EXAM 4 – 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.

Chapter 7- Consciousness
1. What is consciousness?
2. Is consciousness a spectrum? Why or why not?
3. Can we alter our consciousness? If yes, how?
4. What is sleep?
    a. On average, how many hours do people sleep per night?
    b. Why do we sleep?
    c. What controls the need for sleep?
    d. What is the biological clock? Does it only influence sleep? Explain.
    e. What events influence the biological clock? Can our clock be "thrown off"?
    f. How many stages of sleep do humans have?
    g. Explain NREM vs. REM sleep
    h. Does REM serve a function? Explain.
    i. How long is a typical cycle of sleep?
    j. Discuss the differences in brain wave and arousal levels in NREM and REM sleep.
5. What are dreams?
    a. When do dreams occur?
    b. Are NREM and REM dreams the same? Why or why not?
    c. Know the differences in dream interpretation theories
        (a) Psychodynamic (Jung/Freud)
        (b) Cognitive
        (c) Biopsychological
6. What are the effects of sleep deprivation?
7. 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 are Night Terrors? Example the symptoms and features
    e. What is Sleep Walking? Explain the symptoms and features

Chapter 8 Learning
1. What is learning?
2. What is conditioning?
3. What is Classical Conditioning?
    a. Who is most associated with Classical Conditioning?
    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. How can humans be conditioned?

   i.   Who was Baby Albert? Explain the experiment.
   j.   Who performed the Baby Albert experiments? Was this an ethical experiment? Why or why not?
   k.   What is Extinction?
   l.   What is Stimulus Generalization?
   m. What is Stimulus Discrimination? Example?

4. What is Instrumental Conditioning?
 a.   Who is most associated with this?
 b.   What experiments did he use to test this?

5. What is Operant Conditioning? How does it differ from Classical Conditioning?
 a.   Who is most associated with this?
 b.   What is reinforcement?
   i.   What is positive reinforcement? Example?
   ii.   What is Negative reinforcement? Example?
   iii. What are primary reinforcers? Example?
   iv. What are Secondary reinforcers? Example?
   v.   How are superstitions developed?
   vi. What are the four schedules of reinforcement?
     1. How is each schedule different in terms of behavior?
 c.   What is Punishment?
   i.   Can Punishment create a new behavior? Why or why not?
   ii.   What are Primary and Secondary punishers?
   iii. What are the limitations of punishment?
   iv. What is learned helplessness?

 d.   What is Social Learning?
   i.   Who is most associated with Social Learning?
   ii.   What experiments support this theory?