

## Unit 1 Exam Study Guide

Number of Questions: Introductory Material 1 / History of Psychology 11  
Types of Psychologists 2 / Research Methods 8  
Statistics 8 / Classical Conditioning 9 / Motivation 4  
Instrumental Conditioning 12 / Two-Factor Theory of Fear  
and Avoidance 5 / Fun 2 / Total of 62

People of Note: Plato / Hippocrates / Aristotle / Galen / Descartes / Hobbes / Locke  
Hume / Mesmer / Pinel / Helmholtz / Freud / Pavlov / Watson /  
Thorndike / Skinner / Pert

Key Concepts: Genetic Predispositions / Nativism / Empiricism / Experience  
Bodily Humors / Midwives / Localization of Function / Specific Nerve  
Energies / Psychophysics / Schools of Psychology / Parsimony  
Methods of Observation / Case Studies / Cross-Sectional Studies  
Longitudinal Studies / Subject and Experimenter Biases  
Random Selection / Independent Variable / Dependent Variable  
Research Ethics / Correlation / Measures of Central Tendency  
Measures of Variability / Normal Distributions / P-Value  
Reflexes / Fixed Action Patterns / Habituation / Classical Conditioning  
Unconditioned Stimulus (US) / Unconditioned Response (UR)  
Conditioned Stimulus (CS) / Conditioned Response (CR)  
Extinction / Elicited Response / Preparatory Response / Homeostasis  
Optimal Level of Arousal / Hierarchy of Needs / Extrinsic Motivation  
Intrinsic Motivation / Reinforcement / Schedules of Reinforcement  
Fixed Ratio / Variable Ratio / Fixed Interval / Variable Interval  
Shaping / ABCs of Learning / Consequences of Behavior  
Positive Reinforcement / Negative Reinforcement  
Positive Punishment / Negative Punishment / Applying Punishment  
Side Effects of Punishment / Learned (Conditioned) Fears / Phobias  
Obsessive-Compulsive Behaviors / Implosive Therapy  
Systematic Desensitization / Dogs

You do not need to know specific dates, just the general trends. In other words, have an idea of the order in which key ideas and concepts emerged. Same goes for the people, just know the progression of people and ideas.

The questions on the exam are in the order I presented the material in class. With all the questions related to a particular topic grouped together it's easier for you to focus on that topic, its perspective and its terminology. And you can address the areas you're sure of first, then spend more time on those you're not so sure of. You'll have nearly two hours to take the exam, almost two minutes per question. So relax!

## A Few Exam Taking Tips From Our Friends At DSPS

- ☺ **Be prepared.** Organize yourself and learn the material; take a step by step approach to avoid feeling overwhelmed. Make notecards to help remember terms, dates, and key points.
- ☺ **Approach the exam with confidence.** Use strategies to succeed, such as visualization — before you go to bed at night, see yourself calmly taking the test and getting a “B” or whatever grade is good for you.
- ☺ **Get a good night’s sleep.** This might seem hard to do, but don’t stay up cramming all night. You will just be too tired to remember.
- ☺ **Don’t go to the exam with an empty stomach.** Fresh fruits and vegetables are often recommended to reduce stress. Eat an apple or an orange. Stay away from processed foods, sodas, junk food, sugar, chips, and white flour products.
- ☺ **Give yourself plenty of time.** Arrive early, don’t rush, and keep your thoughts positive.
- ☺ **Remember to BREATHE.** When we get anxious, we “forget” to inhale properly, our breathing becomes shallow, and our body doesn’t get enough oxygen. Taking four or five slow deep breaths can get us back in control of our body and mind and get the much-needed oxygen flowing again.

