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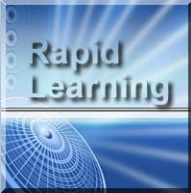
# AP Psychology

Visually in 24 Hours



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# Introduction to AP Psychology

**Psychology Rapid Learning Series**

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## Learning Objectives

**By studying this tutorial, you will learn about:**

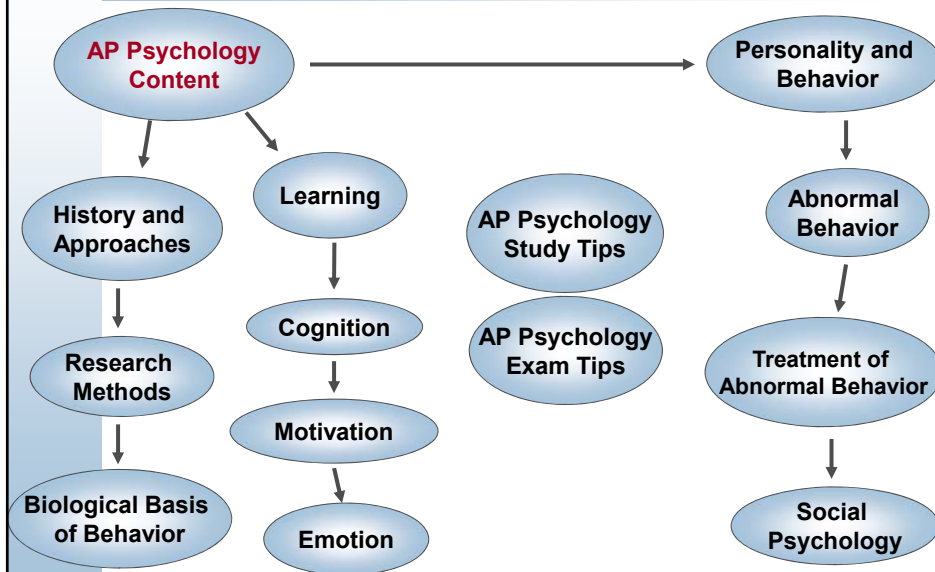


- What AP Psychology is
- The Scope of AP Psychology
  - I: History and Approaches
  - II: Cognition and Learning
  - III: Personality and Behavior
- How to Study AP Psychology
- What the AP Exam is
- AP Study Tips
- AP Exam Tips

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## Concept Map – AP Psychology



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## What is AP Psychology?



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## Advanced Placement Program

The **Advanced Placement (AP) Program** provides students in high school the opportunity to earn a college credit or placement with college programs. There are 37 AP courses in a wide variety of subject areas now available.

The AP Psychology is a course similar to what a first-year college student would take. The AP Psychology exam is a combination of multiple-choice (66%) and two free-response (33%) questions. The exam is scored between 1 and 5; individual institutions set their standards for credit but, on average, scores ranging between 3 and 5 will be enough to gain credit.



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## Scope of the AP Psychology Exam

The **scope of the exam**: the writers acknowledge that teachers vary a little in the content and emphasis of an AP Psychology course. Therefore, they write questions covering every topic and do not expect any one student to know them all.



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## History and Approaches



1. History of Psychology
2. Research Methods
3. Biological Basis of Behavior

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## Definition: Psychology

**Psychology:** The science that deals with mental processes and behavior. The focus is on emotional and behavioral characteristics of individuals through all stages of life, groups and activities.



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## The Roots of Psychology

**Evidence shows that people as far back as the ancient times have asked the questions:**

**Who am I? Where do our thoughts come from? Our feelings? Our actions? How are we to understand and to master or manage those around us?**



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## Ancient Times

India: **Buddha** pondered how sensations and perceptions combine to form ideas.



China: **Confucius** stressed the powers of ideas and of an educated mind.

Ancient Israel: Hebrew Scriptures anticipated today's psychology by linking mind and emotion to body.



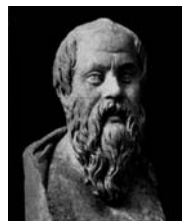
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## Psychology Development: Ancient Greece

The writings from ancient Greece offered a very different idea about mind and body. **Socrates** viewed the mind as being separable from the body and believed it continues after death.

**Plato** was Socrates' greatest student (and his scribe). Plato helped to lay the foundations of natural philosophy, science, and Western philosophy.



**Socrates**

469-399 B.C.



**Plato**

428-347 B.C.

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## Aristotle



Aristotle

Plato's most famous student was Aristotle. **Aristotle** loved data more so than sheer logic and, therefore, he derived principles from careful observations. His observations told him that the soul is not separable from the body, and the same holds good for particular parts of the soul. Both these ideas were contrary to what his mentors, Socrates and Plato, believed.

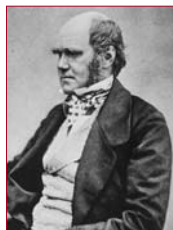
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## Major Historical Figures in Psychology - 1

Major historical figures that influenced and developed psychology in the last 150 years include: **Mary Calkins** - a psychologist and a philosopher, who made significant contributions to psychology with her work on the paired associate's technique and her work in self-psychology.

**Charles Darwin** - theory of natural selection is the root for the field of evolutionary psychology.



Charles Darwin

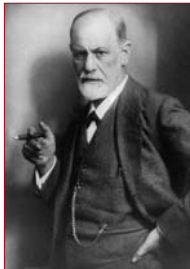
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## Major Historical Figures in Psychology - 2

**Sigmund Freud** was an Austrian Neurologist who is credited with the development of psychoanalysis and other significant contributions to psychology. Freud recognized the influence of cultural differences on psychology and behaviour, and his work contributed to clinical psychology and abnormal psychology.



Sigmund Freud

**G. Stanley Hall** – was an American psychologist who founded the American Journal of Psychology and was appointed as the first president of the American Psychological Association.

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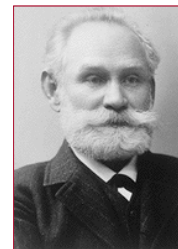
## Major Historical Figures in Psychology - 3

**William James** – is often called the father of psychology. His textbook, “The Principles of Psychology”, and his theories on Pragmatism and Functionalism lead to his major influence on the field of psychology.



William James

**Ivan Pavlov** – made important discoveries in psychology, in addition to his work in the physiology of the digestive tract. His work on reflexes and operant conditioning demonstrated the techniques of experiments of reactions to one's environment in a scientific, organized manner.



Ivan Pavlov

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## Major Historical Figures in Psychology - 4

Other significant historical figures in psychology include: (1) **Jean Piaget** – for his work on the cognitive development of children, based on the idea that children think differently than adults, (2) **Carl Rogers** – is regarded by some as the most influential psychologist of the 20<sup>th</sup> century. The major theme of his work was the person-centered idea to the understanding of personality and relationships between people.



(3) **B. F. Skinner** – is known for his work in operant conditioning and negative reinforcement . He found that behavior depends on what occurs after the response, (4) **John B. Watson** – developed behaviorism, and the belief that all things a human does can be regarded and treated as behaviors.



## The Influence of Philosophy on Psychology

**Major philosophers, such as Aristotle and Plato, had an early major influence in the development of psychology.** The word psychology is derived from the Greek word *psyche*, which means soul or mind. Psychology was a branch of philosophy until approximately the 1870s, when Wilhelm Wundt and his experiments helped define and separate psychology as a field of its own.



**Aristotle (384-322 B.C.)**

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## The First Psychology Experiment



First psychological science experiment

In 1879, at the University of Leipzig, **Wilhelm Wundt** and his graduate students established the first psychology laboratory. In this laboratory, they set up a machine to measure the time between people hearing a ball hit a platform and their pressing a telegraph key.

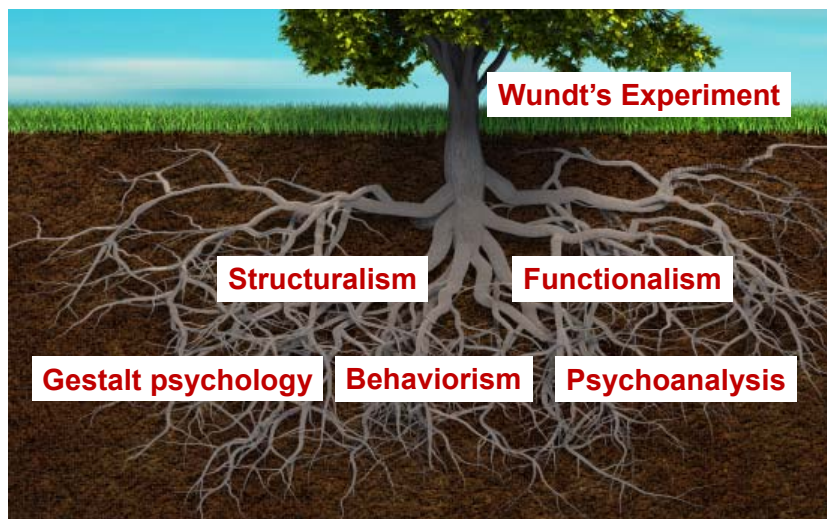
In these experiments, **Wilhelm Wundt** found that people responded faster when asked to press the key as soon as the sound occurred versus when they were aware of perceiving the sound. Wundt was seeking to measure the fastest and simplest mental process, what he referred to as the “atoms of the mind”.

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## Psychological Science is Born

Pre-psychological science



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## Structuralism

**Edward Titchener** was the student of Wilhelm Wundt, and his approach to psychological research was to engage people in self-reflective introspection. He is the father of Structuralism.

This new school of psychology focused on analyzing mental processes in their most basic components. It aimed to discover the elements of mind and to engage people in self-reflective introspection.



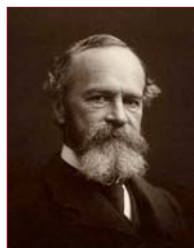
**Edward Titchener**

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## Structuralism and Functionalism

**Structuralism ended shortly after the death of Edward Titchener in 1927.** Criticisms of this school of psychology included: (1) That it proved somewhat unreliable, varying from person to person and experience to experience, (2) The act of reflecting on an experience can alter the memory of it, and (3) recent studies indicate that people's recollections often err.



**William James**

**Functionalism** arose in the U.S. as an alternative to structuralism. This school of psychology was developed through William James. Functionalism takes into account the impact of the person's environment, in modelling their behavior.

This approach to psychology influenced behaviorism and applied psychology.

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## Behaviorism

**Behaviorism** is the school of psychology, based on the premise that everything a human does can be regarded and treated as behavior. Individuals can be conditioned to their environment through operant conditioning and classical conditioning. This school of psychology was supported by individuals, such as Ivan Pavlov, B. F. Skinner, John B. Watson, and Clark Hull.



Behaviorism has declined since the 20<sup>th</sup> century; some of its criticisms include: (1) behaviorism does not take into account an individual's free will, (2) does not take into account other forms of learning, and (3) a previously learned behavior can change with new information.

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## Question: Challenge

How are philosophy and psychology related?

**Major philosophers, such as Aristotle and Plato, had an early major influence in the development of psychology.** The word psychology is derived from the Greek word *psyche*, which means soul or mind. Psychology was a branch of philosophy until approximately the 1870s, when Wilhelm Wundt and his experiments helped define and separate psychology as a field of its own.



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## Recent Approaches to Explaining Behavior: Gestalt Psychology

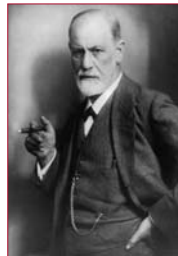
**Gestalt psychology** is based on the principle that we experience things that are not just part of our simple senses, such as vision. Instead, we experience things as a whole form with our brains filling in the missing information. For example, in the image below, our brains fill in the missing information and we perceive a circle, where none is actually drawn.



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## Psychoanalytic



Sigmund Freud

**Sigmund Freud** was a pioneer in the development of psychoanalysis and the psychodynamic school of psychology. This way of approaching psychology is based on the influence of the unconscious mind on an individual's behavior. This method of observation, introspection and clinical observation is used to treat psychological distress.

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## Humanism

**Humanism** focuses on personal choice, potential and self-actualization, and the belief that people are innately good. Unlike people who follow behaviorism and psychoanalysis, proponents of humanism believe mental and social problems are a result of deviation from our natural good self and not unconscious influence.



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## Domains of Psychology



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## Branches of Psychology - 1

Branch	Description
<b>Biopsychology</b>	<ul style="list-style-type: none"> <li>A branch of psychology that involves looking at the impact of the brain itself and brain chemistry's influence on thoughts and behaviors.</li> <li>Alterations in the levels of neurotransmitters and their role in diseases, such as schizophrenia, are studied.</li> </ul>
<b>Clinical Psychology</b>	<ul style="list-style-type: none"> <li>Is centered around the treatment of mental illness and abnormal behavior.</li> <li>Lightner Witmer is considered to be the father of modern clinical psychology.</li> </ul>
<b>Cognitive Psychology</b>	<ul style="list-style-type: none"> <li>This branch of psychology studies a person's cognitive abilities, such as learning and memory.</li> <li>Cognitive psychology uses scientific measures to study an individual's learning and memory.</li> </ul>

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## Branches of Psychology - 2

Branch	Description
<b>Counselling Psychology</b>	<ul style="list-style-type: none"> <li>Counselling psychology involves treatment for individuals with emotional, social and developmental concerns.</li> <li>Counselling psychologists can use a variety of outcome questionnaires and measures to score an individual's distress.</li> </ul>
<b>Developmental Psychology</b>	<ul style="list-style-type: none"> <li>Is the branch of psychology that studies the growth and developmental of an individual throughout life.</li> <li>The nature vs. nurture argument for the development of children is debated in this field.</li> </ul>
<b>Educational Psychology</b>	<ul style="list-style-type: none"> <li>Is the study of human learning, based on their educational settings and teaching.</li> <li>One of the pioneers of this branch of psychology was Jerome Bruner. Through him, the ideas of Jean Piaget were introduced into this branch of psychology.</li> </ul>

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## Branches of Psychology - 3

Branch	Description
<b>Experimental Psychology</b>	<ul style="list-style-type: none"> <li>Involves the use of experimental studies to investigate the behavior and mind of an individual.</li> <li>Investigations include: case studies, observational studies, and correlational research.</li> </ul>
<b>Personality Psychology</b>	<ul style="list-style-type: none"> <li>Personality psychology studies the individual differences between people and how people are unique. This branch also performs studies into how individuals are similar to one another (human nature).</li> </ul>
<b>Social Psychology</b>	<ul style="list-style-type: none"> <li>Is the study of social interactions between individuals.</li> <li>Social psychology involves applying scientific measures to assess the impact others have on an individual's behaviour.</li> </ul>

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## Research Methods in Psychology

**Perfect positive correlation (+1.00)**

1. Types of Research
2. Statistics

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## The Scientific Theory



**The scientific method** includes the following: a hypothesis, observations, and then refining of the theory in light of new observations. Therefore, in science, theory is linked to observation.

A scientific theory explains through an integrated set of principles that organizes and predicts behaviors or events. By organizing isolated facts, a theory simplifies things.

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## Subjective Observation Bias

During experimental studies, we may **see what we expect to see**. For example, we may perceive depressed people's neutral comments as self-disparaging. By using operational definitions of concepts to check on subjective observation bias, this allows for others to replicate or repeat the observations.



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## Research Strategies



Case studies



Surveys

**The research strategies used in psychological science include descriptive, correlational, and experimental methods.** Descriptive methods include the case study, the survey, and naturalistic observation.

We test hypotheses and refine our theories by making observations that describe behavior, detecting correlations that help predict behavior, and doing experiments that help explain behavior.

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## The Case Study



Case studies

**Among the oldest research methods is the case study.** With this descriptive method, psychologists study one individual in great depth in the hope of revealing things true of us all. Much of our early knowledge about the brain came from case studies of individuals who suffered a particular impairment after damage to a certain brain region. Sigmund Freud constructed his theory of personality from a handful of case studies.

different from B, whereas C has 2 differences.

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## The Survey Method: Overview



**The survey method is commonly used in both descriptive and correlational studies.** The survey looks at many cases in less depth. A survey asks people to report their behavior or opinions. It is hard to think of a significant question that survey researchers have not asked.

However, surveys can be tricky. How the questions are worded and who is included in the survey are important features that must be discussed.

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## Correlation: Overview

**Two things correlate when one accompanies the other.** Psychologists use numbers to describe the strength of a relationship expressed as a correlation. However, caution must be exercised against illusory correlations that can incorrectly infer cause and effect.



$$r = +0.91$$

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## The Correlation Coefficient

The **correlation coefficient** is the statistical measure of a relationship. This measure reveals how closely two things vary together and how well either one predicts the other.



Indicates direction of relationship  
(positive or negative)

Correlation coefficient

$$\rightarrow r = +0.91$$

Indicates strength of relationship  
(0.00 – 1.00)

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## Naturalistic Observation

**Naturalistic observation** involves watching and recording the behavior of organisms in their natural environment. These naturalistic observations range from watching chimpanzee societies in the jungle, to using unobtrusive measures of parent-child interactions in different cultures.



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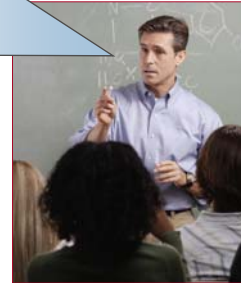


## Question: Challenge

What is meant by a case study?

Among the oldest research methods is the **case study**. With this descriptive method, psychologists study one individual in great depth in the hope of revealing things true of us all.

Much of our early knowledge about the brain came from case studies of individuals who suffered a particular impairment after damage to a certain brain region.



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## Variables in Research Studies



Case studies

When doing research studies, the characteristic or value that can change is known as a **variable**. Variables can be divided into two general categories: dependent and independent.

An independent variable is one the experimenter can control whereas a dependent variable is one that is measured and recorded in the study.

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## Experimentation: Randomization

In a typical experiment, people are randomly assigned to either a treatment group or a control group. This process equalizes the groups from the start. After doing this, any later differences are probably caused by the experimental variable.



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## Descriptive vs. Inferential Statistics

Statistical analysis of the data from psychological studies can be subjected to both descriptive and inferential statistics.



Descriptive statistics are used to summarize the data and describe the main features. An example would be population counting by the Census Bureau.

Inferential statistics, on the other hand, are used to reach conclusions about the data, such as whether the observed difference between groups is dependable or by chance.

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## Ethical Guidelines for Research

There are guidelines put forth from the Federal Government, Educational Institutions and the American Psychological Association for the ethical treatment of subjects in research studies.



Some of the ethical recommendations include: informed consent, confidentiality, integrity, and prevention of conflicts between ethical treatment of study subjects and organizational demands.

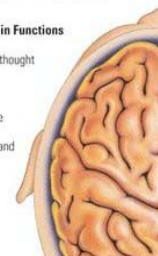
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## Biological Basis for Behavior

### Left-Brain Functions

Analytic thought  
Logic  
Language  
Science and math



1. The Nervous System
2. Neurons

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## > The Nervous System

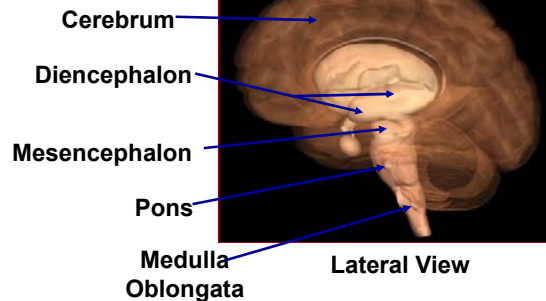
The **nervous system** is divided into the central nervous system and the peripheral nervous system. The central nervous system includes the brain and spinal cord. The peripheral nervous system contains all the neurons and nerves that are not in the central nervous system.



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## > The Brain Regions

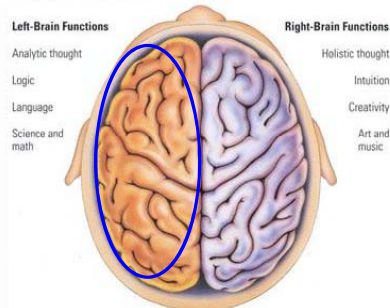
The **major regions of the human brain** are the: (1) cerebrum, (2) diencephalon, (3) mesencephalon, (4) pons, (5) cerebellum and (6) medulla oblongata. The cerebrum is the most anterior and superior region of the brain, including the frontal lobes. The cerebral cortex is the outer layer of the brain (2-4mm thick), which folds into sulci and surrounds the cerebrum.



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## Brain Hemisphere Lateralization: Speech



Higher-order functions in the brain can be **localized to one of the cerebral hemispheres**; an example is the lateralization of speech. It has been estimated that approximately 70% of individuals have speech lateralized to the left hemisphere.

The left hemisphere contains both Broca's and Wernicke's area, both of which are involved in speech. Evidence for this has come from anatomical and functional imaging studies.

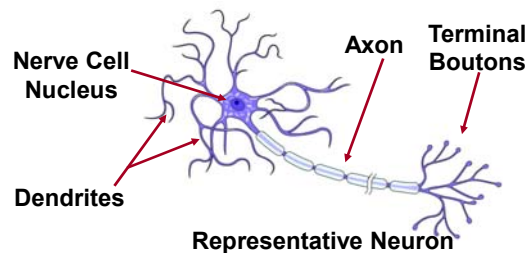
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## Neuron Structure

The nervous system is made up of **neurons** (neuronal cells), which conduct signals from the brain to the rest of the system; it also consists of glial cells, which support neuronal function.

The neuron is specialized for receiving signals (at the dendrites and cell body), propagating electrical impulses (down the axon), and transmitting signals (at the terminal branches).

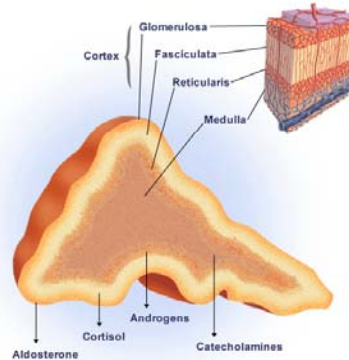


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## Fight or Flight Response



The **suprarenal medulla** makes up the center of the adrenal gland. It produces the following hormones: (A) Epinephrine – is a fight or flight hormone. When it is secreted, it prepares the body for action by increasing heart rate and delivering more blood to skeletal muscles, and (B) Norepinephrine – is both a hormone and neurotransmitter. As a hormone, it acts synergistically with epinephrine and also increases blood pressure by vasoconstriction.

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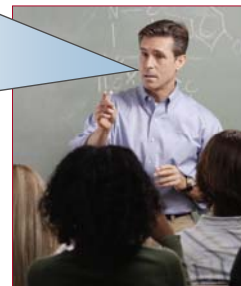


## Question: Challenge

What is an example of a higher-order function in the brain?


Higher-order functions in the brain can be **localized to one of the cerebral hemispheres**; an example is the lateralization of speech. It has been estimated that approximately 70% of individuals have speech lateralized to the left hemisphere.

The left hemisphere contains both Broca's and Wernicke's area, both of which are involved in speech. Evidence for this has come from anatomical and functional imaging studies.

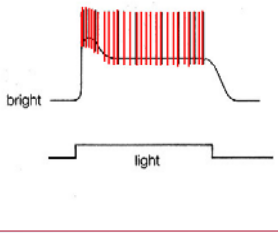


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## Perception and States of Consciousness



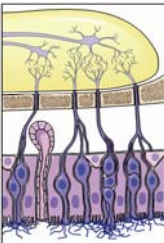
1. Sensory Receptors and Sensory Processes
2. States of Consciousness and Sleep

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➤

## Sensory Transduction

**Sensory receptors** are the initial component of our sensory systems, such as touch and vision. They respond to a stimulus and perform sensory transduction. They are specialized transducers of energy and information from our environment. As part of the peripheral nervous system, sensory nerves transmit information to the central nervous system.



**Olfactory Receptors**

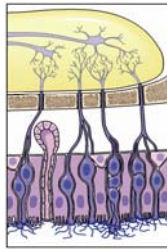


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## Sensory Systems

**Sensory receptors** are classified based on location, their morphology, and the rate of adaptation or function over time. The special senses of the body are vision, smell (olfaction), taste (gustation), hearing and equilibrium. In this section of the tutorial, we will cover the different special senses of the body.



Olfactory Receptors



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## Categories of General Receptors

The skin contains 4 types of sensory receptors.



Skin Cross-Section

The **general sensory receptors** are spread over the body in the skin and other locations. These receptors can sense stimuli, such as pain and changes in temperature. Based on the type of stimuli that excites the receptor, there are four groups:

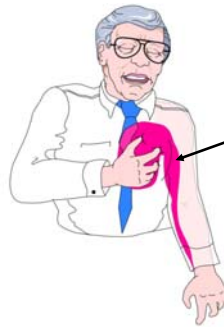
- (1) Nociceptors
- (2) Thermoreceptors
- (3) Mechanoreceptors
- (4) Chemoreceptors.

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## Nociceptors: Referred Pain



Referred pain down the left arm during a heart attack.

Pain sensed by **nociceptors** can be classified generally as fast or slow pain. Fast pain is produced by a small injury or a deep cut. Slow pain is more of an aching pain that lasts longer. When pain is present in a visceral organ, such as the heart, it can also be perceived in the more superficial region that is innervated by the same spinal nerve.

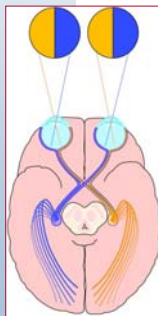
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## Eye Functions

The **human eye is made up of the following key structures:**

- (A) Cornea – this is the transparent part of the eye that covers the iris and pupil. It reflects light and helps to focus the eye.
- (B) Iris – is the colored portion of the eye; this muscular structure constricts and dilates the pupil.
- (C) Pupil – is the sphere in the center of the iris through which the light enters the eye.



The human eye detects light and transmits nerve impulses along the optic nerve to the visual area of the brain in the occipital lobe. The eye detects light in the visible spectrum, wavelengths between 400-750nm.

The light excites the retina at the back of the eye. The retina contains the photoreceptor cells that convert the light into nerve impulses.

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## ? Question: Challenge

Describe pain and what referred pain is?

Pain sensed by **nociceptors** can be classified generally as fast or slow pain. Fast pain is produced by a small injury or a deep cut. Slow pain is more of an aching pain that lasts longer.

When pain is present in a visceral organ, such as the heart, it can also be perceived in the more superficial region that is innervated by the same spinal nerve.



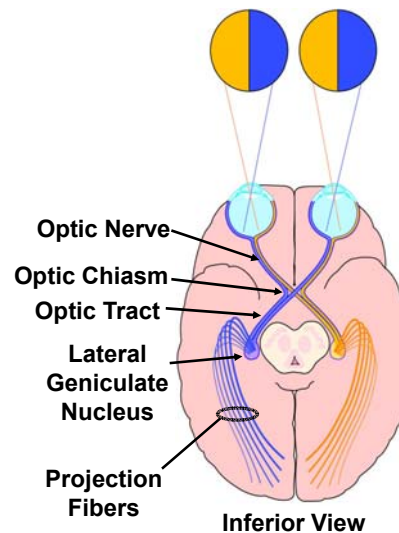
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## > Visual Pathways

The **visual information from the temporal visual field is projected from the retinal ganglion neurons through the optic nerve to the brain.** Some of this visual information crosses over to the opposite side of the brain in the optic chiasm and some remains on the same side.

The visual fields themselves are divided as follows: a visual target seen by both eyes is imaged by the nasal region of the retina in the left eye and the temporal region of the retina in the right eye. The opposite is also true, which means both eyes share part of the same image.

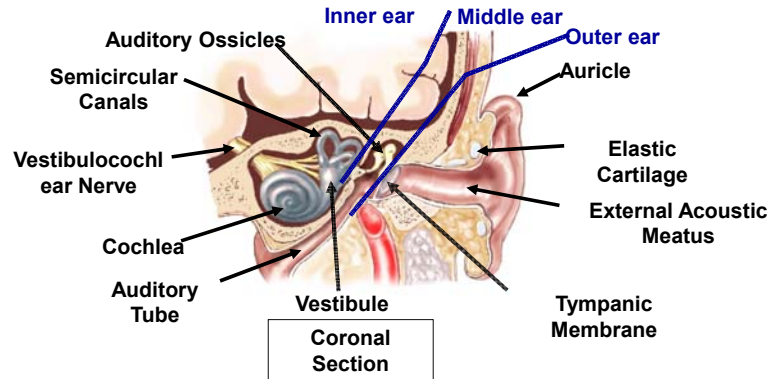


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## Anatomy of the Ear

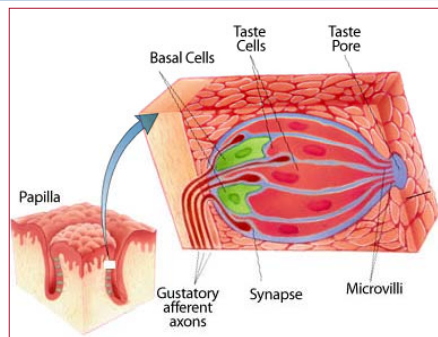


The **human ear** captures sound and it helps to balance the head and neck. The ear is divided into three regions: outer ear, middle ear and the inner ear. The outer ear includes the pinna, external auditory meatus, and the auditory canal. The auditory canal contains glands that secrete cerumen (ear wax), a protective substance. The auditory canal transmits sound waves to the inner ear.

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## Taste: Gustatory Receptors



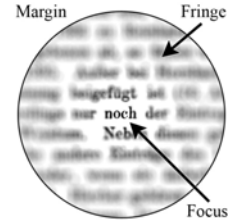
**Gustatory (taste) receptors** are clustered together in taste buds, which are present on a raised surface on the tongue, called papilla. There are approximately 10,000 taste buds. Our taste buds contain chemoreceptors, which are replaced approximately every 10 days. The chemoreceptor cells synapse with the afferent axons. Chemoreceptive cells detect stimulatory molecules in the overlying fluid layer.

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## Attention and Behavior

Concentrating on one part of our surroundings and allocating resources to that focus is known as **attention**. In psychology, attention has been described as clearing one's mind, to focus on one object or train of thought, in a clear and vivid form.



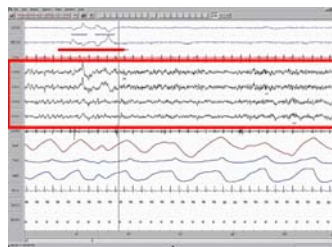
There is an intimate connection between attention and consciousness and behavior. The inability to focus one's attention can lead to changes in behavior and possibly to a diagnosis of a disorder, such as Attention Deficit Disorder.

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## States of Consciousness

**Consciousness** has been described as one's awareness of their surroundings and their individual thoughts and feelings about one's surroundings. Altered states of consciousness include waking and sleeping, dreaming, hypnosis and drug-induced states of consciousness.



ECG brainwaves during sleep



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## Hypnosis



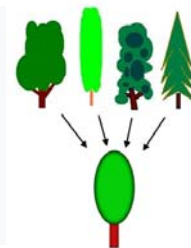
**Hypnosis** is defined by the American Psychological Association as a state of suggestive, cooperative interaction. Hypnosis has been documented to be clinically beneficial in the treatment of pain and anxiety.

Hypnotic drugs or psychoactive drugs are primarily used to induce sleep in the treatment of insomnia. These drugs can cause lethargy, euphoria, increased reaction time and impairment of memory.

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## Learning and Cognition



1. Learning and Cognitive Processes
2. Personality
3. Abnormal Behavior

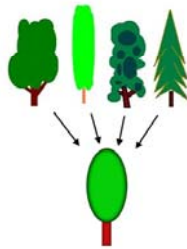
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## Learning

**Learning** involves acquiring new information or skills that can change our behavior. Learning can be divided into classical conditioning – pairing a neutral stimulus with the target stimulus; operant conditioning – learning with the use of positive or negative reinforcements; and observational learning – the learning of behaviors by imitating or copying of an observed behavior.

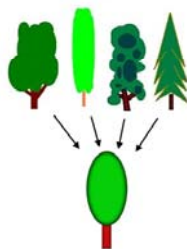


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## Motivation and Learning

**How motivated an individual is can have a major impact on their learning.** How a positive or negative reinforcement impacts an individual during learning can change their motivation. The more motivated an individual is towards learning a new skill or new information can drastically affect the success.



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## Question: Challenge

What are the three main types of learning?

**Learning** involves acquiring new information or skills that can change our behavior. Learning can be divided into classical conditioning – pairing a neutral stimulus with the target stimulus; operant conditioning – learning with the use of positive or negative reinforcements; and observational learning – the learning of behaviors by imitating or copying of an observed behavior.



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## Cognition



**Cognition** is the higher-brain functions, such as comprehension, learning, imagination and perception.

Cognitive processes include:

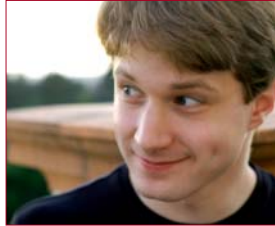
- (1) Automatic processing – this refers to processing information automatically or subconsciously.
- (2) Focused attention – one's ability to respond and attend specific stimuli discretely.
- (3) Divided attention – respond or maintain multiple tasks or stimuli simultaneously.

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## Personality



The **personality of an individual** is based on the characteristics that influence their behavior or how they respond in their changing environment. In psychology, there are a number of theories on personality in humans: (1) Trait theory – open to experiences, agreeable and sociable, (2) Psychoanalytical theory – id, ego and super-ego, (3) Humanistic theory – personality is driven by freewill choices.

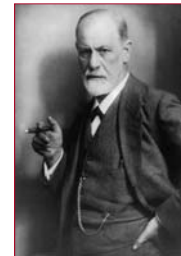
Tools used by psychologists to study personality include the Minnesota Multiphasic Personality Inventory. This scale measures the responses of an individual in categories, such as depression, hysteria, paranoia, masculinity/femininity.

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## Abnormal Behavior

**Abnormal behavior** is a deviation of the typical or normal behavior, although this definition can be a debatable definition in psychology. Abnormal behavior includes diagnostic categories, such as mood disorder, schizophrenia, and dissociative disorders. The Diagnostic and Statistical Manual of Mental Disorders (DSM) is the main reference used to diagnose an individual with one of the above-mentioned abnormal behaviors.



Sigmund Freud

The treatment of abnormal behavior includes psychotherapy aimed at revealing and understanding the underlying experiences that drive the behavior. Cognitive-behavioral therapy involves helping the individual overcome their fear, such as an individual with a fear of heights. Medical therapy can be used in addition to psychotherapy, in instances where an organic change in the brain can be targeted.

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## Social Psychology

**Social psychology** studies how the influence of others or an individual's surroundings affect behavior. The individual may behave differently if there are a number of other people present. An example would be group polarization; this is when, as a group of individuals, actions or decisions are made that would not be done by the individual. This can lead to dangerous, risky behavior, such as rioting.



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## How to Study AP Psychology



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## Connect Topics Together

As part of your studying, **connect new topics** to things you already know. Use a concept map to connect the ideas and information. Then, apply such an understanding to your review process.



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## Effective Study Techniques

If you have trouble understanding the material, **ask questions**, either in class, before or after class, and office hours. Don't let these burning questions go unanswered and pile up on you.



Partner with someone who is taking the same test and study together or form **a study group** to help and motivate one another.

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## Focus on the Concepts and Connections

Everything may not make sense all at once. **Focusing on the concepts** and how these concepts fit into the big picture will help you succeed in AP Psychology. In psychology, often the question will be based on the actual concept as opposed to the overall action.



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## Practice - Practice - Practice

**Practice** psychology multiple choice questions to enhance what you learn and the connections. Do the full-length practice tests to familiarize yourself with the AP format. Be persistent until you get it. Resist the temptation to look at the solution guide or Google the answers.





## Memory Technique - Mnemonics

### How to Create Your Own Mnemonics...

Typically in learning, keyword mnemonics are a great way to memorize what is needed for class.

Here is a simple 3-step process:

- Step 1: List the keywords in a logical order,**
- Step 2: Write down the first letter of each keyword,**
- Step 3: Create a word, phrase, or sentence from the first letters of these keywords.**

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## Mnemonics: Example

To remember the various subfields in psychology:

**B**iological **D**evelopmental **C**ognitive **P**ersonality **S**ocial




**B**ut **D**o **C**ats **P**lay **S**occer?

That's it! If you get ever stuck in hard-to-remember terms, try to create a mnemonic.

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## Test Preparation Strategies

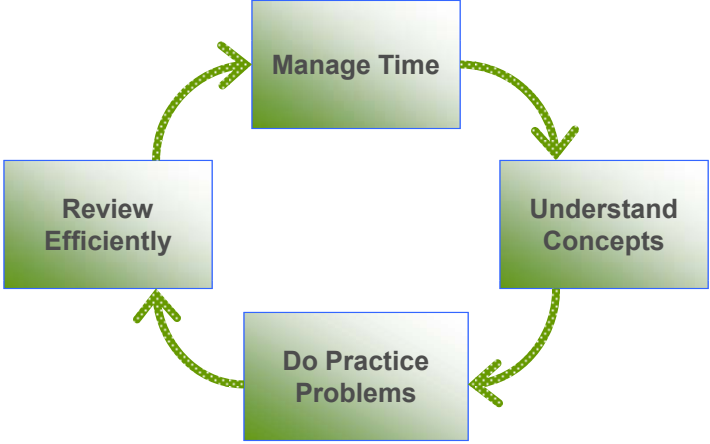


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## Four-Step Review Process

Follow this four-step process to successfully study and prepare for AP Psychology exam.



```
graph TD; A[Manage Time] --> B[Understand Concepts]; B --> C[Do Practice Problems]; C --> D[Review Efficiently]; D --> A;
```

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## Forward Planning

**Plan ahead: Set a study schedule**



1. Set aside some time slots every day to study.
2. Do NOT put off your study schedule.
3. You need to practice **EVERY DAY** in the coming weeks and months.

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## Long-Term Study Goals

Some students incorrectly believe that if they study more as the test date approaches, they will remember more.



**Building long-term memory** by studying in set doses ahead of time increases memory and the understanding of concepts.

If you cram too much information and make yourself nervous the night before the exam, you might get into a “mental indigestion.”

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## Study Aides



Use the following aides to help you study:

- **Cheat sheet** - A cheat sheet is a summary of what you learned. It should include key terms and concepts.
- **Flash cards** - Flash cards are index cards with a question on one side and the answer on the other side. Test yourself by using the flash cards. Be brief, do not write in detail, and **DO NOT BUY** pre-made flash cards!

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## Test-Taking Strategies



86/96





## Test-Taking Tips

### Follow these steps during the test:

- Know the basic layout of the test before you take the test.
- Plan your attack the minute the test begins.
- Use focusing techniques to improve your score.
- Apply techniques to eliminate incorrect answers.
- If you don't know the answer, make an educated guess.



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## Test Day Tips



### To prepare for test day:

- Arrive early and prepared.
- Double-check the time and location of the test.
- Have a backup alarm clock just in case.
- Arrive at least 15 minutes early for the test.

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## Know the Test Format



**By the time you take the exam, you should:**

- Memorize the instructions.
- Memorize how the test proceeds.
- Know the number of questions in each section and the time allotted for each section.
- Know what types of questions are in each section.

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## Plan Your Attack



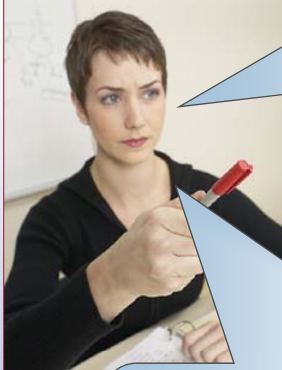
**Plan your attack:** Spend at least 30 seconds going through the questions at the beginning of a section. Pace yourself on your watch, after making a mental note of the half-way point and when you should be there. Set a time limit for each question. Divide the total time allowed by the number of test questions to estimate the time limit per question. A good limit is about 1 or 2 minutes to answer each question.

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## Multiple Choice Exam Tips



**Don't waste time on any one question.** The difficulty does increase, in general, but you may be more familiar with some of the later topics. The test is written so that you won't know everything; don't waste time on questions that are obviously ones you haven't studied. Move on and come back if there's time at the end!

**Don't leave any question blank.** There is no longer any guessing penalty in AP tests. Do not skip any question. No points are awarded for answers left blank. You will always get the wrong answer if you don't fill in any choice. Take an educated guess.

Answer ALL questions. You will be rewarded.

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## Free Response Questions




**Answer the whole question, including each sub-part.** However, don't give extraneous information to show everything you know about a topic! It won't get you any more points!

As extra information is given, the odds of including an incorrect statement increase. Also, you can spend so much time writing everything you know, you might miss answering the actual question.

92/96




## Re-read and Proofread



After you have written your essay answer, **re-read each question and sub-question** to ensure you have answered everything and not missed a part.

Once you're satisfied you have completely answered the question and any sub-questions, **proofread your answers**. This will ensure you actually wrote what you intended and prevent unnecessary mistakes.

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## Learning Summary

**Don't waste time on any one question.** The difficulty does increase, in general, but you may be more familiar with some of the later topics.

The **scope of the exam**: the writers acknowledge that teachers vary a little in the content and emphasis of a General Psychology Course. They do not expect any one student to know them all!

**Psychology**: The science that deals with mental processes and behavior. The focus is on emotional and behavioral characteristics of an individual through all stages of life, groups and activities.

**Sigmund Freud** was a pioneer in the development of psychoanalysis and the psychodynamic school of psychology. This way of approaching psychology is based on the influence of the unconscious mind on an individual's behavior.


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**Congratulations!**

You have successfully completed  
the tutorial

**Introduction to AP  
Psychology**

**Rapid Learning Center**

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 **Rapid Learning Center**   
Chemistry :: Biology :: Physics :: Math

**What's Next ...**

Step 1: Concepts – Core Tutorial (Just Completed)  
→ Step 2: Practice – Interactive Problem Drill  
Step 3: Recap – Super Review Cheat Sheet

**Go for it!**

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<http://www.RapidLearningCenter.com>