

PSYCH 160 FINAL EXAM STUDY GUIDE, SPRING 2005

Remember that this is a study guide; it is meant to highlight some of the more important issues from the class. If you use this study guide, you should be prepared for the final. However, it will be best if you use this study guide in conjunction with reading the chapters, reviewing class notes, studying with classmates, and other preparations that you find helpful. Good luck!!

- Emotion (vs. mood)
- Non-verbal displays (emblems, illustrators, regulators, self-adaptors, emotional expression)
- Universality of expression
- Display rules
- Blushing
- Phases of flirting (attention getting, recognition, touching, keeping time)
- Two-factor theory of emotion
- Cognitive appraisal theories of emotion

- Stress
- Coping styles
- Flight or flight
- Tend and befriend
- Perceived control
- Self-efficacy
- Learned helplessness
- Stable/Unstable, Internal/External, Specific/Global attributions
- Type A vs. Type B
- Buffering hypothesis

- Proximity Effect
- Mere Exposure effect
- Similarity
- Complementarity
- Standards of beauty
- Halo effect
- Social Exchange theory
- Comparison level
- Comparison level for alternatives
- Equity theory
- Companionate vs. Passionate love
- Triangular theory of love (including Sternberg's triangle)
- Exchange vs. Communal relationships
- Investment model
- Evolutionary approach to attraction/mate preferences

- Attachment styles (secure, anxious/ambivalent, avoidant)

- Hostile vs. Instrumental Aggression
- Biological causes of aggression (e.g., brain structures, chemicals, physical discomfort)
- Hydraulic theory
- Frustration-Aggression theory
- Aggressive stimulus
- Social learning theory
- Catharsis
- Contagious aggression
- Media and aggression
- Reduction of aggression
- Culture of honor

- Evolutionary psychology
- Reproductive success
- Genetic variation
- Selection pressures (natural, sexual, group)
- Parental certainty
- Parental investment

- Prosocial behavior
- Altruism
- Kin selection
- Rural vs. urban differences in altruism
- Need to belong
- Self-less altruism
- Empathy-altruism hypothesis
- Negative-state relief hypothesis
- Norm of reciprocity
- Bystander effect
- Pluralistic ignorance
- Diffusion of responsibility
- In-group, Out-group
- Urban overload hypothesis