

PERSONALITY

- Describe & Define
- Dispositional & process theory (psychodynamics, humanistic, & social cognitive theory)
- Freud & iceberg of consciousness
 - Id, superego, & ego
 - ego & consciousness – aware
 - superego & precociousness – below awareness
 - id & subconscious – buried deep
- 5 psychosexual levels (personality theory)
- define Oedipus complex
- define defense mechanisms (repression, regression, denial, rationalization, displacement, projection, counterreformation)
- define projective testing (inkblot)
- 5 personality traits
- narcissism, borderline personality disorder, & antisocial personality disorder
- genetics & heritability of personality; identical twins raised in same and different environments (book)
- O.C.E.A.N. – (openness, conscientiousness, extraversion, agreeableness, neuroticism)

SLEEP

- circadian rhythms/hypothalamus/how this relates to sleep
- REM & nonREM sleep + each stage of the sleep cycle
 - Sleep Stages
 - Pre-Sleep
 - Beta waves (smaller, faster)
 - Person is wide awake and mentally active
 - Alpha waves (larger, slower)
 - Person is relaxed or lightly sleeping
 - Stage One
 - Theta waves
 - Person may claim to still be awake
 - Hypnagogic sensations may occur and can be incorporated into real memories

- Hypnic jerk
- Stage Two
 - Sleep spindles
 - Temperature, breathing, and heart rate decrease
 - Sleep spindles appear – know the definition and what they look like (book)
 - May respond to things like a ringing phone
 - Sleep talking may occur
- Stages Three and Four
 - Delta waves (deep sleep)
 - Growth hormones released
 - Hard to wake up
 - Bedwetting may occur
 - Sleepwalking may occur
 - Auditory cortex still responds to certain stimuli (baby crying)
 - After a physically exhausting day, we spend longer periods of time in these stages
- Stage Five
 - REM
 - rapid eye movement under eyelids
 - cataplexy – cannot move
 - 90% of dreaming takes place
 - consciousness rises from deep sleep to nearly awake state
 - after an emotionally exhausting day or receiving massive amounts of new information, we spend longer periods of time in this stage
 - 50% of babies' sleep time is in REM
- explain why sleep is necessary
- Freud's theory on dreams
 - manifest layer is the small details – what the dream was about
 - latent content is the deeper interpretation – what the dream really means
- other researchers (other than Freud) just know basics, like what they discovered

- activation synthesis theory – dreams are those random electrical activations in the brain stem being interpreted
- know each sleep disorder (insomnia, sleep apnea, night terrors, narcolepsy, & nightmares) – know the differences between each

DRUGS

- explain what a psychoactive drug is
- give examples, side effects of depressants, hallucinogens, stimulants, and opiates – know side effects and negative consequences & legal uses for them
- psychological dependency + addiction/withdrawal

PSYCHOLOGICAL DISORDERS

- what makes something an abnormal disorder?
- know about the DSM, anxiety disorders, generalized anxiety disorders, panic disorders, and phobias (define & understand)
- OCD
- mood disorders
- depressive states and negative affect
- difference between depressive state & major depression
- bipolar vs. manic episode (similarities & differences)
- common SSRI's & the disorders that they are used for
 - SSRI's are a series of drugs that regulate your mood (book ONLY)
- schizophrenia in DETAIL! (psychosis, delusions, hallucinations, flat vs. negative vs. positive affect)
- explain cognitive, biological, and behaviorist perspectives & causes/treatments of the disorders
- personality disorders (borderline and antisocial compared to insanity)