

Unit 1 - Careers in Psychology

Francis Bacon = one of founders of modern science; ideas later added by Locke to form modern *empiricism* (knowledge is from experience, science rely on observation and experimentation)

John Locke (cognitive) = mind is a blank state (Aristotle's *tabula rasa*); *empiricism* (knowledge acquired by careful observation)

Edward Titchner = *structuralism* (study human mind via introspections); *introspection* (looking inward)

Margaret Washburn = first woman to receive psych Ph.D.; synthesized animal behavior research in "The Animal Mind"; couldn't join *experimental psychologists* (study of behavior and thinking using experiment)

Sigmund Freud = *Freudian psychology* (emphasized ways our unconscious thought processes and our emotional responses to childhood experiences affect our behavior); psychodynamic approach

Unit 4 - Parts of Eye and Ear

Parts of Eye:

pupil = adjustable opening in center of eye through which light enters

iris = ring of muscle tissue that forms colored part of eye around pupil and controls size of pupil opening

Parts of Ear:

outer ear = eardrum (a tight membrane that vibrates)

middle ear = chamber btwn eardrum and cochlea containing 3 tiny bones (*hammer, anvil, stirrup*) that concentrate vibrations of eardrum on cochlea's oval window

Unit 4 - Parts of Eye and Ear (cont)

lens = transparent structure behind pupil that changes shape to help focus images on retina

retina = light-sensitive inner surface of eye, containing receptor rods & cones plus layers of neurons that begin the processing of visual info

accommodation = eye's lens changes shape to focus near/far objects on the retina

the retina:

rods = retinal receptors that detect black, white and gray (*shade*)

cochlea = coiled, bony, fluid-filled tube in inner ear; sound waves traveling through cochlear fluid trigger nerve impulses

inner ear = contains cochlea, semicircular canals, and vestibular sacs

pitch = a tone's experienced highness/lowness; depends on frequency

frequency = number of complete wavelengths that pass a point in a given time

place theory = links the pitch we hear with the place where the cochlea's membrane is stimulated

Unit 4 - Parts of Eye and Ear (cont)

cones = retinal receptor cells that function in daylight, detecting fine detail and *color*

optic nerve = the nerve that carries neural impulses from eye to brain

blind spot = point the optic nerve leaves the eye where no receptor cells are located there

fovea = central focal point in retina around where cones cluster

frequency theory = the rate of nerve impulses traveling up the auditory nerve matches frequency of a tone, allowing us to sense its pitch

Unit 5 - States of Consciousness

consciousness = our awareness of ourselves and our environment

circadian rhythm = biological clock; regular bodily rhythms

REM = rapid eye movement; recurring sleep stage which vivid *dreams* occur; muscle relax but other body systems are active (paradoxical sleep)

alpha wave = relatively slow brain waves; relaxed, but awake state

delta wave = large, slow brain waves associated with deep sleep

NREM sleep = (non-rapid eye movement); encompasses all sleep stages except REM; *deep sleep*

Sleep Stages = every 90 mins, 8 full cycles; leaving alpha waves to irregular brain waves of non-REM stage 1-> NREM 1; NREM2 spend most time here (20mins), sleep spindles; NREM3

Unit 7 - Memories

memory the persistence of learning over time through the encoding, storage, and retrieval of info

encoding the processing of info to the memory system

mnemonics memory aids; techniques that use vivid imagery/organizational devices

the spacing effect the tendency for distributed study/practice to yield better long-term retention than is achieved through massed study/practice

belief perseverance to continue believing in something even though there was evidence that supports its contradiction

morphemes in a language, the smallest unit that carries meaning (may be a word or a part of a word)

syntax the ordering of words when making a sentence

Unit 9 - Developmental Psychology

3 issues of developmental psychologists nature and nurture, continuity and stages, stability and change

Unit 9 - Developmental Psychology (cont)

Kohlberg moral reasoning; preconventional (self interest), conventional (uphold laws and social), postconventional (ethics)

Erik Erikson psychosocial; basic trust, autonomy, initiative, competence, identity, intimacy, generativity, integrity

Piaget cognitive; sensorimotor (0-2 yrs, object), preoperational (2-7), concrete operational (7-11), formal operational (12-)

prenatal development zygote (fertilized egg) -> embryo (developing human organism) -> fetus

Harlow known for his maternal-separation, dependency needs, and social isolation experiments on rhesus monkeys, which manifested the importance of caregiving and companionship to social and cognitive development

Unit 9 - Developmental Psychology (cont)

critical period an optimal period early in the life of an organism when exposure to certain stimuli/experiences produces normal development

transgender an umbrella term describing ppl whose gender identity/expression differs from that associated with their birth sex

Unit 2 - Research Methods

hindsight bias *i-knew-it-all-along* phenomenon

mean the arithmetic avg of a distribution by adding the scores and then dividing by the number of scores

mode the most frequently occurring score(s) in a distribution

median the middle score in a distribution; half the scores are above it and half are below it

range the difference between the highest and lowest scores in a distribution

standard deviation computed measure of how much scores vary around the mean score



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Unit 2 - Research Methods (cont)

phrenology (Franz Gall) studying bumps on skull could reveal a person's mental abilities and character traits

Unit 4 - Sensation & Perception

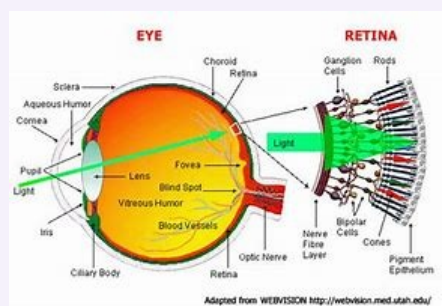
top-down processing info processing guided by higher-level mental processes, as when we construct perceptions drawing on our experience & expectations

bottom-up processing analysis that begins with the sensory receptors and work up to the brain's integration of sensory information

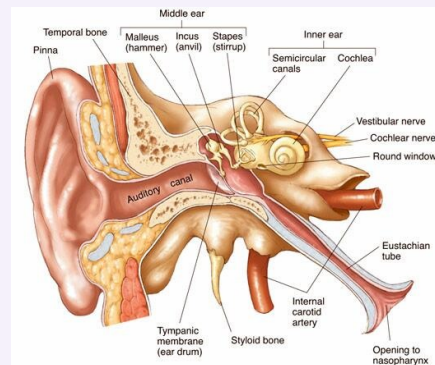
sensation process which our sensory receptors and nervous system receive and represent stimulus energies from our environment

perception process of organizing and interpreting sensory info, enabling us to recognize meaningful objects/events

Parts of Eye



Parts of Ear



Unit 5- Sleep Disorders

insomnia recurring problems in falling/staying asleep

narcolepsy uncontrollable sleep attacks, lapse directly to REM

sleep apnea temporary stop breathing during sleep and waking up

night terrors high arousal & appearance of being terrified; occur during NREM3 within 2-3 hrs of sleep

somnambulism sleepwalking, sleep talking/eating/driving

Unit 6 - Learning

learning process of acquiring new and relatively enduring info or behaviors

classic conditioning associating two stimuli and anticipate events

operant conditioning associating a response with a consequence

reinforcement schedule a pattern that defines how often a desired response will be reinforced

Unit 6 - Learning (cont)

law of effect (Thorndike) the idea that responses that led to positive effects are repeated and vice versa

Skinner box in operant conditioning research containing a bar/key that an animal can manipulate to obtain a food/water reinforcer; attached devices record animal's rate of bar pressing/key pecking

learned helplessness the hopelessness and passive resignation one learns when unable to avoid repeated aversive events

external locus of control the perception that chance/outside forces beyond our personal control determines our fate

Unit 10 - Personality

personality an individual's characteristic pattern of thinking, feeling, and acting

repression in psychoanalytic theory, the basic defense mechanism that banishes from consciousness anxiety-arousing thoughts, feelings, and memories

Unit 10 - Personality (cont)

Big Five Costa & McCrae; CANOE: Conscientiousness, Agreeableness, Neuroticism (emotional stability vs instability), Openness, Extraversion

Maslow's self-actualization one of ultimate psychological needs that arises after basic physical & psychological needs are met and self-esteem is achieved; the motivation to fulfill one's potential ->self transcendence

social-cognitive perspective Bandura; views behavior as influenced by interaction btwn people's traits (and their thinking) and their social context; Bobo Doll experiment

Unit 3 - Biological Psychology

cerebral cortex fabric of interconnected neural cells covering the cerebral hemispheres; the body's ultimate control and information-processing center; contain the lobes

frontal lobes involved in speaking and muscle movements and in making plans and judgments

parietal lobes receives sensory input for touch and body position

Unit 3 - Biological Psychology (cont)

occipital lobes receive information from visual fields

temporal lobes auditory areas, each receiving info primarily from opposite ear

right brain hemisphere *perceptual* task; groups in categories like pen pencil book is school, make speech mean clear, help orchestrate our sense of self

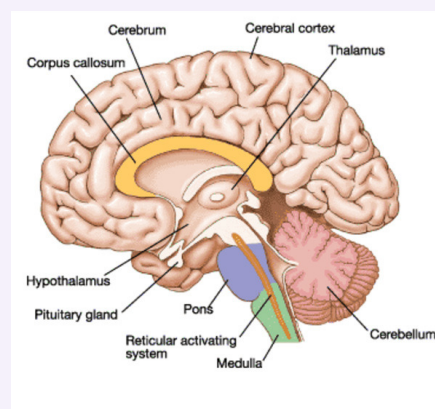
left brain hemisphere when the person speaks or calculates; make quick, literal interpretations of language

hippocampus processes conscious memories

cerebellum processes sensory input, coordinating mvmt and balance, & enabling nonverbal learning/memory

hypothalamus desires (urges, impulses), food, thirst, sex

Brain Structure Image



*Unit 4 - Theories and Others

Eye Vision:

Young-Helmholtz Trichromatic (three-color) Theory = retina contains three diff color receptors: red, green, blue; which, when stimulated can produce perception of any color

opponent-process theory = opposing retinal processes (r-g, y-b, w-b) enable color vision. I.e. some cells stimulated by green, inhibited by red

gestalt = an organized whole; emphasized our tendency to integrate pieces of info to meaningful wholes

parallel processing = doing many things at once

Other Senses:

gate-control theory = accepting or denying pain to the brain

McGurk Effect = sensory integration = senses not lined up & seems off (ex. some hear may, some hear bay)

Unit 5 - Addiction

depressants alcohol, barbiturates (tranquilizers), opiates; calm neural activity and slow body functions

stimulants caffeine, nic, amphetamines, cocaine, ecstasy, methamphetamine; excite neural activity and speed up body functions

hallucinogens psychedelic (mind-manifesting) drugs like LSD; distort perceptions and evoke sensory images in absence of sensory input

Unit 8 - Motivation, Emotion, Stress

motivation a need or desire that energizes and directs behavior

James-Lange physical 1st, emotion 2nd; we observe our heart racing after a threat and *then* feel afraid

two-factor Schachter-Singer theory that to experience emotion, one must be physically aroused and cognitively label the arousal (heart began pounding as i experience fear)

set-point the point at which an individual's weight thermostat is set

orexin hunger-triggering hormone secreted by hypothalamus

ostracism an extreme form of rejection in which one is excluded and ignored in the presence of others

emotion a response of the whole organism involving physiological arousal, expressive behaviors, and conscious experience

polygraph machine commonly used in attempts to detect lies, that measures several physiological responses accompanying emotion

Abraham Maslow hierarchy of needs; bottom to top: physiological, safety, belongingness/love, esteem, self-actualization, self-transcendence

Unit 11 - Intelligence

intelligence mental quality consisting of the ability to learn from experience, solve problems, and use knowledge to adapt to new situations

Spearman *general intelligence (g)* factor that underlies specific mental abilities & therefore measured by every task on an intelligence test; *factor analysis* used to identify diff dimensions of performance that underlie a person's total score

Gardner 8 mult intelligences: naturalist, linguistic, logical-mathematical, musical, spatial, bodily-kinesthetic, intrapersonal, interpersonal

Sternberg 3 intelligences: analytical, creative, practical

Binet *mental age*: chronological age that most typically corresponds to a given level of performance



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