

Psych Final Exam Review Sheet

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History Division

Use your flash cards (remember those...), notes, and study the following terms for your final. Most of them will be on the exam. I would suggest circling or crossing out the ones you have materials for and finding the ones you don't. Turn these terms into questions to help you study.

✓ All of the Approaches/Personality

- Trait Theory
 - Big Five: Be able to identify characteristics of each personality factor (CANOE)
 - Extraversion
 - Agreeableness
 - Conscientiousness
 - Neuroticism
 - Openness to Experience
- Sociocultural:
 - Bandura's study on Bobo the Clown
 - Cognition
 - How does the sociocultural approach explain the ways we learn and are influenced?
- Humanistic
 - Abraham Maslow
 - Hierarchy of Needs
 - Self-Actualization
- Behaviorism: Operant and Classical Conditioning
 - Operant Conditioning: Know the steps of Operant Conditioning
 - Frequency
 - Reinforcement
 - Positive vs. Negative Reinforcement
 - Punishment
 - BF Skinner
 - Classical conditioning: Know the steps of Classical Conditioning
 - Learning
 - Conditioning
 - Unconditioned Stimulus
 - Unconditioned Response
 - Neutral Stimulus
 - Conditioned Stimulus
 - Conditioned Response
 - Ivan Pavlov
 - Punishment
- Psychodynamic (Freudian)
 - ID, Ego, Superego
 - Unconscious
 - Psychosexual stages

- Identification
- Fixation
- Defense Mechanisms:
 - Rationalization
 - Regression
 - Repression
 - Denial
 - Reaction Formation
 - Projection

✓ Neuroscience

- Define it
- See and know the neuron parts
 - Axon
 - Axon terminals
 - Dendrites
 - Myelin Sheath
 - Soma
 - Action Potential
 - Resting Potential
 - Refractory Period
- Nervous System
 - Para- and sympathetic systems
 - Central Nervous System (CNS) and Peripheral Nervous System (ANS)
 - Somatic and Autonomic systems
 - Endocrine System
- Know how messages are sent throughout your body.
- Neurotransmitters: Know how these neurotransmitters act
 - GABA
 - Epinephrine
 - Acetylcholine
 - Serotonin
 - Dopamine
- Parts of the brain
 - Hypothalamus
 - Hippocampus
 - Thalamus
 - Medulla
 - Cerebrum
 - Cerebellum
 - Brain stem
 - Motor Cortex
 - Phineas Gage
 - Occipital Lobe
 - Frontal Lobe
 - Corpus Callosum
 - Wernicke's Area
 - Broca's Area
 - Cerebral Cortex
 - Right vs. Left Hemispheres of Brain
 - Plasticity (Notes and Video)
- Mouse Party

✓ **States of Consciousness**

- Consciousness
- Biological Rhythms
 - Circadian
 - Infradian
 - Ultradian
- Freud
 - General theory on dreaming
 - Latent and manifest
- Sleep Stages
 - REM
 - Non-REM and it's 4 stages
 - Delta sleep
 - Sleep Spindles
- Dream theories
 - Activation synthesis
 - Physiological function
 - Information processing
 - Freudian/Wish fulfilment
- Sleep Hygiene
 - Costs and Benefits of sleep on your body
- Lucid Dreaming: Define it
 - Connect to Inception
- Sleep disorders
 - Narcolepsy
 - Sleep apnea
 - Somnambulism
 - Insomnia
 - Enuresis
 - Bruxism
 - Myoclonus
 - Night terrors

✓ **Abnormal Psychology:** Know the causes, symptoms, treatment, people at risk and diagnosed for each of the following:

- Autism
- PTSD
- Anxiety
- Depression
- Schizophrenia
- Empathy
- People First Language
- Milgrim Study

✓ **Movies:** Inside Out, Inception, 60 Minutes, What About Bob?

