

AP Psychology 2021-22 (Blackwell)

- Resource List (textbook)
- Summer Assignment

Resource List (textbook)

- **AP students are required to purchase their textbooks for the course. We will use *Myers' Psychology for the AP Course (Third Edition)***
 - This is the best textbook for preparing students for the AP exam. (the digital or print versions are both fine). You can rent it. If you do, you will need the 1 year rental, but wait until the beginning of the school year. I will send an email out just before school starts with more information.
- **6 packs of 3x5 index cards (600 notecards).** We will make notecards for all the vocabulary in the textbook.
- **Recommended (not required) A test prep review book.** I will recommend some in the spring. I will also provide plenty of test prep materials.
- **General supplies – (black) Pens, Pencils, etc.**

Summer Assignment – AP Psychology 2021-22

- The summer assignment is to memorize the following list of psychologists and their contributions to psychology. We will have a matching style test on this information on the second day school.

Psychologists and their impact on Psychology

AP Psych Review Questions

Max Wertheimer

- Gestalt Psychologist

Mary Whiton Calkins

- Pioneered memory research
- First woman president of APA
- Studied under James and denied a PhD from Harvard.

Margaret Floy Washburn

- First woman to earn a doctoral degree in Psychology
- Second woman to serve as APA president
- Researched animal behavior

Stanley Milgrim

- Studied obedience
- Two subjects (the teacher and the Learner). The teacher was told to shock the learner every time they answered the question incorrectly to see how far they were willing to go.

Ivan Pavlov

- Studied Classical conditioning
- Paired a bell with food to make the dog salivate.

Jean Piaget

- Child development occurs in stages.
- Sensorimotor, pre-operational, concrete operational, formal operational.
- Assimilation & Accommodation
- Conservation

Carl Rogers

- Humanistic Psychologist
- Client Centered Therapy
- Unconditioned Positive Regard

Hermann Rorschach

- Inkblot test
- Projective test

Julian Rotter

- Locus of control - The extent to which people believe they have power over events in their lives.
- A person with an internal locus of control believes that he or she can influence events and their outcomes, while someone with an external locus of control blames outside forces for everything.
- The underlying question regarding the locus of control is this...do I control my life or does something else control it?
- Socio-cultural Perspective of personality

Martin Seligman

- Positive psychology
- Learned helplessness
- Created the fear theory: we are prepared by evolution to readily develop fears to certain biologically relevant stimuli: spiders & snakes
- Explanatory style - Explanatory style is the way in which we explain the events that happen to us in our lives, either good or bad.

Hans Selye

- GAS Theory (General Adaptation Syndrome): alarm, resistance, exhaustion
- 'the father of stress research,' developed the theory that stress is a major cause of disease because chronic stress causes long-term chemical changes.
- Studied how stress affects the body - The process of the body's struggle to maintain balance is what Selye termed, the General Adaptation Syndrome.
- Pressures, tensions, and other stressors can greatly influence your normal metabolism. Selye determined that there is a limited supply of adaptive energy to deal with stress. That amount declines with continuous exposure.

Walter Cannon

- “Flight or fight response”
- Cannon-Bard Theory of emotion - The theory that physiological and emotional changes occur simultaneously in response to a stimulus (as opposed to the earlier James-Lange theory).
- *We have experiences, and as a result, our autonomic nervous system creates physiological events such as muscular tension, heart rate increases, perspiration, dryness of the mouth, etc. This theory proposes that emotions happen as a result of these, rather than being the cause of them.*

B. F. Skinner

- Behaviorist
- Studied operant conditioning with rats & pigeons
- Skinner Box

Charles Spearman

- “g factor” = general intelligence

Robert Sternberg

- Triangular theory on intelligence and creativity

Lewis Terman

- Revised Binet's intelligence test to help create the Stanford-Binet Intelligence Scales for use in the United States

Edward Thorndike

- Learning theorist
- Law of Effect-the probability of a response is altered by the effect it has, acts are reinforced tend to be repeated. Skinner based his work on Thorndike's.

Edward Titchener

- Carried Wundt's ideas into the U.S. and called them Structuralism

John B. Watson

- Behaviorist
- Conducted the “Little Albert” experiment
- Objected to the study of the mind, introspection is unscientific...only study that to which you observe.

Wilhelm Wundt

- Father of psychology
- Set up the first psych lab and experiment
- Used the method of introspection

Philip Zimbardo

- Stanford Prison Experiment
- Social Psychology

Mary Ainsworth

- Studied attachment styles in children

The type of attachment style affected the child later in life.

Secure, Anxious-Ambivalent, Avoidant

Gordon Allport

- Trait Theorist

Solomon Asch

- Studied Conformity (Social Psych)
- Subjects were shown different lengths of lines and asked which lines matched an example line they were shown.

Albert Bandura

- Social-Cultural Perspective View
- Bobo Doll experiment
- Children learn through observational learning

Alfred Adler

- Neo-Freudian
- Disagreed on Freud's view on the unconscious.
- Believed that we are social creatures governed by social urges and we strive for superiority

Alfred Binet

- Designed the first intelligence test.

Raymond Cattell

- Trait Theorist
- 16 Trait Personality Inventory

Noam Chomsky

- Linguist who developed the theory that humans are predisposed to acquire language if not learned by puberty then lose that ability.

Hermann Ebbinghaus

- Studied Memory
- Developed “The Forgetting Curve”
- Must rehearse

Paul Ekman

- Developmental Psychologist
- Pioneer of the study of emotions and their relation to facial expressions

Albert Ellis

- Cognitive Psychotherapist
- Founder of REBT (rational emotive behavioral therapy), you must change irrational thoughts that cause emotional problems

Erik Erikson

- Proposed that development occurs in stages. Each stage confronts a person with a new developmental task to resolve.
- Trust vs Mistrust
- Autonomy vs Shame & doubt
- Initiative vs guilt
- Industry vs inferiority
- Identity vs role confusion
- Intimacy vs isolation
- Generativity vs stagnation
- Integrity vs despair

Hans & Sybil Eysenck

- Trait theorists

Sigmund Freud

- Father of psychoanalysis
- Id, Ego, Superego
- Defense Mechanisms
- Our behaviors are driven by unconscious desires/motives.

John Garcia

- Studied taste aversion in rats and decided there was an evolutionary element to taste aversion

Howard Gardner

- Theorized that there are 8 different types of intelligence

G. Stanley Hall

- Founded the American Journal of Psychology

Harry Harlow

- Studied attachment in baby monkeys
- Discovered that contact was preferred over nourishment.

Karen Horney

- Neo-Freudian
- Among the first to challenge Freud's bias against women.
- Believed that people feel anxiety because they feel isolated & helpless in a hostile world.

Clark Hull

- Developed the Drive Reduction theory

Carl Jung

- Studied under Freud, then became a Neo-Freudian
- People are introverts or extroverts
- Collective unconscious
- Universal archetypes

Lawrence Kohlberg

- Stage theorist that studied moral development
- Preconventional
- Conventional
- Postconventional

Elizabeth Kubler-Ross

- Thanatologist-one who studies death
- When reacting to news of impending death:
- 5 stages of dying

Denial, anger, bargaining, depression,
acceptance

Elizabeth Loftus

- Researcher on false memories

Konrad Lorenz

- Discovered the principle of imprinting

Abraham Maslow

- Humanist
- Hierarchy of Human Needs:
 - Self-actualization
 - Self-esteem
 - Love & belonging
 - Safety & security
- Physiological needs

- You need to meet lower level needs (physiological) first before being able to meet higher level needs (Self-esteem/actualization)

William James

- Wrote first psych textbook: *Principles of Psychology*