

Origins of psychology	1	What had come before modern psychology, and how did Wundt change psychology	
	2	When and were did Wundt set up the first psychological laboratory	
	3	What technique did Wundt use to find out about internal mental processes	
	4	How would Wundt use his new technique when reflecting on an object	
	5	What is this approach called?	
	6	Give an example of a stimulus used by Wundt in his experiments	
	7	Wundt made sure that the stimulus, physical environment, instructions were the same for all participants. When experiments are controlled in this way what is it called	
	8	What is replicability?	
	9	What is objectivity?	
	10	What is empiricism?	
	11	What is predictability in psychology and what does it logically lead to?	
	12	Wundt made conclusions about the fundamental nature of human behaviour and mental processes on the basis of observations, what was he making.	
	13	Behaviourists criticised Wundt's study of the mind, saying it was unscientific as the mind was a what?	
	14	What did the behaviourists reject about previous attempts to study psychology	
	15	Who used Wundt's ideas that were rejected by behaviourists? And what did they create	
Learning approaches	16	What did behaviourists think it was only possible to measure?	
	17	What animal did Pavlov study and what type of conditioning did he discover and what was the conditioned response?	
	18	Learning happens when a what stimulus, is constantly paired with a what stimulus until it becomes a what stimulus	
	19	Who studied rats & pigeons, and what theory did he create from these studies?	
	20	If a consequence of a behaviour results in the behaviour being repeated what is it and what two types are there.	
	21	If there is no good consequence to a behaviour, eventually the behaviour will stop	
	22	What type of determinism does behaviourism show?	
	23	SLT theorists say we learn by observing others, who are these people to us, two types & what is it when we see others behaviour having a good consequence (treat/praise)	
	24	Name the four cognitive internal mental processes that take place between stimulus and response. And what are these processes called?	
	25	Who ran the bobo doll study and what did it find.	
	26	Who were the children most likely to imitate and what does this show?	
	27	What did a variation of the bobo doll study in which the adults where praised or told off show?	
	28	How does SLT differ from behaviourism?	
	29	Why are learning and performance not the same?	
	30	Why would we criticise the bobo doll study for low ecological validity?	
The cognitive approach	31	What is it that cognitivist psychologists study?	
	32	What do cognitivists compare the brain to, and compare thoughts to. What is this known as?	
	33	Describe making an inference	
	34	What is a Schema? and three examples of things could they be about?	
	35	What are these schemas used for?	
	36	What bad things can could schemas lead to if incorrect?	
	37	Cognitivist psychologists make flow chart type models of how internal mental processes work. What are these called and name one.	
	38	Once cognitivist psychologists have made a model of how an internal mental process works, what do they do with each part?	
	39	What is the combination of cognitive science and biology? Name an application	
	40	Name two brain scanning technologies.	
	41	What does functional neuroimaging mean?	
	42	Cognitive psychologists suggest that our actions are dictated by our previous experience / schemas, however our conscious experience can enact free will. Called?	
	43	What is machine reductionism? And why is this a problem?	
	44	How does cognitive psychology see the nature nurture debate and why?	
	45	Why would cognitive psychology be seen as scientific and why not?	

The biological approach	46	Name any two major regions of the brain	
	47	There is a chemical messaging system across the body, working in the blood stream. What is the name of the chemicals, two examples of the chemicals and the system.	
	48	The concept that we have no choice over our actions because of our biological factors is called what. Give two factors	
	49	Name the codes for physical/ behavioural characteristics in our cells and the physical expression of these codes as a result of interactions with the environment	
	50	Name the two types of twins and their level of genetic similarity	
	51	If one twin has a physical / behavioural characteristic what is the statistic called that measures the likelihood of the other twin having the characteristic?	
	52	If we say a disorder is due to the interaction between a genetic vulnerability and an environmental trigger (such as up bringing) what is the term for this?	
	53	According to evolution what are successive generations of animals adapting to and What two advantages do these adaptations have to give to be selected for?	
	54	Suggest two psychological features that may be due to evolutionary selection	
	55	Who came up with the theory of evolution and what is the full name of the theory.	
	56	The concept that we explaining our behaviour from our biology is too simplistic is called what and give two examples of other explanations	
	57	There is a collection of cells that transmit information from the source, decide a response and make the response happen. Name the cells and the structure.	
	58	What is the name of the electrical signal that travels down the axon of the nerve cell and what contains neurotransmitters at the end of the axon.	
	59	What is the name of the chemical messengers that are held in vesicles and what are they released into	
The psychodynamic approach	60	What are the two types of these chemical messengers? What do they do and what is the process called?	
	61	In psychodynamics what is referred to as like an iceberg and what are the three parts.	
	62	What are we born with according to Freud what is the most important part of life for psychodynamic theory	
	63	What part of personality is first to develop according to Freud and also called the pleasure principle?	
	64	What are the other two parts and what principles/roles are they for?	
	65	What defence mechanism is when an unpleasant memory is pushed into the unconscious and not accessible to the conscious mind.	
	66	What is it when the there is a refusal to accept the reality of an unpleasant situation	
	67	Name the other and define it	
	68	Name the 5 stages of development that children go through	
	69	What are the stages called as a group?	
	70	What is the process that girls desire their fathers and worry about not having a penis, and what is the process when boys desire their mother. & stage?	
	71	What do boys fear the farther will do to him? Any what does the boy do in response to this?	
	72	What type of study did Eysenck run? What % of people with anxiety disorders recovered with psychotherapy and how many without treatment?	
	73	What does the above study suggest about the effectiveness of psychotherapy, and what does it suggest about Freud's ideas?	
Humanistic psychology	74	Much of Freud's work comes from the use of case studies, what do we call that type of psychology? What is the criticism of this?	
	75	Asides from the use of case studies, why is Freud's work seen as unscientific?	
	76	Instead of focusing on disorders what do humanists focus on?	
	77	What is the humansitc concept of living at your full potential?	
	78	What is the humanistic view on the determinism debate?	
	79	What is the triangle that Maslow created, what is at the bottom and the top	
	80	Who suggested that there are three selves, name them	
	81	What two things need to match for us to self actualise, what is this process called? & what can we never know?	
	82	What do we need to get from those around us in order for this process to happen?	
	83	Some times it feels like those around us put requirements on us before they accept us what is this called, and what are the two types?	
	84	Rodgers developed a system of counselling based on humanistic principles, what is this called?	
	85	What is the client treated as and what are they expected to do?	
	86	Why is humanistic psychology seen as positive?	
	87	Why may be criticise some of the terms used by humanistic psychologists? And why is this a problem?	
	88	Why may we criticise Humanistic psychologists as culturally bias?	
	89	Humanists suggest that all aspects of individuals should be considered in studying them, what is this called? And suggest three aspects.	
	90	What do humanistic psychologists think about individuals, what cant we do with findings and why?	

Origins of psychology	1	What had come before modern psychology, and how did Wundt change psychology	Moved away from philosophy and medicine, towards scientific empirical experimentation
	2	When and were did Wundt set up the first psychological laboratory	Liepzig, Germany. 1870s
	3	What technique did Wundt use to find out about internal mental processes	Introspection
	4	How would Wundt use his new technique when reflecting on an object	Objects are broken down in separate mental elements and described.
	5	What is this approach called?	Structuralism
	6	Give an example of a stimulus used by Wundt in his experiments	Metronome
	7	Wundt made sure that the stimulus, physical environment, instructions were the same for all participants. When experiments are controlled in this way what is it called	Systematic
	8	What is replicability?	Finding the same results when the same methodology is used
	9	What is objectivity?	When findings / facts are not influenced by personal feelings or bias
	10	What is empiricism?	Findings are based on experiment, not theory, argumentation or logic.
	11	What is predictability in psychology and what does it logically lead to?	That there are general laws of human behaviour people follow, determinism.
	12	Wundt made conclusions about the fundamental nature of human behaviour and mental processes on the basis of observations, what was he making.	An inference
	13	Behaviourists criticised Wundt's study of the mind, saying it was unscientific as the mind was a what?	Black Box (mystery) - you couldn't objectivity study it (you can now with brain scanning)
	14	What did the behaviourists reject about previous attempts to study psychology	Mind, introspection, internal mental processes.
	15	Who used Wundt's ideas that were rejected by behaviourists? And what did they create	Cognitive psychologists, built models of how mental systems such as memory worked.
Learning approaches	16	What did behaviourists think it was only possible to measure?	Inputs/stimuli, outputs/behaviour
	17	What animal did Pavlov study and what type of conditioning did he discover and what was the conditioned response?	Dogs, Classical, drool
	18	Learning happens when a what stimulus, is constantly paired with a what stimulus until it becomes a what stimulus	Neutral, unconditioned, conditioned
	19	Who studied rats & pigeons, and what theory did he create from these studies?	Skinner, Operant Conditioning
	20	If a consequence of a behaviour results in the behaviour being repeated what is it and what two types are there.	Reinforcing. Positive and Negative
	21	If there is no good consequence to a behaviour, eventually the behaviour will stop	Extinction
	22	What type of determinism does behaviourism show?	Environmental
	23	SLT theorists say we learn by observing others, who are these people to us, two types & what is it when we see others behaviour having a good consequence (treat/praise)	Models, live & Symbolic, Vicarious Reinforcement
	24	Name the four cognitive internal mental processes that take place between stimulus and response. And what are these processes called?	Attention, Retention, motivation reproduction. Mediational factors
	25	Who ran the bobo doll study and what did it find.	Bandura. Children would imitate aggressive behaviour of adults
	26	Who were the children most likely to imitate and what does this show?	Same gender, identification
	27	What did a variation of the bobo doll study in which the adults where praised or told off show?	Children more likely to imitate if praised, less if punished
	28	How does SLT differ from behaviourism?	Suggests Internal mental processes are a valid area for study.
	29	Why are learning and performance not the same?	Learning may not be outwardly demonstrated
	30	Why would we criticise the bobo doll study for low ecological validity?	The bobo doll study was conducted in a lab. Children may not have been so aggressive if at home.
The cognitive approach	31	What is it that cognitivist psychologists study?	Information processing/ internal mental processes
	32	What do cognitivists compare the brain to, and compare thoughts to. What is this known as?	A computer, and software. The computer model
	33	Describe making an inference	Observing a behaviour and then making a logical assumption about the underling mental processes
	34	What is a Schema? and three examples of things could they be about?	A package of information about how the world works built up by experience. the self, roles and events.
	35	What are these schemas used for?	Mental short cuts to make assumptions and expect behaviour, packages of information that help us navigate the world, process large amounts of information and expect behaviour
	36	What bad things can could schemas lead to if incorrect?	Wrong assumptions, stereotypes and prejudice
	37	Cognitivist psychologists make flow chart type models of how internal mental processes work. What are these called and name one.	Theoretical models, Multi-store model of memory, working memory model.
	38	Once cognitivist psychologists have made a model of how an internal mental process works, what do they do with each part?	Test them/ experiment with scientific methods to see if they are valid
	39	What is the combination of cognitive science and biology? Name an application	Cognitive neuroscience, treatments for memory problems, AI, language
	40	Name two brain scanning technologies.	PET and FMRI
	41	What does functional neuroimaging mean?	You can observe the processes in the brain in real time
	42	Cognitive psychologists suggest that our actions are dictated by our previous experience / schemas, however our conscious experience can enact free will. Called?	Soft determinism.
	43	What is machine reductionism? And why is this a problem?	The brain is explained like a machine/computer. Humans are less rational and more emotional
	44	How does cognitive psychology see the nature nurture debate and why?	Combination, both inheritance of brain structures, and development of schema via experience
	45	Why would cognitive psychology be seen as scientific and why not?	Scientific: use of highly controlled experiments. Unscientific: use of inferences.

The biological approach	46	Name any two major regions of the brain	Brain stem, cerebellum, cerebral cortex, occipital lobe, parietal lobe. Temporal lobe, frontal lobe, Limbic system
	47	There is a chemical messaging system across the body, working in the blood stream. What is the name of the chemicals, two examples of the chemicals and the system.	Hormones, testosterone, adrenaline, Oestrogen, Endocrine system.
	48	The concept that we have no choice over our actions because of our biological factors is called what. Give two factors	Biological determinism. Genes, Hormones, Neurotransmitters.
	49	Name the codes for physical/ behavioural characteristics in our cells and the physical expression of these codes as a result of interactions with the environment	Genotype and Phenotype
	50	Name the two types of twins and their level of genetic similarity	Monozygotic 100%, Dizygotic 50%
	51	If one twin has a physical / behavioural characteristic what is the statistic called that measures the likelihood of the other twin having the characteristic?	Concordance Rate
	52	If we say a disorder is due to the interaction between a genetic vulnerability and an environmental trigger (such as up bringing) what is the term for this?	Diathesis stress.
	53	According to evolution what are successive generations of animals adapting to and What two advantages do these adaptations have to give to be selected for?	The environment, Survival and Reproduction advantages
	54	Suggest two psychological features that may be due to evolutionary selection	Relationships - Sexual attraction / Attachment - imprinting Aggression - for resources
	55	Who came up with the theory of evolution and what is the full name of the theory.	Darwin, theory of natural selection.
	56	The concept that we explaining our behaviour from our biology is too simplistic is called what and give two examples of other explanations	Biological reductionism, learnt behaviour, social/cultural factors, cognitive factors, unconscious factors.
	57	There is a collection of cells that transmit information from the source, decide a response and make the response happen. Name the cells and the structure.	Sensory, relay, Motor. The reflex Arc
	58	What is the name of the electrical signal that travels down the axon of the nerve cell and what contains neurotransmitters at the end of the axon.	Action potential, vesicles / Axon terminal
The psychodynamic approach	59	What is the name of the chemical messengers that are held in vesicles and what are they released into	Neurotransmitters, Synapse / Synaptic cleft
	60	What are the two types of these chemical messengers? What do they do and what is the process called?	Excitatory and inhibitory. Make the post synaptic cell more or less likely to fire. Summation.
	61	In psychodynamics what is referred to as like an iceberg and what are the three parts.	The mind, conscious, pre-conscious and unconscious
	62	What are we born with according to Freud what is the most important part of life for psychodynamic theory	Instincts and drives, early childhood experiences (up to 6 years)
	63	What part of personality is first to develop according to Freud and also called the pleasure principle?	ID
	64	What are the other two parts and what principles/roles are they for?	EGO reality, superego Morality
	65	What defence mechanism is when an unpleasant memory is pushed into the unconscious and not accessible to the conscious mind.	Repression
	66	What is it when the there is a refusal to accept the reality of an unpleasant situation	Denial
	67	Name the other and define it	Displacement, focus of strong emotion is expressed on to a neutral object.
	68	Name the 5 stages of development that children go through	Oral, Anal, Phalic, Latent & genital
	69	What are the stages called as a group?	Psychosexual stages
	70	What is the process that girls desire their fathers and worry about not having a penis, and what is the process when boys desire their mother. & stage?	Electra complex, Oedipus complex, Genital.
	71	What do boys fear the farther will do to him? Any what does the boy do in response to this?	Castration (castration anxiety), identify
Humanistic psychology	72	What type of study did Eysenck run? What % of people with anxiety disorders recovered with psychotherapy and how many without treatment?	Meta-analysis of 1000's of case studies, 66% with psychotherapy, 705 with no treatment
	73	What does the above study suggest about the effectiveness of psychotherapy, and what does it suggest about Freud's ideas?	Suggests psychotherapy is ineffective, and underlying principles are invalid.
	74	Much of Freud's work comes from the use of case studies, what do we call that type of psychology? What is the criticism of this?	Ideographic, cant generalise findings of case studies to the wider population.
	75	Asides from the use of case studies, why is Freud's work seen as unscientific?	Concepts are not operationalised, and are difficult to test empirically.
	76	Instead of focusing on disorders what do humanists focus on?	Peoples health, Growth, Personal development and creativity.
	77	What is the humansitc concept of living at your full potential?	Self actualisation
	78	What is the humanistic view on the determinism debate?	We have free will
	79	What is the triangle that Maslow created, what is at the bottom and the top	Hierarchy of needs. Bottom Physiological needs, Top Self fulfilment / actualisation
	80	Who suggested that there are three selves, name them	Carl Rodgers, Self concept, The ideal Self, the real self.
	81	What two things need to match for us to self actualise, what is this process called? & what can we never know?	Ideal self and the self concept, Congruence. The real self.
	82	What do we need to get from those around us in order for this process to happen?	Unconditional positive regard
	83	Some times it feels like those around us put requirements on us before they accept us what is this called, and what are the two types?	Conditions of worth, real and imagined.
	84	Rodgers developed a system of counselling based on humanistic principles, what is this called?	Carl Rodgers, Client centred therapy.
	85	What is the client treated as and what are they expected to do?	the client is treated as the expert and arrives at their own solutions.
	86	Why is humanistic psychology seen as positive?	Focus in on personal development and ability to change, not deterministic
	87	Why may be criticise some of the terms used by humanistic psychologists? And why is this a problem?	Not operationalised, ideas are seen as unscientific / untestable
	88	Why may we criticise Humanistic psychologists as culturally bias?	Too focused on western ideals of individual achievement, when for much of the world people focus on the groups success.
	89	Humanists suggest that all aspects of individuals should be considered in studying them, what is this called? And suggest three aspects.	A holistic approach.
	90	What do humanistic psychologists think about individuals, what cant we do with findings and why?	Unique, generalise, too many differences within groups.