

AP Psychology

Ms. Rogers krogers@ccajax.org

Summer Assignment

Welcome to AP Psychology! This year you will be learning all about why humans do what we do. Psychology is the science of behavior and mental processes. It is going to be your chance to get to know your brain, and others, better than you ever have before. We will focus on the practical application of psychological theories and ideas as well as recognize how our minds are an intricate gift from God that reveals his power and attention to detail.

We will hit the ground running in August to prepare for the final exam in May, so your summer assignment will aid you in starting the year strong!

Assignment #1

Theorists are a major part of psychology and provide the foundation and explanations for many of the major psychological phenomenon we know today. Your first assignment will be creating flashcards for some of these major theorists. These will be due on the first day of school for your first homework grade. The theorists and summaries can be found below. You should write their name on the front and key information from the summaries on the back. There are 28 theorists in total, meaning 28 flashcards.

Assignment #2

Your second assignment will be creating a key for some of the major psychological theories and their associated theorists. These theories will be brought up multiple times throughout the course, having a solid foundation of understanding will be key in being successful in the course. Below is a list of major theorists who have an associated theory. Your job is to write a 1-2 paragraph explanation of this theorist and their theory. Each paragraph should be 6-8 sentences and be in your own words. These are some questions you should consider when writing: What was their idea/theory? How did they come up with the idea? Does it seem accurate? What are the implications if they are true/how could people use this information?

- Erik Erikson
- Howard Gardner
- Lawrence Kohlberg
- Abraham Maslow
- Jean Piaget
- Hermann Rorschach
- Martin Seligman
- Sigmund Freud

Assignment #1: Flash Card List

Mary Ainsworth:

Most famous for her work in early emotional attachment with "The Strange Situation." Experiment. The child's reactions are observed while playing for 20 minutes while caregivers and strangers enter and leave the room, recreating the flow of the familiar and unfamiliar presence in most children's lives. The effects vary in stressfulness.

Albert Bandura:

Famous for the Bobo doll study- explained the social learning theory. Aggression is learned through observing and imitating others. The experiment is important because it sparked many more studies on the effects of violent media on children.

Paul Broca:

Physician that reported after damage to specific area of the left frontal lobe, known as Broca's area, a person would have trouble forming words but still be able to sing familiar songs and comprehend speech

Erik Erikson:

A neo-Freudian; most famous for his stages in psychosocial development, which are based on Freud's five stages. Each of the eight stages includes a crisis that could go one of two ways. Examples include trust vs. mistrust in babies, autonomy vs. shame and doubt, identity vs. role confusion in adolescents, etc.

Konrad Lorenz:

Rediscovered imprinting (phase-sensitive learning) which famously included Lorenz acting as the mother-figure for ducks. There is a critical period for attachment.

Sigmund Freud:

Often known as the father of modern psychology and psychoanalysis. Believed that the unconscious determines everything we do. His theories include the ideas of the stages of psychosexual development (oral, anal, phallic, latent, genital) and the three parts of the mind- the id, ego, and superego. Believed that dreams, free association, and hypnosis could reveal the unconscious mind.

Phineas Gage:

A railroad worker who had a large iron rod go completely through his left frontal lobe while working. He became a very angry person after his accident. His case concluded that specific areas of the brain affect personality.

Howard Gardner:

Created the theory of multiple intelligences that opposed Spearman's idea of one general intelligence. Believed there are eight 'smarts,' which are language smarts, logic smarts, music smarts, spatial smarts, kinesthetic smarts, intrapersonal smarts, interpersonal smarts, and nature smarts.

Harry Harlow:

Raised monkeys with two artificial mothers. one represented nourishment, the other contact/comfort. Discovered monkeys would feed from harsh mom with the food, but quickly return to soft cloth mom for a safe/secure base. Humans act the same way, we are social creatures who need contact to thrive.

Carl Jung:

A Neo-Freudian, believed with Freud's "personal unconscious" but also thought humans have a collective unconscious - a shared, inherited reservoir of memory traces from our species' history. Also studied persona- different "masks" we wear in social situations.

Lawrence Kohlberg:

Came up with 3 moral development stages. The first is Pre-conventional (acted whether they would gain rewards or punishment). The second is conventional morality (actions that uphold social rules in order to be liked by others / gain approval). The third is post-conventional (abstract reasoning for actions)

Abraham Maslow:

Founded Humanistic Psychology, which focused on the individual and self directed choices that influenced behavior (humans are basically good). Developed a Hierarchy of Needs that addresses physiological needs, safety needs, love and belonging, esteem, and self-actualization.

Stanley Milgram:

Most famous experiment: The authority figure told the teacher to ask the learner questions, and if the learner were to answer wrong, the teacher would have to punish the learner by electric shocks which got stronger each time. Although no actual shocks were given, more than 60% had 'shocked' the learner up to full voltage. Demonstrated that people will do follow instructions given by authority figures even if they disagree.

Ivan Pavlov:

His experiments with dogs led him to discover classical conditioning. Discovered that he could condition dogs to salivate at the sound of a tone when the tone was repeatedly presented with food. He also discovered that if he sounded the bell over and over then the reaction would become extinct, but it may reappear the next day when the bell is sounded- spontaneous recovery.

Jean Piaget :

Studied the cognitive development of children. Defined four stages of cognitive development: sensorimotor, in which babies develop object permanence and stranger anxiety; preoperational, in which toddlers are egocentric; concrete operational, in which children develop ideas such as conservation; and formal operational, in which people ages 12+ begin to understand abstract concepts.

Carl Rogers:

Humanistic psychologist who used the theory of self-concept. To help his clients get back on the road to self-actualization, he developed a therapeutic approach called client-centered therapy, in which the therapist offers the client unconditional positive regard by supporting the client regardless of what is said.

Hermann Rorschach:

Most famous for his Rorschach inkblot test- designed to reflect unconscious parts of the personality that "project" onto the stimuli. Individuals were shown 10 inkblots, one at a time, and asked to report what objects or figures they saw in each of them.

David Rosenhan:

His experiment tested the validity of psychiatric diagnosis of insanity. He sent fake patients who pretended to have disorders to mental hospitals and they were still treated for months after reporting feeling fine. It showed that clearly doctors can't distinguish between the sane from the insane in such environments.

Martin Seligman:

He is famous for theorizing about 'learned helplessness'- that one will start to act helpless in a situation if they find that they can't stop the harmful stimulus, even if they actually do have the power to stop it. He found that dogs who had been shocked continuously would not escape even when given the ability to do so.

Hans Selye:

Responsible for the idea of General Adaptation Syndrome (GAS). First is the "alarm reaction" where we prepare for "fight or flight." Second is resistance, where the resistance of stress is built. After a long duration of stress, the body enters the third stage- exhaustion. This last stage is most hazardous to your health and has the long-term effects.

Stanley Schachter and Jerome Singer:

Developed the two-factor theory of emotion which simply states that emotions are comprised of physical arousal and a cognitive label. They also said that emotional experience requires conscious interpretation of the arousal. To test this they experimented this with college students by injecting them with epinephrine before placing them in a room with somebody in either a euphoric or irritated state.

B.F. Skinner:

Associated with operant conditioning and responsible for the Skinner Box, or the operant conditioning chamber. He sought to understand behavior as a function of environmental histories of reinforcing consequences (as all behaviorists do).

Robert Sternberg:

Distinguished among three aspects of intelligence: analytical intelligence, creative intelligence, and practical intelligence. He contributed to the idea that there is more to creativity than that which intelligence tests reveal.

Edward L. Thorndike:

Widely known for the law of effect- the principle that rewarded behavior is likely to recur and punished behavior is unlikely to recur. This principle was the basis for BF Skinner's behavioral technology.

John Watson:

Established the idea of behaviorism. Recommended the study of behavior without reference to unobservable mental process. Also conducted the "Little Albert" experiment where he proved classical conditioning. He presented the child with a white rat and a loud noise and soon enough the child was afraid of the white rat.

Benjamin Whorf:

Proposed that one's language and grammar patterns shape one's view of reality- linguistic relativity. For example, English has many words that have to do with "time." The Hopi however, do not. As a result, time does not play an important role in Hopi society.

Wilhelm Wundt:

Established the first psychology laboratory at the Germany, where introspection was used. He focused on inner sensations, images, and feelings, which is known as structuralism.

Modified from Source:

<http://fcweb.acslp.org/amealla/FOV2-00084468/100D3D22B.0/AP%20PSYCHOLOGY%20PEOPLE%20REVIEW%20LIST-1.doc> (accessed 5/6/14)

Philip Zimbardo:

His experiment assessed how role playing affects attitudes. In the study, male volunteers were randomly assigned to either a "guard" role or "prisoner" role to be carried out in a mock prison. The guards were told only to maintain order, but within two days the guards began to act cruelly without reason and prisoners began to show signs of extreme stress. The experiment had to be cut short. There were no long term, but the experiment changed ethical standards for experimentation.