**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_**

**Intro to Psychology**

**Psychology Final Exam Study Guide**

The following guide is just that—a *guide*. It is as much a retrospective look at the course as it is a road map to greatness. You should already be quite familiar with these topics, but it wouldn’t hurt to tune up on the basics as part of your final exam studying efforts.

**Textbook Readings from *Understanding Psychology* by Robert S. Feldman:** Chapters 1, 2, 14, 16, 5 (Pgs. 130-144), 13, 7.

**Important Terms/Concepts to Consider**

**Chapter 1: Introduction to Psychology**

* Psychology
* Structuralism
* Introspection
* Functionalism
* Gestalt psychology
* Biological perspective
* Psychodynamic perspective
* Cognitive perspective
* Behavioral perspective
* Humanistic perspective

**Chapter 2: Psychological Research**

* Scientific method
* Theories
* Hypothesis
* Operationalization
* Archival research
* Naturalistic observation
* Survey research
* Case study
* Variables
* Correlational research
* Experiment
* Experimental manipulation
* Treatment
* Experimental group
* Control group
* Independent variable
* Dependent variable
* Random assignment to condition
* Significant outcome
* Replication
* Informed consent
* Experimental bias
* Placebo

**Chapter 14: Personality**

* Personality
* Psychoanalytic theory
* Unconscious
* Id
* Ego
* Superego
* Fixation
* Defense mechanisms
* Neo-Freudian psychoanalysts
* Collective unconscious
* Inferiority complex
* Trait theory
* Traits
* Social cognitive approaches to personality
* Biological and evolutionary approaches to personality
* Temperament
* Humanistic approaches to personality
* Unconditional positive regard
* Self-actualization

**Chapter 16: Psychological Disorders**

* Anxiety disorder
* Phobias
* Panic disorder
* Generalized anxiety disorder
* Obsessive-compulsive disorder
* Somatoform disorder
* Hypochondriasis
* Conversion disorder
* Dissociative disorder
* Multiple personality
* Dissociative amnesia
* Dissociative fugue
* Mood disorder
* Major depression
* Mania
* Bipolar disorder
* Schizophrenia
* Personality disorder
* Antisocial personality disorder
* Borderline personality disorder
* Narcissistic personality disorder
* ADHD

**Chapter 5: States of Consciousness**

* Consciousness
* Stages 1-4 sleep (NREM)
* Rapid eye movement sleep (REM)
* Unconscious wish fulfillment theory- Freud
* Jungian analysis of dreams
* Manifest and latent content of dreams
* Dreams-for-survival theory
* Activation-synthesis theory
* Circadian rhythms
* Meditation
* Hypnosis

**Chapter 13: Stress and Health**

* Stress
* Distress
* Eustress
* Frustration
* Positive and negative coping

**Chapter 7: Memory**

* Memory
* Sensory memory
* Short-term memory
* Long-term memory
* Iconic-memory
* Echoic memory
* Chunk
* Rehearsal
* Working memory
* Declarative memory
* Procedural memory
* Semantic memory
* Episodic memory
* Associative models
* Priming
* Explicit memory
* Implicit memory
* Tip-of-the-tongue phenomenon
* Levels-of-processing theory
* Flashbulb memories
* Constructive processes
* Schemas
* Autobiographical memories
* Decay
* Memory trace
* Interference

**Essential Questions to Consider**

**Chapter 1: Introduction to Psychology**

* What is the science of psychology?
* What are the major specialties in the field of psychology?
* Where do psychologists work?
* What are the historical roots of the field of psychology?
* What are the major approaches used by contemporary psychologists?

**Chapter 2: Psychological Research**

* What is the scientific method, and how do psychologists use theory and research to answer questions of interest?
* What are the different research methods employed by psychologists?
* How do psychologists establish cause-and-effect relationships in research studies?
* What major issues underlie the process of conducting research?

**Chapter 14: Personality**

* How do psychologists define and use the concept of personality?
* What do the theories of Freud and his successors tell us about the structure and development of personality?
* What are the major aspects of trait, learning, biological and evolutionary, and humanistic approaches to personality?
* How can we most accurately assess personality?
* What are the major types of personality measures?

**Chapter 16: Psychological Disorders**

* What classification system is used to categorize psychological disorders?
* What are the major psychological disorders?
* What are the most severe forms of psychological disorders?
* What indicators signal a need for the help of a mental help practitioner?

**Chapter 5: States of Consciousness**

* What are the different states of consciousness?
* What happens when we sleep, and what are the meaning and function of dreams?
* What are the major sleep disorders and how can they be treated?
* How beneficial/ useful are meditation and hypnosis?

**Chapter 7: Memory**

* What is memory?
* Are there different kinds of memory?
* What causes difficulties and failures in remembering?
* Why do we forget information?
* What are the biological bases of memory?
* What are the major memory impairments?

**Chapter 13 Stress and Health**

* What is health psychology?
* What is stress? Types of stress?
* What are the general causes of stress? What environments create stress?
* What is the impact of stress physically and emotionally?
* How to reduce stress?
* What is a hardy personality?

**\*\*Remember**: Being able to respond to *essential questions* thoughtfully and comprehensively ensures that you have a strong grasp on the concepts of the course. As you study for this final examination, be sure to use your notes, activities, textbook, films or videos that we watched in class, and presentations that your classmates delivered as review resources. *Anything* is fair game on the final exam. Good luck!