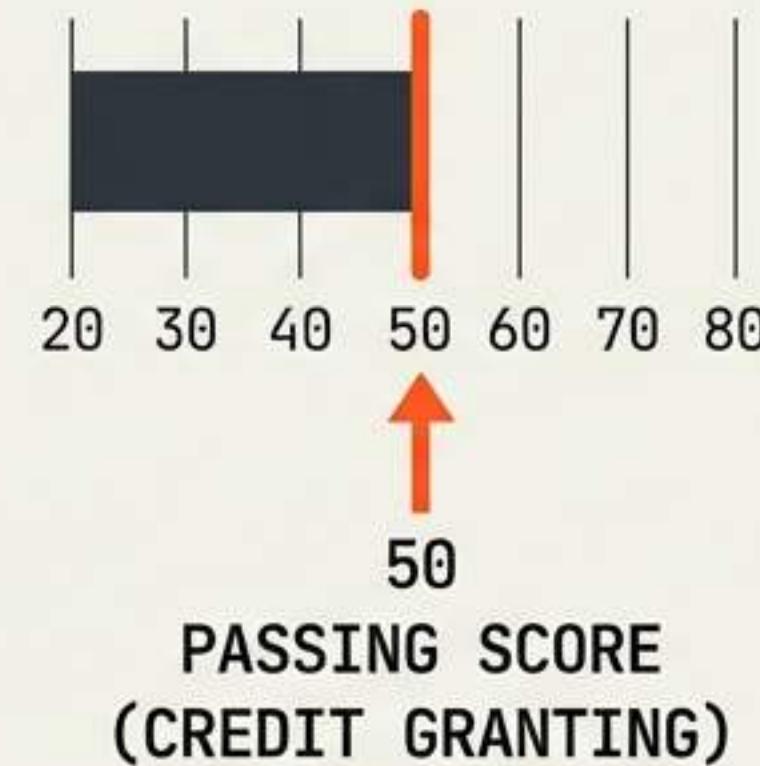
**From Zero to Passing in 1-4 Weeks.**

GOAL: MASTER THE 60%.

# EXAM SNAPSHOT & LOGISTICS



PACE: < 1 MIN/QUESTION



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

# HISTORY & APPROACHES: THE BIG 6

1879

**WUNDT**

(Structuralism/Introspection)



**JAMES**

(Functionalism/Adaptation)



**BIOLOGICAL**

(Brain/Chems)



**BEHAVIORAL**

(Watson/Skinner)



**COGNITIVE**

(Thinking/Memory)



**PSYCHODYNAMIC**

(Freud/Unconscious)



**HUMANISTIC**

(Rogers/Growth)



**BIOPSYCHOSOCIAL**

(The Mix)

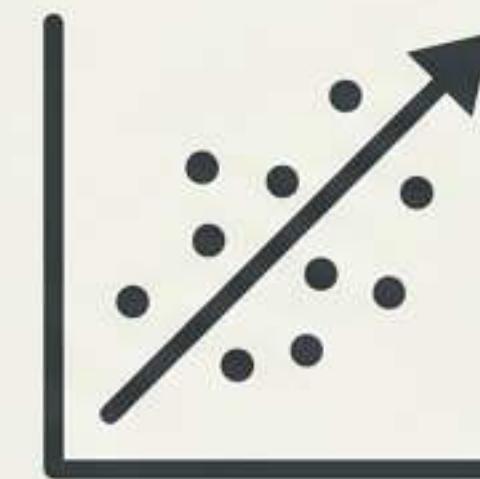
# RESEARCH METHODS: RULES OF EVIDENCE

## EXPERIMENTAL



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

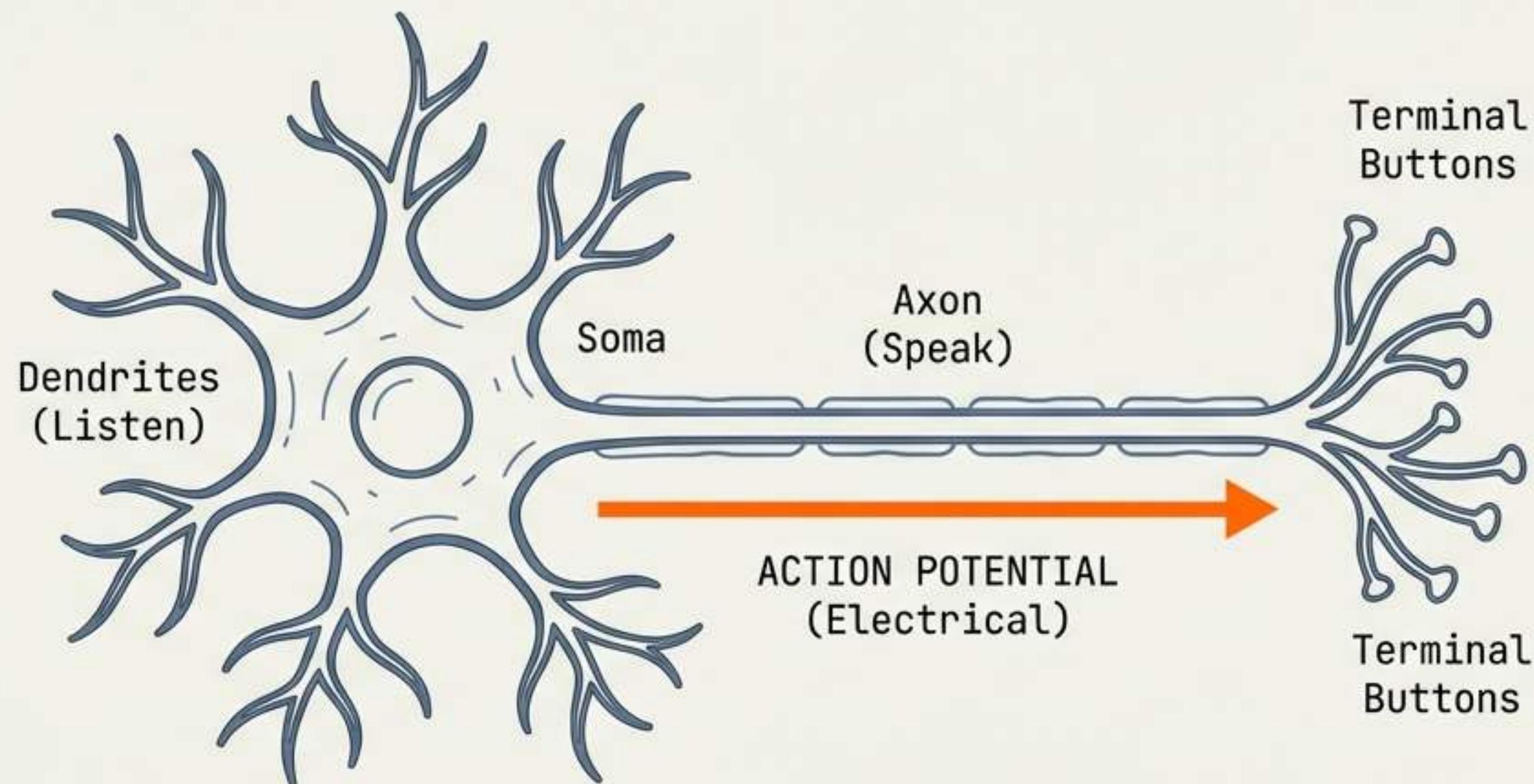
## CORRELATIONAL



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

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

# THE NEURON & NEUROTRANSMITTERS



## Chemical Messengers

### DOPAMINE:

Reward/Movement  
(Schizophrenia/Parkinson's)

### SEROTONIN:

Mood/Sleep  
(Depression)

### ACETYLCHOLINE:

Memory  
(Alzheimer's)



TACTICAL SWITCH



SYMPATHETIC  
(Fight/Flight)

PARASYMPATHETIC  
(Rest/Digest)

# THE BRAIN: LOCALIZATION OF FUNCTION

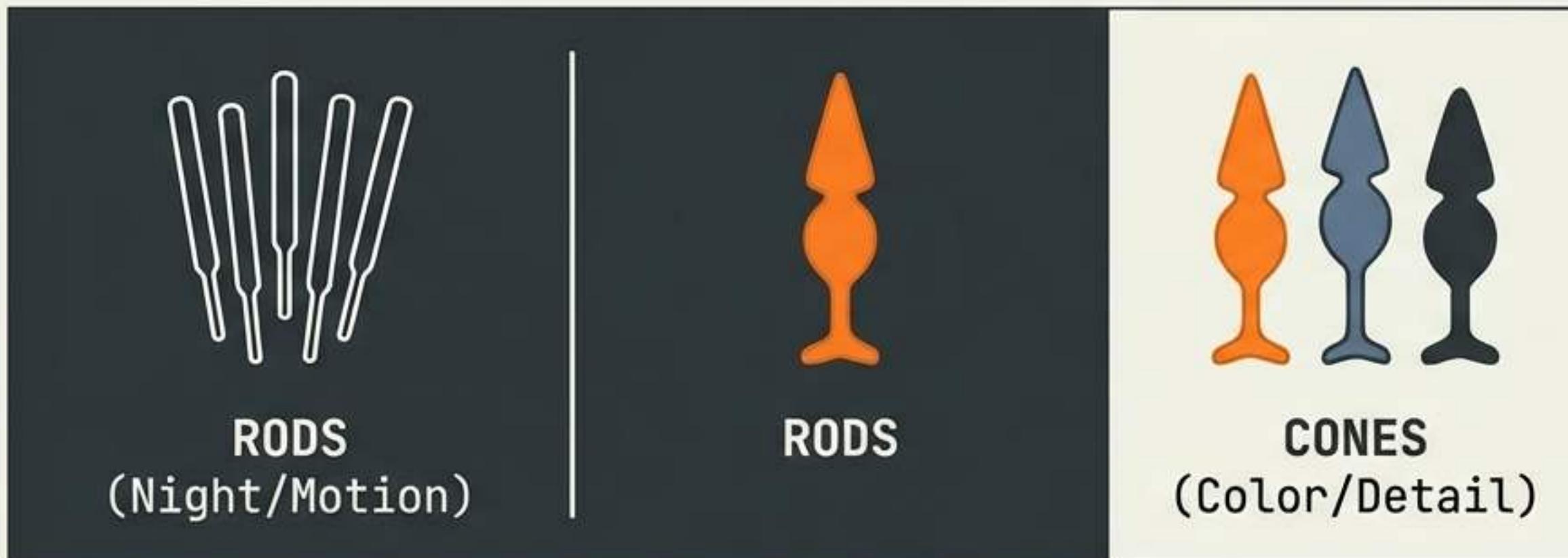


## LIMBIC TRIAD

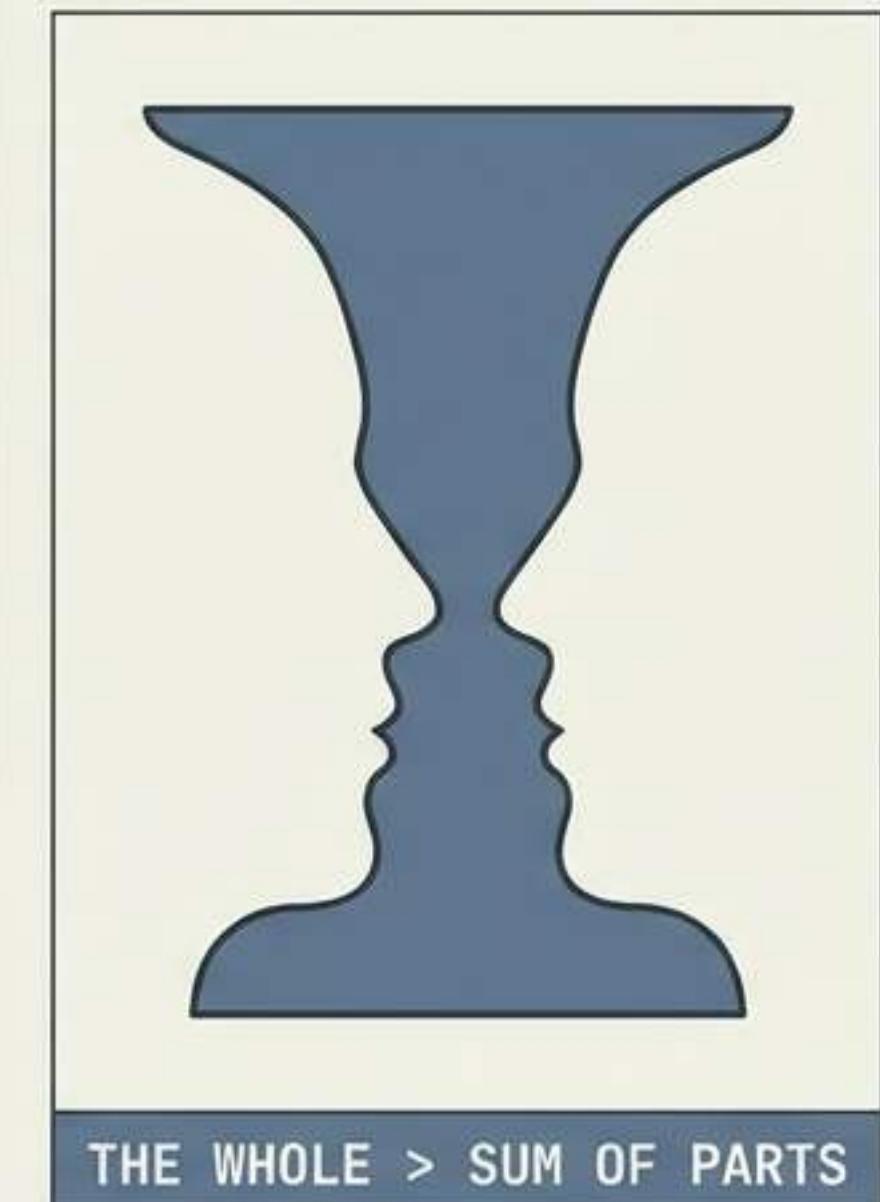
1. Amygdala (Fear)
2. Hippocampus (Memory)
3. Hypothalamus (Drives: 4 Fs)

# SENSATION & PERCEPTION

## VISION HARDWARE



## GESTALT PRINCIPLES

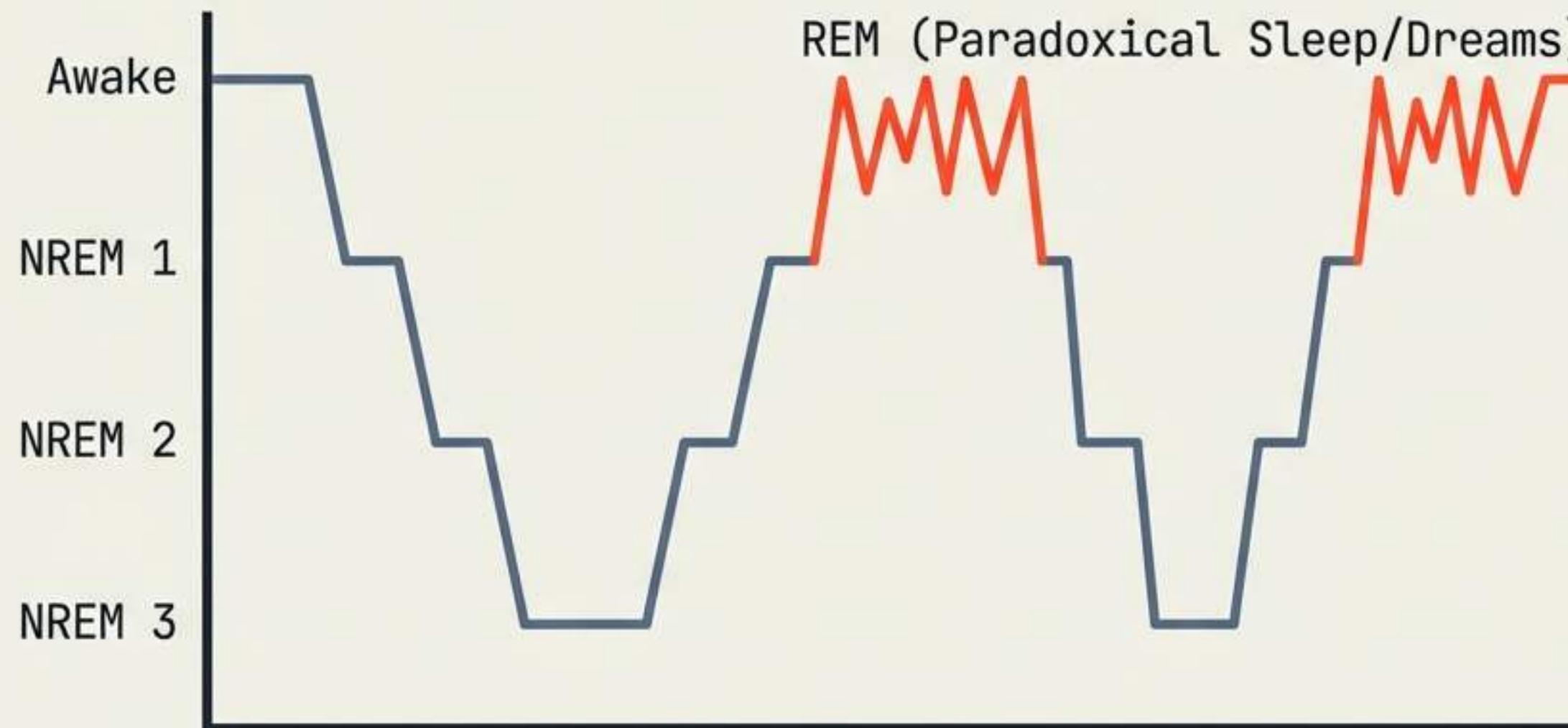


## THRESHOLDS

- 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

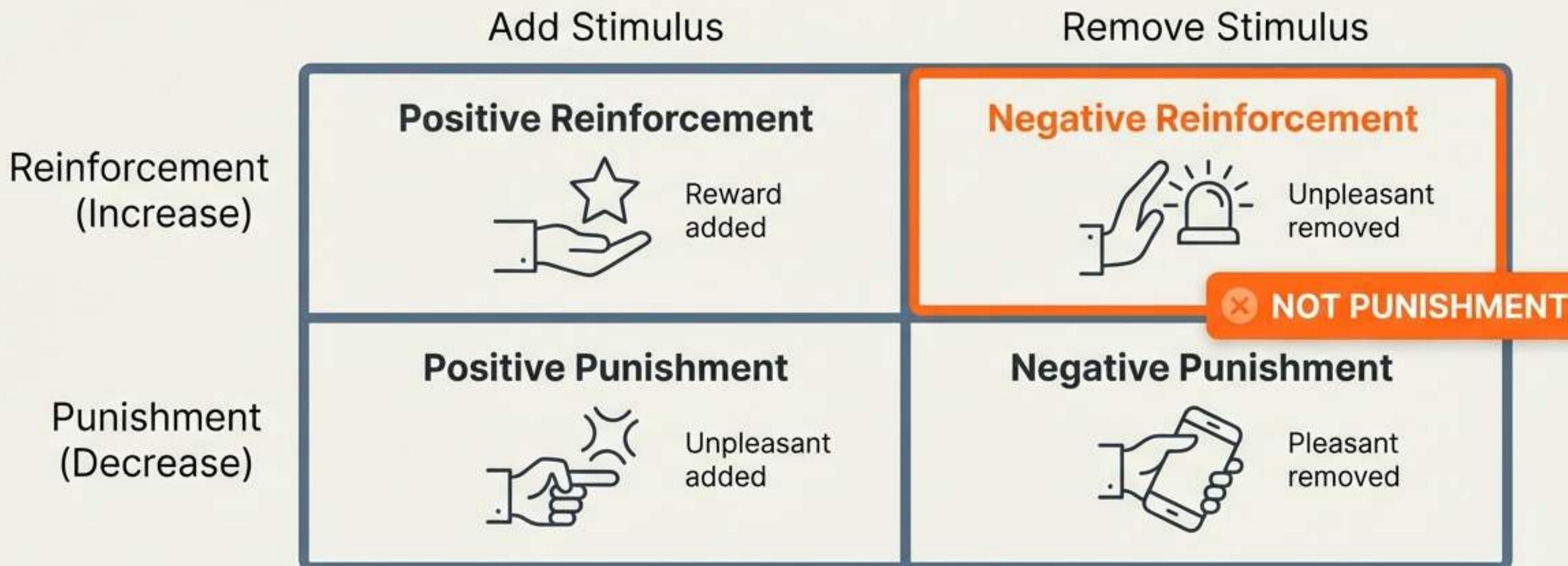
**DISORDERS:** Apnea (No breath) / Narcolepsy (Sleep attacks)

# LEARNING: CONDITIONING

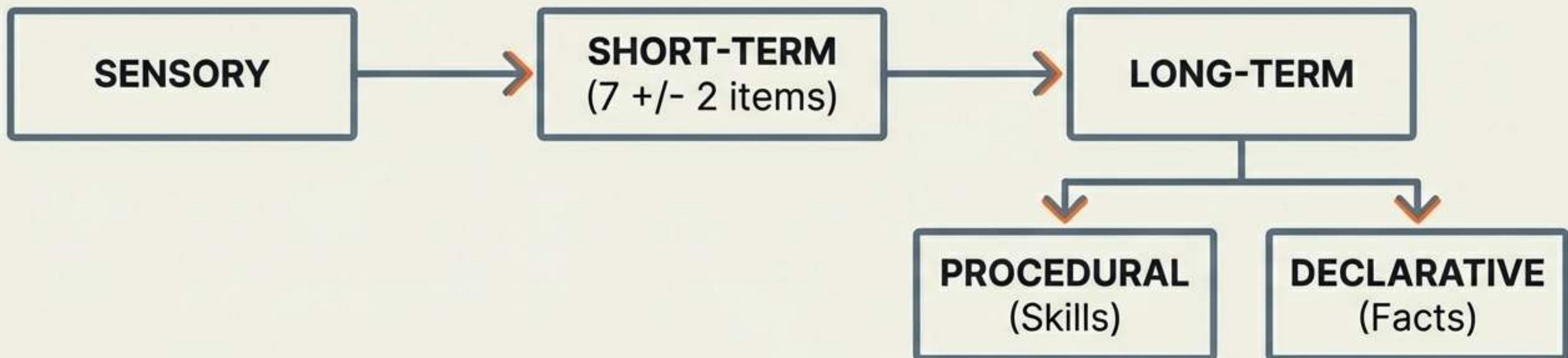
## CLASSICAL (PAVLOV)

Bell (NS) + Food (UCS) = Saliva (UCR) → Bell (CS) = Saliva (CR)

## OPERANT (SKINNER)



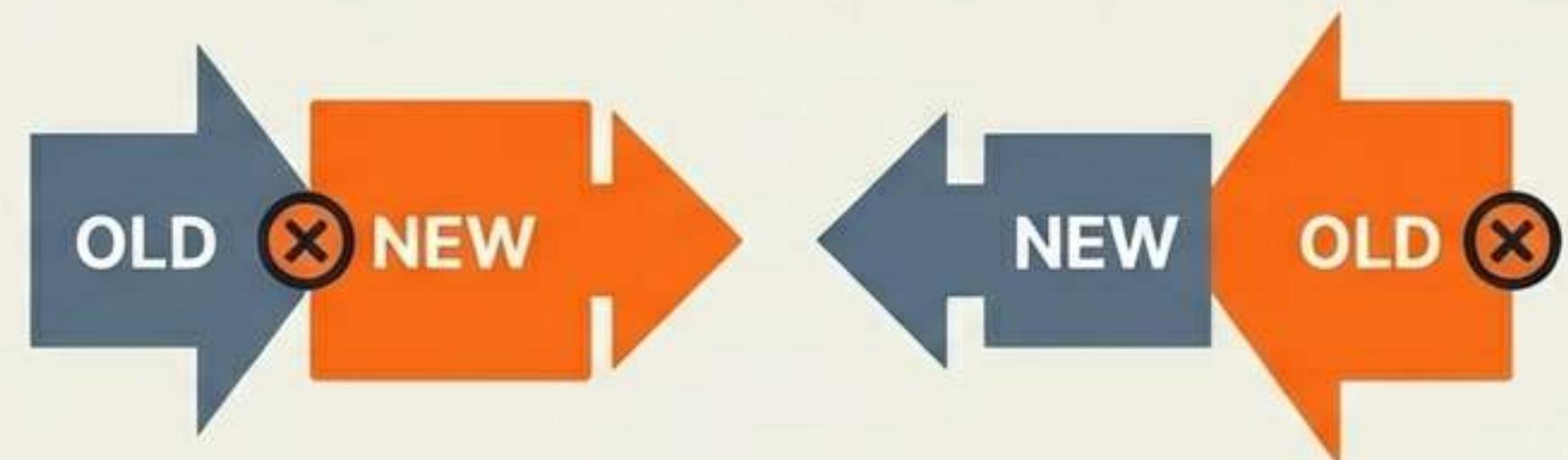
# MEMORY: THE ARCHIVE



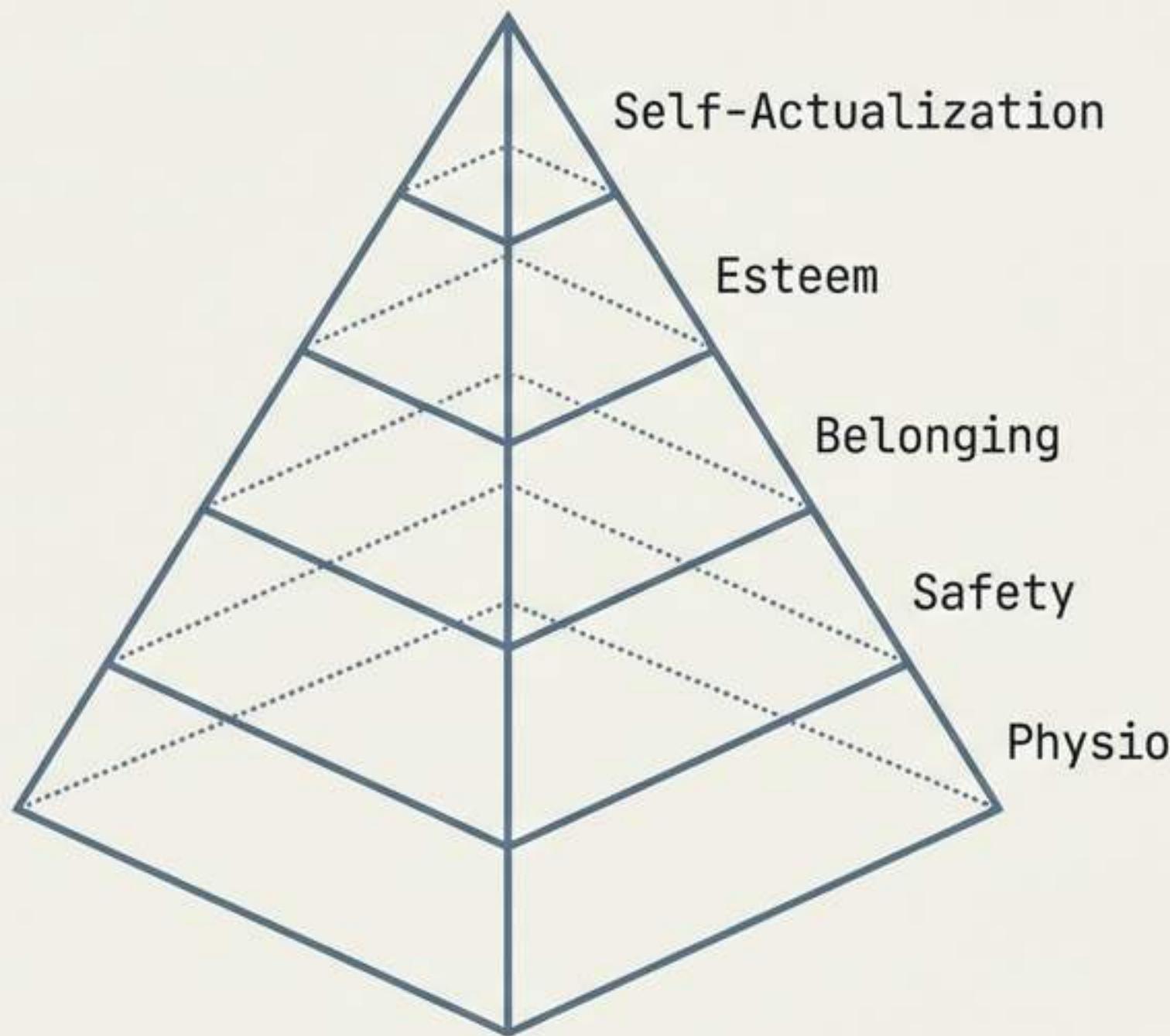
## FORGETTING: INTERFERENCE

P.O.R.N. Mnemonic

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

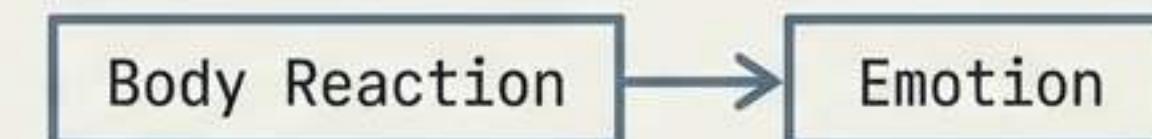


# MOTIVATION & EMOTION

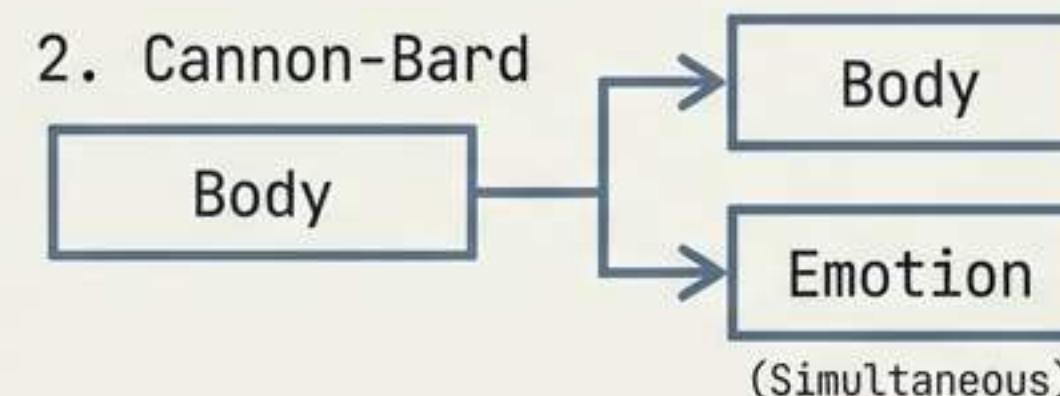


## EMOTION THEORIES (The Order of Ops)

1. James-Lange



2. Cannon-Bard

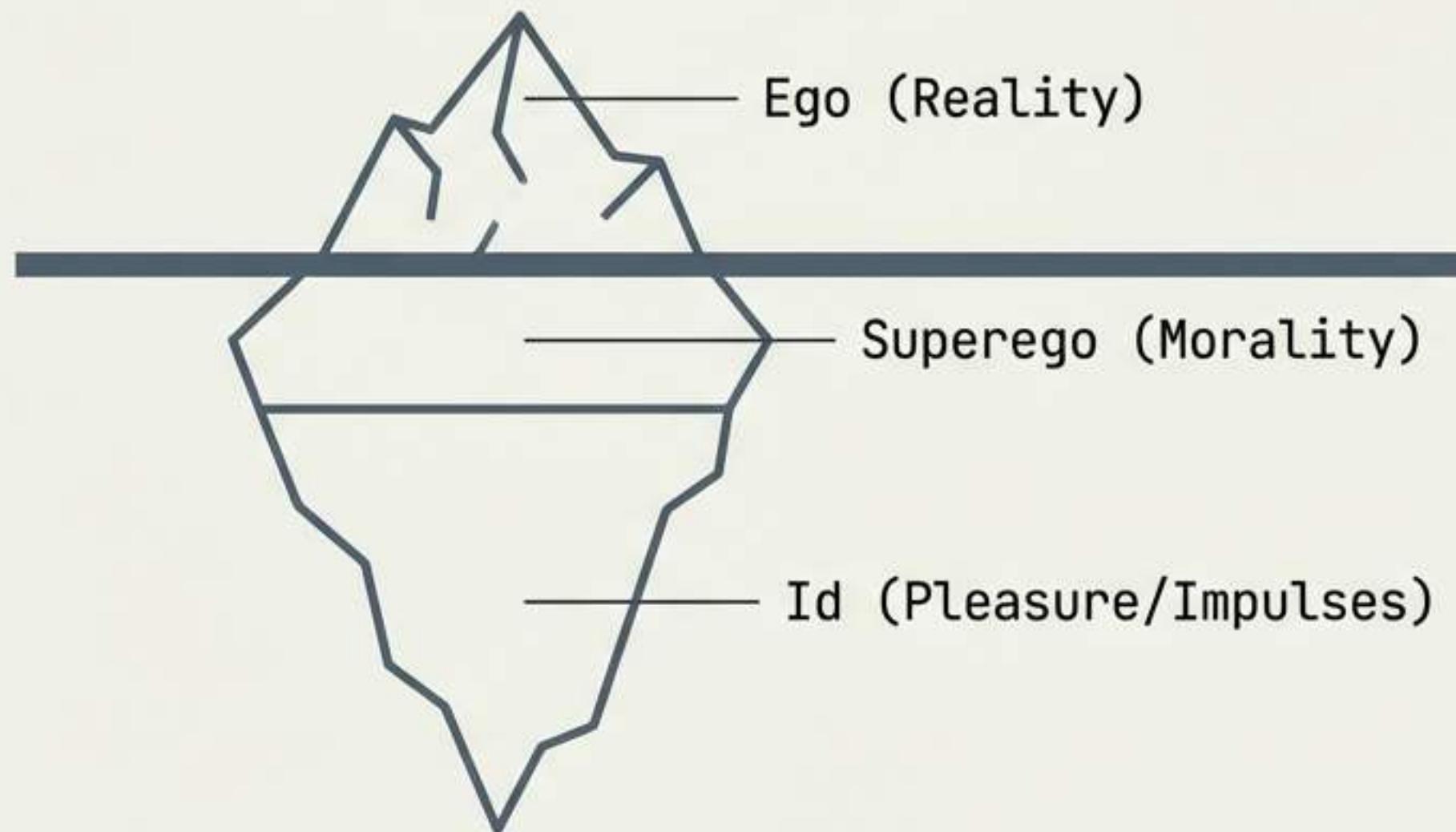


3. Schachter-Singer



# PERSONALITY: THE SELF

## FREUD'S CONFLICT



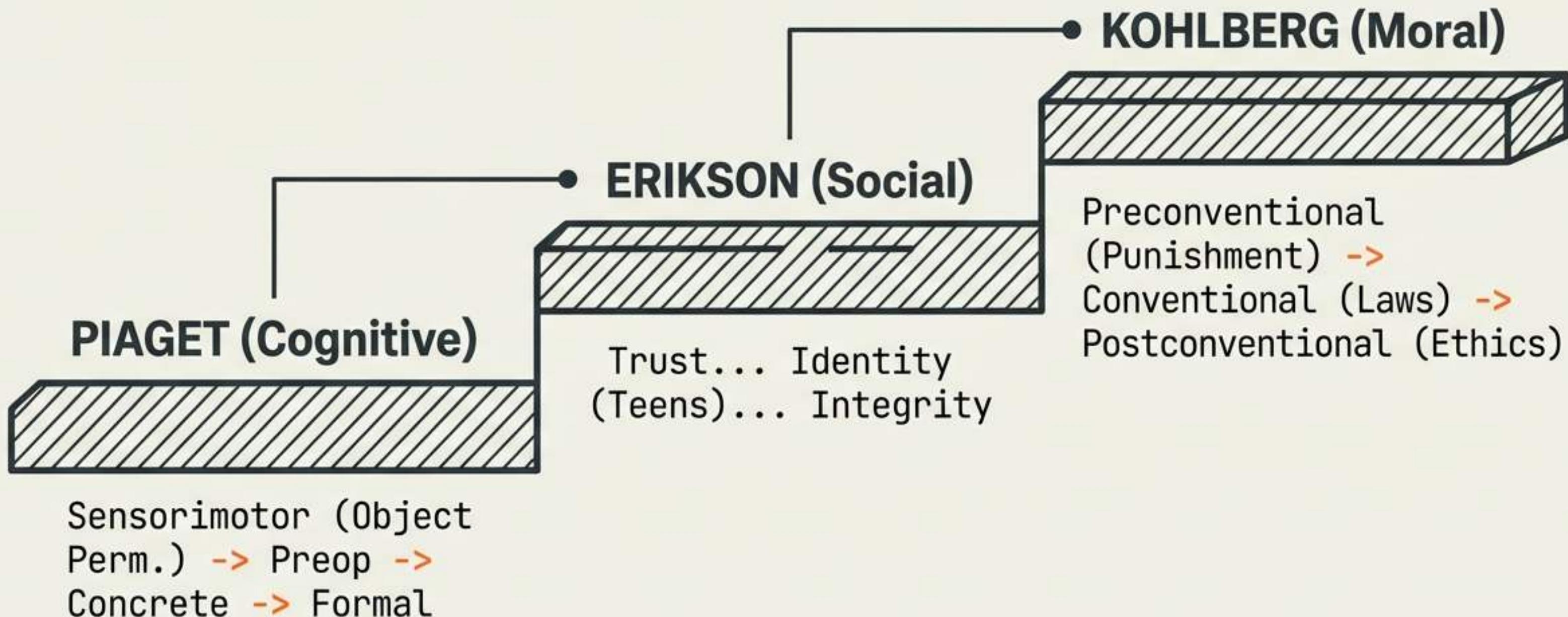
## TRAIT THEORY: BIG 5

## 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

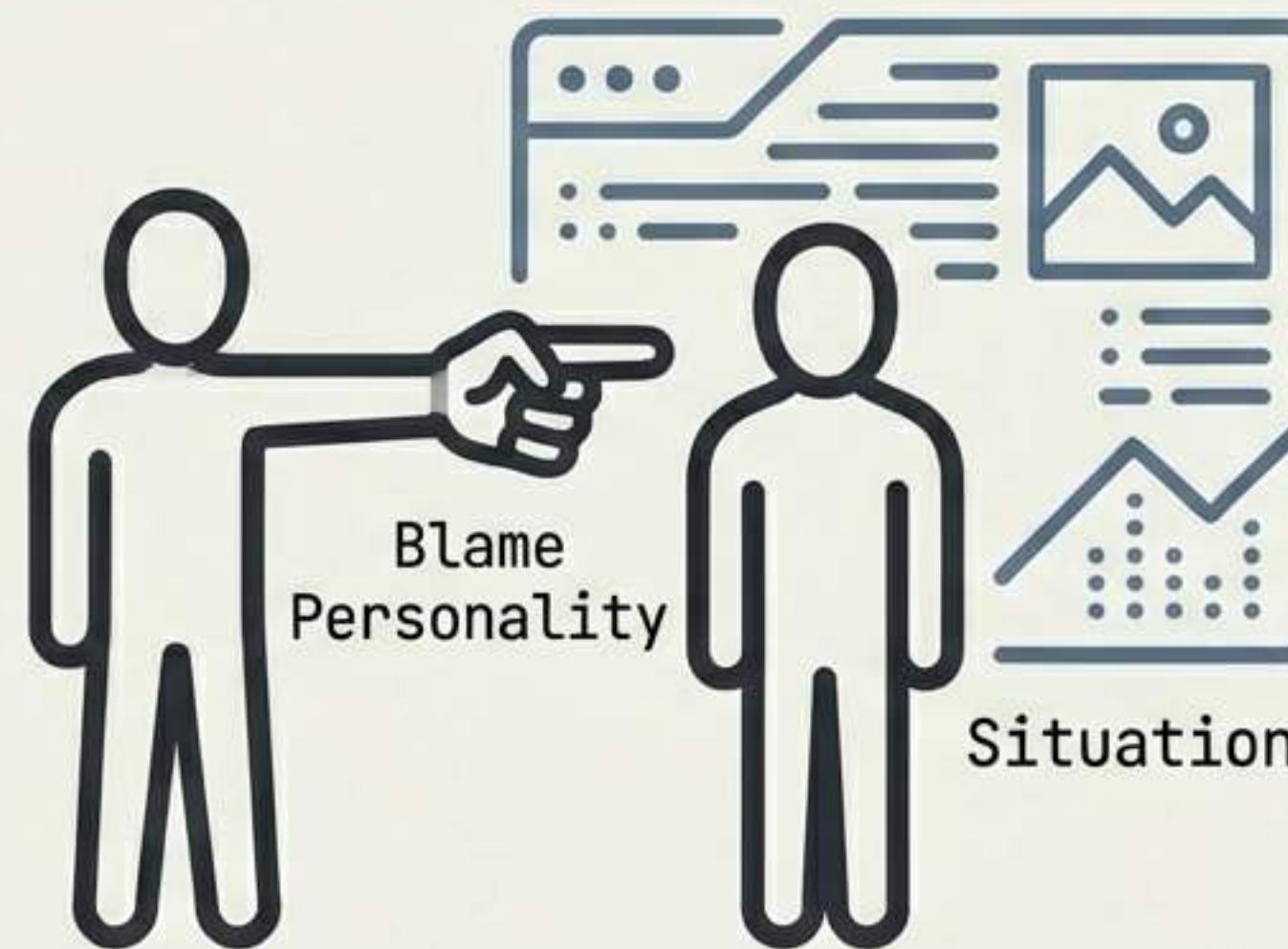


SSRIs (Serotonin)  
Antipsychotics  
(Block Dopamine)  
Lithium (Bipolar)

# SOCIAL PSYCHOLOGY

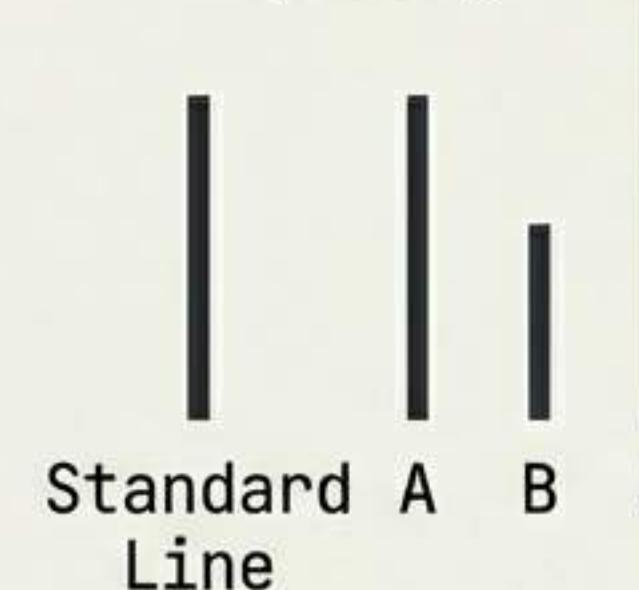
## ATTRIBUTION

Fundamental Attribution Error



## INFLUENCE

Conformity  
(Asch)



Obedience  
(Milgram)



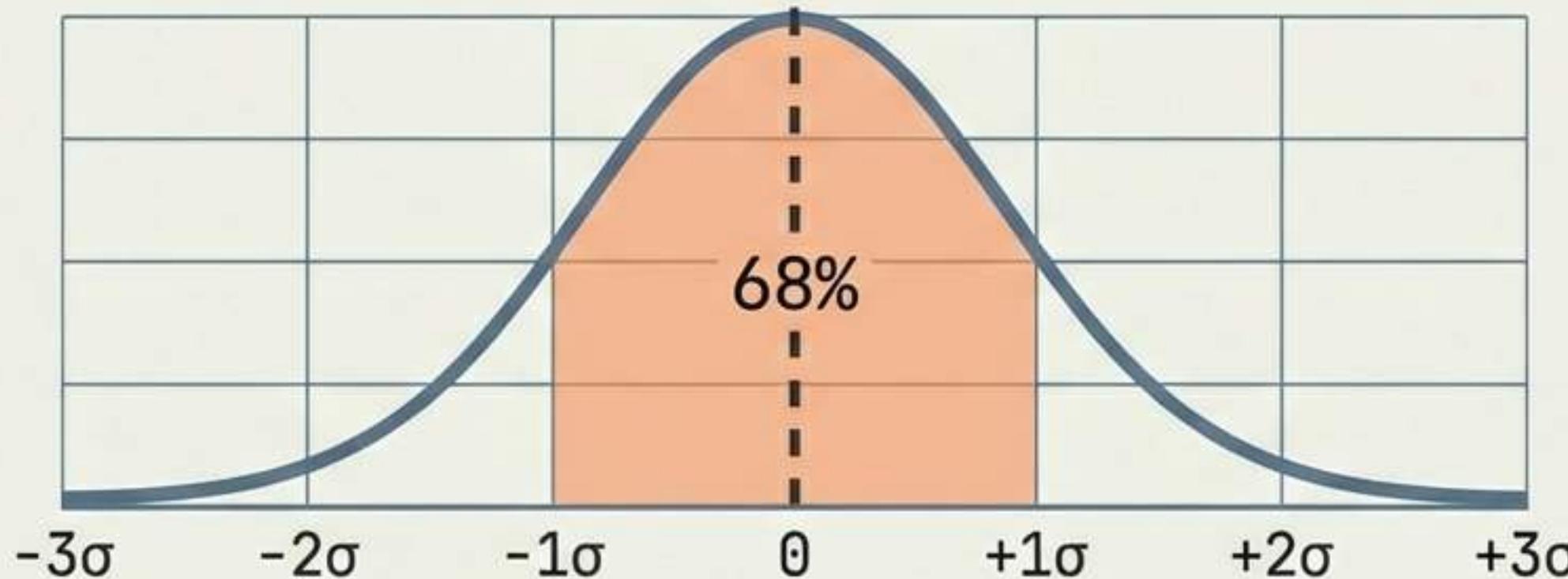
Shock

## 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



# 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.”**