



<b>Scientific Foundations</b> Unit 1 ↓	<b>Biological Basis of Behavior</b> Unit 2 ↓	<b>Sensation &amp; Perception</b> Unit 3 ↓	<b>Learning</b> Unit 4 ↓	<b>Cognitive Psychology</b> Unit 5 ↓
<ul style="list-style-type: none"> <li>• <b>Structuralism vs Functionalism</b></li> <li>• <b>Schools of thought</b> <ul style="list-style-type: none"> <li>○ Evolutionary</li> <li>○ Behaviorism</li> <li>○ Humanism</li> <li>○ Biological</li> <li>○ Cognitive</li> <li>○ Social Cultural</li> <li>○ Psychoanalytic/dynamic</li> </ul> </li> <li>• <b>Scientific Method</b> <ul style="list-style-type: none"> <li>• Experiment (Causation conclusions)</li> <li>○ Single vs Double blind</li> <li>○ Theory</li> <li>○ Hypothesis</li> <li>○ Ex. vs Control group</li> </ul> </li> <li>• <b>Case study vs Survey vs Naturalistic Observation vs Correlational Study Relationships</b></li> <li>• <b>Ethical Guidelines</b> <ul style="list-style-type: none"> <li>• No Harm</li> <li>• Voluntary</li> <li>• Debriefing</li> <li>• No deception</li> <li>• Informed Consent</li> <li>• Confidential</li> <li>• Explain Possible risk</li> </ul> </li> </ul>	<p><b>Neurons</b></p> <ul style="list-style-type: none"> <li>• Soma, Axon, Dendrites</li> <li>• Myelin sheath, Terminals, Synapse</li> <li>○ Action Potential</li> <li>○ Sensory, Afferent, Motor, Efferent Neurons</li> </ul> <p>* <b>Neurotransmitters:</b> GABA, glutamate, dopamine, Serotonin, Acetylcholine, Endorphins, Oxytocin, and Epinephrine or Norepinephrine</p> <ul style="list-style-type: none"> <li>• Drugs that affect neurotransmitters:                     <ul style="list-style-type: none"> <li>○ Agonist, Antagonist, Reuptake</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Sympathetic vs Parasympathetic NS</b></li> <li>• <b>Parts of the Brain:</b> Hindbrain, Cerebellum, Medulla, Pons, Midbrain, Reticular Formation, Forebrain, Limbic System (lower brain), amygdala, hippocampus, thalamus, Hypothalamus</li> <li>○ Wernicke's Vs Broca's areas</li> <li>○ Cerebral Cortex, Frontal, Parietal, occipital, and temporal lobe</li> <li>○ Somatosensory, motor cortices</li> <li>○ Endocrine System glands</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Absolute Threshold</b></li> <li>• <b>Difference Thresholds</b></li> <li>* <b>Signal Detection Theory</b> <ul style="list-style-type: none"> <li>- Sensory Adaptation, Perceptual Set</li> <li>- Inattentional Blindness, Cocktail Party effect</li> </ul> </li> <li>• <b>Visual Pathway:</b> light→cornea→pupil/iris→lens→retina→rods/cones→bipolar cells→ganglion cells→optic nerve→optic chiasm→occipital lobe</li> <li>• Fovea, Feature Detectors</li> <li>• <b>Top down (Perception) vs Bottom up (Sensation) processing</b></li> <li>• <b>Auditory System:</b> outer ear, Middle ear, Inner ear (sound→pinna→ auditory canal→eardrum→hammer→anvil→stirrup→oval window→cochlea→auditory nerve→temporal lobes)</li> <li>• <b>Place &amp; Frequency Theory</b></li> <li>• <b>Other Senses:</b> Touch, Taste, olfactory, pain (GCT), Kinesthetic, vestibular</li> <li>• <b>Gestalt Theory:</b> Figure ground, closure, proximity, similarity, Continuity</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Classical Cond. (pavlov):</b> <ul style="list-style-type: none"> <li>○ Dog &amp; Bell experiment</li> <li>○ S, UCR, UCS, CR, CS</li> <li>○ Acquisition, Extinction, Spontaneous Recovery</li> <li>○ Generalization, Discrimination</li> </ul> </li> <li>• <b>Operant cond. (skinner)</b> <ul style="list-style-type: none"> <li>○ Skinner Box</li> <li>○ Extinction, Spontaneous Recovery</li> <li>○ + and - Reinforcement</li> <li>○ + and - Punishment</li> <li>○ Law of Effect (Thorndike)</li> <li>○ Reinforcement Schedules (fixed vs variable) &amp; (Ratio vs interval)</li> <li>○ Overjustification Effect</li> <li>○ Shaping, Generalization, Discrimination</li> </ul> </li> <li>• <b>Observational Learning (bandura)</b> <ul style="list-style-type: none"> <li>○ Mirror neurons</li> <li>○ BoBo clown Experiment</li> <li>○ Prosocial vs Antisocial</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Encoding</b> <ul style="list-style-type: none"> <li>○ Mnemonics, Automatic, Effortful</li> <li>○ State, Context Dependent</li> </ul> </li> <li>• <b>Storage</b> <ul style="list-style-type: none"> <li>○ Sensory Memory                             <ul style="list-style-type: none"> <li>■ Iconic vs Echoic</li> </ul> </li> <li>○ Short Term Memory                             <ul style="list-style-type: none"> <li>■ Rehearsal</li> </ul> </li> <li>○ Working Memory</li> <li>○ Long Term Memory                             <ul style="list-style-type: none"> <li>■ Explicit vs Implicit</li> </ul> </li> </ul> </li> <li>• <b>Retrieval</b> <ul style="list-style-type: none"> <li>○ Serial Position, Recency, Flashbulb, Recognition, Recall, Repressed, Encoding Failure</li> <li>○ Proactive vs Retroactive interferences</li> <li>○ Retrograde vs AnteRetrograde Amnesia</li> </ul> </li> <li>• <b>Theories of Language Development</b> <ul style="list-style-type: none"> <li>○ Critical Period, Imitation</li> <li>○ Linguistic Determinism, Inborn universal language</li> <li>○ Phonemes, Morpheme, Semantics, Grammar, Syntax, Babbling stage</li> </ul> </li> <li>• <b>Thinking</b> <ul style="list-style-type: none"> <li>○ Representative vs Availability Heuristics vs algorithms</li> <li>○ Concepts, Prototypes, Belief bias, perseverance</li> </ul> </li> </ul>

<b>Developmental Psychology</b> Unit 6 ↓	<b>Motivation, Emotion, &amp; Personality</b> Unit 7 ↓	<b>Clinical Psychology</b> Unit 8 ↓	<b>Social Psychology</b> Unit 9 ↓	<b>TIPS &amp; TRICKS</b> EXAM SKILLS ↓
<ul style="list-style-type: none"> <li>• <b>Prenatal Development</b> <ul style="list-style-type: none"> <li>○ (Zygote-Embryo-Fetus)</li> <li>○ Teratogens (FAS)</li> </ul> </li> <li>• <b>Physical Development</b> <ul style="list-style-type: none"> <li>○ Reflexes</li> <li>○ Maturation, Puberty</li> </ul> </li> <li>• <b>Zone of Proximal Development</b></li> <li>• <b>Parenting Styles (Baumrind)</b> <ul style="list-style-type: none"> <li>○ Authoritative, Authoritarian, Permissive</li> </ul> </li> <li>• <b>Attachment (Ainsworth)</b> <ul style="list-style-type: none"> <li>○ Secure, Avoidant, Anxious</li> </ul> </li> <li>• <b>Piaget Cognitive development</b></li> <li>• <b>Kohlberg Moral Development</b></li> <li>• <b>Erikson Psychosocial Development</b></li> <li>• <b>Gender and Sexuality</b> <ul style="list-style-type: none"> <li>○ Gender Roles, Gender identity</li> </ul> </li> <li>• <b>Adulthood and Aging</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Personality</b> <ul style="list-style-type: none"> <li>○ MMPI, Rorschach inkblot test</li> <li>○ Big 5 Factor Trait Theory</li> <li>○ Humanistic: Rogers &amp; Maslow</li> <li>○ Social Cognitive</li> </ul> </li> <li>• <b>Psychoanalytic (Freud)</b></li> <li>• 5 stages (oral, anal phallic, genital, latent)</li> <li>• Unconscious</li> <li>• Id, Ego, Superego</li> <li>• Psychodynamic</li> </ul> <p><b>Motivational Theories</b></p> <ul style="list-style-type: none"> <li>○ Instinct Theory</li> </ul> <ul style="list-style-type: none"> <li>• <b>Emotional theories:</b> <ul style="list-style-type: none"> <li>○ James-Lange</li> <li>○ Cannon Bard</li> <li>○ Schachter Two Factor</li> <li>○ Lazarus &amp; Zajonc/LeDoux</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Diagnosing disorders</b></li> <li>-labeling</li> <li>• <b>DSM 5 and APA</b></li> <li>• <b>Types of disorders</b> <ul style="list-style-type: none"> <li>• -Neurodevelopmental and neurocognitive disorders</li> <li>• -Schizophrenic spectrum and psychotic disorders</li> <li>• -Mood disorders</li> <li>• -Anxiety disorders</li> <li>• -Dissociative disorders</li> <li>• -Somatic Symptom disorders</li> <li>• -Eating disorders and addiction-based disorders</li> <li>• -Personality disorders</li> </ul> </li> <li>• <b>Legality of psychological disorders</b></li> <li>• <b>Treating disorders</b> <ul style="list-style-type: none"> <li>-Antidepressants, mood stabilizers, antipsychotics, and anti-anxiety drugs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Attribution Theory and Person Perception</b> <ul style="list-style-type: none"> <li>-there are two ways our brain seeks to explain someone's behavior: their personality or their circumstances.</li> <li>• <b>fundamental attribution error</b> <ul style="list-style-type: none"> <li>-overestimate the impact of a person's lasting personality and underestimate the impact of their circumstances on their behavior.</li> </ul> </li> <li>• <b>Attitude formation and change</b></li> <li>• <b>Conformity, compliance, and obedience</b></li> <li>• <b>Group Influences on Behavior and Mental Processes</b></li> <li>• <b>Bias, Prejudice, and Discrimination</b></li> <li>• <b>Altruism</b> <ul style="list-style-type: none"> <li>-unselfish concern for the welfare of others</li> </ul> </li> <li>• <b>Interpersonal attraction</b> <ul style="list-style-type: none"> <li>-Proximity-contant</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Take a breath! Inhale &amp; Exhale</b></li> <li>• <b>You have got this!</b></li> <li>• <b>Study what you don't know already!!</b></li> <li>• <b>FRQ Writing Strategies</b> <ul style="list-style-type: none"> <li>○ <b>Spacing:</b> skip a line between each answer</li> <li>○ <b>Order:</b> answer frq in the order the terms are given</li> <li>○ <b>Definitions:</b> define each term</li> <li>○ <b>Application:</b> always apply the scenario given</li> <li>○ <b>Synonyms:</b> find another word that means the same thing not already used in the definition.                             <ul style="list-style-type: none"> <li>• <b>4 golden rules of FRQ writing</b> <ul style="list-style-type: none"> <li>○ Complete sentences</li> <li>○ Paragraph form</li> <li>○ Always reference Scenario</li> <li>○ Define Key Terms</li> </ul> </li> </ul> </li> </ul> </li> </ul>