

>Intro to General Psychology Final Exam Study Guide<

Chapter One

1. Psychology is the science of behavior and mental processes.
 - a. Four Big Ideas:
 - i. Critical thinking - examine; test; investigate; ask questions
 - ii. Biopsychosocial Approach - biological, psychological, social approach to viewing human behavior; each element asks/answers different questions; together offers a complete picture
 - iii. Two-track mind - dual processing, two things and ideas at once
 - iv. Exploring human strengths - effort to better understand and develop emotions/traits that help us evolve
2. The first psychology lab was created by Wilhelm Wundt in 1879 at a German university.
3. Behaviorism - the idea that you cannot observe a sensation, but you can observe/record a behavior as people are conditioned
 - a. Behavior - observable actions
 - b. The scientific study of observable behavior
4. Humanistic - focus on growth potential, need for love and attention
5. Cognitive - how we perceive, process, remember information; how thinking/emotions interact with disorders
6. Cognitive Neuroscience - merging of cognitive psychology and neuroscience (science of the brain); brain activity underlying mental activity
7. Neuroscience - how the body and brain enable emotions, memories, sensory experience
8. Evolutionary - how natural selection of traits promotes survival of genes
9. Behavior genetics - how genes and environment influence differences
10. Psychodynamic - how behavior springs from unconscious drives and conflicts
11. Behavioral - how we learn observable responses
12. Cognitive - how we encode, process, store, retrieve information
13. Social-Cultural - how behavior and thinking vary across situations
14. The limitations of intuition, hindsight bias, common sense, overconfidence:
 - a. These are not reliable
 - b. Can lead us astray; steer us down the wrong path
15. Culture - the shared ideas and behaviors that one generation passes on to the next

General Psychology Study Guides

Tobias Bleicker



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