

ap psychology vocab

ap psychology vocab is an essential component for students preparing for the Advanced Placement Psychology exam. Mastery of key terms and concepts will enhance understanding of psychological theories, research methods, and applications. This article provides a comprehensive overview of crucial AP psychology vocabulary, organized by major topics covered in the course. From foundational terms in biological bases of behavior to intricate concepts in cognition and social psychology, the vocabulary encompasses all critical areas to support exam readiness. Effective study of these terms helps improve retention and application of psychological knowledge. The following sections outline important vocabulary categories, each with detailed explanations and examples to facilitate learning. This thorough approach ensures a solid grasp of terminology necessary for success in AP Psychology.

- Biological Bases of Behavior
- Sensation and Perception
- Learning and Conditioning
- Cognitive Psychology
- Developmental Psychology
- Motivation and Emotion
- Personality Theories
- Psychological Disorders and Treatment
- Social Psychology

Biological Bases of Behavior

The biological bases of behavior section covers vocabulary related to the nervous system, brain structures, and physiological processes that influence behavior and mental processes. Understanding these terms is fundamental for grasping how biology interacts with psychology.

Neurons and Neurotransmitters

Neurons are the basic building blocks of the nervous system responsible for transmitting information throughout the body. Key terms include dendrites,

axons, synapse, and myelin sheath. Neurotransmitters are chemical messengers that facilitate communication between neurons. Important neurotransmitters include dopamine, serotonin, and acetylcholine, each playing distinct roles in mood, motor control, and cognition.

Brain Structures

Understanding brain anatomy is crucial for AP psychology vocab. The brain is divided into major parts such as the cerebrum, cerebellum, limbic system, and brainstem. The limbic system includes the hippocampus, amygdala, and hypothalamus, which regulate memory, emotion, and bodily functions respectively. The cerebral cortex is divided into lobes—frontal, parietal, temporal, and occipital—each associated with specific functions.

Nervous System Divisions

The nervous system is divided into the central nervous system (CNS) and peripheral nervous system (PNS). The CNS includes the brain and spinal cord, while the PNS connects the CNS to the rest of the body. The PNS further divides into the somatic nervous system, controlling voluntary movements, and the autonomic nervous system, regulating involuntary functions. The autonomic system splits into the sympathetic and parasympathetic systems, responsible for arousal and calming responses.

Sensation and Perception

This section of AP psychology vocab focuses on how sensory information is detected, transmitted, and interpreted by the brain. Sensation involves the raw input from sensory organs, while perception is the organization and interpretation of those sensory signals.

Sensory Processes

Key terms include absolute threshold, difference threshold, and sensory adaptation. The absolute threshold is the minimum stimulus intensity needed to detect a stimulus 50% of the time. The difference threshold refers to the smallest detectable difference between two stimuli. Sensory adaptation describes the diminished sensitivity to a constant stimulus over time.

Perceptual Concepts

Perception relies on processes like top-down and bottom-up processing. Top-down processing uses prior knowledge and expectations to interpret sensory information, while bottom-up processing builds perception from sensory input.

Other important terms include figure-ground, depth perception, and perceptual set.

The Five Senses

Understanding the distinct senses is fundamental: vision, hearing (audition), taste (gustation), smell (olfaction), and touch (somatosensation). Each sense has specialized receptors and pathways. For example, photoreceptors in the retina detect light, while mechanoreceptors in the skin respond to pressure and vibration.

Learning and Conditioning

Learning involves relatively permanent changes in behavior due to experience. This section includes vocabulary related to classical and operant conditioning, observational learning, and cognitive processes involved in acquiring new behaviors.

Classical Conditioning

Classical conditioning terms include unconditioned stimulus (UCS), unconditioned response (UCR), conditioned stimulus (CS), and conditioned response (CR). This form of learning occurs when a neutral stimulus becomes associated with a stimulus that naturally produces a response, leading to the neutral stimulus eliciting the response on its own.

Operant Conditioning

Operant conditioning focuses on how consequences shape behavior. Key terms are reinforcement (positive and negative), punishment (positive and negative), and schedules of reinforcement (fixed-ratio, variable-ratio, fixed-interval, and variable-interval). Reinforcement increases the likelihood of a behavior, whereas punishment decreases it.

Observational Learning

Also known as social learning, this process involves learning by watching others. Important concepts include modeling, mirror neurons, and vicarious reinforcement. Observational learning highlights the role of cognitive processes in learning.

Cognitive Psychology

Cognitive psychology vocabulary covers mental processes such as memory, problem-solving, language, and intelligence. These terms are vital for understanding how people acquire, process, and use information.

Memory Systems

Memory is divided into sensory memory, short-term memory (working memory), and long-term memory. Important vocabulary includes encoding, storage, retrieval, and types of long-term memory such as explicit (declarative) and implicit (procedural) memory. Concepts like the serial position effect, chunking, and mnemonics aid in understanding memory processes.

Problem Solving and Decision Making

Terms such as algorithms, heuristics, mental set, and insight are central to cognitive problem-solving. Heuristics are mental shortcuts that simplify decision-making but can lead to biases. Understanding cognitive biases like confirmation bias and availability heuristic is also part of this vocabulary.

Language and Intelligence

Key concepts include phonemes, morphemes, syntax, and semantics for language structure. Intelligence terms cover IQ, emotional intelligence, and multiple intelligences theory. Standardized testing vocabulary such as reliability and validity are also significant.

Developmental Psychology

Developmental psychology vocabulary addresses the physical, cognitive, and social changes across the lifespan. This section includes terms related to stages of development, attachment, and moral reasoning.

Stages of Development

Important stages include prenatal, infancy, childhood, adolescence, adulthood, and aging. Vocabulary such as critical period, maturation, and developmental milestones describe key aspects of growth.

Attachment and Social Development

Attachment theory terms include secure attachment, insecure attachment, and

separation anxiety. Social development concepts also involve temperament, parenting styles (authoritative, authoritarian, permissive), and peer influence.

Moral Development

Lawrence Kohlberg's stages of moral development—preconventional, conventional, and postconventional—are essential vocabulary. These describe the evolution of moral reasoning from obedience to abstract ethical principles.

Motivation and Emotion

Motivation and emotion vocabulary elucidate why people act and feel the way they do. This includes psychological drives, theories of motivation, and emotional expression.

Theories of Motivation

Key theories include Maslow's hierarchy of needs, drive-reduction theory, and intrinsic versus extrinsic motivation. Understanding these helps explain the underlying causes of behavior.

Emotion Components

Emotion involves physiological arousal, expressive behaviors, and conscious experience. Important terms include James-Lange theory, Cannon-Bard theory, and Schachter-Singer two-factor theory of emotion.

Stress and Coping

Stress-related vocabulary includes fight-or-flight response, general adaptation syndrome (GAS), and coping strategies such as problem-focused and emotion-focused coping. These terms are relevant for understanding psychological and physiological responses to stress.

Personality Theories

Personality vocabulary encompasses theories and concepts that explain individual differences in behavior and thought patterns. This section covers major approaches to personality.

Psychoanalytic and Psychodynamic Theories

Freud's concepts such as id, ego, superego, defense mechanisms, and psychosexual stages are foundational. These terms describe unconscious motivations and early developmental influences on personality.

Humanistic Theories

Humanistic psychology emphasizes self-actualization and personal growth. Key terms include Maslow's self-actualization and Carl Rogers' concepts of unconditional positive regard and self-concept.

Trait Theories

Trait theories focus on identifying stable personality characteristics. The Big Five personality traits—openness, conscientiousness, extraversion, agreeableness, and neuroticism—are central vocabulary items.

Psychological Disorders and Treatment

Understanding psychological disorders and their treatments involves a specialized vocabulary critical for AP Psychology. This includes classifications, symptoms, and therapeutic approaches.

Disorders Classification

Terms such as DSM-5 (Diagnostic and Statistical Manual of Mental Disorders), anxiety disorders, mood disorders, schizophrenia, and personality disorders define major categories and specific conditions.

Symptoms and Causes

Vocabulary includes terms like delusions, hallucinations, mania, phobia, and post-traumatic stress disorder (PTSD). Biological, psychological, and sociocultural factors are recognized causes of disorders.

Therapeutic Approaches

Major therapy types include psychoanalysis, cognitive-behavioral therapy (CBT), humanistic therapy, and biomedical treatments such as medication. Concepts like transference, systematic desensitization, and electroconvulsive therapy (ECT) are also significant.

Social Psychology

Social psychology vocabulary explores how individuals' thoughts, feelings, and behaviors are influenced by others. This section includes concepts related to group dynamics, attitudes, and social cognition.

Social Influence

Terms such as conformity, compliance, obedience, and social facilitation describe how people change behavior in response to social pressures. Classic studies by Asch and Milgram illustrate these phenomena.

Attitudes and Persuasion

Vocabulary includes cognitive dissonance, elaboration likelihood model, and foot-in-the-door technique. These terms explain how attitudes form and how persuasion can alter beliefs and behaviors.

Group Behavior

Concepts such as groupthink, social loafing, deindividuation, and altruism are important for understanding how group membership affects individual actions.

Key AP Psychology Vocab Terms to Remember

Below is a list of essential AP psychology vocab terms that frequently appear across topics and are vital for exam success:

- Classical Conditioning
- Operant Conditioning
- Neuron
- Synapse
- Hippocampus
- Working Memory
- Intrinsic Motivation
- Big Five Personality Traits

- DSM-5
- Conformity

Frequently Asked Questions

What is the definition of classical conditioning in AP Psychology?

Classical conditioning is a learning process that occurs through associations between an environmental stimulus and a naturally occurring stimulus.

How does operant conditioning differ from classical conditioning?

Operant conditioning involves learning through consequences (reinforcements and punishments), whereas classical conditioning involves learning through associations between stimuli.

What is the role of the hippocampus in memory according to AP Psychology?

The hippocampus is critical for the formation of new explicit memories and is involved in the consolidation of information from short-term to long-term memory.

Define the term 'schema' in the context of cognitive psychology.

A schema is a cognitive framework or concept that helps organize and interpret information based on prior knowledge and experience.

What is the difference between fluid intelligence and crystallized intelligence?

Fluid intelligence is the ability to reason and solve novel problems independent of any knowledge from the past, while crystallized intelligence involves knowledge that comes from prior learning and past experiences.

Explain the concept of 'confirmation bias' in social psychology.

Confirmation bias is the tendency to search for, interpret, and remember

information in a way that confirms one's preexisting beliefs or hypotheses.

What does the term 'operant conditioning' mean in AP Psychology vocabulary?

Operant conditioning is a method of learning that occurs through rewards and punishments for behavior, encouraging or discouraging certain behaviors.

How is 'cognitive dissonance' defined in AP Psychology?

Cognitive dissonance refers to the mental discomfort experienced when a person holds two or more contradictory beliefs, values, or attitudes simultaneously.

What is the function of the amygdala in emotional processing?

The amygdala is involved in processing emotions such as fear and aggression and plays a key role in emotional learning and memory.

Additional Resources

1. Thinking, Fast and Slow by Daniel Kahneman

This book explores the dual systems of thought that drive the way we think: the fast, intuitive system and the slow, deliberate system. Kahneman, a Nobel laureate, delves into cognitive biases, heuristics, and decision-making processes, all of which are key vocabulary topics in AP Psychology. It provides a deep understanding of how our minds work and why we often make irrational choices.

2. Influence: The Psychology of Persuasion by Robert B. Cialdini

Cialdini's classic work examines the principles of persuasion and social influence, such as reciprocity, commitment, social proof, authority, liking, and scarcity. These concepts are fundamental in social psychology and are frequently featured in AP Psychology vocab. The book combines research findings with real-world examples, making complex psychological principles accessible and relevant.

3. Memory: From Mind to Molecules by Larry R. Squire and Eric R. Kandel

This text provides an in-depth look at the biological and cognitive aspects of memory. It covers key vocabulary related to memory systems, encoding, storage, retrieval, and neurological underpinnings. The authors blend neuroscience with psychological theory to explain how memories are formed, maintained, and sometimes lost.

4. The Man Who Mistook His Wife for a Hat by Oliver Sacks

A collection of fascinating case studies that explore neurological disorders and their impact on perception, cognition, and behavior. Sacks' storytelling introduces terms related to brain function, perception, and abnormal psychology in an engaging way. This book is valuable for understanding the real-world applications of psychological vocabulary.

5. *Emotion and Cognition by Richard J. Davidson*

This book investigates the interplay between emotion and cognitive processes, including attention, memory, and decision-making. It highlights key terms related to affective neuroscience and the psychological study of emotions. Davidson's work helps readers grasp how emotions influence mental functions and behavior.

6. *Development Through Life: A Psychosocial Approach by Barbara M. Newman and Philip R. Newman*

This comprehensive text covers human development across the lifespan, focusing on psychosocial stages and challenges. It introduces vocabulary related to developmental psychology, including attachment, identity, and socialization. The book is useful for understanding how psychological concepts evolve from infancy to old age.

7. *Abnormal Psychology by Ronald J. Comer*

A foundational book for understanding psychological disorders, this text covers classification, symptoms, causes, and treatments. It includes detailed explanations of terms related to abnormal psychology, such as anxiety disorders, mood disorders, schizophrenia, and therapy methods. Comer's clear writing style makes complex psychopathology accessible to students.

8. *Learning and Behavior by Paul Chance*

This book focuses on the principles of learning, including classical and operant conditioning, observational learning, and cognitive processes. It thoroughly explains behavioral psychology vocabulary, making it ideal for AP Psychology students studying learning theories. Practical examples and experiments help illustrate key concepts.

9. *The Social Animal by Elliot Aronson*

Aronson's book delves into social psychology topics like conformity, group dynamics, prejudice, and interpersonal relationships. It provides a rich vocabulary related to social behavior and the psychological mechanisms underlying social interaction. The engaging narrative makes complex social psychology concepts accessible and memorable.

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