

PSYCHOLOGY

THE BASIC PRINCIPLES OF PSYCHOLOGY FOR INTERMEDIATE COURSES

INTRODUCTION

DEFINITION: Scientific study of behavior and mind. Processes can be seen, but cannot be measured directly.

EXAMPLE: Thoughts, emotions, actions and internal states. Behavior is observable.

PSYCHOLOGY AND SCIENCE

1. **Behavioral studies:** observable responses
2. **Other studies:** internal states
3. **Observation:**
 - a. Naturalistic: natural environment
 - b. Laboratory: artificial setting for control
4. **Survey:** questionnaires and interviews
5. **Case study:** in-depth
6. **Field:** natural setting, no laboratory control
7. **Experimental studies:** attempts to demonstrate cause-and-effect, time and place variables
8. **Experiment:** researcher controls independent variable to see effect on other variables
9. **Independent variable:** manipulated by researcher
10. **Dependent variable:** measured by researcher
11. **Experimental and control groups:** all manipulated group exposed to independent variable, different results seen
12. **Change in dependent variable:** measure of independent variable, effect on other variables

BIOLOGICAL BASIS OF PSYCHOLOGY

STRUCTURE OF THE NERVOUS SYSTEM

1. **Central:** brain and spinal cord
2. **Peripheral:** sensory and motor nerves, autonomic system
3. **Neurons:** nerve cells
4. **Neuroglia:** support cells
5. **Neurotransmitters:** chemical messengers

FUNCTIONS OF THE NERVOUS SYSTEM

1. **Brain:** control center
2. **Spinal cord:** relays information from other neurons
3. **Neurons:** carry information from other neurons
4. **Neurotransmitters:** chemical messengers
5. **Neuroglia:** support cells
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THE SENSE ORGANS

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LEARNING

Change in behavior as a result of experience

CLASSICAL CONDITIONING

1. **Unconditioned response (UR):** natural, unlearned response
2. **Unconditioned stimulus (US):** natural stimulus that causes UR
3. **Conditioned response (CR):** learned response to a stimulus
4. **Conditioned stimulus (CS):** learned stimulus that causes CR
5. **Extinction:** when CS is presented without UR, CR decreases
6. **Spontaneous recovery:** when CS is presented after extinction, CR returns
7. **Generalization:** when CS is presented, CR is elicited
8. **Discrimination:** when CS is presented, CR is not elicited
9. **Latent inhibition:** when CS is presented, CR is not elicited
10. **Blocking:** when CS is presented, CR is not elicited
11. **Overlap:** when CS is presented, CR is not elicited
12. **Interference:** when CS is presented, CR is not elicited

OPERANT CONDITIONING

1. **Reinforcement:** increases behavior
2. **Punishment:** decreases behavior
3. **Extinction:** when CS is presented, CR is not elicited
4. **Spontaneous recovery:** when CS is presented after extinction, CR returns
5. **Generalization:** when CS is presented, CR is elicited
6. **Discrimination:** when CS is presented, CR is not elicited
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SENSATION AND PERCEPTION

SENSATION: the process of physical energy

THE EYE AND HEARING

1. **Light:** enters through the cornea
2. **Lens:** focuses light on the retina
3. **Retina:** in the back of the eye
4. **rods:** respond to light
5. **cones:** respond to color
6. **optic nerve:** carries visual information to the brain
7. **optic chiasm:** where optic nerves cross
8. **optic tract:** carries visual information to the brain
9. **optic tectum:** where optic nerves cross
10. **optic chiasm:** where optic nerves cross
11. **optic tract:** carries visual information to the brain
12. **optic tectum:** where optic nerves cross

THE EAR

1. **Outer ear:** collects sound waves
2. **Middle ear:** transmits vibrations from eardrum to cochlea
3. **Inner ear:** contains cochlea and vestibular system
4. **Cochlea:** converts vibrations into electrical signals
5. **Vestibular system:** maintains balance
6. **Optic nerve:** carries visual information to the brain
7. **Optic chiasm:** where optic nerves cross
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THE TASTE

1. **Taste buds:** contain taste receptors
2. **Salivary glands:** produce saliva
3. **Optic nerve:** carries visual information to the brain
4. **Optic chiasm:** where optic nerves cross
5. **Optic tract:** carries visual information to the brain
6. **Optic tectum:** where optic nerves cross
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THE SMELL

1. **Nose:** contains olfactory receptors
2. **Optic nerve:** carries visual information to the brain
3. **Optic chiasm:** where optic nerves cross
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STRESS AND HEALTH

STRESS: CHARACTERISTICS AND PHYSICAL RESPONSES TO STRESS

1. **Stress:** response to a stimulus
2. **Stressors:** events that cause stress
3. **Stress response:** physiological and psychological changes
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PHYSIOLOGY AND HEALTH

1. **Heart:** pumps blood
2. **Lungs:** exchange gases
3. **Stomach:** digests food
4. **Intestines:** absorb nutrients
5. **Liver:** processes toxins
6. **Kidneys:** filter blood
7. **Bladder:** stores urine
8. **Uterus:** carries fetus
9. **Vagina:** birth canal
10. **Optic nerve:** carries visual information to the brain
11. **Optic chiasm:** where optic nerves cross
12. **Optic tract:** carries visual information to the brain

HEALTH AND SOCIAL RELATIONSHIPS

1. **Health:** state of well-being
2. **Stress:** response to a stimulus
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11. **Stressors:** events that cause stress
12. **Stress response:** physiological and psychological changes

MEMORY

Ability to store and retrieve information

INFORMATION PROCESSING THEORY

1. **Sensation:** information enters the system
2. **Attention:** information is selected
3. **Encoding:** information is stored
4. **Storage:** information is held
5. **Retrieval:** information is brought back
6. **Reproduction:** information is used
7. **Forgetting:** information is lost
8. **Interference:** information is blocked
9. **Decay:** information is lost over time
10. **Rehearsal:** information is kept in short-term memory
11. **Elaboration:** information is processed
12. **Organization:** information is structured
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LANGUAGE, THINKING AND INTELLIGENCE

Ability to communicate and solve problems

LANGUAGE

1. **Phonology:** study of sounds
2. **Morphology:** study of word structure
3. **Syntax:** study of sentence structure
4. **Semantics:** study of meaning
5. **Pragmatics:** study of language in context
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THINKING

1. **Concepts:** mental representations of objects or events
2. **Perception:** process of interpreting sensory information
3. **Attention:** process of selecting information
4. **Memory:** process of storing information
5. **Problem-solving:** process of finding solutions
6. **Concepts:** mental representations of objects or events
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INTELLIGENCE

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Inc. BarCharts

Psychology (Quickstudy Reference Guides - Academic)



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perception - memory & 4-page laminated guide contains: - biological basis of psychology - feeling & Basic principles of psychology for introductory courses. personality - abnormal behavior - treatment & therapy - consciousness - inspiration & emotion - and more...



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It had been a help for the psychology I program. Great! Something helpful for all courses ideal for quick references, examinations and quizzes. This is just what my students need as a year end review before the AP Psych test! Great! I got this for my Psychology class. I have utilized it tons for quick references. This is a very helpful guide for the fundamentals of psychology. Psychology QuickStudy Perfect for anyone who requirements the main element information in a simple presentation and simple to use reference information. Plastic covering made the spills easier to deal with, and the merchandise lasted through the entire school year. school books Glad We purchased this for my program from Amazon! Five Stars Ideal for quick reference! Thanks amazon Great Review for exams I am an AP Psychology teacher, and while this review isn't all inclusive, it does a great job hitting a few of the major points for every unit of study. easy peasy IF you are psych student like I am that is a MUST! I didn't use it much, nonetheless it is always great to have on hand. Maintain it in your vehicle for easy study, and on the spot assessment!Five Stars Good quick study guides Great Reference Great reference for all my Psychology classes, very informative. Good Info!! Received free shipping and delivery and quick! I saved cash buying it through Amazon. Quick study Really useful product for an instant study guide. Even for being used it looks like it will last for more years, because of the fact that it's laminated. Quickstudy is always good. I would recommend it to people taking a General Psychology class that would as an overview to reference.



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