

## EXAM 2 – STUDY GUIDE

The exam will be 50 multiple-choice questions. Most of the questions will be based on material covered in lecture. It is also important that you read the chapters in the textbook – there will be question that will come directly from the textbook (material not covered in lecture). If want you to be able to understand and apply the material ... not just spit back the facts.

### Module 5- Consciousness: Dual processing, Sleep and Dreams

1. What is consciousness?
2. Is consciousness a spectrum? Why or why not?
3. What is the difference between controlled and automatic processes?
4. Can we alter our consciousness? If yes, how?
5. What is sleep?
  - a. Why do we sleep?
  - b. What are circadian rhythms? What generates our circadian rhythms?
    - a. What is melatonin? What affects our circadian rhythms?
    - b. What events influence the biological clock? Can our clock be “thrown off”?
  - c. What are the stages of sleep?
    - a. How does non-REM sleep differ from REM sleep? Be able to describe all the stages of non-REM sleep in terms of brain and body activity.
    - b. Does REM serve a function? Explain.
    - c. How long is a typical cycle of sleep?
    - d. Discuss the differences in brain wave and arousal levels in NREM and REM sleep.
  - d. What is the repair/restoration theory?
  - e. What is the evolutionary/circadian theory?
  - f. What is sleep deprivation? Why is it dangerous? What does it do to the body?
  - g. How does sleep change with age?
  - h. Do adults function better at certain times of the day? Why? Think about morning versus evening people.
  - i. What are the effects of sleep deprivation?
6. What are sleep disorders?
  - a. What is Narcolepsy? Explain the symptoms and features
  - b. What is Insomnia? Explain the symptoms and features
  - c. What is Sleep Apnea? Explain the symptoms and features
  - d. What is the difference between nightmares and night terrors?
  - e. What is Sleep Walking? Explain the symptoms and features

### Module 17, 18 and 19- Learning

1. What is learning?
2. What is conditioning?
3. What is Classical Conditioning?
  - a. What are the steps involved in classical conditioning? Who is Pavlov?
  - b. What is an Unconditioned Stimulus (UCS)? Example?
  - c. What is an Unconditioned Response (USR) ? Example?
  - d. What is a Neutral Stimulus (NS)? Example?
  - e. How does a Neutral Stimulus change after conditioning occurs?
  - f. What is Conditioned Stimulus (CS)? How is it different than a UCS?
  - g. What is a Conditioned Response (CR)? How is it difference than a UCR?
  - h. What is spontaneous recovery? Be able to identify from an example.
  - i. What is extinction? Be able to identify from an example.
  - j. What is stimulus generalization? Be able to identify from an example
  - k. What is stimulus discrimination? Be able to identify from an example
  - l. Who was Baby Albert? Explain the experiment.
  - m. Who performed the Baby Albert experiments? Was this an ethical experiment? Why or why not?
  - n. How did the experiments with Little Albert demonstrate classical conditioning, stimulus generalization and stimulus discrimination?

- o. What is conditioned taste aversion? How is it associated with classical conditioning?
4. What is Operant Conditioning? How does it differ from Classical Conditioning?
    - a. Who is Thorndike? Who is Skinner?
    - b. What is the law of effect?
    - c. In terms of learning, what does positive mean?
    - d. In terms of learning, what does negative mean?
    - e. What is reinforcement?
      - i. What is positive reinforcement? Example?
      - ii. What is Negative reinforcement? Example?
        1. What is escape?
        2. What is avoidance?
      - iii. What are the four schedules of reinforcement?
        1. How is each schedule different in terms of behavior?
  5. How is punishment different than reinforcement?
    - a. What is positive punishment?
    - b. What is negative punishment?
    - c. Can Punishment create a new behavior? Why or why not?
    - d. What are the limitations of punishment?
    - e. What is learned helplessness?
  6. What is observational learning? Who is Bandura?
    - a. What is modeling
    - b. What are mirror neurons?

### **Modules 20-21- Memory**

1. What is memory?
2. What is encoding?
  - a. What is attention?
    - i. What is the problem with divided attention?
3. What is storage?
  - a. What is sensory memory? Be able to explain in terms of duration and capacity.
    - i. What is iconic memory?
    - ii. What is echoic memory?
  - b. What is short-term memory? Be able to explain in terms of duration and capacity.
    - i. What is chunking? Why does it help STM?
    - ii. What is rehearsal? Why does it help STM?
  - c. What is long-term memory? Be able to explain in terms of duration and capacity.
  - d. Make sure you know the differences between STM and LTM.
4. What is retrieval?
  - a. What is free recall?
  - b. What is cued-recall?
  - c. What is recognition?
  - d. What are flashbulb memories?
  - e. What are state-dependent memories?
  - f. How can we improve our memories?
  - g. What are mnemonics? Be able to describe the different types and identify from an example.
  - h. How should you study for a test?

### **Modules 10-11: Developing Through the Life Span**

1. How do psychologists study development?
  - a. What are two common research designs?
  - b. Why are twins important in studying development
2. What is prenatal development?
  - a. What are the human reproductive cells (gametes)?

- b. Where does conception take place?
  - c. What is the fertilized egg called?
  - d. What are the three stages of prenatal development?
    - i. How long is each of these stages?
    - ii. What are some milestones for each stage?
  - e. What nourishes and protects the developing fetus during pregnancy?
  - f. What factors can influence prenatal development?
  - g. What are teratogens?
    - i. What is the leading cause of mental retardation?
    - ii. What is Fetal Alcohol Syndrome?
    - iii. What are the characteristics of FAS?
  - h. Why do some factors affect the developing person more than others?
  - i. What is the age of viability and what factor influences this?
  - j. What is the first organ (system) to develop? What is the last to develop?
  - k. Why do fetuses swallow amniotic fluid in the womb?
  - l. Do fetuses experience any of the senses before birth? Which ones?
  - m. Which sense is the least developed at birth? Which is the most developed?
3. What are the primary reflexes?
    - a. Be able to identify each reflex.
    - b. When do these reflexes appear?
  4. How do we develop thought?
    - a. Who was Jean Piaget?
    - b. What is a schema?
    - c. What are the two ways Piaget believed people could change their schema?
    - d. What are Piaget's stages of cognitive development?
      - i. Be able to identify all the stages with milestones for each stage.
    - e. What is object permanence? When does it develop?
    - f. What is egocentrism?
      - i. What stage(s) is most associated with egocentrism?
    - g. What is conservation?
  5. What is Attachment?
    - i. When does attachment develop?
    - ii. What factors affect the development of attachment?
    - iii. What did Harry Harlow's research suggest about attachment in children?