Unit 1 Exam Study Guide

Number of Questions:  Introductory Material 1 / History of Psychology 11
Types of Psychologists 2 / Research Methods 8
Statistics 8 / Classical Conditioning 9 / Motivation 4
Instrumental Conditioning 12 / Two-Factory Theory of Fear and Avoidance 5 / Fun 2 / Total of 62

People of Note:  Plato / Hippocrates / Aristotle / Galen / Descartes / Hobbes / Locke / Hume / Mesmer / Pinel / Helmholtz / Freud / Pavlov / Watson / Thorndike / Skinner / Pert


You do not need to know specific dates, just the general trends. In other words, have an idea of the order in which key ideas and concepts emerged. Same goes for the people, just know the progression of people and ideas.

The questions on the exam are in the order I presented the material in class. With all the questions related to a particular topic grouped together it's easier for you to focus on that topic, its perspective and its terminology. And you can address the areas you're sure of first, then spend more time on those you're not so sure of. You'll have nearly two hours to take the exam, almost two minutes per question. So relax!
A Few Exam Taking Tips From Our Friends At DSPS

😊 **Be prepared.** Organize yourself and learn the material; take a step by step approach to avoid feeling overwhelmed. Make notecards to help remember terms, dates, and key points.

😊 **Approach the exam with confidence.** Use strategies to succeed, such as visualization — before you go to bed at night, see yourself calmly taking the test and getting a “B” or whatever grade is good for you.

😊 **Get a good night’s sleep.** This might seem hard to do, but don’t stay up cramming all night. You will just be too tired to remember.

😊 **Don’t go to the exam with an empty stomach.** Fresh fruits and vegetables are often recommended to reduce stress. Eat an apple or an orange. Stay away from processed foods, sodas, junk food, sugar, chips, and white flour products.

😊 **Give yourself plenty of time.** Arrive early, don’t rush, and keep your thoughts positive.

😊 **Remember to BREATHE.** When we get anxious, we “forget” to inhale properly, our breathing becomes shallow, and our body doesn’t get enough oxygen. Taking four or five slow deep breaths can get us back in control of our body and mind and get the much-needed oxygen flowing again.