

## **Psych Psych-Outs** **(Helpful Mnemonics for the AP Psych Exam)**

- ❖ It's not the elephant that remembers; it's the HIPPO! = Hippocampus/new memory consolidation
- ❖ Broca sounds like BOCA (Spanish for mouth) = production of speech
- ❖ Cannon-**B**ard = **B**OTH/Simultaneously. Psychological arousal AND emotion.
- ❖ OCEAN = Big 5 Personality Traits
- ❖ SSRI/PPZ = (Selective Serotonin Reuptake Inhibitors = Paxil, Prozac, Zoloft)
- ❖ dePPression = Paxil & Prozac
- ❖ **S**ome **P**eople **C**an't **F**unction = Stages/Piaget Cognitive Development in kids (**S**ensorimotor, **P**reoperational, **C**oncrete Operate, **F**ormal Operations)
- ❖ Fateral Lateral = Stimulating Lateral Hypothalamus makes you fatter
- ❖ Schacter 2 Factor Theory of Emotion.. RHYMES
- ❖ Pro=new and Retro=old .... Prefix = what is forgotten Proactive vs. Retroactive Interference
- ❖ Retro=old and Antero=new .... Prefix = what is forgotten Retrograde and Anterograde Amnesia
- ❖ **M**orphemes = **M**eaning
- ❖ **K**ohlberg = **K**onventional .... Name of stages in theory of Moral Reasoning (Pre/Conventional/Postconventional)
- ❖ anxiety = **X**ana**X**
- ❖ **ARE** you **Stressed**? ... Stages of Selyes' General Adaptation Syndrome0 (GAS) = Alarm, Resistance, Exhaustion
- ❖ **Delta**: **D**eep, **D**reamless Sleep
- ❖ **F**ovea = **F**ocus
- ❖ **C**olor = **C**ones
- ❖ **Trans**duction = **Trans**formation = process all specialized sensory receptor cells (in every sense system in body) do to change incoming environmental stimuli (eg: light waves) into neural impulse (electricity)

- ❖ Put on your thinking **CAP** = 3 Types of Intelligence in Sternberg's Triarchic Theory = Creative, Analytical, Practical
- ❖ Hypothalamus = Functions 4F's: Fighting, Fleeing, Feeding, Mating
- ❖ MUDA: Criteria for abnormal behavior = Maladaptive, Unjustifiable, Distressing, Atypical
- ❖ Depression = Dysthymia/milder form