EXAM 1 STUDY GUIDE

Please be aware that this is just a **general study guide** and does not include everything that may be on the exam. You are responsible to know text material as assigned and the material from lecture. The modules included on this exam are as follows: 1, 2, 3, 4, 39, 40, 5, 6, 17, 18, 7, 8, & 9. The info on ethics will also be included.

**Mod 1**

-What are the main components of Structuralism and Functionalism?

-Descriptions of Modern Psychological Perspectives

-Psychodynamic

-Behavioral

-Humanistic

-Cognitive

-Biological/Behavioral Genetics

-Evolutionary

-Cross-Cultural/Gender Psych

**-Be able to identify from scenarios**

-What is the biopsychosocial approach?

**Mod 2**

-Why is psychological science important?

-Steps of the Scientific Method

-What are the goals of research?

-Basic vs. applied research

-Descriptive Research (know advantages and disadvantages)

-Naturalistic Observation

-Survey

-Case Study

-Archival Research

-Correlational Research

-Be able to determine strength and direction

-Be able to identify positive vs. negative correlations or no correlation

-Can correlation determine causation? Why or why not?

-What are illusory correlations?

-Experimental Research

-can you determine causation?

-independent variable vs. dependent variable (be able to identify)

-experimental group vs. control group

-random assignment vs. random sampling

-between-subject vs. within-subject designs (know advantages and disadvantages)

-confound variables

-Be able to determine a population from a sample

-What is experimenter bias and ethnocentrism and how can it be remedied? (Single-blind/double-blind study)

-What is the placebo effect, demand characteristics, and social desirability response bias?

**Mod 3**

-Understand mean, median, mode, range, standard deviation

-percentages of normal curve

-Understand statistical significance

**Ethics**

-What principles did the Nuremberg Code outline?

-What are the 3 basic principles of the Belmont Report?

-What is an informed consent and IRB?

-What is debriefing

-When can deception NOT be used?

**Mod 4**

-What does it mean for the brain to be plastic? (more info in Mod 6 too)

-Parts of a neuron (dendrite, cell body, axon, myelin sheath)

-What is a glial cell?

-What is a synapse and how do neurotransmitters allow communication?

-Neural Impulse

-action vs. resting potential

-excitatory vs. inhibitory cells

-all-or-none response

-Agonist vs. Antagonist

-What makes up the CNS and PNS?

-What is a reflex?

-Autonomic vs. Somatic Nervous system

-Sympathetic vs. parasympathetic nervous system (when are they activated?)

-What is the endocrine system and hormones?

**Mod 39 & 40**

-Define stress

-Eustress vs. distress

-Acute vs. chronic

-Phases of general adaptation syndrome

-What is tend-and-befriend?

-What do health psychologists do?

-How does stress affect the immune system?

-Type A vs. B Personality and how it relates to heart disease

-Problem-focused vs. emotion-focused coping (when do people use?, be able to identify examples)

-What is learned helplessness?

-External vs. internal locus of control

**Mods 5 & 6**

-Neuroimaging Techniques

-MRI

-EEG

-PET

-fMRI

-Function of the brainstem

-Medulla

-Pons

-Cerebellum

- Function of the Reticular Formation

-Function of the Thalamus

-Function of the Limbic System

-Hippocampus

-Amygdala

-Hypothalamus

-What is the pituitary gland?

-Functions of the 4 Lobes of the Cerebral Cortex

-What are association areas?

-Functions of the right and left hemispheres

-What is the corpus callosum?

-Understand split-brain patients (what happens when the corpus callosum is severed?)

**Mods 17 & 18**

-Sensation vs. Perception

-Bottom-up vs. Top-down processing (be able to distinguish from examples)

-What is transduction?

-What is an absolute threshold?

-What is subliminal perception?

-What is Signal detection theory?

-What is difference threshold and Weber’s Law?

-Sensory adaptation

-What do the physical properties of light waves determine? (wavelength, amplitude, range)

-Parts of the eye

-Theories of Color Vision

-Trichromatic Theory

-Opponent-Process Theory

-What are feature detectors?

-Depth Perception

-Retinal disparity

-Binocular vs. monocular cues

-What is perceptual constancy (size and shape)?

-What is perceptual adaptation?

-What is a perceptual set and frame of reference?

-How did Gestalt psychologists understand perceptual organization?

**Mods 7-9**

-What are the levels of awareness?

-What is cognitive neuroscience?

-What is dual processing?

-Selective Attention

-Inattentional Blindness

-Change blindness & Change deafness

-Pop-out phenomenon

-What is the circadian rhythm and what structures are involved?

-Know the role of the SCN and melatonin

-When can the circadian rhythm be disrupted?

-What does an EEG measure and how?

-Sleep Stages (NREM 1, NREM 2, NREM 3, REM)

-What happens in each & know what **waves** are present in each.

-Sleep Theories

-Adaptation/Protection

-Repair/Restoration

-Learning/Memory

-Growth/Development

-Effects of sleep deprivation

-Sleep Disorders (symptoms, causes, treatment)

-Narcolepsy

-Sleep Apnea

-Night Terrors

-Sleepwalking/talking

-Dream Theories

-Psychoanalytic (latent vs. manifest content)

-Neural activation

-Information Processing

-Psychoactive Drugs

-KNOW EXAMPLES OF THE DRUGS AND WHAT HAPPENS TO THE BODY DURING USE (e.g. depressants, stimulants, hallucinogens)

-What is addiction, withdrawal, and tolerance?

-Be able to distinguish physical vs. psychological dependence