FINAL EXAM REVIEW GUIDE
The final exam for Psych 1 will be Thursday December 15th in our regular classroom but from 7-9:50 for my 9:30 class, and from 10-12:50 for my 12:40 class. In Watsonville the Cabrillo final exam posting says 7-10, but I will start at 6 pm and allow people to enter the room until 7:15. There will be 100 multiple-choice questions with approx 50% of the questions from the recent material (emphasized on the take-home exam 4) and approximately 20 questions from the test 1 material, 15 questions directly from test 2, and 15 questions directly from test 3.

In addition to the material from the take-home exam, there will also be a couple of questions from the frontline documentary, The New Asylums. http://www.pbs.org/wgbh/pages/frontline/shows/asylums/etc/faqs.html

Since I did not let you keep test 1, you should be reviewing your notes, re-reading the text and doing practice questions online from those chapters. The following study questions may help you review and are what I will emphasize on the test! Try to save “testing yourself” until you think you know the material. That will give you an idea of what you still need to review.

Test 1 Chapter 1, 2, 3, 4, 5 & 6, 20-25 question

Chapter 1, What is psychology?

1) What are the eight critical thinking guidelines that help in understanding psychological issues?

2) What does the cognitive perspective in psychology emphasize?

3) What does the sociocultural perspective in psychology focus on?

4) How do psychotherapists, psychoanalysts, and psychiatrists differ from one another in their training, background, and approach to treatment?

Chapter 2, How psychologists do research

1) What are the defining elements of descriptive research? Can you give an example of a case study, 2 kinds of observational research, a psychological test, and a survey?

2) What are positive and negative correlations?

3) Why does a correlation not establish a causal relationship between two variables? How do we establish causal relationships in psychology?
4) What is the difference between an independent variable and a dependent variable?

5) What is the difference between an experimental group and a control group?

6) How would a psychological scientist use descriptive statistics versus inferential statistics? What does “statistically significant” mean?

**Chapter 3, Genes, Evolution, and Environment**

1) What are linkage studies? What are genetic markers? Why is knowing the location of a gene only the beginning?

2) What are three important considerations to keep in mind when interpreting heritability estimates?

**Chapter 4 The Brain**

1) What are the two parts of the central nervous system?

2) How do neurons communicate with one another?

3) What are neurotransmitters and what do they do?

4) What are endorphins and what do they do?

5) What are hormones and what do they do?

6) What are the major functions of the thalamus? The hypothalamus? The amygdala? And the hippocampus?

**Chapter 5 Study Questions**

1) How many stages of non-REM sleep are there, and what characterizes each stage?

2) Why is REM sleep different from non-REM sleep?

3) What are four theories of dreaming? What evidence supports these theories? Which do you find most compelling? Why?

4) What are the differences between stimulants and depressants?

5) What effects do opiates and psychedelic drugs have on human consciousness?

6) How do drugs affect behavior at a physiological (body) level?
7) How do drugs affect behavior at a psychological (mental & emotional) level?

**Chapter 6 Study Questions**

1) What are the primary distinctions among sensory adaptation, sensory deprivation, and selective attention?

2) What are four psychological and cultural factors that influence how we perceive things?

3) Is there any reliable evidence for the existence of extrasensory perception (ESP)? Who are James Randi, Uri Geller, and Dr. Weil and what do they have to do with ESP? (*hint see the yellow section at the end of the chapter!)

Happy Studying 😊!