



## Unit 1

### Scientific Foundations of Psychology

- **Structuralism and introspection vs. functionalism**
- Approaches: psychoanalytic, humanistic, evolutionary, biological, cognitive, biopsychosocial, sociocultural
- Research Methods:
  - **Experiment:** can prove cause and effect; uses **random assignment** and a **random sample**
  - **Correlational study:** only shows correlation
  - **Survey:** info reported by ppl
  - **Naturalistic observations:** observe w/o intervening
  - **Case study:** detailed study of a person/small group
  - **Longitudinal study:** same ppl studied over time
  - **Cross-sectional study:** diff ppl studied at same time
- The **Scientific Method:** theory, hypothesis (**operational definition** used), indept var (changes), depen var (effect), confounding var (unforeseen effect)
- Measures of Central Tendency (**mean, median, mode**) vs. Measures of Variation (**st. dev, range**)
  - Normal curve, skewness, correlation
- Ethical Guidelines: **informed consent**, no harm, anonymity, **debriefing**, voluntary, explain possible risk



## Unit 2

### Biological Basis of Behavior

- Nature (genetics) vs. Nurture (environment) debate
- The endocrine system: **pituitary gland** (master gland), **hypothalamus**, release of hormones into the bloodstream
- The nervous system: faster but shorter lasting than hormones
  - Central (**CNS**) – brain and spine
  - Peripheral (**PNS**) – somatic (voluntary) vs. autonomic
    - Autonomic → Sympathetic vs. Parasympathetic
- **Neurons** – nerve cells, made up of **dendrite** (receives info), **soma** (processes info), **axon** (passes info), **myelin sheath** (speeds signal), & **terminal branches** (sends off info)
  - **Neurotransmitters** (agonist vs. antagonist): ACh, dopamine, serotonin, GABA, glutamate, endorphins, epinephrine, norepinephrine, oxytocin
  - Sensory/**afferent** vs. motor/**efferent** neurons
- **Action potential** – threshold, depolarization, **all-or-none**
- Brain structure – **Brainstem** (midbrain, pons, medulla), **Thalamus**, **Cerebellum**, **Limbic System** (emotions & memory), **Cerebrum** (lobes and cortices), Corpus Callosum
  - Split brain: left hemisphere (thinking) vs. right (creative)
  - Tools: EEG, PET, CT, MRI, fMRI
- Consciousness and **sleep** (NREM1-3, REM), sleep disorders
- Dreaming: **manifest** vs. **latent** content (Freud)



## Unit 3

### Sensation & Perception

- **Sensation (Bottom-up. vs. Top-down Processing)**
  - Sensory adaptation, sensory habituation, gestalt principles
  - **Sensory transduction:** receive, transform, deliver
  - **Signal detection theory: absolute threshold & subliminal**
  - Difference thres. /just-noticeable difference, Weber's Law
- **Perception** (your **perceptual set** set by **schemas** [concepts])
  - **Attention:** selective, cocktail party effect, inattentional vs. change blindness
  - **Monocular cues:** interposition, relative height, motion, size
  - **Binocular cues:** retinal disparity (diff bw two images)
- **Visual pathway:** cornea, pupil/iris, lens & accommodation, retina (transduction, rods vs. cones, bipolar, ganglion), optic nerve
  - Trichromatic Theory (RGB) and Opponent-Process Theory
- **Auditory pathway:** pinna, auditory canal, eardrum, hammer, anvil, stirrup, oval window, cochlea, auditory nerve
  - Sensorineural hearing loss vs. conduction hearing loss
  - Place (high-pitched) vs. frequency (low-pitched) theories
- **Chemical senses:** gustation/taste (sweet, sour, salty, bitter, umami) and olfaction/smell
- **Body senses:** somatosensation (touch), pain (gate-control theory), vestibular (movement), kinesthesia, proprioception



## Unit 4

### Learning

- **Classical Conditioning:** neutral stimulus associated with natural response
  - Pavlov (dog and bell), Watson (little Albert)
  - UCR, USC, CR, CS
  - Acquisition, extinction, spontaneous recovery, generalization, discrimination
- **Operant Conditioning:** response increased/decreased due to reinforcement or punishment
  - B.F. Skinner and Skinner Box
  - Positive & negative reinforcement and punishment
  - Reinf. schedules: fixed, variable, interval, ratio
- **Observational Learning:** learning through observation and imitation of others
  - Albert Bandura and modeling (Bobo experiment)
  - Attention, retention, reproduction, motivation
  - **Mirror** neurons in the frontal lobe
  - Prosocial vs. antisocial modeling



## Unit 5

### Cognitive Psychology

- **Effortful** (active) vs. **automatic** (unconscious) processing
- **Deep** (meaning) vs. **shallow** (surface) processing
- **Encoding:** first step in memory; visual, acoustic, semantic encoding; maintenance vs. elaborative rehearsal
- **Storing:** second step; sensory memory (iconic vs. echoic); short-term memory (chunking, mnemonics); long-term memory (explicit vs. implicit); hierarchies, schemas, prototypes
- **Retrieving:** third step; recall, recognition, relearning; serial-position effect, method of loci, priming, dependency
- **Forgetting:** Ebbinghaus curve, retroactive vs. proactive interference, retrograde vs. anterograde amnesia, repression
- **Thinking:** algorithm vs. heuristics, mental set, functional fixedness, intuition, insight, inductive vs. deductive reasoning, convergent vs. divergent thinking, diff types of bias, framing
- **Intelligence:** general intelligence (g), Thurstone's 7, Gardner's 8, Sternberg's 3, Cattell's 2 (fluid vs. crystallized), Flynn effect
  - Good test must be standardized, reliable, & valid
- **Language:** syntax, grammar, lexicon, phonemes, morphemes
- **Acquisition:** LAD, critical period, babbling stage, one-word stage, two-ord stage, broca's vs. wernicke's area



## Unit 6

### Developmental Psychology

- **Prenatal dev:** zygote → embryo → fetus, **teratogens** & FAS
  - Habituation, reflexes, neural networks, maturation
- **Social dev:** **Harlow's** attachment theory with monkey experiment, **Lorenz's** imprinting theory with a critical period, **Ainsworth's** attachment styles (secure, insecure, anxious, avoidant), **Baumrind's** parenting styles (authoritarian, authoritative, permissive), **Freud's** psychoanalytic theory, **Erikson's 8 psychosocial stages**
- **Cognitive dev:**
  - **Piaget's** 4 stages with assimilation, accommodation, and fine-tuning: **sensorimotor** (object permanence, stranger anxiety), **preoperational** (egocentrism), **concrete** operational (conservation), **formal** operational
  - **Vygotsky's** language acquisition theory, scaffolding, ZPD
- **Moral dev:** Kohlberg's preconventional, conventional, postconventional morality vs. Gilligan
- **Gender & Sexual Orientation:** gender roles & identity
- **Adulthood and aging:** reaction time decreases, memory worsens, physiological impact

**Unit 7**

## Motivation, Emotion, &amp; Personality

- **Motivation:** instincts, incentives, intrinsic vs. extrinsic, overjustification effect, achievement motivation
  - Evolutionary instinct theory vs. biological drive-reduction theory vs. optimal arousal theory vs. Maslow's hierarchy of needs
  - Hunger motivation, sexual motivation, social motivation
- **Emotion:** response involving physiological arousal, behaviors, and conscious experience. Theories include:
  - Common sense (emotion→response)
  - James-Lange (response→emotion)
  - Cannon-Bard (response+emotion)
  - Schachter-Singer (response+thoughts→emotion)
  - Zajonc-LeDoux (emotion separate from thoughts)
- **Stress:** how we respond to stressors
  - Fight or flight response (sympathetic NS)
  - Seyle's general adaptation syndrome (alarm, resistance, exhaustion)
  - Motivation conflict theory (approach & avoidance)
- **Psychoanalytic theories of personality:** Freud
  - The unconscious, preconscious, and conscious
  - The id, ego, and superego
  - Psychosexual stages: oral, anal, phallic (oedipus or electra complex), latency, genital
  - Defense mechanisms: repression, regression, reaction formation, projection, rationalization, displacement, sublimation, denial
- **Psychodynamic theories:** Carl Jung & Alfred Adler
- **Social-cognitive theories:**
  - Reciprocal determinism (Bandura)
  - Locus of Control (internal vs. external)
  - Optimism vs. pessimism
  - Self-esteem, self-efficacy, self-serving bias
- **Behavioral theories:** Skinner
- **Humanistic theories:** self-esteem and self-concept
  - **Maslow** - hierarchy of needs
  - **Rogers** - genuineness, acceptance, empathy → unconditional positive regard
- **Trait theories:** Allport, Eysenck, Myers & Briggs, Cattell
  - Costa and McCrea's Big Five (**O**penness, **C**onsciousness, **A**greeableness, **E**xtraversion, **N**euroticism)
- **Measuring Personality:**
  - Projective tests: Rorschach inkblot and TAT
  - Personality inventories: self-report and MMPI

**Unit 8**

## Clinical Psychology

- **DSM-5:** defines guidelines and symptom lists
- **Neurodevelopmental & Schizophrenic Disorders**
  - **Autism Spectrum Disorder (ASD)**
  - **Attention Deficit Hyperactivity Disorder (ADHD)**
    - Marked by inattention, hyperactivity, or impulsivity
  - Intellectual disability - IQ below 70
  - **Schizophrenia** - psychosis
    - Acute schizophrenia: positive symptoms (delusions and hallucinations)
    - Chronic schizophrenia: negative symptoms (catatonia, flat affect, inability to feel emotion, impaired attention)
- **Mood and Anxiety Disorders**
  - **Major Depressive Disorder (MDD)**
    - Depressed mood & loss of interest for sustained period
    - Persistent depression (2+ years) = dysthymic disorder
  - **Bipolar disorder (BP)** - swings b/w depression & mania
  - **Panic disorder** - physiological and fear-based anxiety
  - **Obsessive-compulsive disorder (OCD)**
    - Obsessions (repetitive thoughts)
    - Compulsions (repetitive behaviors)
  - **Generalized anxiety disorder (GAD)** - consistent anxiety
  - **Phobias** - disruptive fears of any specific source
- **Trauma, Stressor, and Somatic Related Disorders**
  - **Post-Traumatic Stress Disorder (PTSD)**
  - **Conversion Disorder** - experiencing physical symptoms w/ no reason (makes no physiological sense)
  - **Illness Anxiety Disorder** - interpreting physical symptoms as signs of disease (hypochondriasis)
  - **Dissociative Identity Disorder (DID)** - presence of several distinct personality states
- **Feeding, Substance, and Personality Disorders**
  - **Anorexia Nervosa** - restriction of food, unhealthy obsessions and compulsions regard weight, malnutrition
  - **Bulimia Nervosa** - cycles of binge eating and purging to lose weight, often fluctuating weight
  - **Binge eating** - hunger regulation is low/nonexistent due to issues in the hypothalamus
  - **Personality disorders:** categorized into three clusters (A,B,C)
- **Treatment of Disorders:** based on psychological perspective
  - Behavioral: uses counterconditioning and systematic desensitization (using hierarchies of exposure)
  - Cognitive: uses rational-emotive behavior therapy (REBT)
  - Humanistic: uses client-centered talk therapy (focused on active listening and unconditional positive regard)
  - Psychodynamic: uses free association
  - Cognitive-behavioral: uses cognitive behavioral therapy (CBT)
  - **Other treatments:** antidepressants, anti-anxiety, mood stabilizers, antipsychotic drugs, ECT, rTMC

**Unit 9**

## Social Psychology

- **Attribution theory:** we explain someone's behavior by looking at personality or circumstances
  - Fundamental attribution error
  - Just-world hypothesis
  - Self-serving bias
- **Perceiving others:** false-consensus effect, confirmation bias, halo effect, self-fulfilling prophecy
- **Persuasion:** central route vs. peripheral route
- **Attitudes:** foot in the door vs. door in the face phenomena
- Festinger's **cognitive dissonance theory**
- **Conformity:** adjusting our behaviors to mold to a standard
  - Informational vs. normative social influence
  - Asch experiment
  - **Groupthink**
- **Compliance** and adoption of roles (Stanford Prison experiment)
- **Obedience** (Milgram experiment)
- **Group Influences on Behavior**
  - **Social loafing:** putting less effort in a group
  - **Social facilitation** vs. **inhibition**
  - **Group polarization** and bias
  - **Deindividuation:** losing self-restraint in groups
  - Helping others: bystander effect, reciprocity norm
- **Biases and Stereotypes**
  - **Prejudice:** ingroups vs. outgroups
  - Ethnocentrism, just-world phenomenon, scapegoat theory
  - Confirmation bias, availability heuristic, hindsight bias
  - Discrimination and the mere-exposure effect
- **Altruism:** unselfish concern for the welfare of others
- **Aggression:** based on genetics, outside influences, biochemical influences, social scripts, + the frustration-aggression principle
- **Attraction:** based on exposure, impression, and similarity
- **Passionate** vs. **compassionate** love

**FRQ Tips**

- **FRQ Writing Strategies:**
  - **Spacing:** skip a line between each answer
  - **Order:** answer frq in the order the terms are given
  - **Definitions:** define *each* term
  - **Application:** always apply the term to the given scenario
  - **Synonyms:** find another word that means the same thing not already used in the definition.
- **4 Golden Rules:**
  - Always write in complete sentences
  - Write in paragraph form
  - Always reference the given scenario
  - Always define key terms