

AP PSYCHOLOGY
COMPREHENSIVE VOCABULARY TERMS

1. Aaron Beck's view of depression – people tend to view themselves, their environment, and the future because in a negative light because of errors in their thinking. These errors include focusing on the negative aspects of any situation, misinterpreting facts in negative ways, and blaming them for any misfortune. In Beck's view, people learn these self-defeating ways of looking at the world during early childhood.
2. Absolute threshold – the minimum stimulation needed to detect a particular stimulus
3. Achievement test – a test designed to assess what a person has learned
4. Aptitude test – a test designed to predict a person's future performance
5. Action potential – a brief electrical charge that travels down the axon. The action potential is generated by the movement of positively charged atoms in and out of the channels in the axon's membrane
6. Resting potential – state in which the neuron is prepared to activate and communicate its message if it receives sufficient stimulation
7. Acuity – sharpness of vision/perception
8. Ainsworth Strange Situation - The "strange situation" is a laboratory procedure used to assess infant attachment style. The procedure consists of the following eight episodes
 - a. Parent and infant are introduced to the experimental room.
 - b. Parent and infant are alone. Parent does not participate while infant explores.
 - c. Stranger enters, converses with parent, then approaches infant. Parent leaves inconspicuously.
 - d. First separation episode: Stranger's behavior is geared to that of infant.
 - e. First reunion episode: Parent greets and comforts infant, then leaves again.
 - f. Second separation episode: Infant is alone.
 - g. Continuation of second separation episode: Stranger enters and gears behavior to that of infant.
 - h. Second reunion episode: Parent enters, greets infant, and picks up infant; stranger leaves inconspicuously.
 - i. The infant's behavior upon the parent's return is the basis for classifying the infant into one of three attachment categories
9. Albert Bandura: major view on learning and Bobo Doll experiment – Demonstrated the powerful influence on observational learning. Children watched a film showing an adult playing aggressively with an inflated Bobo doll. If they saw the adult rewarded with candy for the aggressive behavior or experience no consequences, the children were more likely to imitate the behavior than if they saw the adult punished for the aggressive behavior
10. Albert Ellis: Rational Emotive Therapy – Type of cognitive therapy, that focuses on changing the clients irrational beliefs
11. Alfred Adler: Inferiority Complex – a general sense of inadequacy, weakness, and helplessness
12. All or nothing – principle that either a neuron is sufficiently stimulated and an action potential occurs or a neuron isn't sufficiently stimulated and an action potential doesn't occur
13. Altruism – helping another person with no expectation of personal reward or benefit
14. American Psychological Association – scientific and professional organization that represents psychology in the United States
15. Amnesia – severe memory loss
16. Apparent motion – when motion is seen when two frames with differing object configurations are shown in succession
17. Arousal – To stir up; excite
18. Asch's conformity study - A change in behavior or belief as a result of real or imagined group pressure
19. Attachment – the emotional tie with another person
20. Attribution theory – theory that we tend to give a casual explanation for one's behavior, often by crediting either the situation or the person's disposition
21. Aversive conditioning – type of counter conditioning that associates an unpleasant state with an unwanted behavior

22. Aversive conditions – poor or unfavorable conditions
23. Babinsky response – This is a complex reflexive movement of the toes when the bottom of the feet (near the toes) is scratched from the base of the little toe towards the base of the big toe
24. Adaptive behavior – ability to form a behavior from the existing environment
25. Bell curve – for the rule of normal distribution is a) 68% of all observations fall within the standard deviation of the mean b) 95% of all observations fall within 2 degrees of the standard deviation of the mean c) 99.7% of the observations fall within 3 degrees of the standard deviation of the mean
26. Benjamin Worf's theory of linguistic relativism – the notion that differences among languages cause differences in thoughts of their speakers
27. Binocular disparity – the slight difference between the viewpoints of your two eyes. Binocular disparity is the form of depth perception most used by the human brain, and is the most easily manipulated for perception tricks. The brain takes these two different views and molds them together into a three dimensional object
28. Blind spot – the point at which the optic nerve leaves the eye, producing a small gap in the field of vision
29. Blood brain barrier - is the specialized system of capillary endothelial cells that protects the brain from harmful substances in the blood stream, while supplying the brain with the required nutrients for proper function
30. Brain (part we share with animals) – share the cerebellum and cortex
31. Brain Storming – getting a collection of thoughts or ideas down
32. Broca's Aphasia (expressive) located in the left frontal lobe – the inability to articulate ideas or understand spoken or written language because of brain damage/injury
33. Bystander intervention – the phenomenon in which the greater number present, the less likely each individual is to help someone in distress
34. Cannon's critique of James-Lange theory - He indicated that some of the problems with the James-Lange theory were: a) People who show different emotions may have the same physiological (visceral) state - Example: cry when happy & sad b) visceral changes are often too difficult to notice by a person having the experience to be used as cues c) visceral changes are often too slow to be a source of emotions, which erupt very quickly. For example, when something bad happens to you, do you always cry before you feel sad? Or can you feel sad before crying? d) Physiological arousal may occur without the experience of an emotion: For example: exercise --> increased heart rate --> no emotional significance
35. Carol Gilligan's critique of Kohlberg's theory – pointed out that Kohlberg's early research was conducted entirely with male subjects, yet it became the basis for a theory applied to both males and females
36. Chaining – learning related behaviors in a series in which response serves as a stimulus for the next response
37. Character disorders – also known as personality disorders, psychological disorders characterized by flexible and enduring behavior patterns that impair social functioning
38. Chunking – increasing the amount of information that can be held in short term memory by grouping related items into a single unit
39. Classical Conditioning – the basic learning process that involves repeatedly pairing a neutral stimulus with a response-producing stimulus until the neutral stimulus gets the same response
40. Clever Hans Experiment – horse that was trained to do math and other intellectual tasks. A commission was put together to study the claims that the horse could count. The findings of the study showed that the horse would only give the right answer if its trainer used body language and communicate it to the horse
41. Cognitive dissonance – an unpleasant state of psychological tension or arousal that occurs when two thoughts or perceptions are inconsistent
42. Color blindness (kinds) – one of several inherited forms of color deficiency or weakness in which an individual cannot distinguish between certain colors. (red-green, blue, yellows)
43. Complementary colors – colors that sit opposite each other on the color wheel. Because they are opposites, they tend to look especially lively when used together. When you put complementary colors together, each color looks more noticeable

44. Conflicts (four kinds)
- Approach and avoidance – an individual is motivated to approach a desirable or pleasant outcomes and avoid undesirable outcomes
 - Approach and approach – represents a win-win situation-you're faced with a choice between two equally appealing outcomes
 - Avoidance and avoidance – choosing between two unappealing or undesirable outcomes. A common response is to avoid both outcomes by delaying the decision
 - Double approach and avoidance – conflict that requires the individual to choose between two alternatives that each contain both positive and negative elements
45. Control group - in an experiment, the group of participants who are exposed to all the experimental conditions, except the independent variable or treatment of interest, the group against which the experimental group is compared
46. Correlation coefficient – a numerical indication of the magnitude and direction of the relationship between two variables. The closer the correlation coefficient is to +1 or -1, the stronger the relationship is.
47. Cortexes of the brain
- Primary motor cortex – controls voluntary movement
 - Somatosensory cortex – receives information about body sensations
 - Primary visual cortex – processes visual information
 - Primary auditory cortex – processes auditory information
48. Cross cultural studies – Studies the effects of culture on behavior and mental processes
49. Cross sectional studies – a study in which people of different ages are compare with one another
50. Crystallized intelligence – one's accumulated knowledge and verbal skills, tends to increase with age
51. CS, CR, UCS, UCR
- Conditioned stimulus – a formerly neutral stimulus that acquires the capacity to elicit a reflexive response
 - Conditioned response – the learned, reflexive response to a conditioned stimulus
 - Unconditioned stimulus – the natural stimulus that reflexively elicits a response without the need for prior learning
 - Unconditioned response – the unlearned, reflexive response that is elicited by the unconditioned stimulus
52. Daniel Goleman's views on emotional intelligence – the capacity to understand and manage your own emotional experiences and to perceive, comprehend, and respond appropriately to the emotional responses of others. (Goleman stated that people tend to lack the ability to manage their own emotions)
53. David McClelland's achievement motivation studies – came up with a thematic appreciation test (tat) scoring system to measure the need for achievement. Achievement motivation – the drive to excel or succeed or outperform others at some task

54. Defense mechanisms (major ones)
 - a. Repression – complete exclusion from consciousness of anxiety-producing thoughts, feelings, or impulses
 - b. Displacement – emotional impulses are redirected toward a substitute person or object, usually one less threatening or dangerous than the original source of conflict
 - c. Sublimation – allows us to act out unacceptable impulses by converting these behaviors into a more acceptable form
 - d. Rationalization – justifying one’s actions or feelings with socially acceptable explanations rather than consciously acknowledging one’s true motive or desires
 - e. Projection – that attribution of one’s own unacceptable urges or qualities to others
 - f. Reaction formation – thinking in a way that is the extreme opposite of unacceptable urges or impulses
 - g. Denial – the failure to recognize the existence of anxiety provoking information
 - h. Regression – retreating to a behavior pattern characteristic of an earlier stage of development
55. Deindividuation – the reduction of self-awareness and inhibitions that can occur when a person is part of a group whose members feel anonymous
56. Deinstitutionalization – To release (a mental health patient, for example) from an institution for placement and care in the community
57. Dendrite – short fibers that extend from the neuron’s cell body and receives information from other neurons or from sensory receptor cells
58. Depression: tricyclic antidepressants are most widely used to treat it – These are the drugs of choice when drug treatment is deemed necessary for severe depression. They are also preferred for depressed patients who can benefit from sedation. They are 60% to 75% effective in treating major endogenous depressive illness. They may also be effective in treating severe reactive depressions
59. Descriptive vs. inferential statistics
 - a. Descriptive – statistics used to organize and summarize data in a meaningful way
 - b. Inferential – statistical techniques that allow researchers whether the outcome in a study are likely to be more than just chance events and whether they can be legitimately generalized to a larger population
60. Determinism – a theory or doctrine that acts of the will, occurrences in nature, or social or psychological phenomena are causally determined by preceding events or natural laws <explained behavior by the combination of an environmental and a genetic
61. Developmental psychology – branch of psychology that studies how people change over the lifespan
62. Diagnostic statistical manual of Mental Disorders (purpose and limits)
63. Difference threshold – the smallest possible difference between two stimuli that can be detected half the time (a.k.a. just noticeable difference)
64. Discrimination – in classical conditioning, the ability to distinguish between a conditioned stimulus and other stimuli that do not signal an unconditioned stimulus. In operant conditioning, responding differently to stimuli that signal a behavior will be reinforced or will not be reinforced
65. Displacement – the ego defense mechanism that involves unconsciously shifting the target of an emotional urge to a substitute target that is less threatening or dangerous
66. Dissociative disorders – category of psychological disorders in which extreme and frequent disruptions of awareness, memory, and personal identity impair the ability to function
67. Dominant responses – common response
68. Down Syndrome – a condition of retardation and associated physical disorders caused by an extra chromosome in one’s genetic make-up
69. Dream analysis – technique used in psychoanalysis in which the content of dreams is analyzed for disguised or symbolic wishes, meanings, and motivations
70. Drives – a need or internal motivational state that activates behavior to reduce the need and restore homeostasis

71. Ebbinghaus' research on memory – research demonstrated the basic pattern of forgetting: relatively rapid loss of some information, followed by stable memories of the remaining information
72. Echoic memory – referred to as *Auditory Sense Memory* meaning a brief memory of a sound like an echo
73. Effects of marijuana – distance appears elastic, have the sensation of floating, crave foods, time moves slowly, and you have feelings of deep insights concerning for other people
74. Eidetic memory – people who are able to recall vivid images with their mind
75. (ECT) Electroconvulsive shock therapy – biomedical therapy used primary in the treatment of depression that involves electrically inducing a brief brain seizure
76. Elizabeth's Loftus' research on eyewitness testimony – came up with the misinformation effect which a person's existing memories can be altered if the person is exposed to misleading information
77. Endocrine organs and hormones secreted by them
 - a. Pineal Gland – produces melatonin, which helps regulate sleep cycles
 - b. Hypothalamus – helps control the pituitary gland
 - c. Pituitary Gland – produces growth hormone
 - d. Thyroid Gland – controls metabolism
 - e. Adrenal Glands – produces epinephrine and Norepinephrine, which cause physical arousal and response to danger, fear, anger, stress, and other strong emotions
 - f. Pancreas – regulates blood sugar and insulin, involved in hunger
 - g. Ovaries – secrete estrogen, which regulates female sexual development and reproduction and influences sexual behavior
 - h. Testes – secretes testosterone, which regulates male sexual development and reproduction and influences sexual behavior
78. Endorphins – neurotransmitters that regulate pain perception
79. Engram – known as memory trace – the brain changes associated with a particularly stored memory
80. Episodic memory (a.k.a. flashbulb) – category of long-term memory that includes memories of particular events
81. Equity theory of relationships – a condition in which people receive from a relationship in proportion to what they give to it
82. Eric Erikson's stages of psychosocial development
 - a. Infancy (birth – 18 months) – trust vs. mistrust. Reliance on constant caregivers. Neglect of this will lead to fear, anxiety and mistrust of the environment
 - b. Toddlerhood (18 months – 3 years) – autonomy vs. doubt. Caregivers encourage independence. Over restrictive caregivers leads to self doubt
 - c. Early childhood (3 – 6 years old) – initiative vs. guilt. Child develops a sense of social responsibility concerning the rights of others. Parental over control stifles the child's sense of purpose
 - d. Middle and late childhood (6 – 12 years old) – industry vs. inferiority. Experience with parents establishes a sense of pride in school, home, and social activities. Negative experiences leads to feelings of inferiority
 - e. Adolescence – identity vs. identity diffusion. Forms a stable self-definition. May feel confusion about ones role in society
 - f. Young adulthood – intimacy vs. isolation. Establishing a lasting relationship. Because of fear or self-preoccupation the young adult is unable for form a close relationship
 - g. Middle adulthood – generativity vs. stagnation. Expresses concern for the welfare of the next generation. Self-absorption leads to a sense of stagnation and lack of meaningful accomplishments
 - h. Late adulthood – ego integrity vs. despair. In reviewing their life they experience a strong sense of self-acceptance and accomplishment. In looking back the older adult experiences regrets and disappointment about their life

83. Ethics of testing
 - a. Informed consent and voluntary participation – the psychologist must inform the participants the nature of the study that might influence a person’s willingness
 - b. Students as research participants – when research participation is a course requirement, the student must be given a choice of an alternative activity to fulfill the course requirement
 - c. The use of deception – psychologists can use deception only when 2 conditions have been met: 1. It isn’t feasible to use alternatives that don’t use deception, 2. The potential findings justify the use of deception because of their scientific value
 - d. Confidentiality of records – psychologists may not publicly disclose personally identifiable information about research participants
 - e. Information about the study and debriefing – all participants must be provided with the opportunity to obtain information about the conclusion of the research
84. Experiment – a research method in which the investigator manipulates one or more factors to observe their effect on some behavior or mental process while controlling other relevant factors by random assignment of subjects
85. False consensus effect – the tendency to overestimate the extent to which others share our beliefs and behaviors
86. Feature (signal) detector cells: Hubel & Wisel’s research on visual processing – The receiving neurons of the visual cortex responds to a particular type of visual stimulation, such as angles, edges, lines and other forms, and even to the movement and distance of objects
87. Feature analysis – chart or grid, one can examine related concepts but make distinctions between them according to particular criteria across which the concepts can be compared
88. Feral Children – also known as wild children are children who have grown up with minimal human contact, or none at all. They may have been **raised by animals** (often wolves) or somehow survived on their own. In some cases, children are confined and denied normal social interaction with other people
89. Fetal Alcohol Syndrome: Characteristics – physical and cognitive abnormalities in children caused by a pregnant woman’s heavy drinking. In severe cases, symptoms include noticeable facial disproportions
90. Figure-Ground Phenomenon – Gestalt principle of perceptual organization that states that we automatically separate the elements of a perception into the feature that clearly stands out and is less distinct in the background
91. Foot-in-the-door phenomenon – the tendency for people who have first agreed to a small request to comply later to a larger request
92. Formal operational stage – in Piaget’s theory, the stage of cognitive development during which people begin to think logically about abstract concepts
93. Fovea – the central focal point in the retina, around which the eye’s cones cluster
94. Francis Galton’s research – one of the pioneers in studying hereditary and intelligence
95. Free Association – in psychoanalysis, a method of exploring the unconscious in which the person relaxes and says whatever comes to mind, no matter how trivial or embarrassing
96. Frequency Polygon – a way of graphically representing a frequency distribution: frequency is marked above each score category on the graph’s horizontal axis, and the marks are connected by straight lines
97. Freudian dream analysis: two levels of interpretation
 - a. Manifest content – the remembered storyline of a dream
 - b. Latent content – the underlying but censored meaning of a dream
98. Freud’s stage of psychosexual development – the childhood stages of development (oral, anal, phallic, latency, and genital) during which, the id’s pleasure-seeking energies focus on distinct erogenous zones
99. Frustration-aggression hypothesis – the principle that frustration – the blocking of an attempt to achieve some goal – creates anger, which can generate aggression
100. Functional Fixedness – The tendency to only think of things only in terms of their usual functions; an impediment to solving problems
101. Fundamental Attribution Error – the tendency for observers, when analyzing another’s behavior, to underestimate the impact of personal disposition

102. Galvanic Skin Response – Also known as Electrodermal Response (EDR), Galvanic skin response measures electrical conductance in the skin, which is associated with the activity of the sweat glands
103. Ganglia – A group of nerve cells forming a nerve center, especially one located outside the brain or spinal cord
104. Ganzfeld Procedure – technique developed to research mental imagery and anomalous cognition using visual deprivation, in which a subject is situated in a uniform visual field by wearing translucent, monochromatic goggles and in an analogous audio field using white noise playing through headphones.
105. Gate-control theory of pain – theory that the spinal cord contains a neurological “gate” that blocks pain signals or allows them to pass on to the brain
106. Generalizability of a study – is a study that evaluates the advantages and disadvantages in selecting a particular type of assessment and the scoring method for that assessment (e.g., two 40-minute sessions versus a single 60-minute session or an holistic scoring rubric versus a domain-based scoring rubric)
107. Genotype & Phenotype
 - a. Genotype – the underlying genetic makeup of a particular organism, including the genetic instructions for traits that are not actually displayed
 - b. Phenotype – the observable traits or characteristics of an organism as determined by the interaction of genetics and environmental factors
108. Gestalt theory – combines the psychoanalytic emphasis on bringing unconscious feelings to awareness and the humanistic emphasis on getting “in touch with oneself”; aims to help people become more aware of and able to express their feelings, and to take responsibility for their feelings and actions
109. Glial Cells – cells in the nervous system that are not neurons but that support, nourish, and protect neurons
110. Group Therapy – form of therapy that involves one or more therapists working simultaneously with a small group of clients
111. Groupthink – the mode of thinking that occurs when the desire for harmony in a decision-making group overrides a realistic appraisal of alternatives
112. Gustatory sense: detects only sweet, sour, salty, bitter – technical name for the sense of taste
113. Habituation – decreasing responsiveness with repeated stimulation
114. Hans Seyle’s General Adaptation Response – the three-stage progression of physical changes that occur when an organism is exposed to intense and prolonged stress. The three stages are alarm, resistance, and exhaustion
115. Harry Harlow’s research with surrogate mothers – experiments by separating the infant monkeys from their mothers and peers, and he noticed that the infants, when separated, became extremely attached to the terry cloth towels covering the cage floors. They would lie on them, grip them in their tiny fists, throw tantrums if they were taken away, just like a human infant with a ratty blanket or a stuffed bear. The monkeys loved these towels
116. Hawthorne effect – an increase in worker productivity produced by the psychological stimulus of being singled out and made to feel important. Along with Frederick Taylor's work, this study gave rise to the field known as "Industrial Psychology." Social group influences and interpersonal factors must also be considered when performing efficiency research such as time and motion studies.
117. Heuristics: major types – principle that facilitates problem solving
118. Hierarchy of needs (Maslow)
 - a. Self-actualization – achieving one’s full potential, including creative activities
 - b. Esteem needs – prestige and feeling of accomplishment
 - c. Belongingness and love needs – intimate relationships and friends
 - d. Safety needs – security, safety
 - e. Physiological needs – food, water, warmth, rest
119. High vs. low self monitors
 - a. High – someone who pays the amount of attention to their social behavior and others would read others to predict intentions & choose self-presentation versions
 - b. Low – true to themselves, in all situations
120. Hindsight bias – the tendency to believe, after learning an outcome, that one would have foreseen it

121. Histogram – A bar graph of a frequency distribution in which the widths of the bars are proportional to the classes into which the variable has been divided and the heights of the bars are proportional to the class frequencies
122. Homeostasis – a tendency to maintain a balanced or constant internal state; the regulation of any aspect of body chemistry, such as blood glucose, around a particular level
123. Howard Gardner’s view of multiple intelligence – the capacity to solve problems or to fashion products that are valued in one or more cultural setting". Using biological as well as cultural research, he formulated a list of seven intelligences. This new outlook on intelligence differs greatly from the traditional view that usually recognizes only two intelligences, verbal and computational. The seven intelligences that are defined are: Logical-Mathematical Intelligence--consists of the ability to detect patterns, reason deductively and think logically. This intelligence is most often associated with scientific and mathematical thinking
124. Hue – the dimension of color that is determined by the wavelength of light, what we know as color means, blue, green, and so forth
125. Hybrid – The offspring of genetically dissimilar parents or stock, especially the offspring produced by breeding plants or animals of different varieties, species, or races
126. Hypnosis – a social interaction in which one person suggests to another that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur
127. Id, Ego, Superego
 - a. Id – a reservoir of unconscious psychic energy that, according to Freud, strives to satisfy basic sexual and aggressive drives. It operates on the pleasure principle, demanding immediate gratification
 - b. Ego – the largely conscious, “executive” part of personality that, according to Freud, mediates among the demands of the id, superego, and reality. It operates on the reality principle, satisfying the id’s desires in ways that will realistically bring pleasure rather than pain
 - c. Superego – the part of personality that, according to Freud, represents internalized ideals and provides standards for judgment and for future aspirations
128. Identical twin research – discerns the effects of heredity
129. Identification vs. Internalization
 - a. Identification – the process by which, according to Freud, children incorporate their parents’ values into their developing superegos
 - b. Internalization – learning (of values or attitudes etc.) that is incorporated within yourself
130. Illusory correlation – the perception of a relationship where none exists
131. Imaging techniques
 - a. PET – a visual display of brain activity that detects where a radioactive form of glucose goes while the brain performs a given task
 - b. CAT – a series of x-ray photographs taken from different angles and combined by computer into a composite representation of a slice through the body
 - c. MRI – a technique that uses magnetic fields and radio waves to produce computer generated images that diminished among different types of soft tissue; allows us to see within structures of the brain
 - d. FMRI - measures brain activity by detecting associated changes in blood flow.
132. Imprinting – the process by which certain animals form attachments during a critical period very early in life
133. Incentives – a positive or negative environmental stimulus that motivates behavior

134. Independent/dependent variables
- Independent variable – the experimental factor that is manipulated; the variable whose effect is being studied
 - Dependent variable – the experimental factor in psychology, the behavior or mental process, that is being measured; the variable that may change in response to manipulations of the independent variable.
135. Induced motion – An illusion in which a stationary point of light within a moving reference frame is seen as moving and the reference frame is perceived as stationary
136. Inductive vs. deductive reasoning
- Inductive – A form of reasoning in which a conclusion is made about the probability of some state of affairs, based on the available evidence and past experience
 - Deductive – A form of thinking in which one draws a conclusion that is intended to follow logically from two or more statements or premises
137. Industrial psychology – a subfield of psychology that studies and advises on workplace behavior.
138. In-group and Outgroup bias
- In-group – the tendency to favor one's own group
 - Outgroup – Members of the group are viewed as less similar and, as a result we may have biases against them. Thus, the group bias includes negative categorizations, feelings, or ideas about people who are not part of another group
139. Inner ear and vestibular sense
- Inner ear – the innermost part of the ear, containing the cochlea, semicircular canal, and vestibular sacs
 - Vestibular sense – Technical name for sense of balance or equilibrium
140. Instinct – a complex behavior that is rigidly patterned throughout a species and is unlearned
141. Instrumental and operant conditioning
- Instrumental – procedure in which learning occurs with respect to a 3-term relationship of stimulus, response, and reinforcer
 - Operant conditioning – a type of learning in which behavior is strengthened if followed by reinforcement or diminished followed by punishment
142. Intelligence Quotient - An index derived from standardized tests of intelligence; originally obtained by dividing an individual's mental age by chronological age and then multiplying by 100; now directly computed as an IQ test score.
143. Intelligence tests – A method for assessing an individual's mental aptitudes and comparing them to those of others, using numerical scores
144. Interference (proactive vs. retroactive)
- Proactive – forgetting in which an old memory interferes with remembering a new memory
 - Retroactive – forgetting in which a new memory interferes with remembering an old memory
145. Internal consistency reliability – A measure of reliability; the degree to which a test yields similar scores across its different parts, such as on odd versus even items
146. James-Lange Theory on emotions – the theory that our experience of emotion is our awareness of our physiological responses to emotion-arousing stimuli
147. John Garcia's ideas on the limits of conditioning – pioneered research in conditioning and learning. Stated that an animal's capacity for conditioning is constrained by its biology. (Garcia would research animals and taste aversion)
148. Just World Phenomenon – the tendency of people to believe the world is just and that people therefore get what they deserve and deserve what they get
149. Karen Horney's views on development – believed that childhood is social, not sexual; tensions are crucial for personality formation.
150. Kinesthetic - Sense concerned with bodily position and movement of the body parts relative to each other

151. Kohlberg's stages of moral reasoning
 - a. Preconventional level – morality of self-interest: to avoid punishment or gain concrete rewards
 - b. Conventional level – morality of law and social rules: to gain approval or avoid disapproval
 - c. Postconventional level – morality of abstract principles: to affirm agreed-upon rights and personal ethical principles
152. Kubler Ross Stages of dying
 - a. Denial and isolation – individual denies that death really is going to take place
 - b. Anger – the dying person realizes that denial can no longer be maintained; denial often gives way to anger, resentment, rage, and envy
 - c. Bargaining – person hopes that death can somehow be postponed or delayed
 - d. Depression – the dying person comes to accept the certainty of death; at this point a period of depression may appear
 - e. Acceptance – the person develops a sense of peace; and acceptance of one's fate; and, in many cases, a desire to be left alone
153. L-Dopa – the immediate amino acid precursor that the body uses for the synthesis of dopamine it is converted to dopamine in a committed chemical reaction with no biochemical feedback regulation
154. Learning curve – graph showing some measure of something learned against the number of trials. The psychology graphs normally slope upward whereas the manufacturing ones normally slope downward but they are both usually steep to start with and then level out
155. Limbic system: structures and function
 - a. Hypothalamus – a neural structure lying below the thalamus; it directs several maintenance activities, helps govern the endocrine system via the pituitary gland, and is linked to emotion
 - b. Pituitary gland – regulates growth and controls other endocrine glands
 - c. Amygdala – two almond-shaped neural clusters that are components of the limbic system and are linked to emotion
 - d. Hippocampus – a neural center that helps the process explicit memories for storage
156. Linear perspective - mathematical system for creating the illusion of space and distance on a flat surface
157. Linkage analysis – A group of methods that analyze the distribution of DNA markers within families to determine if a particular region of the genome contains a gene related to the phenotype of interest
158. Lithium (bi-polar disorders) – a chemical that provides an effective drug therapy for mood swings
159. Localization of sound – refers to the processes by which the apparent position of an object is determined.
160. Long term potentiation – an increase in the synapse's firing potential after a brief rapid stimulation.
Believed to be a neural basis for learning and memory
161. Longitudinal study – research in which the same people are restudied and retested over a long period
162. Loss of information from short term memory – due to limited capacity (7 pieces of information) and the goal of STM is to get information ready for permanent storage in LTM
163. Major neurotransmitters – allow brain and nerve cells to communicate with each other
164. Martin Seligman's "learned helplessness" – the hopelessness and passive resignation an animal or human learns when unable to avoid repeated aversive events
165. Measures of central tendency: mean, median, mode - A statistic, such as a mean, median, or mode, that provides one score as representative of a set of observations
 - a. Mean - The arithmetic average of a group of scores; the most commonly used measure of central tendency
 - b. Median - The score in a distribution above and below which lie 50 percent of the other scores; a measure of central tendency
 - c. Mode - The score appearing most frequently in a set of observations; a measure of central tendency

166. Measures of variability: range and standard deviation - A statistic, such as a range or standard deviation, that indicates how tightly the scores in a set of observations cluster together
- Range - The difference between the highest and the lowest scores in a set of observations; the simplest measure of variability
 - Standard deviation - The average difference of a set of scores from their mean; a measure of variability
167. Memory: kinds (sensory, long-term, short-term)
- Sensory – type of memory that involves the senses
 - Long term memory – the relatively permanent and limitless storehouse of the memory system
 - Short term memory – activated memory that holds a few items briefly, such as the seven digits of a phone number while dialing, before the information is stored or forgotten
168. Mental age – In Binet's measure of intelligence, the age at which a child is performing intellectually, expressed in terms of the average “age at which normal children achieve a particular score
169. Mental set – The tendency to respond to a new problem in the manner used to respond to a previous problem
170. Metacognition – refers to one's knowledge concerning one's own cognitive processes or anything related to them, e.g., the learning-relevant properties of information or data
171. Method of loci – mentally positioning things-to-remember in a well-known room
172. Milieu therapy - type of treatment in which the child's social environment is manipulated for his/her benefit. An example of this treatment is the therapeutic community, in which the child lives a highly structured life. This approach is effective for at-risk youth who have severe disorders that impair his/her ability to function in a normal living environment.
173. Minnesota Multiphasic Personality Inventory: MMPI (test used for what) – the most widely researched and clinically used in all personality tests. Originally developed to identify emotional disorders.
174. Misinformation effect – incorporating misleading information into one's memory of an event
175. Modeling – the process of observing and imitating a behavior
176. Monocular vs. binocular depth cues
- Monocular – distant cues, such as linear perspective and overlap, available to either eye alone
 - Binocular – depth cues, such as retinal disparity and convergence, that depends on the use of both eyes
177. Motion aftereffect - the appearance of directional movement in a stationary object or scene after the viewer has been exposed to visual motion in the opposite direction
178. Motion parallax - Is a depth cue that results from our motion. As we move, objects that are closer to us move farther across our field of view than do objects that are in the distance
179. Myelin sheath – layer of fatty cells segmentally encasing the fibers of many neurons; makes possible vastly greater transmission speed of neural impulses
180. Narcissism - psychological condition characterized by self-preoccupation, lack of empathy, and unconscious deficits in self-esteem
181. Nature vs. nurture – the longstanding controversy over the relative contributions that genes and experience make to the development of psychological traits and behaviors
182. Nervous system: Major parts
- Central nervous system – the brain and the spinal cord
 - Peripheral nervous system – the sensory and motor neurons that connect with the CNS to the rest of the body
 - Skeletal – controls voluntary movements of skeletal muscles
 - Autonomic – controls self regulated action of internal organs and glands
 - Sympathetic – the division of the autonomic nervous system that arouses the body mobilizing its energy in stressful situations
 - Parasympathetic – the system that calms the body, conserving its energy

183. Neuron: three basic parts
- a. Dendrites – receives information from other cells
 - b. Axon – passes messages away from the cell body to other neurons, muscles, or glands
 - c. Cell body – the cell’s life support center
184. Neurotransmitters: major kinds
- a. ENDORPHINS (Opiods): Mood elevating, enhancing, euphoric. The more present, the happier you are! Natural painkillers.
 - b. NOREPINEPHRINE: Excitatory, feel happy, alert, motivated. Anti-depressant, appetite control, energy, sexual arousal.
 - c. DOPAMINE: Feelings of bliss and pleasure, euphoric, appetite control, controlled motor movements, feel focused.
 - d. ACETYLCHOLINE: Alertness, memory, sexual performance, appetite control, release of growth hormone.
 - e. PHENYLETHYLAMINE (PEA): Feelings of bliss, involved in feelings of infatuation (high levels found in chocolate)
 - f. ENKEPHALINS: Restrict transmission of pain, reduce craving, and reduce depression.
 - g. GABA (Gamma Amino Butyric Acid): Found throughout central nervous system, anti-stress, anti-anxiety, anti-panic, anti-pain; Feel calm, maintain control, focus.
 - h. SEROTONIN: Promotes and improves sleep, improves self-esteem, relieves depression, diminishes craving, prevents agitated depression and worrying.
 - i. MELATONIN: "Rest and recuperation" and "anti-aging" hormone. Regulates body clock.
 - j. OXYTOCIN: Stimulated by Dopamine. Promotes sexual arousal, feelings of emotional attachment, desire to cuddle
185. Newborn baby reflexes
- a. Rooting reflex - if you brush your newborn's cheek, he will likely turn its head
 - b. Sucking reflex - place a nipple in his mouth, as it touches the roof of his mouth, it will cause him to begin sucking
 - c. Startle reflex (Moro reflex) - if a baby is startled by a loud noise or if his head falls backward or quickly changes position. The baby's response to the Moro will include spreading his arms and legs out widely and extending his neck. He will then quickly bring his arms back together and cry
 - d. Grasp reflex - placing your finger or an object into a baby's open palm, which will cause a reflex grasp or grip. If you try to pull away, the grip will get even stronger
 - e. Plantar grasp - which is elicited by stroking the bottom of a baby’s foot, which will cause it to flex and its toes to curl
 - f. Stepping/walking reflex - you hold a baby under his arms, support his head, and allow his feet to touch a flat surface, it will appear to take steps and walk
 - g. Galant reflex - baby is on its stomach and you stroke the neck to the spinal cord (paravertebral area) on its middle to lower back, it will cause its back to curve towards the side that you are stroking
186. Next in line effect – The poor recall a person in a group has for what was said by others who spoke just before or after this person.
187. Normative social influence - Group effects that arise from individuals' desire to be liked, accepted, and approved of by others.
188. Norms – an understood rule for accepted and expected behavior
189. Novelty preference – Infant's preference for new rather than familiar sights
190. Obesity (role of the hypothalamus) – addictive disorders such as food bingeing, may stem from a reward deficiency syndrome – a genetically disposed deficiency in the natural brain systems for pleasure and well being that leads people to crave substances that provide missing pleasure
191. Obsessive compulsive disorder – an anxiety disorder characterized by unwanted repetitive thoughts and or actions

192. Occipital lobe – the portion of the cerebral cortex lying at the back of the head; includes the visual areas, which receive visual information from the opposite visual field
193. Oedipal conflict – occurs when boys feel sexually attracted to their mothers. Freud believed such an attraction is an inevitable part of maturation for boys as they ‘discover’ their genitals, fantasize about what their genitals are for, imagine what they mean for the future, and as they realize that there is an increasing gap between themselves and their mothers (for they are not infants anymore)
194. One eye problem: what you couldn’t do well if you only had one eye – depth perception
195. Operationalizing a definition – a precise description of how the variables in a study will be manipulated or measured
196. Opponent process theory of emotions – a primary emotional response to a stimulus triggers an opposing emotion
197. Opponent process theory of visual processing – theory that opposing retinal processes enable color vision
198. Optic disc – also called the blind spot. It is called this because there are no receptors in this part of the retina. This is where all of the axons of the ganglion cells exit the retina to form the optic nerve
199. Optic nerve – the nerve that carries neural impulses from the eye to the brain
200. Pancreas - regulates blood sugar and insulin, involved in hunger
201. Panic attacks (and what is the best treatment) – a sudden episode of extreme anxiety that rapidly escalates in intensity
202. Paradoxical sleep – also known as REM Sleep because this is where dreaming occurs characteristics of REM sleep are similar to those of the wake state as heart rate increases as well as BP and breathing becomes more variable there is peripheral twitching of the face and fingers, the large muscles of the body are paralyzed by the nervous system
203. Paresis – is a chronic infection of the brain with *Treponema pallidum*, the organism that causes syphilis. It is a tertiary, or third stage, form of syphilis that affects the brain and spinal cord
204. Perceptual consistency – perceiving objects as unchanging even as illumination and retinal images changes
205. Perceptual set – a mental predisposition to perceive one thing and not another
206. Personal space – the buffer zone we like to maintain around our bodies
207. Perspectives in psychology (major ones)
 - a. Neuroscience – how the body and brain create emotions, memories, and sensory experiences
 - b. Evolutionary – how natural selection favors traits that promote perpetuation of one’s genes
 - c. Behavior genetics – how much do our genes, and our environment, influence our individual differences
 - d. Behavioral – how we learn observable responses
 - e. Cognitive – how we process, store, and retrieve information
 - f. Social cultural – how behavior and thinking vary across situations and cultures
208. Phenylketonuria - one of the commonest inherited disorders - occurring in approximately 1 in 10,000 babies born in the U. S. It occurs in babies who inherit two mutant genes for the enzyme **phenylalanine hydroxylase (PAH)**. This enzyme normally breaks down molecules of the amino acid phenylalanine that are in excess of the body's needs for protein synthesis. Inability to remove excess phenylalanine from the blood during infancy and early childhood produces a variety of problems including mental retardation
209. Phi Phenomenon - The simplest form of apparent motion, the movement illusion in which one or more stationary lights going on and off in succession are perceived as a single moving light
210. Phonemes vs. morphemes
 - a. Phonemes - Minimal units of speech in any given language that make a meaningful difference in speech production and reception; r and l are two distinct phonemes in English but variations of one in Japanese
 - b. Morphemes - is the smallest meaningful unit in the grammar of a language
211. Photoreceptors - Receptor cells in the retina that are sensitive to light

212. Piaget's stages of cognitive development
 - a. Sensorimotor stage – infants know the world mostly in terms of their sensory impressions and motor activity
 - b. Preoperational stage – child learns to use language but doesn't yet comprehend the mental operations of concrete logic
 - c. Concrete operational stage – children gain the mental operations that enable them to think logically about concrete events
 - d. Formal operational stage – people begin to think logically about abstract ideas/concepts
213. Pineal gland - Produces melatonin, which helps regulate sleep cycles
214. Pitch - Sound quality of highness or lowness; primarily dependent on the frequency of the sound wave
215. Pituitary gland - Located in the brain, the gland that secretes growth hormone and influences the secretion of hormones by other endocrine glands
216. Plasticity – the brain's capacity for modification, as evident in brain reorganization following damage and in experiments on the effects of experience on brain development
217. Positive reinforcement - A behavior is followed by the presentation of an appetitive stimulus, increasing the probability of that behavior.
218. Posttraumatic stress disorder - An anxiety disorder characterized by the persistent experience of traumatic events through distressing recollections, dreams, hallucinations, or dissociative flashbacks; develops in response to rapes, life-threatening events, severe injuries, and natural disasters
219. Premack principle - Pair a low frequency behavior with a high frequency behavior. Then pair a disliked activity with an enjoyable activity the low frequency behaviors which are followed by high frequency behaviors increase the probability of low frequency behaviors occurring
220. Primary effect - Improved memory for items at the start of a list
221. Projective tests: TAT & Rorschach
 - a. Thematic Apperception Test (TAT) – projective test in which people express their inner feelings and interests through the stories they make up about ambiguous scenes
 - b. Rorschach – the most widely used projective test, a set of 10 inkblots seek to identify people's inner feelings by analyzing their interpretations of the blots
222. Prosocial behavior - Behaviors that are carried out with the goal of helping other people
223. Proximity - Gestalt principle of organization holding that (other things being equal) objects or events that are near to one another (in space or time) are perceived as belonging together as a unit
224. Prototype - The most representative example of a category
225. Punishment and why it may not work – they do not help the young person learn how to modify the behavior involved. Also, repeated or severe punishments have some very nasty side effects: fear, anger, resentment, resistance, revenge, even hate in the punished one--and sometimes in the punisher, too
226. Rational Emotional Therapy - A comprehensive system of personality change based on changing irrational beliefs that cause undesirable, highly charged emotional reactions such as severe anxiety
227. Reality Principle - according to Freud is the principle on which the conscious ego operates as it tries to mediate between the demands of the unconscious id and the realities of the environment.
228. Recessive vs. dominant genes
 - a. Recessive - in a paired set of genes, the gene that influences or determining physical characteristics only when no dominant gene is present
 - b. Dominant - in a paired set of genes, the gene with the greater influence in determining physical characteristics
229. Reflex arc – To help an organism avoid injury, this provides a means for immediate withdrawal from dangerous stimuli. While all sensory information does eventually get sent to the brain, the advantage of this is that it can process rapid, protective response to the spinal cord, without the need to await instructions from the brain.

230. Reliability vs. validity in testing
- Reliability – the extent to which a test yields consistent results, as assessed by the consistency of scores on 2 halves of the test, on alternate forms of the test, or on retesting
 - Validity – the extent to which a test measures or predicts what it is supposed to
231. REM sleep – a recurring sleep stage during which vivid dreams commonly occur
232. Repression – the basic defense mechanism that banishes anxiety-arousing thoughts, feelings, memories from consciousness
233. Reticular formation – a nerve network in the brainstem that plays an important role in controlling arousal
234. Retinal disparity (a.k.a. binocular disparity) – a binocular cue for perceiving depth perception: the greater the disparity between two images the retina receives of an object, the closer the object is to the viewer
235. Robert Rescorla’s findings on conditioning - demonstrated that classical conditioning requires more than merely presenting an unconditioned stimulus and a conditioned stimulus together in time. Research shows that for conditioning to occur, a conditioned stimulus must provide information about the unconditioned stimulus—that is, there must be a CS–US contingency
236. Rods and cones
- Rods - Photoreceptors concentrated in the periphery of the retina that are most active in dim illumination; rods do not produce sensation of color
 - Cones - Photoreceptors concentrated in the center of the retina that are responsible for visual experience under normal viewing conditions and for all experiences of color
237. Rooting reflex – a baby’s tendency, when touched on the cheek, to open his/her mouth and search for a nipple
238. Sample - A subset of a population selected as participants in an experiment
239. Scatterplot – a way of representing the scores of a group of clients in a graphic fashion. It shows two scores (X and Y) for each individual and plots the individual in terms of the X and Y scores.
240. Schedules of reinforcement (5 kinds-which are most effective)
- Partial reinforcement - The behavioral principle that states that responses acquired under intermittent reinforcement are more difficult to extinguish than those acquired with continuous reinforcement
 - Fixed ratio schedule - A schedule of reinforcement in which a reinforcer is delivered for the first response made after a fixed number of responses
 - Variable ratio schedule - A schedule of reinforcement in which a reinforcer is delivered for the first response made after a variable number of responses whose average is predetermined
 - Fixed interval schedule - A schedule of reinforcement in which a reinforcer is delivered for the first response made after a fixed period of time
 - Variable interval schedule - A schedule of reinforcement in which a reinforcer is delivered for the first response made after a variable period of time whose average is predetermined
241. Schema - General conceptual frameworks, or clusters of knowledge, regarding objects, people, and situations; knowledge packages that encode generalizations about the structure of the environment
242. Schizophrenia - Severe form of psychopathology characterized by the breakdown of integrated personality functioning, withdrawal from reality, emotional distortions, and disturbed thought processes
243. Selective attention – the focusing on conscious awareness on a particular stimulus, as in the cocktail party effect
244. Self-efficacy - The set of beliefs that one can perform adequately in a particular situation
245. Self-fulfilling prophecy - A prediction made about some future behavior or event that modifies interactions so as to produce what is expected
246. Self-serving bias - A class of attributional biases in which people tend to take credit for their successes and deny responsibility for their failures
247. Semantic memory - Generic, categorical memories, such as the meanings of words and concepts
248. Serial position effect - A characteristic of memory retrieval in which the recall of beginning and end items on a list is often better than recall of items appearing in the middle

249. Set point – the point at which an individual’s “weight thermostat” is supposedly set. When the body falls below this weight, an increase in hunger and a lowered metabolic rate may act to restore the lost weight
250. Sexual characteristics (primary vs. secondary)
- Primary – the bodies structures (ovaries, testes, and external genitalia) that make sexual reproduction
 - Secondary – nonreproductive sexual characteristics, such as female breasts and hips, male voice quality and body hair
251. Sexual identity vs. gender identity
- Sexual – an enduring sexual attraction toward members of either one’s own gender or the other gender
 - Gender - One's sense of maleness or femaleness; usually includes awareness and acceptance of one's biological sex
252. Shaping – an operant conditioning procedure in which reinforcers guide behavior toward closer and closer approximations of a desired goal
253. Signal detection theory - A systematic approach to the problem of response bias that allows an experimenter to identify and separate the roles of sensory stimuli and the individual's criterion level in producing the final response.
254. Sleep disorders: Major kinds
- Sleep apnea - a disorder of breathing during sleep. Typically it is accompanied by loud snoring.
 - Insomnia – characteristics of this disorder are difficulty falling asleep, no problem falling asleep but difficulty staying asleep (many awakenings), and waking up too early
 - Narcolepsy – characterized by uncontrollable sleep attacks
 - Night terrors – characterized by high arousal and an appearance of being terrified
255. Sleeper effect – The delayed effectiveness of a persuasive message from a noncredible source
256. Social cognitive theory – learning as an internal mental phenomenon that may or may not be reflected in behavior. This includes punishment in its consideration of how consequences affect behavior.
257. Social exchange theory - theory based on the exchange of rewards and costs to quantify the values of outcomes from different situations for an individual
258. Social facilitation - understanding the entire picture of how children and adults with Autism, Asperger’s Syndrome, Tourette’s Syndrome, Anxiety Disorder and other related syndromes and disorders process information, and then translate this knowledge into practical, useful information and interventions
259. Social loafing - Less work is done when working in a group compared to working alone
260. Social trap – a subtype of approach-avoidance conflict in which long-term gains are pitted against short-term costs: these motivational conflicts explain (in part) why it's so difficult to give up a bad habit or take up a good one.
261. Somatoform disorders: major kinds
- Body Dysmorphic disorder – preoccupation with a specific body part and the belief that this body part is deformed or defective
 - Conversion disorder – real physical symptoms with no physical cause
 - Hypochondriasis disorder – constant feeling that one has a serious disease
 - Pain disorder – pain, which causes significant distress or impairment in functioning, which cannot be fully explained by a physician. It is suggested that unconscious conflicts are converted to pain symptoms
 - Somatization disorder – includes a history of physical complaints prior to age 30 which occur over a period of several years. There must be significant impairment in functioning or a history of resulting medical treatment
262. Somatosensory cortex: location and used for what - The region of the parietal lobes that processes sensory input from various body areas.

263. Stages of learning (acquisition, extinction, spontaneous recovery, etc.) –
- Acquisition - The stage in a classical conditioning experiment during which the conditioned response is first elicited by the conditioned stimulus
 - Fluency – stresses the role of accuracy and automaticity
 - Generalization - refers to a process within operant and classical conditioning, where a conditioned response (CR) starts occurring in response to the presentation of other, similar stimuli, not just the conditioned stimulus (CS)
 - Maintenance – the act of providing basic and necessary support
 - Extinction - from conditioning and refers to the reduction of some response that the organism currently or previously produced. In classical conditioning this results from the unconditioned stimulus NOT occurring after the conditioned stimulus is presented over time. In operant conditioning it results from some response by the organism no longer being reinforced
 - Spontaneous recovery - The reappearance of an extinguished conditioned response after a rest period
264. Standard deviation - The average difference of a set of scores from their mean; a measure of variability
265. Stanley Milgram's experiment with obedience - was intended to measure the willingness of a participant to **obey** an **authority** who instructs the participant to do something that may conflict with the participant's personal **conscience**
266. Stanley Schachter's two factor theory – theory proposed that human emotions contain two factors or parts: physical arousal and a cognitive label. According to the researcher both of these elements must be present for you to experience an emotion. Some form of arousal occurs (e.g., increased heart rate, perspiration, etc.), you then put some label on this arousal, and then experience the emotion
267. Stereotype - Generalizations about a group of people in which the same characteristics are assigned to all members of a group
268. Stimulus generalization - The automatic extension of conditioned responding to similar stimuli that have never been paired with the unconditioned stimulus
269. Stranger anxiety - term refers to a developmental situation in which infants become anxious and fearful around strangers. This usually occurs around 8 months of age and includes outward, fearful behaviors by the child in the presence of strangers, including crying, recoiling, clinging, etc. This is not an unusual situation and occurs at the same time as object permanence.
270. Systematic desensitization - A behavioral therapy technique in which a client is taught to prevent the arousal of anxiety by confronting the feared stimulus while relaxed
271. Tay-Sachs disease - a fatal genetic disorder in which harmful quantities of a fatty substance called ganglioside GM2 accumulate in the nerve cells in the brain. Infants with this disease appear to develop normally for the first few months of life. Then, as nerve cells become distended with fatty material, a relentless deterioration of mental and physical abilities occurs. The child becomes blind, deaf, and unable to swallow. Muscles begin to atrophy and paralysis sets in
272. Testable hypothesis – this demonstrates the logical connections between the scientific concepts guiding a hypothesis and the design of an experiment
273. Thalamus (and what sense doesn't get routed through here) - this receives information from the sensory neurons and routes it to the higher brain regions that deal with seeing, hearing, tasting, and touching
274. Thorndike's law effect - states that a) Responses to a situation that are followed by satisfaction are strengthened; and b) Responses that are followed by discomfort are weakened.
275. Thyroid gland - one of the endocrine glands, which make hormones to regulate physiological functions in your body
276. Token economy – an operant conditioning procedure that rewards desired behavior. A patient exchanges a token of some sort, earned for exhibiting the desired behavior, for various privileges or treat

277. Tourette's syndrome – is defined as having both multiple motor tics and one or more vocal tics must that are present at the same time, although not necessarily concurrently; the tics must occur many times a day (usually in bouts) nearly every day or intermittently over more than 1 year, during which time there must not have been a tic-free period of more than 3 consecutive months; the age at onset must be less than 18 years; the disturbance must not be due to the direct physiological effects of a substance (e.g. stimulants) or a general medical condition (e.g. Huntington's disease or postviral encephalitis).
278. Tragedy of the commons – article written by Garrett Hardin in which it focuses on saving the global commons through increased centralization and regulation, at the expense of the individual's autonomy and psychological sense of community
279. Transduction - Transformation of one form of energy into another; for example, light is transformed into neural impulses.
280. Turner's syndrome (X with missing chromosome) - a rare chromosomal disorder of females (1:2500) characterized by short stature and the lack of sexual development at puberty. Other physical features may include a webbed neck, heart defects, kidney abnormalities, and/or various other malformations. In some cases one X chromosome is missing from the cells (45,X); research studies suggest that approximately 40 percent of these individuals may have some Y chromosomal material in addition to the one X chromosome. In other affected females, both X chromosomes may be present, but one may have genetic defects
281. Validity: different kinds – producing the desired results
282. Vestibular sense - The sense that tells how one's own body is oriented in the world with respect to gravity
283. Visual cliff – a laboratory device for testing depth perception in infants and young animals
284. Water balance (role of the hypothalamus) - achieved in the body by ensuring that the amount of water consumed in food and drink (and generated by metabolism) equals the amount of water excreted. The consumption side is regulated by behavioral mechanisms, including thirst and salt cravings
285. Weber's Law – a principle of sensation that holds that the size of the just noticeable difference will vary depending on its relation to the strength of the original stimulus
286. Wernicke's aphasia (receptive) located in left temporal lobe - "Fluent aphasia" or "sensory aphasia" in clinical neuropsychology, is a type of aphasia often (but not always) caused by neurological damage to Wernicke's area in the brain. Speech is preserved but language content is incorrect. This may vary from the insertion of a few incorrect or nonexistent words to a profuse outpouring of jargon
287. Wilder Penfield's research on the brain – revolutionized the techniques of brain surgery and made major discoveries about human cognition, memory and sensation. Penfield's medical exploration began with the causes and treatment of epilepsy, which was considered incurable. In 1935 he set up the Montréal Neurological Institute, which brought together surgeons and scientists for co-operative projects in the research, diagnosis and surgical treatment of brain disorders
288. Wilhelm Wundt (structuralism) – early school of psychology that emphasized the studying the most basic components, or structures, of conscious experiences
289. William James (functionalism) – emphasized the studying the purpose, or function, of behavior and mental experiences
290. Yerkes/Dodson arousal law - predicts an inverted U-shaped function between arousal and performance. A certain amount of arousal can be a motivator toward change (with change in this discussion being learning). Too much or too little change will certainly work against the learner. You want some mid-level of arousal to provide the motivation to change (learn). Too little arousal has an inert affect on the learner, while too much has a hyperactive affect
291. Zajonc's "Mere exposed effect" - The tendency to develop more positive feelings toward objects and individuals the more we are exposed to them
292. Zimbardo's prison experiment - a landmark psychological study of the human response to captivity, in particular, to the real world circumstances of prison life. It was conducted in 1971 by a team of researchers from Stanford University. Volunteers played the roles of guard and prisoner, and lived in a mock prison. However, the experiment quickly got out of hand, and was ended early.

293. Androgyny - the mixing of masculine and feminine characteristics or it describes something that is neither masculine nor feminine
294. Cartharis - The process of expressing strongly felt but usually repressed emotions
295. Haptic Memory - Information is passed from sensory memory into short-term memory by attention, thereby filtering the stimuli to only those, which are of interest at a given time.
296. Syllogism – A form of deductive reasoning consisting of a major premise, a minor premise, and a conclusion; for example, *All humans are mortal*, the major premise, *I am a human*, the minor premise, *therefore, I am mortal*, the conclusion.
297. Expected theory (a.k.a mental set) - A cognitive theory of work motivation that proposes that workers are motivated when they expect their efforts and job performance to result in desired outcomes
298. Algorithm - A step-by-step procedure that always provides the right answer for a particular type of problem
299. Positive and negative symptoms (in mental disorders) – deals with the impact and diagnosis of treatment
300. Two kinds of deafness: conductive and nerve
- Conductive - caused by the failure of the three tiny bones inside the middle ear to pass along sound waves to the inner ear or by the failure of the eardrum to vibrate in response to sound waves
 - Nerve - caused by disease, trauma or some other disruptive event targeting the cochlear nerve. The rest of the ear - including the tiny bones and eardrum - may be working, but the electrical impulses aren't able to reach the brain
301. Intrinsic vs. extrinsic motivation
- Intrinsic – drives one to do things just for the fun of it, or because they believe it is a good or right thing to do.
 - Extrinsic - motivation to engage in an activity as a means to an end. Individuals who are extrinsically motivated work on tasks because they believe that participation will result in desirable outcomes such as a reward, teacher praise, or avoidance of punishment
302. Divergent vs. convergent thinking
- Divergent - An aspect of creativity characterized by an ability to produce unusual but appropriate responses to problems
 - Convergent - occurs when a person gathers facts evidence or experiences from a variety of sources to solve a problem. The result is one answer that hopefully is correct
303. Flynn effect - phenomenon for those who believe that IQ tests represent a true measure of human intelligence, as it would suggest that people today are in general considerably more intelligent than those of previous generations
304. Tip-of-the-tongue effect – involves the sensation of knowing that specific information is stored in long term memory, but being temporarily unable to retrieve it
305. Primary vs. secondary reinforcers
- Primary - Biologically determined reinforcers such as food and water
 - Secondary – stimulus or event that has acquired reinforcing value by being associated with a primary reinforcer
306. Cooper's research on visual processing - Investigations into the light and dark-induced changes in receptor expressions and related signal transduction events in retinal neurons lead us to believe that the retina is plastic during early stages of development.
307. Agonist vs. antagonist chemicals
- Agonist - chemical (drug or poison) that mimics or facilitates a neurotransmitter
 - Antagonist - a chemical (drug or poison) that opposes the action of a neurotransmitter