San José State University  
Psychology Department  
10035, General Psychology, Section 01, Winter 2019

Instructor: Steven Macramalla
Office Location: TBA
Telephone: (831) 234-8451
Email: steven.macramalla@sjsu.edu
Office Hours: Monday 12:00-1:30

Class Days/Time: MoTuWeThFr 9:00AM - 11:55AM
Classroom: Dudley Moorhead Hall 162

Course Format
The course is mostly traditional lecture format with textbook. I am in the process of attempting to set up Inclusive Access for the textbook, more details as they come in. For now, the textbook is available through the bookstore. Study guide for the text is at the end of the syllabus.

Faculty Web Page and MYSJSU Messaging
Copies of the course materials such as the syllabus, major assignment handouts, are available on Canvas. You are responsible for regularly checking with the messaging system through MySJSU and announcements on Canvas.

Course Description
We are examining the research methods, history and area topics of psychology including cognitive, social, developmental, and clinical psychology. We will be answering such questions as what makes good people evil, how much do we really remember, the stages of language learning, how you can be happier, and the effects of drug and addiction.

Course Goals and Student Learning Objectives
Goal 1. Knowledge Base of Psychology: Students will demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in cognitive psychology.
Goal 2. Research Methods in Psychology: Students will understand basic methodological approaches used in cognitive psychology, including research design, analysis, and interpretation.

Goal 3. Critical Thinking Skills in Psychology: Students will understand and be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

Goal 4. Application of Psychology: Students will understand and be able to apply psychological principles to individual, interpersonal, group, and societal issues.

Goal 5. Values in Psychology: Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

- Students completing this course will recognize and respect the role of human diversity as it impacts research into, and application of, cognitive psychology.
- Students completing this course will value intellectual curiosity and skepticism.
- Students completing this course will recognize how their knowledge of psychology can inform their roles and responsibilities as members of society.

Program Learning Outcomes (PLO)

Upon successful completion of the psychology major requirements...

PLO1 – Knowledge Base of Psychology – Students will be able to identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

PLO2 – Research Methods in Psychology – Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

PLO3 – Critical Thinking Skills in Psychology – Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

PLO4 – Application of Psychology – Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.

PLO5 – Values in Psychology – Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

Library Liaison

Bernd Becker, email:Bernd.Becker@sjsu.edu, telephone:408.808.2348.

Required
Psychology (Looseleaf)
By Schacter  Edition: 4th 17  Publisher: Mac Higher  ISBN: 9781464155499
Classroom Protocol
All students are expected to display professionalism and respect for others. This explicitly includes arriving on time, participating in class, engaging in civil dialog, and paying attention to classroom activities. If you have to arrive late, seat yourself quietly and near the door. If you have to leave early, let me know in advance, and please leave as discretely as possible.

Dropping and Adding
Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.

Course Requirements and Grading Policy
3 exams x 50 pts each...................150
First Impression Paper...................10
Second Impression Presentation.........20
Science Daily 12 x 10...................120

EXAMS
There will be 3 in-class exams and the final exam composed entirely of multiple-choice questions. The exams will be non-cumulative (later exams do not include material from earlier exams). All exams will be closed book and closed notes. No electronic devices (cell phones, PDAs, laptops, calculators, etc.) may be used during examinations. Please turn off your cell phones during class, and refrain from using your laptop for anything unrelated to class. Final exam is Friday January 18 during the 1st hour of class in our usual room. Plan on writing the exam that day, requests for exam date changes will only be considered with a doctor’s note or if you have more than two exams on the same day. On class days with tests, we will have approximately 45 minutes for the exam, followed by lecture. Following the final exam you will present your Second Impression Presentations.

First Impression Paper
1 short essays @ 5points
You will write a short paper, approximately 2 pages, no more than 3, due second day of class. You will **not** do research for it. You will give an account of what jobs a psychologist performs and what challenges does a psychologist encounter during the course of a day. This is pass/no pass, counts for 5 points.

**Second Impression Presentation**
You will make a 10 minute presentation on how material from this course has better helped you to understand a challenge or problem that you face either in your own life or that is faced by society in general. Outline the problem, describe your initial assumptions prior to taking the class, then explain the theories and findings from psychological research which shed a different light on the problems, and how your perspective has changed and what recommendations you or the research propose.

**SCIENCE DAILY REACTION PAPERS**

CANVAS: Upload the document in PDF or word document (do not cut and paste into the box). File name Format is of the files names you upload must be as follows, and it will include your last name, the lecture number for which this Science daily is for with the topic subject, separated with underscores. Here is the format followed by an example. Please follow this format as it will make verifying their completion easier.

LASTNAME_SDX_LECTURETOPIC

e.g., MACRAMALLA_SD6_DEVELOPMENTAL

Each class you will come prepared with a printed article from Science Daily based on a search for a key term from the chapter we are covering in class. These Science Daily assignments will be used for in-class discussion. How interesting you find the class depends on your level of participation. **There is one Science Daily assignment per chapter. Based on requests from past years, you will hand in the SD on the first day of the lecture of the chapter we are doing (see syllabus for dates) – i.e., every other class.**

For each assignment you will print-out the entire Science Daily article. At the bottom of the Science Daily article will be a reference to the ORIGINAL RESEARCH ARTICLE. Use Psych Info or Google Scholar, and print out the citation (which includes the Author names, Title, Journal, Volume, Issue, pages) and the Abstract. Read the article and identify the theory, hypothesis, independent and dependent variables, summarize the results in a sentence or two, and in a sentence or two write what you found interesting about the article. Underline the key word or sentence in the article which pertains to chapter.

- Go to Science Daily.com, run a search in “Mind & Brain”
- Pick a news article you find interesting (Do not select ads by Google).
• Identify the original journal article, and download it. Copy and paste the abstract, and include the citation. Read the article to identify the theory, hypothesis, dependent and independent variable, and write a quick summary of what you found interesting about the results.

**Course Grading Scale (% of Total Points):**

A+ 96-100%  B+ 86-89%  C+ 76-79%  D+ 66-69%  F<60%
A  93-95%    B  83-75%  C  73-75%  D  63-65%
A- 90-92%    B- 80-82%  C- 70-72%  D- 60-62%

**University Policies**

**Academic integrity**

Students should know that the University’s [Academic Integrity Policy](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html) is available at http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html. Your own commitment to learning, as evidenced by your enrollment at San Jose State University and the University’s integrity policy, require you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Policy F06-1 requires approval of instructors.

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center (DRC)](http://www.drc.sjsu.edu/) at http://www.drc.sjsu.edu/ to establish a record of their disability.
Student Technology Resources

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

Learning Assistance Resource Center (Optional)

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to motivate them to become self-directed learners. The center provides support services, such as skills assessment, individual or group tutorials, subject advising, learning assistance, summer academic preparation and basic skills development. The LARC website is located at http:/www.sjsu.edu/larc/.
## 10035, General Psychology, Section 01, Winter 2019

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
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<tbody>
<tr>
<td>1</td>
<td>Jan 2 Wed</td>
<td>Welcome &amp; History &amp; Themes</td>
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<td></td>
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<td>Schacter-Gilbert-Wegner: Chapter 1</td>
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<td>2</td>
<td>Jan 3 Thurs</td>
<td>Methods</td>
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<td></td>
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<td>Schacter-Gilbert-Wegner: Chapter 2</td>
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<td>FIRST IMP DUE</td>
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<td>3</td>
<td>Jan 4 Fri</td>
<td>Psychology and the Brain</td>
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<td>Schacter-Gilbert-Wegner: Chapter 3</td>
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<td>4</td>
<td>Jan 7 Mon</td>
<td>Cognition &amp; Perception</td>
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<td></td>
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<td>Schacter-Gilbert-Wegner: Chapter 4</td>
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<td>5</td>
<td>Jan 8 Tues</td>
<td>Exam 1</td>
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<td>Learning</td>
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<td>Schacter-Gilbert-Wegner: Chapter 7</td>
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<td>6</td>
<td>Jan 9 Wed</td>
<td>Consciousness</td>
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<td>Schacter-Gilbert-Wegner: Chapter 5</td>
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<td>7</td>
<td>Jan 10 Thur</td>
<td>Memory</td>
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<td></td>
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<td>Schacter-Gilbert-Wegner: Chapter 6</td>
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<td>8</td>
<td>Jan 11 Fri</td>
<td>Development</td>
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<td>Schacter-Gilbert-Wegner: Chapter 11</td>
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<td>9</td>
<td>Jan 14 Mon</td>
<td>Exam 2</td>
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<td>Personality</td>
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<td>Schacter-Gilbert-Wegner: Chapter 12</td>
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<td>10</td>
<td>Jan 15 Tues</td>
<td>Psychological Disorders</td>
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<td>Schacter-Gilbert-Wegner: Chapter 14</td>
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<td>11</td>
<td>Jan 16 Wed</td>
<td>Treatment of Psychological Disorders</td>
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<td>Schacter-Gilbert-Wegner: Chapter 15</td>
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<td>12</td>
<td>Jan 17 Thurs</td>
<td>Social Psychology</td>
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<td>Schacter-Gilbert-Wegner: Chapter 16</td>
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<td>13</td>
<td>Jan 18 Fri</td>
<td>Exam 3</td>
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<td>Second Impression Presentations</td>
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STUDY GUIDE

Study Guide I (INTRODUCTION)

a) Type out (in sentence form) a sentence indicating the correct answer to each of the “quick quiz” answers from Chapter 1 (e.g., “Psychology is best defined as the study of human thought and behavior” or “Psychology is the study of human thought and behavior”… it is NOT ok to write “1d” as the entirety of your answer).

b) Define (in sentence form) each of the 31 “key terms” from Chapter 1 listed at the back of the chapter.

OR

1. Compare and contrast the great philosophers and their opinions on the mind and body connection.

2. Compare and contrast structuralism and functionalism. How did they impact modern psychology?

3. Discuss Sigmund Freud’s influence on the field of psychology. What are the contributions and limitations of psychoanalytic theory?

4. Why would John Watson disagree with the definition of psychology as stated in the textbook?

5. Discuss some benefits that behaviorism brought to the field of psychology.

6. While the underlying views of B. F. Skinner about the human condition differ markedly from humanistic views, interestingly his goals for the advancement of humanity are remarkably similar. Compare and contrast Skinner’s views with humanism.

7. Discuss how technological advancements, along with work in the field of linguistics, advanced cognitive psychology and ultimately led to the downfall of behaviorism as the dominant field within psychology.

8. How might an evolutionary psychologist explain human behavior that is largely detrimental to the individual or the culture, such as aggression or a preference for a high-fat diet?

9. Discuss the impact on psychology of women and non-White minorities.

Study Guide II (RESEARCH METHODS CHAPTER)

a) Write out a made-up dialog between any two historic or current figures in entertainment, politics, psychology, or sport of at least one page. This “conversation” should illustrate a flaw in reasoning that is addressed by appropriate scientific reasoning and/or investigation (e.g., you might write about the “hot-hand”, pseudoscience, superstitions, alleged demonstrations of ESP, etc.). It is typically easiest to achieve the goals of this assignment with one “uninformed” actor and one “trained” expert who can show the
uninformed actor the error of not evaluating alternative accounts for the phenomena under consideration. (for inspiration see: http://wac.colostate.edu/journal/vol8/zehr_henderson.pdf)

OR

10. A psychologist theorizes that depression is caused by low levels of the neurotransmitter serotonin in the brain. Generate a hypothesis based on this theory.

11. Although psychologists and chemists both use the scientific method, discuss three reasons why the subject matter of psychology is much more difficult to study than the subject matter of chemistry.

12. Provide an operational definition for the following psychological constructs: happiness and intelligence.

13. Two primary considerations in psychological measurement are validity and reliability. Without both, the results of a psychological study are meaningless. Explain the concepts of validity and reliability.

14. Generate your own example of a measure that is (a) reliable but not valid, and (b) neither reliable nor valid.

15. What are demand characteristics? Give at least two examples of how to control demand characteristics.

16. What is the third-variable problem, and how does it relate to correlational research in psychology? Give examples.

17. Describe the major reason that causation cannot be derived from a correlation and at least two ways to try to control the problem.

18. A true experiment is defined as having certain characteristics. Describe the two essential characteristics of a true experiment, and note how each helps to achieve the overall goal of internal validity.

19. Self-help guru, Louise Hay, claims that her self-help DVDs can cure cancer. Describe how you would design an experiment to test this claim. To get you started, suppose that the participants in the experiment are individuals recently diagnosed with cancer who have provided informed consent to participate in a study investigating the power of positive thinking. From here, describe how you would use randomization, manipulation, and a placebo to test Hay's claim. Be sure to identify the independent and dependent variables.

20. Generate your own unique example of an experiment. First, generate a hypothesis. Next, state the independent and dependent variables. Also, specify how participants will be assigned to the treatment and control groups.
21. Define internal and external validity, and give different examples for each one.

22. Explain the difference between a population and a sample.

23. List at least three rules of ethics that psychologists must follow when conducting an experiment, and explain why each rule is important in maintaining the safety and well-being of the participants.

**Study Guide III (BIOLOGY OF BEHAVIOR)**

a) Type out (in sentence form) the correct answer to each of the “quick quiz” answers from Chapter 3.

b) Define (in sentence form) the thirteen definitions drawn from the following “key terms” that are neuroanatomical structures or systems (you only need to define these 13 of the entire set):
   
a. Acetylcholine  
b. Adoption studies  
c. Aphasia  
d. Axon  
e. Broca's area  
f. Cerebellum  
g. Cerebral cortex  
h. Contralaterality  
i. Endocrine system  
j. Event-related potential (ERP)  
k. Functional Magnetic Resonance Imaging (fMRI)  
l. Gene-by-environment interaction research  
m. Hippocampus  
n. Myelin sheath  
o. Neuron  
p. Neuroplasticity  
q. Peripheral nervous system  
r. Phineas Gage  
s. Refractory period  
t. Serotonin  
u. Somatic nervous system  
v. Split-Brain Patient  
w. Sympathetic nervous system  
x. Thalamus  
y. Wernicke's area  

c) Draw (by hand) a picture of the brain  
   a. Identify the four lobes of brain  
   b. indicate the most important function(s) of each lobe (hand-written or typed)
c. describe the role of the somatosensory cortex (hand-written or typed)

OR

24. Referencing specific neural structures and electrochemical processes, describe the flow of information from when it is received by one neuron to when it is transmitted to another neuron.

25. The activity of sensory and motor neurons is responsible for the basic functions in all animals. The discovery of mirror neurons sheds light on how more complicated components of animal behavior are represented by the brain. Describe how the activity of mirror neurons differs from that of other, more “basic,” neurons, and discuss the implications for understanding complex human behavior.

26. Describe three processes by which neurotransmitters leave the synapse.

27. Describe the role that dopamine plays in Parkinson’s disease, schizophrenia, reward learning, and drug addiction.

28. Using specific drugs as examples, describe three ways in which drug agonists enhance the activity of a neurotransmitter.

29. When walking home alone late one night, you are startled by a moving shadow that you glimpse out of the corner of your eye. Which division of the autonomic nervous system mobilizes your body’s defenses? What does it do? Later, when you see that the shadow is just the neighbor’s cat, what division of the autonomic nervous system is acting, and how does it lessen your physiological arousal? How do these autonomic divisions differ from the other main division, the somatic?

30. Discuss the likely impairments associated with damage to the (a) spinal cord, (b) hindbrain, (c) hippocampus, and (d) forebrain.

31. The areas of the cerebral cortex are called “lobes.” For each lobe, describe its relative position and major functions.

32. The somatosensory and motor cortices appear to have a “map” of the complete body across the cortical surface from the top to the bottom. Describe aspects of this “map” of the body and how it differs from a drawing of the body in perspective.

33. Barbara and Kenneth have below-average intelligence scores. When they find out that the heritability of intelligence is approximately 0.5, they become worried that their future children also will have below-average intelligence. Using several different lines of reasoning, assuage the fear of this couple.
34. Describe what is known about the differences in processing between the right and left hemispheres of the brain.

35. Several electrical and imaging techniques are now used to compare behavior to the functioning of specific areas of the brain. Describe three of these techniques and suggest the types of research questions they may answer.

36. Is there a functional difference between brain death and a persistent vegetative state? What are the moral and ethical dilemmas that arise from making these distinctions? What have functional imaging techniques offered to inform this debate?

Study Guide IV (SENATION and PERCEPTION)

a) Answer each of the following:
   a. What is the difference between an absolute threshold and a just noticeable difference?
   b. Draw a picture of the eye; label at least six important features.
   c. Draw a picture of the auditory system; label at least six important features.
   d. Define contralaterality. Draw a picture of what we mean by contralaterality in vision.
   e. Identify the five basic taste qualities.
   f. Define four monocular depth cues and two binocular depth cues.
   g. Using a source OTHER THAN THE TEXTBOOK, identify and define at least FIVE Gestalt laws of perceptual organization. Hand-draw an example of each (cite your reference).
   h. Type out the answers for each of the summary quiz questions.

   OR

37. Discuss how the “just noticeable difference” and Weber’s law help explain how we detect changes in stimulation.

38. Discuss how signal detection theory represents an advance from earlier research on thresholds, and explain how a person’s decision criterion contributes to the detection of a stimulus.

39. What are the three properties of light waves? How is each of these properties perceived?

40. Describe the process by which the lens changes shape to focus images on the retina, and briefly illustrate two common problems associated with this phenomenon: myopia and hyperopia.

41. Why is it incorrect to say that color is a property of an object? Discuss trichromatic color representation in the cones.

42. Compare and contrast the six basic perceptual principles of Gestalt psychology. Give an example of each.
43. Distinguish between image-based and parts-based theories of object recognition, citing evidence for and against each theory.

44. You are drawing an outdoor scene, including trees, flowers, shrubbery, and buildings near and far from your position at your easel. Describe how you would use at least four monocular cues to indicate depth and dimension in your drawing.

45. What are the three properties of sound waves? How is each of these properties perceived?

46. Describe the three parts of the human ear and their functions.

47. What are the types of touch receptors located under the skin's surface? Describe how touch is represented in the brain.

48. Compare and contrast the two chemical senses of smell and taste. Include (a) a discussion of the sensory receptors for smell and taste and (b) a discussion of the pathways by which smell and taste sensations are transmitted.

Study Guide V (DEVELOPMENT)

1. Type out in sentence form the definition for the key terms

2. Describe the major developments of the germinal, embryonic, and fetal stages of development.

3. Describe and discuss the visual abilities, reflexes, and motor capabilities of the newborn child.

4. Define object permanence, and describe an experiment illustrating how the principle of habituation can be used to determine if babies exhibit object permanence.

5. Compare and contrast the secure, avoidant, ambivalent, and disorganized attachment styles. Describe how each of these styles is manifested in the strange situation test.

6. An elderly grandfather does not get out as much as he formerly did. Although he is healthy and still drives, he tends to associate with family and a few close friends, whereas in the past, he was busy with social activities. He seems satisfied with his life, but his family is worried that his social circle is too limited and that he may be unhappy yet unwilling to talk about his unhappiness. Discuss briefly the cognitive, social, and emotional changes that occur in later adulthood.

Study Guide VI (CONSCIOUSNESS)

a) Illustrate the problem of other minds by discussing the difficulties associated with distinguishing a fully conscious person from a philosophical zombie.
b) Describe how Libet's experiments on consciousness will shed light on the mind/body problem.

c) Discuss the four basic properties of consciousness (intentionality, unity, selectivity, and transience), relating them to one or more situations. Examples of potential situations include a sports game, child rearing, romantic relationships, study habits, mechanical repair, artistic activity or traffic accident. Be brief and concise in describing the situation (e.g., in studying for an exam or when baby-sitting and the child slips off the swing…etc.).

d) Distinguish between the stages of sleep with special attention to changes in brain waves during a night's sleep.

e) You have been told that as a child you would awaken suddenly not long after going to sleep, quite frightened and emotionally aroused. In the morning, you would have no memory of the episode. What was likely happening?

f) Compare and contrast how the five different drug categories alter consciousness. What are the similarities? What are the differences?

g) Describe how hypnosis affects human consciousness, discuss individual differences in the susceptibility to hypnosis, and contrast several unproven or disproven effects of hypnosis with proven effects.

h) Fill in the chart below. Discuss the difference between physical dependence and psychological dependence, and give examples of both specific to the drug classes that produce them.

<table>
<thead>
<tr>
<th></th>
<th>Will an overdose cause death or injury?</th>
<th>Will physical dependence develop?</th>
<th>Will psychological dependence develop?</th>
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<tbody>
<tr>
<td><strong>Depressants</strong></td>
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<tr>
<td>Alcohol</td>
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<td>Barbiturates/benzodiazepines</td>
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<td>Toxic inhalants</td>
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<td><strong>Stimulants</strong></td>
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<td>Amphetamines</td>
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<tr>
<td>MDMA (ecstasy)</td>
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<tr>
<td>Cocaine</td>
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<tr>
<td><strong>Narcotics</strong></td>
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<tr>
<td>(opium, heroin, morphine, methadone, codeine)</td>
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<tr>
<td><strong>Hallucinogens</strong></td>
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<tr>
<td>(LSD, mescaline, psilocybin, PCP, ketamine)</td>
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<tr>
<td><strong>Marijuana</strong></td>
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a) Type out (in sentence form) the correct answer to each of the Key Concept answers.

**Study Guide VIII (MEMORY)**
a) Type out (in sentence form) the correct answer to each of the Key Concept answers.
b) List Schacter's Seven Sins of Memory. For each, provide a three or four sentence example of how each "sin" may have played a role in your life (e.g., False Memory – How sure are you that the event really happened – what was the event and why was is your memory of it (now) is or became suspect?).
c) List each of the forms of long term memory. For each provide an example from your own life.

**Study Guide IX (Personality)**
a) Write out the answers to the Key Concepts of the chapter.
b) Provide an example of a self-report inventory of personality and a projective personality test. Discuss why self-report inventories are more commonly used and less controversial than projective measures.
c) Describe how people might unconsciously employ the defense mechanisms of reaction formation and sublimation to shield themselves from their anxiety-provoking homosexual tendencies.

**Study Guide X (Psychological Disorders)**
a) Write out the answers to the Key Concepts of the chapter.
b) Using several examples of psychological disorders, explain why differences in brain structure and function in persons with a psychological disorder are not necessarily the underlying cause of the disorder.
c) Summarize the key distinguishing features of the anxiety disorders (generalized anxiety disorder, phobic disorder, panic disorder, obsessive-compulsive disorder)
d) Your roommate has always insisted on keeping the room in order, and you know better than to move anything on her desk because she gets very upset if everything isn't in a specific place. Lately, she has insisted on cleaning the room every night before bed, even the windows and floors, all in a fixed order. You've asked her to stop, but she can't seem to make herself go to bed without this nightly cleaning ritual. Does her behavior fit the pattern of a recognized disorder, and if so, which? What may be causing her anxiety? What purpose does the escalating cleaning ritual serve? What may be going on in your roommate's brain?
e) Illustrate the helplessness theory of depression with a real-world example.
Study Guide XI (Psychological Treatment)

a) Write out the answers to the Key Concepts of the chapter.

b) Summarize the theoretical framework, goals, and therapeutic interventions of psychoanalytic therapy.

c) Dylan sought psychodynamic therapy after he lost his job and hit rock bottom. Three years into therapy, Dylan feels better and attributes his improvement to the insight he received during therapy. Discuss three treatment illusions that make it all but impossible to assess if Dylan's improvement was truly due to therapeutic insight into his unconscious.

d) Miguel is a first-grader having academic and conduct problems at school. Specifically, he cannot seem to stay in his seat and complete assignments. He would much rather run around the classroom and distract other students. Describe a behavior therapy based on operant conditioning that could help treat Miguel's problem behaviors.

e) Summarize the goals of cognitive behavioral therapy (CBT), and contrast it with the psychodynamic approach.

Study Guide XII (Social)

a) Write out the answers to the Key Concepts of the chapter.

b) Define and illustrate with examples each of the following concepts as they might be observed in the stands at a college football game: prejudice, discrimination, deindividuation, and diffusion of responsibility.

c) What are four characteristics of stereotypes that can lead to harmful results? Describe and give an example of each characteristic.

d) Describe the factors that cause us to be attracted to another person. How do these factors differ for women and men?

e) Define and illustrate with examples each of the following concepts as they might be observed in the stands at a college football game: prejudice, discrimination, deindividuation, and diffusion of responsibility.