History of Psychology Study Questions
1. Define the term psychology. Be sure to include a brief discussion of what it is and what it includes.
2. Tell me what you know about what psychologists do and what it takes to be a psychologist in Illinois.
3. Pick two of the areas of psychology that were discussed in class and in the text (for example, clinical, counseling, developmental, neuroscience, educational, school, etc.) and tell me what kinds of things they are likely to do in their jobs. Give some examples if that helps you.
4. Discuss who exactly provides mental health care in Illinois and other states and what it is that they do. Remember it is not just psychologists. Be complete.
5. Pick two of the four time periods in the history of psychology and discuss it. Be sure to include names and dates if you can.

Research in Psychology Study Questions
1. When the nature of a research study is kept from the subject of that study, this study is said to be?
2. When the nature of a research study is kept from both the subject of the study and the experimenter, the study is said to be?
3. Define the term hypothesis.
4. Identify the four types of research that we talked about in class and then identify one strength and one weakness of each design.

<table>
<thead>
<tr>
<th>Research Design</th>
<th>Strength</th>
<th>Weakness</th>
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<tbody>
<tr>
<td>Independent variable</td>
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<tr>
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<td>Mode</td>
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<tr>
<td>Why do psychologists do research?</td>
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<tr>
<td>Define the term parsimonious.</td>
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<tr>
<td>Define the term operational definition.</td>
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<tr>
<td>What is the difference between the Control Group and the Experimental Groups in a true experiment?</td>
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<tr>
<td>How is a quasi-experiment different from a true experiment?</td>
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<tr>
<td>The APA wrote and published their Code of Ethics in 1952. What is a code of ethics and what is its purpose?</td>
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<tr>
<td>Explain the term Informed Consent.</td>
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<tr>
<td>Why are correlational studies not considered a research design?</td>
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</table>

Biology of the Nervous System – 1 Study Questions
1. Explain the process of an action potential. If it helps to draw a picture or a diagram you can do that.
2. Talk about the difference between electrolytes, neurotransmitters, and hormones. Where do they act, what are they, and what do they do. Talk about as many of these as you can remember.
3. Identify three positive attributes of neurons?
4. Identify three negative attributes of neurons? 6. What is a neural network and who coined this phrase?

Biology of the Brain Part II – Study Questions
1. Label the picture of the brain below.
2. The brain is divided into 3 major areas or regions. What are they and what type of “functions” are carried out in these areas?
3. What does the term “localization” mean? |
4. What does the term “lateralization” mean?
5. List 3 functions of each of the lobes of the brain found below:

a. Frontal Lobe  
i. _____________________________  ii. _____________________________  iii. _____________________________
a. Parietal Lobe i. _____________________________  ii. _____________________________  iii. _____________________________
c. Temporal Lobe i. _____________________________  ii. _____________________________  iii. _____________________________
d. Occipital Lobe i. _____________________________  ii. _____________________________  iii. _____________________________
6. What might happen if you have damage to the “brain stem”?
7. What does your “cerebellum” do?
8. How is the left hemisphere of the cerebral cortex different from the right hemisphere?
9. What is the limbic system, what does it do for us, and how do we control our limbic system?
10. What is the area of the brain that controls whether we are awake or asleep?
11. What major structure connects the right and left hemispheres? For more points, what else can you tell me about it?
12. What does an EEG measure?
13. What is an MRI and how does it work?
14. What is a PET scan and how does it work?
15. What is a sulci and what is a gyri? Why are these important?

**Sensation & Perception Study Questions**

1. Define the term sensation.
2. Define the term perception.
3. Define the term threshold.
4. Define the term habituation.
5. Memorize the S & P table as reviewed in class (40 squares with correct terms)
6. What is the response range of the cones to electromagnetic wave energy?
7. What is the trichromatic theory of color vision?
8. What is the opponent-process theory of color vision?
9. What is the difference between light and dark adaptation?
10. What is the purpose of having two visual fields in each eye?
11. What is the response range of the ear to sound waves?
12. What are sound waves measured in and at what level is there immediate danger of hearing loss?
13. What is a super-taster?
14. How many different olfactory receptors are there on the olfactory bulb and how many odors can humans detect?
15. What is a pheromone?
16. What is the Gate Theory about and what does it basically say?
17. Why are the vestibular sense, proprioception, and kinesthesia grouped together?
18. Why is gravity important for the senses in Q. #17?
19. What is shape constancy?
20. What is size constancy?
21. Explain the expression “the whole is different from the sum of its parts”.
22. What is an “illusion”? (Hint: think in terms of the definition of perception) What’s an “hallucination”?

**Consciousness Exam Study Questions**

1. Define, clearly, the term “consciousness”.
2. Discuss Freud’s three part conceptualization of consciousness.
3. What is the “collective unconscious”?
4. What characteristics did William James use to describe “consciousness”?
5. What two factors prevented psychologists from studying consciousness in scientific terms?
6. What is a “circadian rhythm”?
7. Why does jet lag occur and when is it worst; W to E, or, E to W?
8. What does the superchiasmatic do? What type of energy is it most sensitive to?
9. What does the Repair & Restoration Theory of Sleep suggest about sleep?
10. What does the Energy Conservation or Evolutionary Theory of Sleep suggest about sleep?
11. Discuss the difference between REM and NREM sleep?
12. Why is REM sleep called paradoxical sleep?
13. How much sleep does the average individual need (+/- 1 hour)?
15. Explain the Neurocognitive Theory of Dreaming.
16. Define the term “insomnia.”
17. What is sleep apnea and why is it such a serious problem?
18. What is narcolepsy?
19. What is the most common type of sleep disorder?
20. What stage of sleep does sleep walking occur in and why?
21. How is a nightmare different than a night terror?
22. Name three characteristics of hypnosis.
23. Name two other techniques that one could engage in that might bring about an altered state of consciousness.
24. What is a “psychoactive” substance and where do they work?
25. What area of the brain is commonly called the addiction center? Which neurotransmitter is most commonly associated with addiction?
26. Addictive substances are grouped into four distinct groups. Identify each of the groups and two substances/drugs that are associated with each group.
27. What are the criteria that the American Psychiatric Association requires for a diagnosis of “substance use disorder”.

Learning Exam Study Questions
1. Define the term “learning”.
2. Describe the three phases of the classical conditioning paradigm. Draw a diagram if that helps. Give an example of the use of classical conditioning in modern society.
3. Describe the operant conditioning paradigm. Draw a diagram if that helps you. Give an example of the use of operant conditioning in modern society.
4. Explain, briefly, observational learning or the social learning paradigm. What is “self-efficacy”?
5. What is a “reinforcer” and what is a “punishment”? Give an example(s) of each.

Memory Study Questions
1. What are the three phases of memory?
2. Why is the term information processing model used when psychologists talk about memory?
3. Which brain structure is intimately involved in the consolidation of memory? How does it work?
4. Tell me about the three types of memory but name and in terms of their duration and storage capacity.
5. What is a mnemonic device? Name and describe three of them.

Cognition Study Questions
1. Define the term cognition.
2. What is a prototype?
3. What is a cognitive map?
4. What is the Stroop effect?
5. What is the simplest problem solving model?
6. What is an algorithmic strategy and what is a heuristic strategy?
7. Define the term functional fixedness.
8. Define the term transformational grammar.
9. What is the definition of language?
10. Define the term phoneme and the term morpheme.
11. What are semantics and what is syntax?
12. What is pragmatics with respect to language?
13. What learning strategy accounts for the learning of language?
14. What are one advantage and one disadvantage of bilingual speech?
15. Why don’t feral children learn and use language like other children?

Intelligence Study Questions
1. Identify four characteristics of intelligence.
2. Who developed the psychometric approach and what is it?
3. Define the terms fluid intelligence and crystallized intelligence?
4. What does Howard Gardner think about the idea of intelligence? Give a couple of examples of “intelligence” according to Gardner. 
5. What does an aptitude test measure and what does an achievement test measure? 
6. What does standardization, validity and reliability mean with respect to testing? 
7. What does IQ mean? 

Development Study Questions 
1. What is fetal alcohol syndrome? 
2. What is “assimilation” and “accommodation” according to Piaget? 
3. At what age is nearly 80% of brain growth completed by? 
4. At what age do most children walk? 
5. How many words does a child know by age 3? 
6. How about as a high school graduate? 
7. List the four stages as described by Piaget, in order, and name three important things about each one. 
8. What are the three levels of moral development described by Kohlberg and name what children base their decisions on at each level? 
9. Why was Gilligan critical of Kohlberg’s research? 
10. In what two critical ways did Erik Erikson differ from Freud in his theory of development? 
11. Name three ways in which cross-sectional and longitudinal research differ? 
12. Name and briefly describe the four different parenting styles as described in class. 
13. What are the five stages of grieving as described by Elizabeth Kubler-Ross? 
14. Who were the “baby psychologists” and how were they different than their predecessors? 
15. What is basis of human growth and development? Explain your answer. 
16. What did Harry Harlow study in his research with rhesus monkeys? 
17. What is a schema? 
18. Name the 8 stages of development according to Erikson; list the age ranges, and what successful completion of each stage results in. If it helps you can draw a table and fill it in.

Motivation Study Questions 
1. Define the term motivation. 
2. What is a homeostasis? 
3. What is intrinsic motivation and what is extrinsic motivation. Give an example of each. 
4. What is primary motivation and what is secondary motivation? Give an example of each. 
5. What is the most common type of eating disorder? Explain. Can you name the other eating disorders? 
6. What are the three most important psychological motivators? 
7. Draw a picture of Maslow's Hierarchy of Needs and explain each level. 

Emotion & Health Study Questions 
1. Define the term emotion. Be clear and given two examples of each emotion in each term of each dimension. 
2. What is Emotional Intelligence (EQ)? 
3. What are three characteristics of the range of emotions and tell me what you know about the non-verbal expressions of emotions. How is it done, is it effective, and when is it learned? 
4. What is Health Psychology about and what areas of concern would a health psychologist focus on? 
5. Define the term stress. Tell me what you know about it. And, what is the general adaptation syndrome? 
6. When thinking about coping with stress, what is the difference between monitoring techniques and blunting techniques? 
7. According to Lazarus, what is the most important factor in what makes something stressful?