AP Psychology – Chapter 1 Study Guide

1. What does Munchausen's syndrome involve?
   A psychological illness in which people fabricate or induce illness in themselves

2. What do the authors of your textbook state is the cause of Munchausen's syndrome?
   It is unknown

3. What does Erik Erikson say we need to consider to understanding an individual's behavior?
   Their biological events, their psychological experience, and their cultural and historical context

4. What is the definition of Psychology?
   The scientific study of mental processes and behavior

5. According to the textbook, what is true about psychological understanding?
   It requires understanding of both the biological and cultural forces

6. What was the purpose of the study that Jane Elliott, a third grade teacher in Iowa, carried out in her class?
   She wanted her students to experience the painful effects of segregation.

7. When Jane Elliott announced to her third grade class one day that blue-eyed people are better and that the blue-eyed students would receive special privileges, what happened as a result?
   In the course of a single day the students turned nasty, vicious, and discriminatory towards non-blue-eyed children.

8. What were the results of the study run by Jane Elliott in her third grade class?
   Performance on a spelling test went up for the superior eye color group and down for students in the inferior eye color group

9. What are some results of Jane Elliott’s study in which she told students that their eye color made them superior to other students?
   Students were more aggressive and accusing of other groups within a few minutes of being told that there were differences because of eye color; academic confidence was greater for the superior eye color group and lower for students in the inferior eye color group; students remembered years later that they felt strongly that they were better or worse as a result of eye color.

10. What is the aim of biopsychology (also referred to as behavioral neuroscience)?
    To investigate the physical basis of psychological phenomena such as motivation, emotion, and stress
11. What do biopsychologists and behavioral neuroscientists attempt to investigate?
   The electrical and chemical processes in the nervous system that underlie mental events

12. How has Phineas Gage been useful to psychology?
   He exemplified how damage to a specific area of the brain can lead to predictable changes in behavior

13. What can creating lesions in the brain (i.e., surgically removing parts of the brain) do?
   It can affect behavior in different ways depending on the location of the lesion

14. To what does localization of function refer?
   The extent to which different parts of the brain control different aspects of functioning

15. What did Marc Dax discover?
   That lesions on the left side of the brain caused aphasia

16. What will damage to the front section of the left hemisphere (Broca's area) cause?
   Problems in language production

17. What does damage to Wernicke’s area look like?
   An individual who speaks fluently, apparently following the rules of grammar, but yet makes little sense

18. What do the authors of your textbook argue about behavior?
   That it is due to the interaction of numerous parts of the brain

19. Where do psychological anthropologists study people?
   In their natural settings

20. If I wondered what people from other societies do on a Saturday night, what area of study would cover this?
   Psychological anthropology

21. If I have been wondering whether intelligence varies from one society to another, what type of psychologist should I become?
   A cross-cultural psychologist

22. From where did psychology initially arise?
   From philosophy

23. According to the authors of the textbook, what is true of the relationship between philosophy and psychology?
   Psychology used research methods to questions that philosophers used logic to
24. What methods were used by philosophers?
   Logic and argumentation

25. Who is often described as the ‘father of psychology?’
   Wilhelm Wundt

26. Who founded the first laboratory in Psychology, and where was it?
   Wilhelm Wundt in Leipzig, Germany, in 1879

27. According to Wundt, what was the preferred method of doing science?
   Introspection

28. What was Wilhelm Wundt most interested in?
   The elementary units of human consciousness

29. What is introspection?
   The process of looking inward and reporting on one's conscious experience

30. I’ve been curious about the limits of my hearing ability. I sit still in my room, recording all the sounds I can hear and what I am thinking about during the task. What method am I using?
   Introspection

31. Who founded Structuralism?
   Edward Titchener

32. What did Structuralism do for psychology?
   It involved devising a method for uncovering the basic elements of consciousness and the way they combine with each other into ideas

33. Which schools of thought dominating psychology in its early years?
   Structuralism, functionalism, and philosophical science

34. What did functionalism emphasize?
   The role of psychological processes in helping individuals adapt to their environment

35. Who wrote the first psychology textbook, published in 1890?
   William James

36. What would a functionalist do in order to understand the way that learning responds to practice?
   Study learning in small children and adults
37. What do Calkins, Prosser, and Washburn have in common? They are all women who made significant contributions to the women's rights movement and to psychology.

38. Who was Margaret Floy Washburn? The first American woman to receive a doctorate in psychology

39. Who was Mary Whiton Calkins? She was the first American woman to complete her doctoral training in psychology. She was not awarded a degree, despite outscoring her male peers on the doctoral qualifying exams.

40. Who was Inez Prosser? The first African American woman to receive a doctorate in psychology

41. Who was Francis Cecil Summer? The first African American to receive a doctorate in psychology, often know as ‘the father of Black Psychology’

42. According to Kuhn, how does science progress? By substituting new theoretical assumptions (paradigms) for old ones

43. What are the components of a paradigm? A set of theoretical assertions that provide a model of the object of study; A set of shared metaphors that compare the object under investigation to something else that is readily comprehended; and a set of methods that members of the scientific community agree will, if properly executed, produce valid and useful data

44. According to Kuhn, which field lacks an accepted paradigm in the eyes of most members of the scientific community? Psychology and the social sciences

45. Kuhn argued that, instead of a paradigm, a young field of study, such as psychology, is likely to have what? Schools of thought, or perspectives

46. Who founded psychoanalysis? Sigmund Freud

47. What are the three key premises upon which the psychodynamic perspective rests? People's actions are determined by the way thoughts, feelings, and wishes are connected in their minds; many mental events occur outside conscious awareness; and mental processes may conflict with one another

48. Which perspective emphasizes how feelings and wishes drive behavior? Psychodynamic
49. How did Freud come up with the notion that behavior is due to unconscious forces? 
   From his work with patients of his whose symptoms had no physical basis.

50. What ideas are essential for the psychodynamic approach to psychology? 
   That psychological symptoms not consciously created or maintained, and having no physical basis must have an unconscious basis.

51. What is a case study? 
   The in-depth observation of a small number of people.

52. What is the psychodynamic assumption? 
   The idea that people reveal themselves in everything they do.

53. What is the falsifiability criterion? 
   Advancing science by proving theories wrong.

54. Would a psychodynamic theorist think that conducting experiments, and not relying on clinical data, is the very best way to understand human behavior and to advance the field of psychology? 
   No.

55. Which criterion has the psychodynamic perspective violated? 
   The falsifiability criterion, the ability of a theory to be proven wrong.

56. If one person shoots another person and his lawyer argues that God told him to do it, why is this not a good argument? 
   Because it violates the falsifiability criterion.

57. On what does the behaviorist perspective focus? 
   The way objects and events in the environment come to control behavior through learning.

58. What did John Watson state about babies? 
   He stated that if he were given 12 healthy infants at birth he could produce doctors or thieves by controlling their environment.

59. If I strongly believe that my experiences have shaped and influenced my current actions, should I be considered a behaviorist? 
   Yes.

60. How does a behaviorist view mental events such as thoughts and emotions? 
   They are unnecessary to understand behavior.

61. What is tabula rasa? 
   The notion that we are born a blank slate and that we are a function of our
62. People used to say, ‘Anyone can be president.’ Does this statement support the notion of tabula rasa? 
   Yes

63. Why aren’t behaviorists comfortable with studying mental events such as thoughts or feelings? 
   Because they cannot be independently verified because they are not directly observable

64. According to behaviorism, what is the definition of psychology? 
   It is the science of behavior

65. What is the primary metaphor of behaviorism? 
   Humans and other animals are like machines

66. What is the primary method of behaviorism? 
   Experimentation

67. What do cognitive psychologists study? 
   How people perceive, process, and retrieve information

68. The study of how people perceive, process, and retrieve information is known as what? 
   The cognitive perspective

69. For which psychological perspective was the computer an important technological development? 
   The cognitive perspective

70. What is a method often used by cognitive psychologists in experiments on memory? 
   Response time

71. What is an example of utilizing a method from cognitive psychology? 
   Listening to the radio, it takes longer to identify a song that I have never heard before versus songs I have heard before.

72. According to the cognitive perspective, how will information be more easily recalled? 
   It depends on the coding system that was used to encode the information

73. What is the best metaphor to understand the cognitive perspective? 
   The mind is a computer

74. What is the primary method of the cognitive perspective? 
   Experimentation
75. What is information processing?

The transformation, storage, and retrieval of environmental inputs through thought and memory

76. What is the nature-nurture controversy?

The argument over whether human behavior is learned or biologically rooted

77. What are the evolutionary perspective arguments for the existence of many human behaviors?

They have helped our ancestors survive; they allowed for the rearing of healthy offspring; and the behaviors have evolved

78. What is the evolutionary perspective?

The idea that human behavioral proclivities must be understood in the context of their adaptive significance

79. What does the evolutionary psychologist believe?

That many human responses serve a survival function (or did so in the past)

80. What does the evolutionary perspective emphasizes the study of?

The inborn (innate) processes that determine behavior

81. What did Charles Darwin propose?

Natural selection as the mechanism by which evolution operates

82. What are adaptive traits?

Characteristics that help organisms adjust and survive

83. My girlfriend has a very fast response time. It has actually saved her life a couple of times since she was able to avoid two car accidents, for example. In these instances, response time is what?

An adaptive trait

84. What is an example of adaptation in the book?

The darkening of the peppered moth during the industrialization of England

85. What does the field of ethology study?

The evolution of animal behavior

86. What is the major difference between ethology and sociobiology?

Ethology studies animal behavior whereas sociobiology studies human behavior

87. What is studied in behavioral genetics?

The influence of genetics (as well as environment) on psychological traits

88. If you are interested in how genetics and the environment work together to influence
psychological traits, what field should you study?
  **Behavioral genetics**

89. What is reproductive success?
  The capacity of an organism to survive and produce offspring

90. What is inclusive fitness?
  An organism's behavior is affected by increasing one's own chance of survival as well as the survival of genetically-related individuals

91. According to inclusive fitness, people are most likely to engage in what kind of behaviors?
  Behaviors that increase survival and reproduction of themselves and their relatives

92. If the notion of inclusive fitness is correct, what should I do when I see a car about to crash into a group of people I am standing with? None of the people in the group are my relatives.
  I should save myself. I can make new friends.

93. What is the primary method of investigation for the evolutionary perspective?
  **Deduction**

94. What is a criticism of evolutionary psychologists in the past?
  They have little direct (experimental) evidence to support their explanations

95. In the experiment that examined the extent to which grandparents will invest in their grandchildren, what was predicted and shown?
  That the maternal grandmother invested the most in their grandchildren.

96. Which field of psychology argues that one's perception of the pieces will be influenced when seeing them as parts of the whole?
  **Gestalt**

97. What are some of the most important contribution(s) of the behaviorist perspective?
  The focus on learning and the consequences of behavior; the requirement for systematic, experimental observation; and it proposes a mechanism for many kinds of learning

98. What does empiricism focus upon?
  Systematic and experimental observation

99. On what does the evolutionary perspective focus?
  Why we behave as we do

100. On what does the psychodynamic perspective focus
  Motivation and emotion