

AP Psychology Exam Review

1. Perspectives/History (2–4%)

- Historical perspectives-structuralism, functionalism, Gestalt, behaviorism, psychoanalysis-know who the major names are associated with each (James, Watson, Freud, Skinner...)
- Current perspectives-biological view, developmental view, cognitive view, psychodynamic view, humanistic view, behavioral view, sociocultural view, Evolutionary view

2. Research Methods (8-10%)

- 5 steps of the scientific method
- Types of research:
 - Experiment
 - Independent/dependent/confounding variables
 - Control/experiment group
 - Types of bias/sources of bias
 - Correlational Study/survey
 - Observation/naturalistic observation
 - Ex post facto
 - Longitudinal study
 - Cross sectional study
 - Cohort sequential study
- Statistical analysis: mean, median, mode, correlation coefficient, histogram, "statistically significant"
- Ethical standards (deception and debriefing)
- Random sample vs. random assignment

3. Biopsychology (8–10%)

- Evolution/natural selection-Darwin's theories
- Genetics/inheritance
- Nature vs. Nurture
- Neurons-Parts, functions, types, neurotransmitters
- Divisions of the nervous system-CNS, PNS-somatic, autonomic-sympathetic, parasympathetic
- Three layers of the brain-brainstem, limbic system, cerebral cortex
 - All major parts and functions
 - All the lobes of the cerebral cortex
- Cerebral dominance/split brain

4. Sensation/Perception (6-8%)

- Transduction-changing stimuli to sensation
- Sensory adaptation
- Thresholds-absolute, Just Noticeable Difference...
- Signal detection Theory
- Specific senses-vision and hearing
- Perceptual processing-The binding problem, bottom up processing, top down processing
- Perceptual consistency
- Figure and ground
- Closure
- The Gestalt Laws-perceptual grouping, law of similarity, law of proximity, law of common fate
- Binocular vs. monocular clues
- Perceptual sets

5. States of Consciousness (2–4%)

- Conscious vs. non-conscious processing
- Levels of the non-conscious mind
- Sleep: Circadian rhythms, REM vs. N-REM, all the sleep stages, sleep paralysis
- Dreams-current theories vs. Freudian theories
 - Manifest content vs. Latent content
- Hypnosis
- Psychoactive drugs

6. Learning (7–9%)

- Learning vs. instinct
- Simple and complex learning
- Ivan Pavlov
- Classical conditioning
 - Neutral stimulus
 - Acquisition
 - UCS/CS/UCR/UCR
 - Extinction
 - Discrimination
 - Spontaneous recovery
- Operant conditioning
 - Law of effect
 - Reinforce-positive and negative reinforcement
 - Punishment-positive and negative reinforcement
 - B.F. Skinner
 - Schedules of reinforcement-continuous vs. intermittent, ratio vs. interval
 - Shaping
 - Primary vs. secondary reinforcers
 - Token economy
- Wolfgang Kohler-study with chimps
- Cognitive maps
- Latent learning
- Observational learning-Bobo doll experiment

7. Cognition (8-10%)

- Memory:
 - 3 basic processes/information processing model: encoding, storage, retrieval
 - Eidetic memory
 - Sensory memory
 - Working Memory
 - Long term memory
 - Chunking, rehearsal
 - Levels of processing theory
 - Declarative memory
 - Episodic memory
 - Procedural memory
 - Semantic memory
 - Engram
 - Anterograde amnesia, retrograde amnesia
 - Flashbulb memory
 - Implicit vs. Explicit Memory
 - Priming
 - Recall vs. Recognition
 - Mood-memory congruent
 - Schacter's Seven Sins of Memory
 - Transience
 - Absent mindedness
 - Blocking
 - Proactive interference/Retroactive interference/serial position effect
 - Misattribution
 - Suggestibility
 - Bias
 - Persistence
- Language structures of the brain-LAD
- Acquiring vocabulary

8. Emotion and Motivation (6-8%)

- Plutchik's Emotion Wheel
- Neuroscience of emotion-role of limbic system (amygdale, hippocampus, reticular formation, cerebral cortex)
- James-Lang Theory vs. Cannon-Bard Theory
- Two-Factor Theory
- Opponent-process theory
- The inverted U/Yerkes Dodson Model
- Types of motivation-intrinsic vs. extrinsic motivation
- Theories of Motivation
 - Instinct Theory
 - Drive Theory
 - Cognitive Theory of Loci
 - Freud's Theory of Psychoanalysis
 - Maslow's Hierarchy of Needs
- Stress vs. Stressor
- Traumatic stressors/PTSD
- 5 stages of recovery
- Physical response to stress, Fight or Flight
- General Adaptation Syndrome
- Type A/Type B Patterns

9. Psychological Development (7-9%)

- Fraternal/Identical twins
- Continuity view of development
- Discontinuity view of development
- Prenatal Development
 - Prenatal period, teratogens
- Neonatal period
- Infancy
- Attachment
- Imprinting
- Contact comfort
 - Harry Harlow's study with monkeys
- Maturation
- Cognitive Development/Piaget
 - Schemas, assimilation/accommodation
 - Piaget's stages of development
 - Sensorimotor
 - Preoperational
 - Egocentrism
 - Animistic thinking
 - Centration
 - Irreversibility
 - Concrete Operational
 - Formal Operational
- Theory of mind
- Zone of proximal development
- 4 distinct parenting styles
- Erikson's Theory of Psychosocial Development (8 stages)
- Kohlberg's Stages of Moral Reasoning (6 stages)
- Development challenges of adults

10. Personality (5-7%)

- Freud's Psychodynamic Theory of Personality (iceberg model)
 - Id
 - Ego
 - Superego
 - Unconscious
 - Libido
 - Oedipus complex
 - Defense mechanisms
 - Repression
 - Rorschach Inkblot Tests
- Carl Jung
 - Personal unconscious/collective unconscious
- Humanistic Theories
 - Abraham Maslow-Self-actualizing personalities
 - Carl Rogers-Fully functioning person
- Locus of control-Rotter's Theory
- The "Big Five" Traits/The Five-Factor Theory

11. Testing and Individual Differences (5-7%)

- Validity
- Reliability
- Face validity
- Content validity
- Item analysis
- Standardized test
- Split-half reliability
- Intelligent quotient (IQ)
- Objective tests
- Subjective tests
- Inter-rater reliability
- Sternberg's Triarchic Theory
- Gardner's Multiple Intelligences
 - Linguistic intelligence, logical-mathematical intelligence, spatial intelligence, musical intelligence, bodily kinesthetic intelligence, interpersonal intelligence, intrapersonal intelligence

12. Psychological Disorders (7–9%)

- Psychopathology
 - Hallucinations
 - Delusions
 - Affect
- Hippocrates Humor Theory
- A brief history of how psychological disorders were treated
- Indicators of Abnormality
 - Distress
 - Maladaptiveness
 - Irrationality
 - Unpredictability
 - Unconventionality/ Undesirable behavior
- DSM-IV-TR
- Mood Disorders (with examples and symptoms)
- Cognitive-Behavioral Cycle of Depression
 - Major depression, Bipolar Disorder
- Anxiety Disorders (with examples and symptoms)
 - Generalized Anxiety Disorder, Panic Disorder, Phobic Disorders, Obsessive-Compulsive Disorder
- Somatoform Disorders
 - Conversion disorder, Hypochondriasis
- Dissociative Disorders
 - Dissociative Amnesia, Dissociative Fugue, Depersonalization Disorder, Dissociative Identity Disorder
- Eating Disorders
- Schizophrenia
 - Major Types of Schizophrenia: Disorganized, Catatonic, Paranoid, Undifferentiated and Residual
 - Causes of schizophrenia
- Personality Disorders
 - Narcissistic Personality Disorder, Antisocial Personality Disorder
- Developmental Disorders
 - Autism, Dyslexia

13. Therapies for Psychological Disorders (5–7%)

- Insight Therapies
- Talk Therapies
- Psychoanalysis: Analysis of transference
- Neo-Freudian Psychodynamic Therapies
- Humanistic Therapies: Client-Centered Therapy
- Cognitive Therapies
- Group Therapies
- Group Therapies/Self-Help Support Groups
- Behavior Therapies
 - Behavior modification
 - Classical Conditioning Therapies
 - Systematic Desensitization
 - Aversion Therapy
 - Exposure Therapy
 - Operant Conditioning Therapies-Token Economies
- Cognitive Behavioral Therapy
 - Rational-Emotional Behavior Therapy
- Drug Therapies
 - Antipsychotic drugs
 - Antidepressants
 - Mood stabilizers
 - Antianxiety
 - Stimulants
- Brain Stimulation Therapies

14. Social Psychology (8-10%)

- Social context
- Social reality
- Social roles
- Social norms
- Conformity
 - Asch Effect
 - Group think-factors that promote group think
- Milgram's Obedience Experiment
 - Why we obey authority
- The bystander problem
 - Kitty Genovese
 - Diffusion of responsibility
- Reward theory of attraction
 - Proximity
 - Similarity
 - Self-disclosure
 - Physical attractiveness
- Matching hypothesis
- Expectancy-value theory
- Cognitive dissonance
- Fundamental attribution error (FAE)
- Self-serving bias
- 5 causes of prejudice
 - Dissimilarity and social distance
 - Economic competition
 - Scapegoating
 - Conformity to social norm
 - Media stereotypes
- Social facilitation
- Social loafing
- Deindividuation
- Group polarization
- Groupthink