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<u>Chapter 1 – Methods, Approaches, and Statistics</u>	
1.	Define <u>psychology</u> .
2.	What is objectivity and why is it important in psychological studies?
3.	Name two ways that an experimenter can prevent <u>bias</u> .
4.	List the steps of the <u>scientific method</u> as it applies to psychology.
5.	Describe the difference between <u>correlation</u> and <u>causation</u> .
6.	Discuss the advantages of research over other ways of knowing.
7.	Researchers reported in the <i>Journal of American Medicine</i> the results of a 16 year study shows that there is a link between obesity and breast cancer. Name the <u>independent</u> and <u>dependent variable</u> in this study.
8.	For the above study, explain three potential <u>confounding variables</u> .
9.	For the above study, why would the <u>population</u> and <u>sample size</u> be important?
10.	Give a specific example of the <u>Hawthorne Effect</u> other than the famous factory worker study.
11.	What is the “ <u>placebo effect</u> ?”
12.	Define Rosenthal and Jacobson’s <u>self-fulfilling prophecy</u> and give an example.
13.	If an experimenter is <u>operationalizing variable</u> , what is he or she doing?
14.	Define each of the following data gathering techniques; <u>questionnaire</u> , <u>interview</u> , <u>naturalistic observation</u> , <u>experiment</u> , <u>case study</u> . Provide one positive and one negative of each.
15.	List and explain two components of the APA’s guidelines for the ethical treatment of human participants in experiments/studies.
16.	Explain how the following terms are <u>experimental pitfalls</u> ; <u>false consensus effect</u> , <u>wording effect</u> , <u>hindsight bias</u> , <u>overconfidence</u> , <u>racial</u> or <u>gender bias</u> .
17.	Explain how <u>functionalism</u> , <u>structuralism</u> , and <u>gestalt</u> psychology study behavior? Who founded each?
18.	Explain how each of the following approaches of psychology would explain human behavior: <u>behaviorist</u> , <u>cognitive</u> , <u>humanistic</u> , <u>sociocultural</u> , <u>psychoanalytic</u> , <u>neurobiological</u> and <u>evolutionary</u> . Name a major contributor of each approach.
19.	Tamara scored 145 on an IQ test with a mean of 100 and a standard deviation of 15. What is her <u>z-score</u> ? What does it tell us?
20.	What are <u>mean</u> , <u>median</u> , and <u>mode</u> ? Where are they located on a <u>skewed</u> and <u>normal distribution</u> ?
21.	Sandy scored a perfect 100 on a test everyone else in the class failed. If we were to graph this distribution, what would it look like?
22.	Describe the components of a <u>normal curve</u> .
23.	An intelligence test for which the scores are normally distributed has the mean of 110 and a standard deviation of 10. Use this information to describe how the scores would be distributed.
<u>Chapter 2 – Brain and Behavior</u>	
1.	Explain one genetic abnormality that affects behavior.
2.	Define <u>nature</u> , <u>nurture</u> , and <u>combined view</u> .
3.	How did the scientific breakthrough of <u>mapping the human genome</u> alter the study of psychology?
4.	What is a <u>neuron</u> ?
5.	Describe the difference between <u>afferent</u> and <u>efferent neurons</u> .
6.	Describe the difference between <u>sensory</u> and <u>motor neurons</u> .
7.	Describe what each of the following parts of the neuron is responsible for: <u>axon</u> , <u>myelin sheath</u> , <u>dendrites</u> , <u>neurotransmitters</u> , <u>synapse</u> , <u>node of ranvier</u> , <u>axon terminal</u> , and <u>synaptic vesicles</u> .
8.	What is <u>action potential</u> ? Why is it an electrochemical process?
9.	What happens when the neuron is stimulated to its <u>threshold</u> ?
10.	What is <u>depolarization</u> ?

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11.	What is <u>reuptake</u> ?	
12.	What is <u>refractory period</u> ?	
13.	List four <u>neurotransmitters</u> and explain their affect on behavior.	
14.	Describe the difference between the <u>somatic</u> and <u>autonomic nervous system</u> .	
15.	Describe the difference between the <u>sympathetic</u> and <u>parasympathetic nervous system</u> .	
16.	Explain why brain images techniques are so important to the study of the brain.	
17.	Describe the differences between the following brain imaging techniques: <u>EEG</u> , <u>CAT</u> , <u>MRI</u> , <u>PET</u> , and <u>fMRI</u> .	
18.	List the parts of the <u>forebrain</u> and explain what behavior each affects.	
19.	List the parts of the <u>hindbrain</u> and explain what behavior each affects.	
20.	Explain what the <u>corpus callosum</u> controls.	
21.	Explain what the <u>Sperry's</u> research on split-brain patients proves.	
22.	Explain the differences between <u>right</u> and <u>left hemispheres</u> of the brain.	
23.	Explain what <u>Phineas Gage</u> , <u>Broca</u> , and <u>Wernicke</u> contribute to the study of the brain.	
24.	List the parts of the <u>cortex</u> and explain what behavior each affects.	
25.	What are <u>hormones</u> ?	
26.	What do <u>sex glands</u> control? What two hormones do these glands produce?	
27.	What does the <u>pituitary gland</u> control? What hormones are associated with this gland?	
28.	What does the <u>pancreas gland</u> control? What hormones are associated with this gland?	
29.	What does the <u>adrenal gland</u> control? What hormones are associated with this gland?	
30.	What does the <u>thyroid gland</u> control? What hormones are associated with this gland?	
31.	Blindness can result from damage to which part of the cortex?	
32.	Deafness can result from damage to the inner ear and to what two areas of the brain?	
33.	Antidepressant drugs like Prozac are often used to treat mood disorders because they affect which neurotransmitter?	
34.	You eat some sushi and feel that you are slowly losing control over your muscles. The bacteria you ingested is interfering with which neurotransmitter?	
<u>Chapter 3 – Sensation and Perception</u>		
1.	Define <u>sensation</u> and give an example.	
2.	How does sensation affect perception?	
3.	Define <u>perception</u> . Give an example of perception.	
4.	What is <u>psychophysics</u> ?	
5.	Define <u>absolute threshold</u> . Give an example.	
6.	How does absolute threshold affect perception?	
7.	Explain <u>Weber's Law of difference threshold</u> or just-noticeable threshold. Give an example.	
8.	How does difference threshold affect perception?	
9.	Describe the difference between absolute and difference threshold.	
10.	Describe signal detection theory.	
11.	What is sensory adaptation? Give an example.	
12.	How does sensory adaptation affect perception?	
13.	Define subliminal perception. Give an example.	
14.	What is selective attention? Give an example.	
15.	How does selection attention affect perception?	
16.	What is cocktail party phenomenon? Give an example.	
17.	What is signal detection theory?	
18.	How does signal detection affect perception?	

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19.	How do gestalt psychologists study perception?	
20.	What is top-down processing? Give an example.	
21.	How does top-down processing affect perception?	
22.	What is top-bottom-up processing? Give an example.	
23.	How does bottom up processing affect perception?	
24.	List and explain three gestalt theories of perception. Give example of each.	
25.	List two perceptual constancies and explain how it effect perception.	
26.	What are hue and brightness?	
27.	Name the parts of the eye light passes through in order to the brain.	
28.	What is the blind spot? How does it effect perception?	
29.	What is accommodation? How does this effect perception?	
30.	What is transduction? How does this effect perception?	
31.	Explain the following presbyopia, myopia, and hyperopia.	
32.	What are depth cues? How do depth cues effect perception?	
33.	Name two of the Gestalt rules of perceptual organization.	
34.	How do these Gestalt rules explain perception?	
35.	Name all of the parts of the ear in order of how sound passes through.	
36.	What is sound localization and how does it effect perception?	
37.	Describe the difference between filter theory and attenuation theory.	
38.	What did Hubel and Wiesel win the Nobel Prize for?	
39.	What are feature detectors and how do they aid in perception?	
40.	Describe the process of smell.	
41.	How does smell effect perception?	
42.	Describe the process of taste.	
43.	How does taste effect perception?	
44.	Where is the first place in the brain that sensory information (excluding smell) goes?	
45.	What are the four categories of taste buds?	
46.	What is kinesthetic sense? Give and example.	
47.	What is vestibular sense? Give and example.	
48.	Describe two components of color.	
49.	What is the difference between trichromats, monochromats, and dichromats?	
50.	Explain the Young-Helmholtz theory of color vision.	
51.	Explain the Opponent-Process theory of color vision.	
52.	What is conduction deafness?	
53.	Where is the information processed for meaning for each of the senses?	
54.	What are binocular cues?	
55.	Name and explain two binocular cues.	
56.	What is convergence? How does it effect perception?	
57.	What are monocular cues?	
58.	Name and explain two monocular cues.	
59.	What is prosopagnosia?	
60.	What is an illusion? Give an example.	
61.	How does an illusion effect perception?	
62.	What is stroboscopic movement? How does it effect perception?	
63.	What is phi phenomenon? How does it effect perception?	

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64.	What is the Purkenje phenomenon? How does it effect perception?	
65.	Describe one controversy regarding perception.	
66.	Color blindness and color after image are best explained by what theory of color vision?	
67.	Name one behavior you would not be able to do without the vestibular sense.	
68.	Explain the gate control theory.	
69.	Explain perceptual set. How does it effect perception?	
<u>Chapter 4 – Consciousness</u>		
1.	Define consciousness.	
2.	List and explain the different state of consciousness. Give an example of each.	
3.	Define altered states of consciousness. Give an example.	
4.	What is a person's circadian rhythm?	
5.	Give one example of how a person's circadian rhythm can be disrupted.	
6.	Explain two reasons why we sleep.	
7.	What is the difference between REM and NREM sleep?	
8.	What is REM rebound?	
9.	Describe the different stages of sleep and explain how they differ.	
10.	During a normal night's sleep, how many times does a person pass through the different stages of sleep?	
11.	Define dreams.	
12.	Analyze the different theories of dreaming.	
13.	Explain the difference between latent and manifest content of dreams.	
14.	List and explain the common sleep disorders and their consequences.	
15.	What are the two most common sleep disorders?	
16.	Define hypnosis.	
17.	Explain three ways hypnosis can treat patients.	
18.	Explain post-hypnotic suggestion.	
19.	Differentiate between the different theories of hypnosis.	
20.	Analyze why psychologists are suspicious of hypnotically enhanced memories.	
21.	Define psychoactive drugs.	
22.	Describe psychoactive drugs and their effects.	
23.	How do psychological and physiological drugs differ?	
24.	What are withdrawal symptoms?	
25.	What is tolerance?	
26.	Analyze the consequences of addiction, tolerance, and withdrawal	
27.	Which neurotransmitter is affected by opiates?	
28.	Differentiate among the different types of psychoactive drugs and their effects.	
29.	What are psychological effects of depressants?	
30.	What are two risks of depressants?	
31.	Give an example of a depressant.	
32.	What are psychological effects of stimulants?	
33.	What are two risks of stimulants?	
34.	Give an example of a stimulant.	
35.	What are psychological effects of hallucinogens?	
36.	What are two risks of hallucinogens?	
37.	Give an example of a hallucinogen.	

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38.	What are psychological effects of opiates?	
39.	What are two risks of opiates?	
40.	Give an example of an opiate.	
41.	Explain two reasons why people abuse drugs.	
42.	Explain two ways people who abuse drugs can seek help.	
<u>Chapters 5 & 7 – Learning and Cognition</u>		
1.	Define classical conditioning.	
2.	What are the key components of classical conditioning?	
3.	Explain what a stimulus and a response are in terms of classical conditioning.	
4.	Explain Pavlov's experiment (use US, UR, NR, CS, CR)	
5.	What is Pavlov's contribution to classical conditioning?	
6.	How did Robert Rescorla add to Pavlov's findings?	
7.	Explain Watson's "little Albert" experiment (use US, UR, NR, CS, CR)	
8.	What is Watson's contribution to classical conditioning?	
9.	Explain Garcia's experiment (use US, UR, NR, CS, CR)	
10.	What is Garcia's contribution to classical conditioning?	
11.	What is the Garcia Effect or conditioned taste aversion?	
12.	Explain how strength, time, and frequency are important to classical conditioning?	
13.	What is extinction? Give an example.	
14.	What is spontaneous recovery? Give an example.	
15.	What is stimulus discrimination? Give an example.	
16.	What is stimulus generalization? Give an example.	
17.	Define operant conditioning.	
18.	Explain what a positive and negative reinforcer is. Give an example of each.	
19.	What is the difference between a primary and secondary reinforcer?	
20.	What is punishment? Give an example.	
21.	What is chaining? Give an example.	
22.	Explain the two negative reinforcers of escape learning and avoidance learning. Give an example of each.	
23.	Explain Thorndike's experiment.	
24.	Define Law of Effect and explain what Thorndike's contribution to operant conditioning was.	
25.	Explain Skinner's box. How does it relate to operant conditioning?	
26.	Define shaping. Give an example.	
27.	What was Skinner's contribution to operant conditioning?	
28.	What is the Premack Principle? Give an example.	
29.	Explain why strength, time, and frequency are important to operant conditioning.	
30.	What are the four reinforcement schedules? Give an example of each.	
31.	Define behavior modification. Give an example.	
32.	What is a token economy and how can it be used to change someone's behavior?	
33.	What is a similarity between classical and operant conditioning?	
34.	What is a difference between classical and operant conditioning?	
35.	Describe instinctive drift and why is it important to conditioning?	
36.	Define cognitive learning.	
37.	Explain Kohler's experiment and what did he learn from it?	
38.	Explain the concept of insight learning.	

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39.	Explain Tolman's experiment and what did he learn from it?	
40.	Explain the concepts of latent learning and cognitive maps. Give an example of each.	
41.	Explain Bandura's experiment.	
42.	Explain the difference between Bandura's theories of observational learning theory, modeling, and social learning theory.	
43.	Define cognition.	
44.	What is metacognition?	
45.	What is hypothesis testing theory?	
46.	What is concept formation and why is it a cognitivist idea?	
47.	Explain Rosch's theory of prototypes.	
48.	What are algorithms, heuristics, and analogies? How do they help us solve problems?	
49.	What is creativity?	
50.	Explain convergent and divergent thinking? How are they a type of creative thinking?	
51.	What is a syllogism? Give an example.	
52.	Define and give an example of each of the following mental roadblocks to problem solving; mental set, functional fixedness, gambler's fallacy, belief in small numbers, availability heuristic, representative heuristic, overconfidence, confirmation bias, and framing.	
53.	What are linguistics and semantics?	
54.	What is syntax? Give an example.	
55.	What are phonemes and morphemes? Give an example of each.	
56.	How do cognitivists and behaviorists explain language development?	
57.	What are two general biological theories of language acquisition?	
58.	Describe some of the language milestones children pass through on their way to complex speech.	
59.	What is scaffolding and how does it relate to language development?	
60.	What is telegraphic and generalized speech?	
61.	How did Noam Chomsky believe language developed?	
62.	Explain Chomsky's theory of "transformational grammar."	
63.	What have chimpanzee studies shown about language development? Cite a specific example to illustrate your point.	
64.	Describe how Whorf and Rosch disagree regarding language and culture. Explain each of their experiments.	
<u>Chapter 6 – Memory</u>		
1.	How does the information-processing model explain memory?	
2.	Explain each part of the information processing model of memory; sensory memory, encoding, storage, and retrieval.	
3.	How is sensory memory different from a stored memory?	
4.	How does level of processing approach explain memory?	
5.	Define shallow processing and give an example.	
6.	Define deep processing and give an example.	
7.	Explain the encoding specificity principle approach to memory.	
8.	Explain the transfer appropriate processing approach to memory.	
9.	Explain the parallel distributed processing approach to memory.	
10.	What is sensory memory and when does it happen?	
11.	Explain the three types of sensory storage – iconic, echoic, and eidetic.	
12.	What is encoding and when does it happen?	
13.	Explain three reasons we forget due to encoding.	

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14.	Why did Nickerson and Adams believe people forgot?	
15.	Define storage.	
16.	How many chunks of information did Miller believe that we can hold in short term memory?	
17.	What is rehearsal and how does it help in the storage of memories?	
18.	Describe maintenance rehearsal and give an example.	
19.	Explain the two types of maintenance rehearsal. Explain a situation where you may choose one over the other.	
20.	Describe elaborative rehearsal and give an example.	
21.	How does drug affect memory?	
22.	Define long term memory.	
23.	Define and give an example of the following aspects of long term memory; episodic, semantic/declarative, procedural, retrospective, and prospective.	
24.	Define and give an example of the following strategies for memory; mnemonic devices, chunking, mediation, Von Restorff effect, visual cues, and spacing effect/.	
25.	Explain how chunking and mnemonic devices work as a study technique.	
26.	Where are short term and long term memories stored in the brain.	
27.	Explain three reasons why we forget related to storage.	
28.	Explain the difference between retrograde and anterograde amnesia. Give an example of each.	
29.	Define retrieval.	
30.	What memories are the easiest to retrieve? Which are the most difficult?	
31.	Explain the difference between recognition and recall.	
32.	Explain state-dependent memory and give an example.	
33.	Explain mood-congruent memory and give an example.	
34.	Explain the difference between explicit and implicit memory.	
35.	Which is the approach of psychology that would believe in implicit memory?	
36.	Explain priming tasks and give an example.	
37.	Explain three reasons in which we forget related to retrieval.	
38.	What is flashbulb memory? Give an example.	
39.	What is extraordinary memory? Give an example.	
40.	What is constructivist theory of memory? Give an example.	
41.	What is the difference between a recovered memory and a constructed memory?	
42.	What is decay theory? What did Ebbinghaus' theory explain about memory?	
43.	What was Ebbinghaus' belief about relearning?	
44.	Explain Elizabeth Loftus' theory on eyewitness testimony.	
45.	What is misinformation effect? Give an example.	
46.	Define interference theory. Also explain the two types of interference - retroactive interference and proactive interference.	
47.	What is the Stroop Effect (aka interference with attention).	
48.	What is motivated forgetting and give an example?	
49.	What is repression and give an example?	
50.	What is the serial position effect and how can it aid in memory?	
51.	Explain how Alzheimer's disease affects memory.	
<u>Chapters 9 and 8 – Motivation, Emotion, and Intelligence</u>		
1.	Define motivation.	
2.	Explain the following theories of motivation and include an example of each; evolutionary, drive, arousal, cognitive, expectancy, and humanistic.	

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3.	Define drive reduction theory and give an example.	
4.	Define incentives and give an example.	
5.	Explain how incentives can override a physiological need like sleep.	
6.	Explain and give an example of primary and secondary drives.	
7.	Explain Yerkes-Dodson Law.	
8.	When a person has a very difficult task to complete, according to the Yerkes-Dodson Law, the level of stimulation must be _____.	
9.	Explain the difference between intrinsically and extrinsically motivated behaviors. Give an example of each.	
10.	What is the overjustification effect? How does it effect motivation?	
11.	What is cognitive dissonance? Give an example. How does it effect motivation?	
12.	What is a social need? Give an example of how this can effect motivation.	
13.	What are the needs that must be met on the way to self-actualization on Maslow's hierarchy?	
14.	What is effort justification effect? Give an example. How does it effect motivation?	
15.	What is the difference between achievement motivation and avoidance motivation? Give an example of each.	
16.	Explain two biological reasons why we are hungry.	
17.	How would each of the theories of motivation explain hunger, obesity, sexual behavior, sexual orientation, and achievement?	
18.	Explain the role the ventromedial hypothalamus and lateral hypothalamus play in hunger.	
19.	List and explain four reasons why Americans are disproportionately obese.	
20.	Explain two biological reasons why people are obese.	
21.	What are eating disorders? List and explain the two eating disorders listed in the DSM-IV.	
22.	How would behaviorists and cognitivists explain obesity?	
23.	What two pieces of advice would you give to someone who was trying to loose weight?	
24.	Why was Alfred Kinsey's study on sex groundbreaking?	
25.	Why was Kinsey's study not entirely scientifically accurate?	
26.	What three things is Masters and Johnson given credit for in the area of sexual research?	
27.	Why is it so difficult to estimate how many homosexuals are in the United States?	
28.	What were the Kinsey Institute's findings regarding the causes on homosexuality?	
29.	What are three of the biologically correlated of sexual orientation?	
30.	Define emotion.	
31.	Explain LeDoux's theory of emotion. Give an example.	
32.	Explain Plutchik's color wheel of emotion. Why is it important?	
33.	Explain the following theories of emotion; James-Lange, Cannon-Bard, Schachter-Singer.	
34.	What is the biggest difference in the theories of emotion listed above?	
35.	Explain the adaptation level principle of emotion. Give an example.	
36.	Explain the relative deprivation principle of emotion. Give an example.	
37.	Why is non-verbal communication important in the interpretation of emotions?	
38.	What are the five components of attraction? Explain each and give an example.	
39.	Explain mere exposure effect. How does this idea relate to attraction?	
40.	Describe Sternberg's triangular model of love.	
41.	What is stress? List and explain four ways that it can be physically detrimental.	
42.	How did Walter Cannon explain the stress response system?	
43.	Explain Hans Seyle's general adaptation syndrome as it relates to stress. Give an example.	
44.	Why do most people feel stress most when they are confronted with things that are out of their	

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	control?	
45.	Define intelligence.	
46.	What are the IQ ranges for above average, average, and below average.	
47.	Explain Alfred Binet's contribution to the field of intelligence.	
48.	Explain the following theories of intelligence; Stern, Spearman, Gardner, Jensen, Wechsler, Vygotsky and Sternberg.	
49.	Cite on positive and one criticism of each of the theories of intelligence.	
50.	Give three examples of Gardner's multiple intelligences.	
51.	Describe Goleman's emotional intelligence.	
52.	Explain the characteristics of a good intelligence test.	
53.	What are the components that make up creativity?	
54.	How is creativity and intelligence related?	
55.	Explain two of the biological influences on intelligence.	
56.	Explain environmental influences on intelligence.	
57.	Explain the difference between crystallized intelligence and fluid intelligence.	
58.	Explain the difference between an aptitude test and an achievement test.	
59.	Explain the three difference intelligence test. Explain why each are good for different situations.	
60.	Explain the components of a good intelligence test.	
61.	Explain three criticisms of intelligence test validity.	
62.	Explain the halo effect. Give an example as it relates to intelligence testing.	
63.	Explain the bias. Give an example as it relates to intelligence testing.	
64.	Explain the stereotype threat. Give an example as it relates to intelligence testing.	
65.	Explain the self-fulfilling prophecy. Give an example as it relates to intelligence testing.	
66.	Explain two reasons why intelligence tests need to be updates over time.	
67.	Define the Flynn effect.	
68.	Describe two ways to determine if an intelligence test is biased?	
69.	Santos is 8 years old and according to Stanford-Binet, he has a mental age of 10. What is his IQ?	
70.	If an intelligence test in which the mean is 100 and the standard deviation is 10 and is distributed normally, what can we interpret from this information?	