

Table of Contents

Introduction	1
About the Test	1
Multiple-Choice Questions	1
Free-Response Questions	3
Using This Book	3

PART I: SUBJECT AREA REVIEW

History and Approaches	7
Logic, Philosophy and History of Science	7
Modern Psychological Perspectives	8
Biological Approach	9
Behavioral Approach	9
Cognitive Approach	9
Humanistic Approach	10
Psychodynamic Approach	10
Sociocultural Approach	10
Evolutionary/Sociobiological Approach	10
Review Questions	11
Answers	12
Research Methods	15
Experimental Research	15
Correlational Research	16
Statistics	17
Ethics in Research	20
Review Questions	21
Answers	22
Biological Bases of Behavior	25
Physiological Techniques	25
Computerized Tomography	26
Positron Emission Tomography	26
Magnetic Resonance Imaging	26
Functional Organization of the Nervous System	26
Central Nervous System	27
Peripheral Nervous System	27
Specific Brain Structures	27
The Brainstem	27
The Limbic System	28
The Cerebral Cortex	29
The Brain's Two Hemispheres	30
Neural Transmission	31
Neural Anatomy	31
Neural Impulses	31
Neurotransmitters	32
Endocrine System	32
Genetics	33
Review Questions	34
Answers	35

Sensation and Perception	37
The Sensory Systems	37
Sensory Mechanisms	37
Vision	38
Hearing	39
Smell	40
Taste	40
Touch	40
Balance and Motion	40
Sensory Thresholds	40
Sensory Adaptation	41
Attention	41
Perceptual Processes	42
Perceptual Organization	42
Perceptual Constancies	44
Review Questions	44
Answers	45
States of Consciousness	47
Biological and Circadian Rhythms	47
Sleep and Dreaming	47
Meaning and Function of Dreams	48
Sleep Disorders	48
Hypnosis	49
Psychoactive Drug Effects	49
Review Questions	50
Answers	51
Learning	53
Classical Conditioning	53
Elements of Classical Conditioning	53
Classical Conditioning Applied to Humans	54
Taste-Aversive Learning	54
Operant Conditioning	55
Schedules of Reinforcement	55
Applications of Operant Conditioning	56
Social Learning	56
Cognitive Processes in Learning	57
Review Questions	57
Answers	58
Cognition	61
Memory	61
Memory Processes	61
Types of Memory	62
The Reconstructive Nature of Memory	63
Forgetting	63
Language	63
Reasoning	65
Problem Solving	65
Creativity	67
Review Questions	67
Answers	68

Motivation and Emotion	71
Theories of Motivation	71
Theories of Emotion	72
Stress	73
Review Questions	74
Answers	75
Developmental Psychology	77
Life-Span Approach	77
Research Methods	77
Heredity-Environmental Issues	78
Dimensions of Development	78
Physical Development	79
Cognitive Development	80
Piaget's Four Stages of Development	80
Adult Cognitive Development	80
Social Development	81
Early Attachment	81
Parenting Styles	81
Influences in Adolescence	82
Adult Relationships	82
Psychological Development	82
Review Questions	83
Answers	84
Personality	87
Personality Theories and Approaches	87
The Psychodynamic Approach	87
Freud's Psychosexual Stages	87
Freud's Personality Structures	88
Humanistic Theories	89
Cognitive Theories	90
Trait Theories	91
Assessment Techniques	91
Objective Personality Tests	92
Projective Personality Tests	92
Review Questions	93
Answers	95
Testing, Intelligence, and Individual Differences	97
Standardization and Norms	97
Reliability and Validity	97
Types of Tests	97
Intelligence	98
Assessing Intelligence	99
Heredity/Environment and Intelligence	99
Human Diversity	100
Review Questions	101
Answers	102
Abnormal Psychology	105
Definitions of Abnormality	105
Theories of Psychopathology	105
Diagnosis of Psychopathology	106

Disorders	106
Mood Disorders	106
Anxiety Disorders	107
Schizophrenic Disorders	108
Somatoform Disorders	109
Dissociative Disorders	109
Personality Disorders	110
Review Questions	110
Answers	111
Treatment of Psychological Disorders	113
Treatment Approaches	113
Psychodynamic Therapies	113
Humanistic Therapies	113
Behavioral Therapies	114
Cognitive Therapies	114
Biological Therapies	115
Other Modes of Therapy	115
Review Questions	116
Answers	117
Social Psychology	119
Group Dynamics	119
Helping Behavior	119
Social Cognition	120
Attitudes and Attitude Change	120
Persuasion and Attitude Change	121
Attribution Processes	121
Interpersonal Perception	122
Conformity and Obedience	122
Review Questions	123
Answers	125

PART II: PRACTICE EXAMS

Practice Test 1	131
Section 1: Multiple-Choice Questions	131
Section 2: Free-Response Questions	142
Free-Response Question #1	142
Free-Response Question #2	145
Answer Key for Practice Test 1	147
Complete Answers and Explanations for Practice Test 1	148
Free-Response Question #1—Explanation	155
Overall approach	155
Key points to include	155
Free-Response Question #2—Explanation	156
Overall approach	156
Key points for comparison and contrast	156
Practice Test 2	159
Section 1: Multiple-Choice Questions	159
Section 2: Free-Response Questions	171
Free-Response Question #1	171
Free-Response Question #2	173

Answer Key for Practice Test 2	176
Complete Answers and Explanations for Practice Test 2	177
Free-Response Question #1—Explanation	191
Overall approach	191
Key points to include	191
Free-Response Question #2—Explanation	192
Overall approach	192
Key points to include	192
Practice Test 3	197
Section 1: Multiple-Choice Questions	197
Section 2: Free-Response Questions	209
Free-Response Question #1	209
Free-Response Question #2	212
Answer Key for Practice Test 3	214
Complete Answers and Explanations for Practice Test 3	215
Free-Response Question #1—Explanation	228
Point 1 (Definition of Defense Mechanisms)	228
Point 2 (Repression)	228
Point 3 (Denial)	228
Point 4 (Projection)	228
Point 5 (Regression)	228
Point 6 (Somatization)	228
Point 7 (Displacement)	228
Point 8 (Rationalization)	229
Point 9 (Reaction Formation)	229
Point 10 (Intellectualization)	229
Free-Response Question #2—Explanation	230
Point 1	230
Point 2	230
Point 3	230
Point 4	230
Point 5	230
Point 6	231
Practice Test 4	235
Section 1: Multiple-Choice Questions	235
Section 2: Free-Response Questions	247
Free-Response Question #1	247
Free-Response Question #2	250
Answer Key for Practice Test 4	252
Complete Answers and Explanations for Practice Test 4	253
Free-Response Question #1—Explanation	267
Overall approach	267
Key points to include	267
Free-Response Question #2—Explanation	269
Overall approach	269
Key points to include	269

