

# AP Psychology Final Review

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Before we begin, this should probably serve as a heads up warning on why you shouldn't start studying for the AP exams three days before they happen.

## Contents

<b>1 Research and History</b>	<b>1</b>
1.1 Psychoanalytic Approach	1
1.2 Behavioral	1
1.3 Humanist	1
1.4 Biological	1
1.5 Cognitive	2
1.6 Structuralists vs Functionalists	2
1.7 Types of Research	2
1.8 Sampling	2
1.9 Ethics	2
1.9.1 Normal Distribution	2

## 1 Research and History

### 1.1 Psychoanalytic Approach

- Very influenced by Sigmund Freud.
- In the late 1800s, he came up with a psychoanalytic approach which was about the unconscious drives.
- For the most part, psychological approaches were about drawing apart these unconscious desires.

### 1.2 Behavioral

- Later, Ivan Pavlov, Skinner, Watson, theorized that you were all influenced about the ways that you were reinforced/punished.

### 1.3 Humanist

- Stemmed from hippies.
- Humanist is the drive for free will.
- You are trying to drive to reach your greatest free potential.

Mr. Rogers, isn't it a special day today

- Things like unconditional positive regard, you are the best person to solve your own problem.

### 1.4 Biological

- Brain surgery, drugs, etc.
- Your behavior is a result of neurotransmission, brain structures, etc.
- When drugs came out, they were supposed to get people out of poor mental states.

## 1.5 Cognitive

- Anything about thoughts lmao
- How do you interpret what happens.
- This interpretation then, is going to affect your behavior. If you are getting therapy, you are probably getting cognitive behavioral therapy.
- Ellis and Beck primarily.

## 1.6 Structuralists vs Functionalists

- The first two theories were structuralism and functionalism.
- Structuralism is known to be a part of experimental psychology.
  - Focuses on different brain elements and their capacities.
- Functionalism was introduced as a counter argument to structuralism.
  - Focuses on the adaptations of human mind to different environments.

## 1.7 Types of Research

- Case Studies
  - Study of an individual, or some group. Depends, but it should be very small.
  - Look at why the person became the way that they did.
  - Weak in the regard that the sample size is very small.
  - A bias in the case study is that it can be heavily biased by who is writing it.
- Naturalistic Observation
  - Watching humans/animals in the natural environment without interfering.
  - You can't really ask why, otherwise risk screwing up the whole principle of "observation."
- Survey
  - The strength of a survey is that you get a lot of information cheaply. Although, framing is a big problem; who you ask; people don't like long surveys, etc.
- Experiment
  - The only one that shows cause and effect
  - Contrived behavior, laboratory like.
  - When dealing with humans, they may show bias just because it's in a laboratory.
  - Already biased, since most of the research is done on unsuspecting undergraduates.
  - There are ethical things with the experiments.
- Correlational
  - Correlation does not imply causation.
  - Be careful for confounding variables.

## 1.8 Sampling

This is literally just AP statistics so you don't have to review this. However, I'm going to take some notes anyways.

- Stratified sample → divide into several groups and then take random samples from each.

## 1.9 Ethics

- Confidentiality
- Informed consent
- Voluntary Participation
- Deception (is allowed)
- Withdrawal Rights
- Debriefing
  - Before they leave, they need to know what they have done.
- Statistically significant, the likelihood that two or more variables is caused by something other than random chance.

### 1.9.1 Normal Distribution

Approximately 65 - 95 - 99.7%