

<b>Chapter 8</b>	
<b>Anatomy and Biochemistry</b>	Anatomy: parts of the brain Biochemistry: effects of neurotransmitters and hormones on brain processes
<b>Research methods</b>	
<b>Brain Damage</b>	
<b>Brain Stimulations</b>	
<b>Brain Activity and Imaging</b>	
<b>Ascending Reticular Activating System</b>	Connects cerebral cortex to the rest of the brain, first theorized to regulate balance of arousal by allowing information into the brain, believed to distinguish extraverts from introverts, currently does not control all info flow
<b>Amygdala</b>	Links perception and thoughts with emotional meaning, assesses whether a stimulus is threatening or rewarding
<b>Frontal Lobes and Neocortex</b>	Higher cognitive functions, brain asymmetry, social understanding and self-control
<b>Left</b>	Pleasant Emotions, approach, inhibition to unpleasant stimuli
<b>Right</b>	Unpleasant emotion, withdrawal
<b>Anterior Cingulated Cortes</b>	Important for experiencing emotions, controls emotional responses and behavior impulses, possible implications for extraversion and neuroticism
<b>Biochemistry: Neurotransmitters</b>	
<b>Dopamine</b>	Involved in reward and approaching attractive objects and people, possible relations with extraversion, bipolar disorder and impulsivity, activates the behavior activation system, related to plasticity
<b>Serotonin (Prozac)</b>	Inhibition of behavioral impulses, particular emotional impulses Prozac- a selective serotonin reuptake inhibitor, increases serotonin levels, controversial psychological effects
<b>Biochemistry: Hormones</b>	Chemicals that affect the body in places different from where they were produced
<b>Epinephrine and Norpinphrine</b>	Released in response to initial stress, fight-or-flight response, females may respond differently to stress
<b>Testosterone</b>	Link with aggression is complex, related to many other behaviors in men and women, role in control and inhibition of aggression and sexuality
<b>Cortisol</b>	Relates in response to stress, low levels related to PTSD
<b>Oxytocin</b>	Role in mother-child bonding, romantic attachment and sexual response, decreases fearfulness, gives you sense of safety, security and bonding
<b>Chapter 9</b>	
<b>Behavioral Genetics</b>	Attempts to explain how personality traits are passed from parent to child, examine how genes influence broad patterns of behavior
<b>How to Calculate heritability</b>	
<b>Heritability Coefficient</b>	Proportion of observed variance in scores that can be attributed to genetic factors
<b>Phenotype</b>	Observable traits

<b>Genotype</b>	Underlying genetic traits
<b>What does heritability tell you</b>	Genes matter, etiology of disorders ( disorders with very low heritability are likely to be due to environmental factors), insight into the effects of the environment on personality development
<b>Debate over importance of family</b>	This is a debate with each side saying different things No- genetic studies on the effect of shared family environment, research with self-report Yes—developmental psychology, effects of parent training, based on behavioral observation
<b>Reserch and examples of gene environment interaction</b>	
<b>Evolutionary personality psychology</b>	Attempts to explain how patterns of behavior that characterize all humans originated in the survival value of these characteristics
<b>Purpose</b>	Identify common behavior patterns and then determine how the behavior was adaptive
<b>Behaviors related to evolution</b>	
<b>Aggression and altruism</b>	Increases protection
<b>Self-Esteem</b>	Evolved to monitor how accepted we are by others
<b>Sociometer Theory</b>	These are is a reason we have self-esteem it lets us monitor how accepted or unaccepted we are by society in general
<b>Depression</b>	Pain signals that something is wrong and must be fixed
<b>Mate selection</b>	Want the highest likelihood of healthy offspring who will survive and reproduce, the difference is how this goal is reached
<b>Complications to research</b>	Women who are too thin cannot bear children, larger women used to be considered ideal
<b>Buss, 1989</b>	Mate Selection- what males and females valued in a mate across cultures, finding that both made decisions based on the highest likelihood of fertile offspring
<b>Mating strategies</b>	Differences between men and women: desired number of sexual partners, faithfulness to partner, selectivity of partners
<b>Stress Tests</b>	
<b>Methodology</b>	Backward speculation is difficult to test empirically R: alternative explanations are always possible; specific prediction can be tested
<b>Reproductive Instinct</b>	People do not have to consciously try to do what is evolutionary adaptive
<b>conservatism</b>	This is scientifically irrelevant; just because something is natural does not mean it is good
<b>Human Flexibility</b>	We are evolved to behave flexibly and we can overcome innate urges
<b>Gender Differences</b>	Rally nature vs. nurture
<b>Eagly and Wood, 1999</b>	Found that in societies with greater gender equality: women less concerned with men's earning capacity, men less concerned with women's housekeeping skills
<b>Chapter 10</b>	
<b>Bio of Freud</b>	Medical doctor, left Austria when Hitler came to power,

	believed war proved that people are aggressive and destructive, became a psychiatrist
<b>Key Ideas and Modern Interpretations</b>	
<b>Psychic Determinism</b>	Everything that happens in a persons mind, including everything a person thinks and does has a specific cause
<b>Internal Structure</b>	The mind is made of separate parts that function and can conflict with each other
<b>Id</b>	Irrational and emotional, wants what it wants when it wants it
<b>Ego</b>	Rational, compromises make sense of what is going on
<b>Superego</b>	moral
<b>Psychic Conflict</b>	The mind can conflict with itself
<b>Compromise Formation</b>	The egos main job, the middle ground, used in modern psychoanalytic thought
<b>Mental Energy</b>	Assumption that the psychological part of the mind needs energy
<b>Libido</b>	Mental energy, the amount of energy is fixed and finite
<b>Controversy over Theory</b>	Moral: do not like emphasis on sex and sexual energy Scientific: theory is unscientific Personal: people do not want to be told why they really did something, especially when you are correct
<b>Fundamental Motives</b>	Libido and Thanatos
<b>Libido</b>	Life force or sexual drive, creation projection and enjoyment of life
<b>Thanatos</b>	Drive towards death, introduced later to account for the destructive activity such as war and the fact that everyone dies
<b>Secondary Process Thinking: Ego</b>	Conscious thought, rational and practical, able to delay or redirect gratification, develops second; less important role
<b>Primary Process Thinking: Id</b>	The way the unconscious mind operates, does not contain the idea of no, goal is immediate gratification
<b>Where can this process be seen</b>	Dreams, delirium, psychotics, hypnosis
<b>Levels of consciousness</b>	
<b>Conscious</b>	Least important, some of the ego
<b>Preconscious</b>	Information that you are not currently conscious with but could have become without too much work
<b>Unconscious</b>	All of the id and superego and some of the ego, most important
<b>Psychoanalysis</b>	Unconscious conflicts are what make people anxious and unhappy
<b>Chapter 11</b>	
<b>Anxiety (psychic v. realistic conflict)</b>	The things that we want vs. those that are possible vs. those that are morally right
<b>Defense Mechanisms and Modern Thoughts</b>	Techniques the ego uses to keep certain thought and impulses hidden in order to avoid or lessen anxiety
<b>Denial</b>	Effective way to deal with initial shock, common and effective in the short run, can lead to lack of contact with reality
<b>-Research</b>	People deny the implications and interpretations of events that they find threatening