

PSYCHOLOGY MID-YEAR EXAM REVIEW 2018-19

To study all the terms on this page online, go to: <http://quizlet.com/645169>

UNIT I: What Is Psychology?

- psychology
- behavior
- cognitive activity
- theory
- introspection
- behaviorism
- biological perspective
- cognitive perspective
- psychoanalytic perspective
- learning perspective
- clinical psychologist
- psychiatrist
- school psychologist
- sports psychologist
- forensic psychologist
- Wilhelm Wundt
- Sigmund Freud
- science

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UNIT 2: Biology & Behavior

- cortex
- axon
- central nervous system
- corpus callosum
- dendrites
- forebrain
- frontal lobes
- hindbrain
- hippocampus
- hormone
- hypothalamus
- limbic system
- midbrain
- nature vs. nurture
- neuron
- neurotransmitter
- occipital lobes
- parasympathetic nervous system
- parietal lobes
- peripheral nervous system
- somatic nervous system
- spinal cord
- sympathetic nervous system
- synapse
- temporal lobes
- twin studies

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UNIT 3: Sleep & Dreams

- consciousness
- conscious (Freud)
- preconscious (Freud)
- unconscious (Freud)
- circadian rhythms
- stage 1 sleep
- stage 2 sleep
- stage 3 & 4 sleep (deep sleep)
- REM sleep
- lucid dream
- manifest content
- latent content
- obstructive sleep apnea
- insomnia
- narcolepsy

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UNIT 4: Drugs and Alcohol

- drug
- psychoactive drug
- tolerance
- withdrawal
- addiction
- substance dependence
- substance abuse
- reward system
- dopamine
- ethanol
- depressants
- alcoholism
- opiates/narcotics
- stimulants
- caffeine
- nicotine
- cannabis plant
- THC
- LSD
- MDMA

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UNIT 5: Psychology of Eating

- Role of following in hunger/eating:
 - mouth
 - stomach
 - hypothalamus
 - glucose
 - insulin
 - leptin
- Set point theory
 - What is it?
 - Why is it like a “thermometer”?
 - What are the two main influences on a person’s own set point?
- fat cells
 - How do they work?
 - When/why does the number increase/decrease, if at all?
- opioids
- dopamine
- hyperpalatable food
- why do hyperpalatable foods lead to overeating/food addiction?
- influences on **food preferences**

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- **situational** factors that can lead to **overeating**
- What is the BMI and what is it used for?
- overweight
- obese
- As of 2015-16, what was the **prevalence** of obesity in **US adults** and **children/adolescents**?
- what are 4 **obesity-related conditions** covered in the notes?
- What **factors** increase the **likelihood** of **obesity**?
- anorexia nervosa symptoms
- bulimia nervosa symptoms