Quiz 2 Topics Spring, 2021

 **Maslow’s Hierarchy of Needs:** 293-294

**Carl Rogers and Client Centered/Person Centered Therapy:** 507-509:

  **Non Judgmental Atmosphere**

 Unconditional Positive Regard.

 Active Listening

**Peaceful Conflict Resolution**

1. All parties in conflict take turns speaking and actively listening.
2. All parties in conflict independently note down possible solutions.
3. Solution common to all parties is chosen.

**Unit 4. Cognitive Psychology:** 10, Chapter 7

 **Introduction: 19:** The Cognitive Perspective:

 **Solving Problems:** 245-253

 **Solutions:** 248-251

1. Information retrieval
2. Trial and Error
3. Pros and cons
4. Sub goals – shaping
5. Insight. 250
6. **Algorithms**
7. **Heuristics:** 243-245

Representative

Availability

Familiarity

 **Obstacles to Problem Solving:** 251-253: Impediments to Solutions

 Mental Set

 Functional Fixedness

 Logical Fallacies**:**

Overgeneralization

 False Cause

 Drawing Cause from Correlation

 Affirming the Consequent

 Confirmation Bias: 252-253: Inaccurate Evaluation of Solutions

 **Creativity and Problem Solving:** 253-255

 **Intelligence:** 266-282

 **Intelligence Tests:** 272-279: Assessing Intelligence

**Unit 5. Biology**

 **Introduction.** 17: The Neuroscience Perspective

**THE BRAIN (CEREBRUM)**

**The brain weighs about 3 pounds and consists of approximately 100 billion neurons (which, if I calculated correctly, means that a neuron weighs approximately 5 billionths of an ounce). The brain consists of two hemispheres, the Left Cerebral Hemisphere and the Right Cerebral Hemisphere.**

 **Neural Plasticity and Neurogenesis:** 77-78

**The Organization of the Nervous System:** 60-62

 NERVOUS SYSTEM

 CENTRAL PERIPHERAL

BRAIN SPINAL CORD SOMATIC AUTONONOMIC

 AFFERENT EFFERENT SYMPATHETIC PARASYMP

 ATHETIC

 Central NS: Brain, Spinal Cord

 Peripheral NS:

 Autonomic NS. Sympathetic, Parasympathetic62-63

**The Somatic Nervous System is divided in two: Afferent or sensory nerves and Efferent or motor nerves.**

 **The Cerebral Cortex:** 73-77

 **Association Areas. 76**

 Frontal/Prefrontal

 Temporal

 Parietal

 Occipital

  **The Central Core:** 70-73

 Corpus Callosum

 Cerebellum

 Reticular Formation

 Thalamus

 Hypothalamus

**Tools for Studying the Brain:** 68-70:

 Lesions

 EEG

 fMRI

 PET

 TMS

UNIT 6

Definition Psychology

Objectivity, subjectivity

**Research Methods:** 26-38, 43-44

 Case Study, Survey, Observation