

Exam 1 Review Topics

Introduction to Psychology:

- Definition and scope of psychology: Psychology is the scientific study of behavior and mental processes.
- Historical perspectives: Major schools of thought in psychology, including structuralism, functionalism, behaviorism, Gestalt psychology, psychoanalysis, and cognitive psychology.
- Contemporary approaches: Biological, psychodynamic, behavioral, cognitive, humanistic, sociocultural, and evolutionary perspectives in psychology.

Research Methods in Psychology:

- Scientific method: Steps involved in conducting scientific research, including formulating hypotheses, designing studies, collecting data, analyzing results, and drawing conclusions.
- Experimental design: Independent and dependent variables, experimental and control groups, random assignment, and experimental bias.
- Research ethics: Principles of ethical research conduct, including informed consent, confidentiality, debriefing, and protection of participants' rights.

Biological Bases of Behavior:

- Structure and function of the nervous system: Components of the central nervous system (brain and spinal cord) and peripheral nervous system (somatic and autonomic nervous systems).
- Neurons and neurotransmitters: Structure and function of neurons, synaptic transmission, and the role of neurotransmitters in communication between neurons.
- Brain anatomy and functions: Major brain structures (cerebrum, cerebellum, brainstem) and their functions in controlling behavior, cognition, emotion, and sensory processing.

Sensation and Perception:

- Sensory processes: Reception, transduction, transmission, and perception of sensory information from the environment (vision, hearing, touch, taste, smell).
- Perceptual processes: Organization, interpretation, and integration of sensory information to create meaningful experiences and perceptions of the world.

- Perceptual illusions and phenomena: Examples of perceptual illusions (e.g., visual illusions, auditory illusions) and perceptual phenomena (e.g., figure-ground relationship, depth perception).

Learning and Memory:

- Classical conditioning: Pavlov's experiments with conditioned reflexes, principles of classical conditioning (unconditioned stimulus, conditioned stimulus, unconditioned response, conditioned response).
- Operant conditioning: Skinner's experiments with reinforcement and punishment, principles of operant conditioning (reinforcement, punishment, shaping, extinction).
- Memory processes: Encoding, storage, and retrieval of information in short-term memory, long-term memory, and sensory memory.

Cognitive Processes:

- Attention and consciousness: Selective attention, divided attention, and the relationship between attention and consciousness.
- Problem-solving and decision-making: Strategies for problem-solving, decision-making heuristics, biases, and errors.
- Language and thinking: The relationship between language and thought, cognitive development, and theories of language acquisition.

Developmental Psychology:

- Lifespan development: The study of psychological growth and change across the lifespan, including infancy, childhood, adolescence, adulthood, and old age.
- Developmental theories: Piaget's theory of cognitive development, Erikson's psychosocial theory, Kohlberg's theory of moral development, and attachment theory.
- Influences on development: Biological factors, environmental influences, socialization, culture, and individual differences in development.

Social Psychology:

- Social cognition: The study of how people perceive, interpret, and understand social information and social situations.
- Attitudes and persuasion: Formation, change, and expression of attitudes, persuasion techniques, and social influence processes.

- Group dynamics: Group formation, group structure, group decision-making, conformity, obedience, and group behavior.

Abnormal Psychology:

- Definition and classification of psychological disorders: Criteria for diagnosing mental disorders according to the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders).
- Major categories of psychological disorders: Mood disorders, anxiety disorders, psychotic disorders, personality disorders, and substance-related disorders.
- Causes and treatment of psychological disorders: Biological, psychological, and sociocultural factors contributing to the development of mental disorders, and approaches to treatment (psychotherapy, medication, etc.).

Health Psychology:

- Biopsychosocial model of health: Understanding health and illness as the result of interactions between biological, psychological, and social factors.
- Stress and coping: The physiological and psychological responses to stress, coping strategies, and the impact of stress on health and well-being.
- Health behavior change: Theories and models of health behavior change, strategies for promoting healthy behaviors, and interventions for preventing illness and promoting wellness.