General Psychology Exam #1 Study Guide

Chapter 1

Definition and goals of psychology

History of psychology

Know the main points and key concepts of theoretical perspectives

– names and dates won’t be tested

Research methods in psychology

Methodologies – case study, correlational research, experiment, etc.

Random selection, random assignment, independent variable, dependent variable

Chapter 2

Nervous system

CNS, PNS, autonomic-sympathetic and parasympathetic, somatic

Neural transmission basics

Action potential – basic no need to memorize the biochemistry

Chemical transmission at synapses

Brain

Cerebral cortex, limbic system, hindbrain (you do not have to memorize all the parts of the hindbrain and limbic system)

Basics of left and right hemisphere and corpus callosum

Main function of different lobes of the cortex

Chapter 3

Sensation basics

Sensory receptors

Habituation Sensory adaptation

Psychological characteristics of light and sound Basic tastes Types of touch receptors

Role of the thalamus
Which parts of the brain process which senses (general rather than detail)

Perception

Perceptual constancy

Gestalt principles

Depth cues

Rigidity and edges

Top-down vs. bottom-up processing

Perceptual sets

Chapter 11

Definitions of stress

Cognitive appraisal

Sources of stress catastrophes, life changes, hassles

Stress reaction

Sympathetic nervous system response

GAS - alarm, resistance, exhaustion

Personality and stress

Coping

Problem focused

Emotion focused

Social support

Culture and

Applications

How YOU can cope well with stress