**Introduction to Psychology (PSY110) - Dr. M. Plonsky**

**Study Guide**forCacioppo, J. T. & Freberg, L. A. (2013).   
**Discovering Psychology: The Science of Mind**(1st Ed.). CA: Wadsworth/Cengage Learning.

This guide is color keyed to likelihood that the material will be on the exams, with burgundy being Highly likely, dark blue being Possible, and light blue being Unlikelyto be found on the exams.

It should also be noted that your book provides several “***features***” (i.e., seven are listed below) to assist you in learning the material. While you are unlikely to be tested on the material in these sections (unless it directly relates to material covered in class), the authors of your textbook and I believe they are worthwhile for you to study. These features will get you to think more about the material and connect with it in personal ways. As a result, you will learn it better and be able to perform better on the exams.

1. **Chapter Prologues** that show the big picture and micro views of the chapter topic.
2. **Margin Quotes** provide quick one or two sentence examples of applications of a topic to reinforce context and relevance.
3. **Psychology as a Hub Science** sections broaden the discussion of a topic to include ways in which psychology is engaged in cooperative science with other disciplines.
4. **Experiencing Psychology** sections provide hands-on, experiential activities.
5. **Thinking Scientifically** sections model critical-thinking skills by providing an opportunity to critique a piece of research.
6. **Connecting to Research** sections highlight classic and contemporary studies relevant to chapter material to illustrate the connection between research and the material.
7. **Interpersonal Relationships From a [chapter topic] Perspective** sections show how the many perspectives of psychology contribute to the understanding of a single human behavior--building and maintaining significant social relationships.

**For Exam 1**

# 1. Science of Mind: Discipline of Psychology 2

What is psychology?

What are psychology’s roots?

The philosophers’ questions

The physical scientists’ methods

How did the science of psychology begin?

Wilhelm Wundt & structuralism

Gestalt Psychology

William James & functionalism

The behaviorists & the cognitive revolution

Clinical roots: Freud & the humanists

What are psychological perspectives?

Seven perspectives of psychology

Biological

Evolutionary

Cognitive

Social

Developmental

Clinical

Individual difference

A new connectivity: Integrating the perspectives

What does it mean to be a psychologist?

**2. Measure of Mind: Methods of Psychology 42**

What is science?

The scientific mind set

The importance of critical thinking

The scientific enterprise

Scientific theories

Generating good hypotheses

Evaluating hypotheses

How do psychologists conduct research?

Descriptive methods

Case study

Naturalistic observation

Survey

Correlational methods

Experimental methods

Meta-analyses

How do we study the effects of time?

How do we draw conclusions from data?

The importance of valid & reliable measures

Research ethics

Human participants

Animal subjects

**3. Evolving Mind: Nature & Nurture Intertwined86**

Why do we say nature & nurture are intertwined?

What are the building blocks of behavior?

Genetic variation

Relatedness

Sex chromosomes

Epigenetics

What is the field of behavioral genetics?

How does evolution occur?

Mechanisms of evolution

Adaptation

Evolution of the human brain

The contemporary human brain

How does evolution influence behavior?

The evolutionary psychology perspective

Origins of social behavior

Sexual selection

Culture

**4. Biological Mind: Physical Basis of Behavior 124**

What is biological psychology?

Early attempts

Contemporary approaches

How do neurons communicate?

Neurons and glia

Neural signaling

Electrical

Chemical

Types of neurotransmitters

How is the nervous system organized?

What are the structures/functions of the NS?

Spinal cord, brainstem, & cerebellum

Subcortical structures

Thalamus

Basal ganglia

Hypothalamus

Hippocampus

Cingulate cortex

Amygdala

Nucleus accumbens

The cerebral cortex

Localizations of functions

Frontal lobe

Occipital lobe

Temporal lobe

Parietal lobe

Right brain and left brain

The function of lateralization

What are major structures/functions of the PNS & endocrine system?

Somatic system

Autonomic system

Endocrine system

**For Exam 2**

**5. Perceiving Mind: Sensation & Perception 178**

How does sensation lead to perception?

Sensory info travels to the brain

The brain constructs perception from sensory info

Measuring perception

Signal detection

How do we see?

The visual stimulus

The biology of vision

Visual perception & cognition

Recognizing objects

Gestalt psychology

Recognizing depth

Developmental and individual differences

Sociocultural influences

How do we hear?

The auditory stimulus

The biology of audition

Auditory perception & cognition

Developmental and individual differences

Sociocultural influences

How do we feel body position, touch, temperature & pain?

Somatosensory stimuli

The biology of the somatosenses

Sociocultural influences

How do we process smells and tastes?

Chemical stimuli

The biology of the chemical senses

Perception & cognition in the chemical senses

Developmental and individual differences

Sociocultural influences

**6. Aware Mind: Elements of Consciousness 234**

What does it mean to be conscious?

The evolution of consciousness

Variations in alertness

Awareness of ongoing sensations

Self-awareness

Searching for consciousness in the brain

What happens to consciousness during wakefulness & sleep?

Circadian rhythms

Wakefulness

Sleep

Stages

Benefits

Benefits of REM

Dreaming

Sleep disorders

Nightmares & night terrors

Insomnia

Narcolepsy & cataplexy

Sleep apnea

Sudden Infant Death Syndrome

Restless Leg Syndrome

How is consciousness affected by brain damage?

Specific areas

Coma

Persistent vegetative state

Brain death

Near death experiences

Seizures

How do people intentionally alter their consciousness?

General features of psychoactive drugs

Tolerance & withdrawal

Addiction

Hallucinogens

Mushrooms

Mescaline

PCP

Marijuana

LSD

Stimulants

Caffeine

Nicotine

Cocaine & amphetamine

Ritalin

Ecstasy

Depressants

Alcohol

Benzodiazepines & barbiturates

Opiates

Hypnosis

Meditation

Other deliberate changes in consciousness

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How do animals use reflexes/instincts/learning to respond to environment?

What are the 3 main types of learning?

What is classical conditioning (CC)?

CC terminology

CC phenomena

Acquisition

Extinction & spontaneous recovery

Inhibition

Generalization & discrimination

Higher order conditioning

Latent inhibition

Cognitive & biological influences on CC

The element of surprise

Taste aversion

Applying CC

Overcoming fear

Addiction

Attitudes & prejudice

Creativity & schizophrenia

What is operant conditioning (OC)?

Types of consequences

Schedules of Reinforcement

Shaping: method of successive approximations

Cognitive, biological & social influences on OC  
Applying OC

What is observational learning?

Bandura & aggression

Imitation

Mirror neurons

Cultural transmission of learning

**9. Knowing Mind: Memory 396**

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Memory & the continuum of info processing

Memory provides an adaptive advantage

How are memories processed?

Sensory memory

STM

Working memory

LTM

Moving info into LTM

Differences between working & LTM

What are the different types of long-term memory?

Declarative memories

Nondeclarative memories

CC

Procedural memories

priming

Long term memories & the brain

Declarative memories & the hippocampus

Declarative memories & the cerebral cortex

Procedural memories & the basal ganglia

How is long-term memory organized?

Connectionist theories

Inferences: Using schemas

How do we retrieve memories?

Retrieval from STM

Retrieval from LTM

The role of cues

Tip-of-the-tongue

Reconstruction during retrieval

Retrieval of emotional events

Why do we forget?

Decay

Interference

Motivated forgetting

What is the biology of memory?

Memory at the level of the synapse

Biochemistry & memory

How can we improve memory?

Distribute practice over time

Take tests

Sleep

Recite

Use mnemonics

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New ideas about development

Developmental themes

Nature vs nurture intertwined

Continuity or discontinuity

Universal or ecological development

How do we change prenatally?

Genetic risks to development

Environmental risks to development

What can newborns do?

Reflexes

Activity

Senses

What physical changes occur in infancy & childhood?

Nervous system development

Motor development

How does cognition change during infancy & childhood?

Piaget’s theory

Sensorimotor stage

Preoperational stage

Concrete operational stage

Formal operational stage

Criticism

Alternative approaches

Vygotsky

Info processing

Naïve theories

Theory of mind

How do social & emotional behaviors change during infancy & childhood?

Temperament

Attachment

Parenting styles

What does it mean to be an adolescent?

Physical changes

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Brain

Cognitive & moral development

Adolescent cognition

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Benefits of ethnic identity

Family influences

What is it like to be a young adult?

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Cognition: postformal thought

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Sensation of satiety

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Sexual orientation

Cognitive & social motives

Achievement motivation

Motivation to affiliate

Motivational priorities

Why are we emotional?

The biology of emotion

The amygdala & insula

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Expressing emotion

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Jung

Horney

How do humanists approach personality?

How do trait theories explain personality?

Early trait theories

The big five theory

How do situations affect personality?

Classic behavioral approaches

Social cognitive theories

Locus of control

Reciprocal determinism & self-efficacy

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Brain structure

Evolution

How can we assess personality?

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Projective tests

Ethics of testing

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Self-awareness

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Using self-enhancement

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What do the psychological perspectives tell us about disorders?

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Panic Disorder

Phobias

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What are mood disorders?

Major depressive disorder

Bipolar disorder

Suicide

What are dissociative disorders?

What are somatoform disorders?

What is schizophrenia?

Symptoms

Causes

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Which disorders emerge in childhood?

Autism spectrum disorder

Causes

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Causes

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Approaches to treatment

Biological

Psychological

Evidenced-based practice

Clinical assessment

The therapists

Delivering psychotherapy

Variations in length

Alternatives to individual therapy

Innovative delivery systems

Contemporary challenges in treatment

What different types of psychotherapies are used?

Psychoanalysis

Humanistic

Behavioral

Cognitive

Biopsychosocial

What are biological therapies?

Medication

ECT

Psychosurgury

Brainstimulation

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Defensive attributions

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Reducing

How are our attitudes influenced by others?

Attitude formation

Cognitive dissonance

Why does persuasion happen?

The elaboration likelihood model

Routes to persuasion

Why do we go along with the group?

Conformity

Compliance

Obedience

The power of one

How do groups work together?

Social facilitation

Social loafing

Deindividuation

Group polarization

Group think

How well do we get along with others?

Attraction & liking

Building relationships

Maintaining relationships

Ending relationships

Why do we cooperate in some situations and compete in others?

Competition & cooperation in animals

Individual differences

Influence of culture

Choosing between

Altruism & helping

Why are we aggressive?

Biology

Learning

Preventing