

Psych 207
The Psychology of Excellence
Exam 2 Study Guide

Unit 6: Stress & Anger Management

- Three different definitions of stress
- Lazarus's three types of appraisals
- Five situational factors affecting stress, and which one is related to the safety signal hypothesis
- Personal factors affecting stress
 - Beliefs: the 3 Cs of hardiness, personal control, existential beliefs
 - Three stages of coping
 - Three types of coping strategies and when each type of strategy is most useful (i.e., controllability of the stressor)
 - Three characteristics of good coping skills
- Smith's Mediational Model of Stress (be sure to know the four different types of appraisals)
- Stress Interventions
 - Relaxation Skills
 - Yerkes-Dodson law/inverted U hypothesis
 - Somatic Relaxation: basic elements of progressive relaxation (PR), breathing-based techniques, stimulus hierarchy, systematic desensitization
 - Cognitive Relaxation: three key elements of the relaxation response by Herbert Benson, autogenic training, visualization
 - Cognitive Interventions
 - Know any 5 of Beck's cognitive distortions PLUS the depressogenic attribution pattern and the depressive cognitive triad
 - Key elements of Ellis's ABC model of emotion and the role of irrational beliefs in producing negative emotions, "catastrophizing," cognitive restructuring (add a "D" to Ellis's ABC model)
 - Self-Instructional Training (SIT)
 - Elements of the Integrated Coping Response
- Burnout
 - Definition of burnout, know at least 3 situational and 4 personal factors that are correlated with burnout
 - Know at least 4 different suggestions for overcoming burnout

Unit 7: Attention Control

- Four elements of effective attention
- The two different dimensions of attention, the four different types of attention combinations, and examples of each of the types
- The relationship between arousal and attention (increased arousal typically causes one of two different attention shifts)
- Know at least four different internal distracters and three different external distracters
- Know at least six different suggestions for improving attention

- Attention and pain: dissociative and associative strategies

Unit 8: Sleep

- Measuring sleep: EEG (brain waves), EOG (eye movement), & EMG (muscle tone)
- Various brain wave patterns (beta, alpha, theta, sleep spindle, K complex, delta) and the aspects of wakefulness or stage of sleep (stages 1-4 & REM sleep) each of these relates to
- Multiple Sleep Latency Test (MSLT): how this test works and what it tells us about a person; amount of sleep needed by average young college student (18-22) to be fully rested: 10 hours (average older adult appears to need around 8 hours per night)
- The opponent process theory of sleep: sleep debt (or homeostatic sleep drive) and circadian rhythms (or clock-dependent alerting); describe how the effects of these two competing processes relate to how tired or alert we are at various times of the day
- Recommendation covered in class to address large sleep debts
- Recommendation covered in class to effectively manage circadian rhythms
- Effect of sleep on performance
 - Sleep debt, the risk for disease (diabetes, high blood pressure, heart attacks), and immune system function
 - Learning & memory
 - Slow wave sleep: memory consolidation; results of the “sleep first” versus “wake first” studies examining motor learning presented in lecture
 - REM sleep: integration of new memories into the existing memory system & creativity
 - Psychological Health: linkage between sleep disturbance and the following disorders: postpartum depression, seasonal affective disorder, bipolar disorder, schizophrenia
 - Cognitive Performance: Sleep deprivation’s general effects on cognition
 - Athletic skills: effect of sleep extension on athletic performance (speed and accuracy enhanced in various athletes)

Unit 9: Communication

- Listening
 - The different intentions of real listening (4) and pseudo-listening (3)
 - Blocks to real listening: focus on comparing, mind reading, rehearsing, filtering, judging, daydreaming, advising, and identifying
 - Four steps of effective listening
- Expressing
 - Four elements of whole messages
 - Briefly describe the eight hidden agendas
 - Three different aspects of non-verbal communication and research findings about the overall importance of non-verbal communication