

Final Exam Study Guide for Psychology

Chapter 10

- 1) Different types on memory including: sensory, short & long term
- 2) Ways to increase memory including: Elaborate rehearsal & mnemonic devices
- 3) Processes of Memory including: Encoding, storage & retrieval.
- 4) Ways that memory is stored including both short & long term strategies.
- 5) Processes that block or damage memory including: Interference, amnesia & decay
- 6) Methods of retrieving information including: recall, recognition & state dependent learning

Chapter 11

- 1) Insight
- 2) 5 Units of thought
- 3) 3 kinds of thinking
- 4) Problem Solving Strategies & Obstacles
- 5) Language development

Chapter 12

- 1) Harry Harlow
- 2) Abraham Maslow
- 3) The sympathetic nervous system
- 4) Early theories of emotions
- 5) David McClelland

Chapter 13

- 1) Reliability & Validity
- 2) The Stanford-Binet
- 3) Percentiles

Chapter 14

- 1) Freud: The parts of the personality & defense mechanisms
- 2) Jung: Archetype, collective unconscious
- 3) Maslow

Chapter 15

- 1) General Adaptation Syndrome
- 2) Four broad categories of stress
- 3) Appraising stressful situations
- 4) Type A/B Personalities
- 5) Psychological coping strategies
- 6) Comparable worth
- 7) Distress/Eustress

Chapter 16

- 1) Thomas Szasz
- 2) Obsessive-Compulsive Disorder (OCD)
- 3) Dissociative Disorders
- 4) Somatoform Disorders
- 5) Mood Disorders
- 6) Phobia/Panic Disorders
- 7) Schizophrenia

Chapter 18

- 1) Attribution Theory, Fundamental Attribution Error, Actor-Observer & Self-Serving Bias
- 2) Primacy Effect
- 3) Stereotypes
- 4) Nonverbal Communication

Chapter 19

- 1) The three values of friends
- 2) Sternberg's Triangular Theory of Love
- 3) First Impressions
- 4) Social Psychology

Essay Questions:

1. Discuss the id, the ego, and the superego and their roles in personality.
2. Discuss the three types of thinking and give examples of each.
3. Discuss the Instinct, Drive-Reduction, Incentive, and Cognitive theory of motivation.
4. Discuss Spearman's, Thurstone's, Gardner's & Sternberg's theories on intelligence.
5. Discuss how the following schools of therapy view change and the techniques that they use it achieve change with clients. Psychoanalytic, Humanistic, RET, Cognitive & Behavioral.