Introduction To Psychology Exam 2

Type, double space, use complete sentences, and write the number of the question you are answering or use this document and write underneath the question. In answering my questions, please put things in your own words. You can’t just copy the PP information. Put your name at the top. Use Turnitin on the course Moodle page to submit.

1. Describe a typical night of sleep.
2. Include the different stages of sleep, what happens during that stage, and what an EEG would look like (you can describe the EEG pattern verbally.)
3. What happens to the stages of sleep as the night goes on?
4. Make sure to describe REM sleep in a lot of detail.
5. When do dreams typically occur? Do they ever occur in another sleep stage? Which one(s)?
6. In your own words, describe the activation-synthesis theory for why we dream.
7. What are thought to be the 3 main reasons why we sleep? Explain each a bit.
8. What are 3 sleep disturbances and some characteristics of each?
9. If you are having problems sleeping, what are some things you can do, according to our text, to improve this?
10. For the following topics, state the “take-home message” in one or two sentences. Think of what you might tell a friend about these things.
11. Hypnosis
12. Subliminal Messages
13. Meditation
14. In your own words, what are 5 of the criteria for Dependence (addiction) according to the DSM-V?
15. What are some of the things that influence how alcohol affects you? If a friend asked you to tell him, in general, what you learned about BAC, what would you tell him?
16. Pick two other drugs that we discussed (besides alcohol) and summarize the information you learned about it.
17. What are the main differences between Classical/Pavlovian conditioning and Operant/Instrumental conditioning? For the Dennis the Menace Cartoon, what is the Pavlovian component, and what is the operant component?
18. Come up with an example of Pavlovian Conditioning from your own life. Make sure to describe it and then list the CS, US, CR, and UR.
19. How might a phobia be learned? What is a good treatment for phobias? Explain how that treatment would generally work and how it is a form of conditioning too.
20. What is a behavior that you teach (a child or a pet) that has been shaped? What are the steps in this shaping process?
21. For the following terms, come up with an example of this from your own life: Positive reinforcement, negative reinforcement, positive punishment, negative punishment.
22. In the above terms what does positive refer to? What does negative refer to? What does reinforcement refer to? What does punishment refer to?
23. Using information you learned in class/text, what are some of the problems associated with punishment? When/if you are a parent, will you spank your children? Why/why not? (Please don’t just say that your parents spanked you and you turned out okay.)
24. For these schedules of reinforcement, come up with an example from your own life: Fixed Ratio, Variable Ratio, Fixed Interval, Variable Interval.
25. If a friend asked you about Observational Learning, what might you tell her about this and about the “Bobo doll study”?
26. What did Sperling’s test of sensory memory show us about sensory memory?
27. What is the approximate capacity and duration of short term memory for most people?
28. How could you improve your study behavior and test performance using principles discussed in the memory chapter? Talk about at least 3 different ways to do this.
29. What are thought to be the different stores or types of long-term memory? Name them, define them, and explain how they are related to each other or organized.
30. Imagine that a friend of yours was absent on the day we discussed H.M. Tell this friend about H.M. in about a paragraph. Include answers to these questions: Why did H.M. have surgery, what were the results of the surgery, what tasks did he do fine on and what tasks didn’t he do fine on. What have we learned from this case?
31. Do you think you will have a flashbulb memory from when you first heard that school would be online for the rest of the semester? Regardless of whether it is a flashbulb memory, what do you remember about that event (or maybe when you first heard about the virus)?
32. Tell me what you learned from the Brain Games Video on Memory in about a paragraph. For example, you could discuss:
33. What did the NY police detective say are “red flags” in a witness statement?
34. How did the memory champion Ron White memorize so much information?
35. In the staged crime that a number of witnesses saw, what did you notice about the witness statements? How were they similar? How were they different?
36. What did Elizabeth Loftus do to try to influence witness statements later? Was she able to influence witness reports?