

PSYC 103 – ALL LECTURE OUTLINES

Chapter 1 – Introducing Psychology LECTURE outline

I. Field of Psychology

A. Are psychologists scientists?

B. Psychology defined

II. Perspectives of psychology

A. Behaviorism

B. Psychodynamic

C. Cognitive

III. Differences in Degrees in Mental Health Field*

A. Master's degree

B. Psy.D.

C. Ph.D.

D. M.D.

IV. Contemporary psychology

A. Major research areas (picture/chart)

B. Principal professional specialties (picture/chart)

1. sensory memory
2. short-term memory
3. long-term memory

C. Retrieval

1. tip-of-the-tongue phenomenon
2. reinstating the context of an event
3. misinformation effect

III. Heuristic Processing

A. Representativeness Heuristics

B. Availability heuristic

IV. Forgetting

A. 3 methods used to measure forgetting

1. recall

2. recognition

3. relearning

B. Why do we forget?

C. Improving everyday memory

CHAPTER 2: PSYCHOLOGICAL SCIENCE LECTURE OUTLINE

I. Research

A. Two types of research

B. Some elements of good research

C. What makes psychological research scientific?

II. Methods

A. The scientific method

B. Samples and populations

C. Descriptive research methods
1. Naturalistic observation

2. Case studies

3. Surveys

D. The correlational method

E. The experimental method

F. APA Ethical Guidelines for Research (picture)

CHAPTER 3: Brains, Bodies, & Behavior LECTURE OUTLINE

I. Communication in the nervous system

1. Neurons
2. Glia
3. Soma
4. Dendrites
5. Axon
6. Myelin Sheath
7. Terminal Button
8. Neurotransmitters
9. Synapse

II. The Neural Impulse: the action potential

III. Common neurotransmitters & their functions

1. Acetylcholine (ACh)

2. Monoamines
 - a. Dopamine

- b. Norepinephrine

- c. Serotonin

3. GABA

4. Endorphins

V. Organization of the nervous system

A. Central Nervous System

1. Brain

2. Spinal Cord

B. Peripheral Nervous System

1. Somatic nervous system

2. Autonomic nervous system

a. Sympathetic division

b. Parasympathetic division

VI. Brain Research

A. EEG

B. Damage studies/lesioning

C. ESB

D. Brain Imaging

1. CT scan

2. PET scan

3. MRI

4. fMRI

VII. Story of Phineas Gage

VIII. Brain damage statistics (chart)

IX. Parts of the Brain

A. Brain regions and functions

1. Hindbrain

a. Medulla

b. Pons

c. Cerebellum

2. Midbrain

a. Dopamine system

b. Reticular activating system/reticular formation

3. Forebrain

a. Thalamus

b. Hypothalamus

c. Limbic system

d. Cerebrum

1) Cerebral cortex

2) Cerebral hemispheres/Corpus Collosum

a) left hemisphere

- b) right hemisphere

- 3) Four lobes of cerebrum
 - a) occipital

 - b) parietal

 - c) temporal

 - d) frontal

B. FRONTAL LOBOTOMIES

CHAPTER 4: Sensing and Perceiving LECTURE OUTLINE

I. Sensation and perception

A. Sensation

B. Perception

C. Psychophysics

1. expectation and perception

2. perceptual set

D. Psychophysics: Basic Concepts

1. Gustav Fechner

2. Absolute threshold

3. Just noticeable difference (JND)

4. Weber's law

II. Sensory Adaptation

- A. Sensitization

- B. Desensitization

III. Gestalt theories

- A. Perceptual organization

1. Figure-Ground Perception

2. Closure

3. Proximity

4. Similarity of objects

5. Continuity

6. Common Fate

B. Gestalt rules for perceptual organization (picture)

IV. Senses

A. Perception of Loudness and Pitch

B. Smell

C. Taste

D. Pain

Chapter 6 – Growing and Developing LECTURE outline

- I. Early emotional development
 - A. Attachment
 - B. Separation Anxiety
 - C. Harry Harlow
 - D. Konrad Lorenz
 - E. Ainsworth & Bowlby
 - F. Ainsworth strange situation and patterns of attachment
 - G. Erikson's theory of psychosocial development (picture)
 1. trust vs. mistrust stage
 2. autonomy vs. shame-and-doubt
 3. initiative vs. guilt stage
 4. industry vs. inferiority stage
 5. identity vs. role-confusion stage

6. intimacy vs. isolation stage
7. generativity vs. stagnation/self-absorption stage
8. ego integrity vs. despair stage

H. Piaget's theory of cognitive development (picture)

1. Sensorimotor stage
2. Preoperational stage
3. Concrete operational stage
4. Formal operational stage

I. Criticisms of Piaget's theory

J. Lev Vygotsky's sociocultural theory

III. Adulthood

A. Stages

1. Early adulthood
2. Middle adulthood
3. Late adulthood

B. Aging

1. bad news
2. good news

CHAPTER 7: LEARNING LECTURE OUTLINE

I. Classical conditioning

A. Learning

B. Ivan Pavlov

C. classical conditioning

D. terminology

1. neutral stimulus (NS)
2. unconditioned stimulus (UCS)
3. unconditioned response (UCR)
4. conditioned stimulus (CS)
5. conditioned response (CR)

E. Helpful hints

F. Processes in classical conditioning

1. extinction
2. spontaneous recovery
3. stimulus generalization
4. stimulus discrimination

G. Classical conditioning in real life

1. learning to like
2. learning of fear
3. accounting for taste
4. reacting to medical treatments

II. Operant conditioning or instrumental learning

A. operant conditioning

B. reinforcement (B. F. Skinner)

C. reinforcement: consequences that strengthen responses

1. delayed reinforcement

2. primary reinforcers

3. secondary reinforcers

D. Consequences: reinforcement and punishment

1. increasing a response

a. positive reinforcement

b. negative reinforcement

1) escape learning

2) avoidance learning

2. decreasing a response

a. punishment

1) positive punishment

2) negative punishment

b. problems with punishment

III. Observational learning: basic processes

A. Albert Bandura

1. observational learning

2. 4 key processes

Chapter 9: Intelligence & Language LECTURE outline

I. Intelligence Testing

A. The Evolution of Intelligence Testing

- 1) Sir Francis Galton

- 2) Alfred Binet & Theodore Simon

- 3) Lewis Terman

- 4) David Weschler

II. Theories of Intelligence

A. Factor Theories of Intelligence

1. Spearman's g factor

2. Thurstone's 8 factors

C. Alternate Theories of Intelligence

- 1) Sternberg's triarchic theory

- 2) Gardner's multiple intelligences

- 3) Goleman's emotional intelligence

D. Distribution of IQ Scores (picture)

E. Differences in Intellectual Functioning

F. Do Intelligence Tests Contain Cultural Biases?

G. Gender Differences in Intelligence Tests

H. Genetic Influences on Intelligence

I. Heritability of Intelligence

J. Environmental Influences on Intelligence

K. The Flynn Effect

L. The Complex Web of Factors that Affect Intelligence (picture)

Chapter 10: Emotions & Motivations LECTURE Outline

I. Motivation Theories & Concepts

A. Motives

B. Instincts

C. Drive theories

D. Incentive theories

E. Evolutionary theories

II. Stress: An Everyday Event

A. Major stressors vs. routine hassles

B. Everyday & major stressors affecting the body/immune system

III. The Motivation of Hunger & Eating

A. Biological Factors

1) Brain regulation

2) Glucose and digestive regulation

3) Hormonal regulation

B. Eating and weight: the roots of obesity

C. Other factors in eating and obesity

III. The Mystery of Sexual Orientation

A. Normal vs. abnormal

B. Heterosexual-bisexual-homosexual

C. Theories explaining homosexuality

D. Genetics & Sexual Orientation (graph)

Chapter 11: Personality LECTURE Outline

I. The Trait Perspective

A. Theorists

1) Hippocrates

2) Gordon Allport

3) Raymond Cattell

4) Hans Eysenck

5) McCrae & Costa

a. The Five Factor Model

II. Psychodynamic Approaches

A. Freud's Psychoanalytic theory (structure of personality)

B. Freud's stage approach to personality

C. Neo-Freudians

1. Carl Jung

2. Alfred Adler

3. Karen Horney

4. Erik Erikson

III. Learning-Theory Perspectives

A. Behaviorism

1) John Watson

2) B.F. Skinner

B. Social-Cognitive Theory

1) Albert Bandura

2) Walter Mischel

IV. Humanistic Perspectives
A. Carl Rogers

B. Abraham Maslow

V. The Sociocultural Perspective
A. Individualist

B. Collectivist

VI. Is Genetics Destiny?

VII. Types of Personality Tests
A. Self report inventories/objective tests

B. Projective tests

Chapter 14: Psychology in Our Social Lives LECTURE Outline

I. Attribution Processes

A. Attributions

B. Biases in Attribution

1) Fundamental attribution error

2) Defensive attribution

3) Self-serving bias

4) Cultural influences

III. Classic Social Psychology Studies

A. Yielding to Others: Conformity (Solomon Asch)

B. Yielding to Others: Obedience (Stanley Milgram)

C. Power of the Situation: SPE (Philip Zimbardo)

IV. Behavior in Groups

A. The Bystander Effect

B. Diffusion of responsibility

C. Mob behavior and deindividuation

D. Altruism and the bystander effect

E. Group productivity and social loafing

F. Decision making in groups

G. Groupthink

Chapter 12: Defining Psychological Disorders LECTURE Outline

I. Abnormal Behavior

A. Definitions

B. Psychodiagnosis: The Classification of Disorders

1. DSM-IV

2. The Five Axes

3. Problems with DSM-IV

II. Clinical Syndromes

A. Anxiety Disorders

1. GAD

2. Phobic disorder

3. Panic disorder

4. OCD

5. PTSD

B. Etiology of Anxiety Disorders

C. Somatoform Disorders

1. BDD

2. Conversion disorder

3. Hypochondriasis

D. Mood Disorders

1. MDD

2. Dysthymic disorder

3. Bipolar Disorder

4. Cyclothymic disorder

5. Etiology

E. Schizophrenia

1. General symptoms

2. Prognostic factors

3. Subtyping of schizophrenia

a. Paranoid type

b. Catatonic type

c. Disorganized type

d. Undifferentiated type

e. Residual

4. Positive vs. negative symptoms & cognitive symptoms

5. Etiology of schizophrenia

F. Personality Disorders

1. Anxious-fearful/inhibited cluster

2. Odd-eccentric cluster

3. Dramatic-impulsive/erratic cluster

4. Etiology

Chapter 13: Treating Psychological Disorders LECTURE Outline

I. Treatment

A. Who seeks treatment?

B. Typical sequence of steps

C. Therapy utilization rates (picture)*

D. Who Provides Treatment?

- II. Types of therapy
 - A. Psychological Approach
 - 1. Psychoanalysis

2. Person-Centered therapy

3. Behavior therapies

4. Cognitive Therapy or Cognitive-Behavioral Therapy

B. Social Approach: Group Therapies

C. Biomedical therapies

1. Types of medications

2. ECT

3. Psychosurgery

4. TMS