

Psychology 1010
Exploring Psychology 7th Edition
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Unit 1 - The Nature of Science(13-14)

The four ways by which people come to know
What is a Scientist
What is Science
Communalities in regards to the scientific method
Skeptical Attitude (12)
Empirical Approach
Replication (15)
Knowledge Base Open to Independent Verification by Others
Hunch or idea, leading to a Testable Hypothesis, with
replication leading to a Theory, and, finally, to a law
(14)
Use of Inductive/Deductive Reasoning
The aims and goals of science

Unit 2 - Psychology as a Science (2-5, 8-9, C1 to C8)

Definition of Psychology (4)
Goals of Psychology
Structuralism (2)
Functionalism (2)
Gestalt
Psychoanalytic (2,4)
Behaviorism (2,5)
Cognitive (2)
Humanistic (4,5)
Contribution of Sir Francis Galton
Areas of Specialization within Psychology (C-4 to C-8)
Employers of Psychology (C-1 to C-4)
Distinction between a Psychologist, Psychiatrist, and
Social Worker (8,9)

Unit 3 - Methods of Psychology (16-24)

Naturalistic Observation (17)
Case Study (16, 17)
Survey (16, 17)
Correlation (18)
Longitudinal Design
Cross-Sectional Design
Experimental Design (22-24)
Independent Variable (22,23)
Dependent Variable (22,23)
Controlled Variables
Matching
Randomization
Control Group (22,23)
Experimental Group (22,23)
Single Blind/Double Blind (23)

Unit 4 - Statistics (A-1 through A-8)

Descriptive Statistics

Frequency Distribution

Histogram (A-1)

Polygon

Measures of Central Tendency (A-1 to A-2)

Mean (A-1)

Mode (A-1)

Median (A-1)

The normal curve (A-4)

Relationship of Measures of Central Tendency to Various Distributions (A-2)

Measures of Dispersion (A-3)

Range (A-3)

Standard Deviation (A-3)

Correlation (A-4 to A-6)

Percentiles

Inferential Statistics (A-7 to A-8)

Test 1

Unit 5 - Physiological and Genetic Basis of Behavior (41-58, 73-74, 67-69, 99-100)

Genetics

Sperm (99)

Egg (99)

Zygote (100)

Identical and fraternal Twins (68, 69)

Cell

Cell Membrane

Cytoplasm

Nucleus

Chromosomes (67)

Genes (68)

DNA (68)

Dominate and Recessive Genes

Phenotype, Genotype

Multiple Determination or Gene-Environment Interaction (73,74)

Cell Definition

Organizational hierarchy within the body

Cell

Tissue

Epithelial

Connective

Muscle

Smooth

Cardiac

Striated

Nervous Tissue

Organ

System

Organization and function of the various parts of the Nervous System

Central Nervous System (41)

Brain

Spinal Cord (43)

Peripheral Nervous System (41)

Origin and Termination

Cranial Nerves

Spinal Nerves

Function

Somatic (41)

Autonomic (41)

Sympathetic (42)

Parasympathetic (42)

Neuroanatomy and Neurophysiology

Neuron (36)

Dendrites (36)

Nucleus

Axon (36)

Myelin Sheath (36)

Synapse (37)

How a Neuron Operates

Synapse (37)

Neurotransmitters (37-38)

Neural Transmission

Direction

Speed (36)

All or none (36)

Refractory Periods (absolute and relative)

Threshold (36)

Types of Neurons

Afferent (41)

Efferent (41)

Connecting or Interneurons (41)

Spinal Cord

Reflex Arch (43)

Methods by Which the Brain is Studied (46-47)

Clinical Observations

Manipulating the Brain

Recording the Brains Electrical Activity

Single Cell Recordings

Brain Scans

CAT Scan

PET Scan

Specific Brain Anatomy and Function

Spinal Cord (43)

Medulla (46)

- Reticular Activating System (48)
- Pons (47)
- Cerebellum (48)
- Pituitary Gland (49)
- Hypothalamus (50-51)
- Thalamus (47-48)
- Corpus Callosum (59)
- Cerebrum
- Generalized Brain Anatomy and Function
 - Primitive Central Core (46)
 - Old Brain Limbic System (49-50)
 - New Brain
- Cortical Lobes and Cortical Functions (52-58)
- Function of the various endocrine glands (44-48)

Unit 6 - Basic Learning (221-246)

- Learning Definition (221)
- Respondent Learning (223-227)
 - Basic Paradigm
 - Reflex
 - Unconditioned Stimulus (224)
 - Unconditioned Response (224)
 - Neutral Stimulus
 - Stimulus Substitution
 - Conditioned Stimulus (225)
 - Conditioned Response (225)
 - Latency
 - Timing
 - Extinction (226)
 - Spontaneous Recovery (226)
 - Higher-Order Conditioning
 - Stimulus Generalization
 - Stimulus Discrimination
 - Experimental Neurosis
- Operant Learning (232-238)
 - Basic Paradigm
 - Reinforcer, Reinforcement (234)
 - Law of Effect
 - Shaping (233)
 - Extinction
 - Spontaneous Recovery
 - Generalization
 - Discrimination
 - Continuous Reinforcement
 - Intermittent Reinforcement Schedules
 - Fixed Ratio (236)
 - Variable Ratio (236)
 - Fixed Interval (236)
 - Variable Interval (236)
 - Primary and Secondary Reinforcers (235)

- Negative Reinforcer
- Punishment (237-238)
- Escape Behavior
- Avoidance Behavior
- Biological Predispositions and Conditioning (233-234)
- Modeling (244-246)

Unit 7 - Memory, Forgetting, and Maximizing Learning (29, 254-275)

- Species-Specific Behavior
- Insight
- The Need for Cognition
- Cognitive Maps
- Three part theory of memory (254)
 - Chunking (259)
- Encoding what it is and its effects upon transfer and retrieval
- Memory Trace
- The physiological basis of memory
 - The early RNA experiments
 - The role of the Hippocampus (266)
 - Cerebellum (267)
 - Synaptic Changes
- The work and findings of Ebbinghaus (273-274)
- Measures of Remembering and Forgetting
 - Recall
 - Recognition
 - Time to Relearning
- Theories of Forgetting
 - Failure in retrieval
 - Motivated Forgetting
 - Fading of the Memory Trace
 - Interference
 - Retroactive Inhibition (275)
 - Proactive Interference (275)
- Maximizing Learning (29)
 - Need for attention
 - Organization as an aid in learning
 - Use of Mnemonics and other Memory Devices
 - Learning by Rule or by Rote
 - Learning builds upon learning
 - Guidance
 - The law of primacy and recency
 - Massed versus distributed practice
 - Whole learning versus part learning
 - Recital
 - Overlearning
 - The SQ3R System (29)
- Transfer of Learning
 - Definition
 - Positive Transfer
 - Negative Transfer

Unit 8 - Verbal Learning, Thinking, and Problem Solving (289-309)

Our biological adaptation for language

Language Structure

Phonemes

Morphemes

Vocabulary

Grammatical Structure

Semantics

Syntax

The course of Language development (299-303)

Concepts (289-290)

Language, Concepts, and Cognition (303-306)

Language acquisition by Apes (307-309)

Thinking

Problem Solving

Impediments to Problem Solving

Motivation level and problem-solving - Yerkes Dodson Law

Unit 9 - Intelligence (105-110,310-316)

Intelligence Definition (310)

Historical Origins of IQ tests and what intelligence tests are most useful for (315)

Major Individual Intelligence Tests

Stanford-Binet

Wechsler Scales (316)

The old IQ formula (316)

Piaget's Theory of Intellectual Development (105-110)

The nature-nurture debate in regards to IQ

Stability of IQ

Intelligence, ability or abilities, i.e., Spearman's G or Thurstone's Primary Mental Abilities

The work of Terman and Gilford

Creativity and Intelligence (320-333)

Mental Retardation

Unit 10 - Sensation (139-162)

Sensory Chain

Absolute threshold (140)

Difference Threshold, J.N.D. and Weber's Law (141-142)

Sensory Adaptation (142-143)

Vision (143-151)

Stimulus (144)

Receptor (144-146)

Rods (145)

Cones (145)

Blind spot (146)

Fovea

Visual Fields in the Brain

Color Vision (150)

Abnormalities in vision

- Hearing (151-154)
 - Stimulus (152)
 - Receptor (153-154)
 - Cochlea (153)
 - Organ of Corti
 - Basilar Membrane
- Smell (160-161)
 - Stimulus
 - Olfactory Epithelium
- Taste (158-159)
 - Stimulus
 - Taste Buds
- Skin Senses (154)
- Sense of Body Movement (161-162)
- Sense of Equilibrium

Unit 11 - Perception (163-175)

- Perception definition (139)
- Nature-Nurture and Perception
- Selection and attention as an element in perception
 - Stimulus characteristics
 - The person
 - Set (173)
- Organization as an element in perception
 - Figure Ground (163)
 - Closure (164)
 - Continuity (164)
 - Similarity and proximity (163)
 - Constancy (167)
- Interpretation as an element in perception (170-172)
- Perception of distance and depth (165-166)
- Illusion Definition
 - Autokinetic illusion
 - Phi Phenomenon
 - Stroboscopic Motion

Unit 12 - Emotion (371-394)

- Definition (371)
- Physiological substrates
- Physiological measures
- Theories of emotion
 - James-Lange (372)
 - Cannon-Bard (372)
 - Cognitive Theory
 - Albert Ellis
 - Beck
 - Glasser
- Facial Muscles (385)
- Individual differences in emotion
- Specific Emotions
 - Fear

Phobia
Anxiety

Unit 13 - Motivation (335-367)

- Two Definitions
- Some preliminary definitions
 - Homeostasis (336)
 - Drive
 - Motive
- Physiological needs and their resulting drives (339-365)
 - Thirst
 - Hunger (339-349)
 - Sleep
 - Sex (351-362)
 - Survey data
 - Sexual response cycle (351-352)
 - Stimulus needs
 - Sensory Stimulation
 - Stimulus variability
 - Motives
 - Motive to Achieve (366-367)
 - Power Motive
 - Affiliation Motive
 - Maslow's Hierarchy of Needs (337-338)
 - Unconscious motives
 - Commonalities of motivated behavior

Unit 14 - Anxiety, Stress, Coping, and Defense (397-402)

- Anxiety
 - Definition
 - Effects
- Stress
 - General Adaptation Syndrome (397-398)
 - Psychosomatic illness (402)
 - Social readjustment rating scale
 - Selye's prescription for staying healthy
 - Sources of Stress
 - Adjustment to stress
 - Defense Mechanisms

Unit 15 - Abnormal (459-493)

- Ways by which a definition has been attempted
- Two Definitions
- Incidence
- The old idea of neurosis, psychosis, and personality disorders
- Anxiety Disorder (466-472)
 - Phobic Disorders (467-472)
 - Agoraphobia
 - Social Phobia
 - Specific Phobia
 - Treatment of Phobias

- Panic Disorder (467)
 - Etiology
 - Treatment
- Generalized Anxiety Disorder (466-467)
 - Etiology
 - Treatment
- Obsessive-Compulsive Disorders (468-469)
 - Obsession Definition
 - Compulsion Definition
 - Etiology
 - Treatment
- Post-Traumatic Stress Disorder
- Somatoform Disorders
 - Somatization Disorder
 - Hypochondriasis
 - Conversion Disorder
- Dissociative Disorders
 - Dissociative Amnesia
 - Dissociative Fugue
 - Dissociative Identify Disorder (Multiple Personality Disorder) (473)
 - Depersonalization Disorder
- Personality Disorders (474-476)
 - Antisocial (Psychopath) (474-475)
 - Other Types of Personality Disorders
- Psychosis
 - Hallucinations (486)
 - Delusions (486)
 - Organic versus Functional Psychoses
 - Schizophrenia
 - Disorganized (Hebephrenic)
 - Catatonic
 - Paranoid
 - Undifferentiated
 - Incidence
 - Treatment
- Affective Disorders
 - Major Depression
 - Bipolar Disorder
 - Dysthymic Disorder
 - Cyclothymic Disorder
 - Treatment

Unit 16 - Treatment of Abnormal Behavior (497-525)

- Somatic Therapies
- Psychoanalysis
- Client Center and/or Non Directive Therapy
- Cognitive Therapy (506-508)
 - Ellis
 - Beck
- Eysenck's Argument

What research says in regards to the effectiveness of psychotherapy
Behavioral Therapies

Unit 17 - Personality (421-455)

Definition (421)

Some of the schools of thought

Type, Sheldon

Trait, Cattell (435-443)

Humanistic

Behaviorism

Social Learning Theory

Some Specific Theories of Personality

Freud's Psychoanalytic Theory (422-431)

Id, Ego, Superego (423)

Anxiety and Defense Mechanisms (425-426)

Unconscious (422)

Psychosexual stages of development (424)

Fixation (425)

Neofreudians

Jung

Adler

Self-Theory of Carl Rogers (432-434)

Unit 18 - Psychological Testing (317-318, 427-428)

Requirements of a test

Objectivity

Reliability (317)

Validity (318)

Standardization (317)

Some generalized descriptions of tests

Individual versus group

Achievement versus aptitude

Specific types of tests

Individual Intelligence Tests

Stanford-Binet

Wechsler Scales

Group Intelligence Tests

Vocational Aptitude Tests

GATB

DAT

Interest Tests

Strong-Campbell

Kuder, Form DD

Objective Tests of Personality

MMPI (437)

CPI

16PF

Situational Tests

Projective Tests

Rorschach (428)

TAT (427)

Unit 19 - Developmental Psychology (5, 105-122)

- Individual differences in babies
- General trends in infant development
- Early motor and sensory development
 - Maturation
 - Maturation versus environmental influences
 - Norms
 - Reflexes
 - Sensory and Perceptual Development
- Personality Development
 - Intellectual Development (105-110)
 - Moral Development, Kohlberg (119)
 - Life Cycle of Development, Erikson
 - Trust versus Mistrust - 1st year of life
 - Autonomy versus Doubt - 2nd year
 - Attachment - (112-114)
 - Toilet Training and social demands
 - Dawn of Anxiety
 - Initiative versus Guilt - 3rd through 5th year
 - The Process of Identification
 - Sex Typing
 - Industry versus Inferiority - 6th year to puberty
 - The influence of Teachers and Peers
 - Identity versus Confusion - adolescence (116-118)
 - Intimacy versus Isolation - Early Adulthood (122)
 - Choosing a Mate
 - Choosing a Career
 - Parenthood
 - Generativity versus Self-absorption
 - The adventure of parenthood continues
 - Making your mark upon the world
 - Integrity versus Despair - aging years
 - Growing Older
 - Retirement
 - The possibility of death
- Major Controversies
 - Nature - Nurture (5)
 - Critical - Optimum
 - Imprinting (111)
 - Maternal Deprivation, Harlow
 - Deprivation and its effect upon humans

Unit 20 - Social Psychology (529-569)

- The Basic Focus of Social Psychology (539)
 - Attribution Theory (529-531)
- Society and the Socialization Process
- Attitudes and attitudinal change
 - What is an attitude (531)
 - Prejudice and stereotypes (545)

- New experiences, new socialization, new attitudes
- The theory of cognitive dissonance (533-534)
- Getting the individual to actively endorse the new position
- Getting the person to own and/or decide to buy
- Do attitudes change behavior or vice-versa
- Persuasive Communication
 - The source of the communication
 - The characteristics of the message
 - The characteristics of the audience
 - Resistance to persuasion
- Conformity (535-540)
 - Asch experiment (536-537)
 - Milgram's experiment (538-540)
 - Factors influencing obedience
 - The theory of social comparison
- Attraction to others (559-562)
 - Proximity and familiarity (559)
 - Physical attractiveness (560)
 - For men, tall is beautiful
 - Similarity (562)
 - Competence
 - First impressions
 - The effects of approval
- Bystander Apathy
- Aggression and Altruism (564-566)