



Principles of Psy I Chapter Notebook



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Chap 1: Introduction to Psychology



What I knew:

Psychology is the study of human behaviours.

Human behaviour is complex and is hard to measure and predict consistently like in most sciences.

What I learned:

Psychology started as the scientific study of the mind and consciousness, focusing on introspection.

A psychology course can teach a person about human behaviours which can be helpful in social work.

Chap 2: Psychological Research



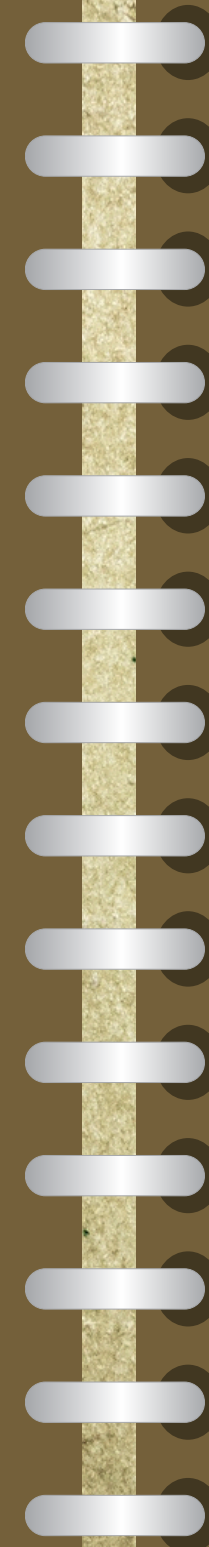
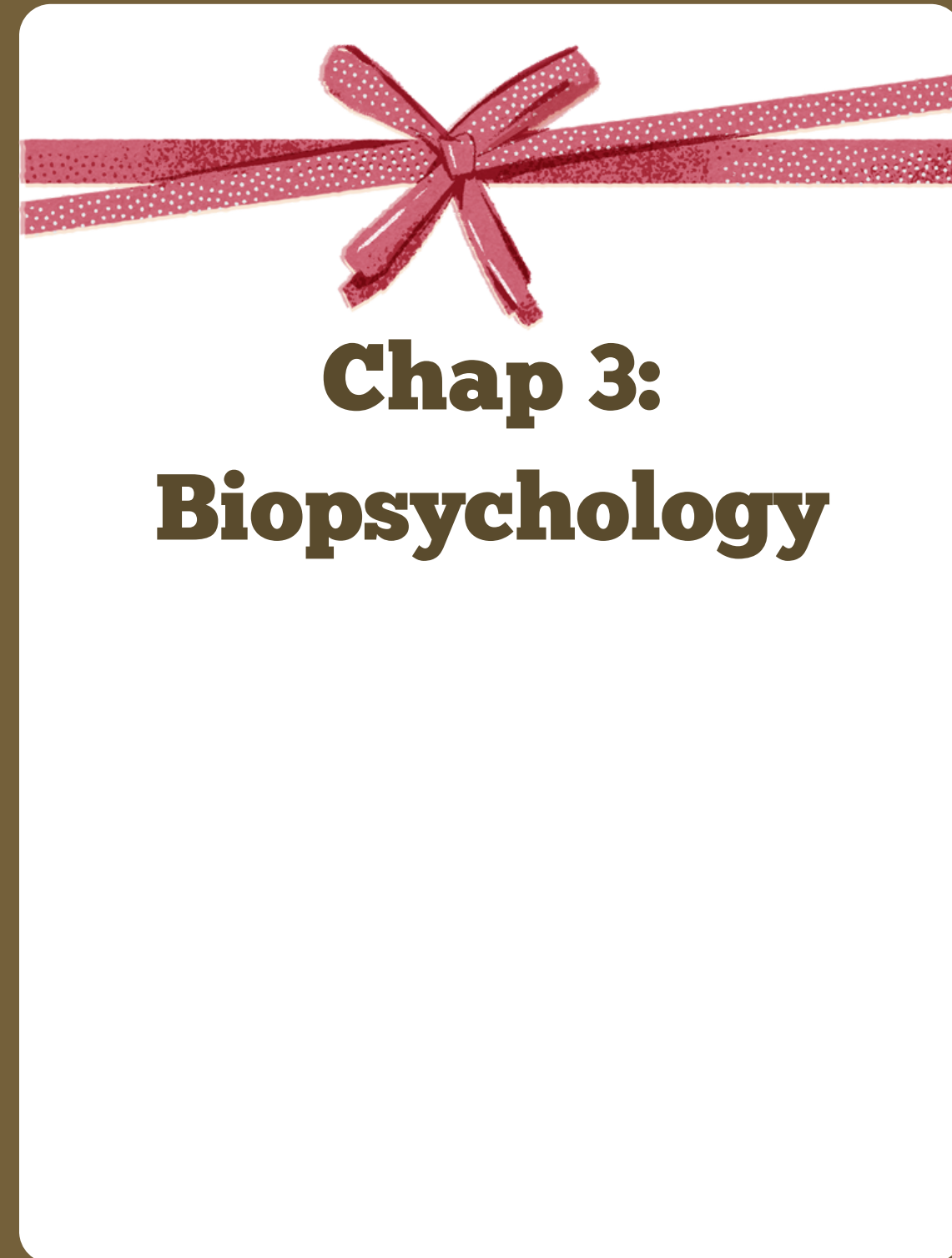
What I knew:

A person's participation in a research project must be voluntary. Before participating in an experiment, individuals should read and sign the informed consent form

What I learned:

Sometimes, researchers will administer a placebo to participants in the control group to control for the effects that participant expectation might have on the experiment. Researchers might use deception when providing participants with the full details of the experiment could skew their responses.





What I knew:

Anabolic steroids are highly addictive so if you have an addictive personality you should have your doctor prescribe you another type of drug. Anabolic steroids cause high blood pressure.

What I learned:

A Psychotropic medication is used to treat anxiety, depression, psychosis and schizophrenia. H.M removed his hippocampus and amygdala to treat his seizures. However It made him have severe memory loss.





Chap 4: States of Consciousness

What I knew:

In many conservative areas of the U.S, marijuana is seen as a drug that inflicts long-term cognitive effects on youth.

What I learned:

The Restorative Theory explains that sleep restores and repairs the body and brain.

Evolutionary Theory explains that sleep exists to conserve energy so that animals can protect themselves from predators at night when they are most vulnerable.

Sleepwalking and talking occur during NREM stage 3 (deep sleep), not during REM sleep when dreaming is most vivid.



Chap 5: Sensation and Perception

What I knew:

Perception usually correlates to a sensation someone has experienced in some way. Each species has developed sensory systems that best suit how they can survive in their habitat.

What I learned:

Sometimes the brain might create perceptions based on expectations or prior knowledge, such as when we think we see or hear something that isn't there and the brain creates a reaction to a false expectation. The smallest change in stimulus that can be detected depends on the intensity of the original stimulus.

Chap 6: Learning



What I knew:

Learning, is actively focusing and trying to interpret information being given to you so that it becomes stored knowledge in your brain. Behaviours can change if you use behaviour modification tactics.

What I learned:

Negative reinforcement is when something is removed to increase the likelihood of a behaviour.

A negative punishment is when something is removed to decrease the likelihood of a behaviour.

Chap 7: Thinking and Intelligence

What I knew:

Syntax provides general principles for organizing words into meaningful sentences.

What I learned:

An event schema is also known as a cognitive script. Morphemes are the smallest unit of language that carry meaning.

A mental shortcut in the form of a general problem-solving framework is called a heuristic.

Chap 8: Memory

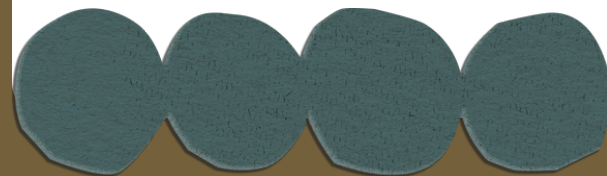
What I knew:

Mnemonic devices help you remember things.

What I learned:

My procedural memory is the part of my long-term memory where I learned how to do something and never forgot it. My semantic memory is another long-term part of my memory involving my capacity to recall words, concepts, or numbers. A flashbulb memory is an emotionally charged event in your life.

Chap 9: Lifespan Development



What I knew:

**An unborn baby's hearing is developed enough
that they can respond to sounds outside the
womb**

What I learned:

**An authoritative parenting style is when you're
comforting and loving but strict at the same
time.**

**I learned about Eriksons Developmental stages.
The first stage starts as an infant and is titled
“Trust vs. Mistrust” as you trust or mistrust
whether or not your basic needs will be met.**



Chap 10: Emotion and Motivation



What I knew:

**One third of the adult population in the
United States can be classified as obese**

What I learned:

Albert Bandura

**proposed the hierarchy of needs. Self-efficacy
is an individual's belief in her capability to
complete some task. The need for affiliation
refers to maintaining positive relationships
with others**