PSYCH 1: General Psychology
Study List for EXAM 3

Below are listed terms, concepts, names, and topics you will need to be familiar with to perform well on the exam. Note that you may be asked to apply a term conceptually—so you should understand the terms in a way that lets you use them and apply them, not just recite their definition.

These terms, concepts, names, and topics include those that were covered in the textbook and/or class. Not all of these items will be on the test, which will be comprised of 50 multiple-choice questions. Also note that this list may not be 100% inclusive. By NOT listing a term or concept, I do not imply that it will definitely not be on the exam.

- Elements of emotion: Body, mind, culture
- Primary (basic) emotions: Joy, sadness, surprise, disgust, fear, anger, contempt
- Secondary (complex) emotions
- Facial expressions of emotions
- Cultural differences in emotion
- Parts of the brain associated with emotions
- Sympathetic and parasympathetic nervous system
- Polygraph
- Emotion and gender
- Stress
- General Adaptation Syndrome (Hans Selye)
- Why stress leads to illness
- Susceptibility to stress
- Basic categories of stressors: Catastrophes, major life events, daily hassles/microstressors
- Coping strategies: Problem-focused, emotion-focused, proactive, cognitive, behavioral, physical
- Health psychology
- Positive psychology
- How intelligence is defined
- Theories of intelligence: Spearman's Two-Factor, Gardner's Multiple Intelligences, Sternberg's Triarchic
- Metacognition
- History of intelligence testing and how IQ was and is calculated
- Stanford-Binet Intelligence Scale and Wechsler Adult Intelligence Scale
- Validity, reliability, standardization
- Cultural bias
- Stability of IQ scores and what scores predict
- Range of intelligence, including giftedness
- Controversies surrounding IQ testing and scores, e.g., The Bell Curve
- Individual differences in intelligence and personality
- Sigmund Freud
• Psychoanalysis/psychodynamic approach
• Hysteria
• Anna O.
• Free association
• Iceberg analogy
• Life and death instincts
• Three components of personality: Id, superego, ego
• Pleasure principle, reality principle
• Stages of psychosexual development and fixation
• Oedipus complex
• Examples of various defense mechanisms: Repression, denial, projection, reaction formation, displacement, rationalization, sublimation, regression
• Neo-Freudians, e.g., Carl Jung (collective unconscious)
• Projective tests: Rorschach, TAT
• Criticisms of Freudian theory
• Social-cognitive learning approach to personality
• Social-learning theory and modeling (Bandura)
• Expectancy and value (Rotter)
• Locus of control (Rotter)
• Self-efficacy and reciprocal determinism (Bandura)
• Trait approach to personality
• MMPI
• Big Five model
• Genetic influences on personality
• Cultural influences on personality
• Humanistic approach to personality
• Carl Rogers and Abraham Maslow
• Self