AP Psychology

Key Ideas Review Sheet

**Research and Scientific Method (8-10%)**

* Case studies, Naturalistic Observation, surveys
* Correlation research methods
* Experimental research
* Independent vs. Dependent Variables
* Experimental vs. Control groups
* Controls
	+ Random Sampling vs. Random assignment
	+ Double-blind
	+ Placebo
* Hindsight bias and Overconfidence
* Normal Distribution, Correlation Coefficients, Standard Deviation
* Ethics
* Statistical Significance

**Neurobiology (8-10%)**

* Neurons - Axons, dendrites, synaptic gap, myelin
* NTs - Acetylcholine, endorphins, serotonin, dopamine
* Sympathetic vs. Parasympathetic NS
* Brainstem
	+ Medulla (heartbeat & breathing)
	+ Pons (sleep & calming)
	+ Reticular Formation (arousal center)
	+ Thalamus (sensory switchboard)
* Limbic System
	+ Hippocampus (memory)
	+ Hypothalamus (4 fs)
	+ Cerebellum (Balance & procedural memory)
	+ Amygdala (fear & aggression)
* Cerebral Cortex
	+ Occipital Lobe (vision)
	+ Parietal Lobe (sensory cortex)
	+ Temporal Lobe (hearing)
	+ Frontal Lobe (motor cortex, personality & judgement)
	+ Right vs. Left Hemisphere
		- Research by Sperry and Gazzaniga
	+ Broca’s vs. Wernicke’s areas
	+ Corpus callosum
* Scans
	+ CAT, MRI, PET, fMRI, EEG
* Glands
	+ Pituitary, Adrenal, Thyroid

**Development (7-9%)**

* Identical vs. Fraternal Twins
* Attachment
* Cognitive Development (Piaget)
	+ Stages – Sensorimotor, Preoperational, Concrete, Formal Operational
	+ Schema, assimilation, accommodation
	+ Object Permanence
	+ Egocentrism
	+ Conservation
* Parenting Styles (Baumrind)
	+ Authoritative, Authoritarian, Permissive
* Moral Development (Kohlberg)
	+ Pre-conventional, Conventional, Post-conventional
* Social Development (Erikson)
* A Strange Situation (Ainsworth)
* Stages of Grief (Kubler-Ross)
* Alzheimer’s (decreased Ach)
* Parkinson’s (decreased dopamine)
* Cross sectional vs. Longitudinal
* Fluid vs. Crystallized Intelligence

**Sensation and Perception (6-8%)**

* Absolute Threshold
* Weber’s Law
* Signal Detection theory
* Vision
	+ Parts of the eye – pupil, lens, retina (rods and cones) fovea, optic nerve, blind spot
* Hearing
	+ Parts – eardrum, middle ear (Hammer, anvil, stirrup) Cochlea, Basilar membrane
* Vestibular vs. Kinesthesis sense
* Gate Control Theory – substance P
* Selective Attention
* Perceptual Set
* Binocular Cues (retinal disparity, convergence)
* Monocular Cues (relative size, relative height, texture gradient, interposition, linear perspective, relative clarity)
* Phi Phenomenon
* Gestalt – figure-ground, closure, similarity, proximity

**Learning (7-9%)**

* Classical Conditioning (Pavlov)
	+ UCS, UCR, CS and CR
	+ Acquisition, extinction, spontaneous recovery, discrimination, generalization,
* Operant Conditioning (Skinner)
	+ Reinforcement vs. Punishment (Pos. vs. Neg.) Shaping, Primary vs. Secondary Reinforcers, Overjustification Effect
* Reinforcement Schedules
	+ Fixed ratio, variable ratio, fixed interval, variable interval, continuous
* Observational Learning (Bandura & Bobo dolls)
* Taste Aversion
* Garcia – Evolutionary
* Tolman – Lantent learning and Cognitive maps
* Resorla – Contingency Theory

**Memory and Cognition (8-10%)**

* Encoding, storage, retrival
* Deep vs. Shallow processing
* Mnemonic devices
* Spacing effect
* Forgetting Curve (Ebbinghaus)
* Serial Position Effect
	+ Primacy vs. Recency
* Proactive vs. Retroactive Interference (PORN)
* Amnesia – Antrograde vs. Retrograde
* Divergent vs. Convergent thinking
* Episodic vs. procedural memories
* Prototypes
* Algorithms
* Heuristics
	+ Representative vs. Availability
* Functional Fixedness
* Framing
* Metacognition
* Phonemes vs. Morphemes
* Critical Period (Genie)

**Intelligence (5-7%)**

* Achievement vs. Aptitude
* Reliability
* Validity
* G factor (Spearman)
* Multiple Intelligences ( Gardner)
* Emotional Intelligences
* IQ tests
	+ Stanford-Binet vs. Weschler
* Triarchtic - Sternberg

**States of Consciousness (2-4%)**

* Sleep
	+ Beta waves, alpha waves, delta waves, sleep spindles
	+ Sleep cycle – stage 1-3 (NREM), REM (paradoxical)
* Disorders (Night terrors, Narcolepsy, Insomnia, Sleep Apnea)
* Hypnosis
* Drugs (Stimulants, Depressants, Hallucinogens)
* Withdrawal

**Personality (5-7%)**

* Psychoanalytic
	+ Freud Stages (Oral, Anal, Phallic, Latency, Genital)
	+ Id, Ego, Superego
	+ Defense Mechanisms (repression, reaction formation, projection, displacement, sublimation)
	+ Projective tests (TAT, Rorschach)
	+ Carl Jung, Erik Erikson, Alfred Adler
* Trait
	+ The Big Five (OCEAN)
	+ Myers-Briggs, MMPI
* Humanistic
	+ Maslow – hierarchy of needs, self-actualization
	+ Carl Rogers – Unconditional Positive Regard
* Socio-Cognitive
	+ Bandura (Reciprocal determinism, self-efficacy)
	+ Internal vs. External Locus of Control
	+ Learned Helplessness

**Abnormal (7-9%)**

* DSM 5
* Anxiety Disorders
	+ Generalized Anxiety Disorder
	+ Panic Disorder
	+ Phobias
* Obsessive-Compulsive and Related Disorders
	+ Hoarding
* Stress and Related Disorders
	+ Posttraumatic Stress Disorders
* Somatoform
	+ Conversion
* Mood
	+ Major Depression
	+ Dysthymia
	+ Seasonal Affect Disorder
* Bipolar
* Schizophrenia
* Personality Disorders

**Treatment of Disorders (5-7%)**

* Psychoanalytic (free association, transference, dream analysis – manifest vs. latent content)
* Humanistic
	+ Rogers – Client Centered Therapy
* Behavioral
	+ Systematic Desensitization
	+ Aversion Conditioning
	+ Token Economy
* Cognitive
	+ Rational-Emotive Therapy (Ellis)
	+ Beck’s Cognitive Therapy
* Bio
	+ Drugs, surgery ECT
* Eclectic Approach – many approaches

**Motivation and Emotion (6-8%)**

* Instinct vs. drive-reduction vs. optimal arousal
* Hypothalamus (Ventromedial vs. Lateral)
* Set Point
* Anorexia vs. Bulimia
* Intrinsic vs. Extrinsic Motivation
* Emotion theories (James-Lange, Cannon-Bard, Schacter-Singer)
* Stress – General Adaptation Theory
* Type A vs. Type B

**Social Psych (8-10%)**

* Fundamental Attribution Error
* Foot-in-the-Door vs. Door-in-the-face
* Cognitive Dissonance
* Group Polarization
* Groupthink
* Social Facilitation
* Deindividuation
* Social Loafing
* Asch conformity experiment
* Milgram shocking experiment
* Zimbardo prison experiment
* Diffusion of Responsibility