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| Psych is Everywhere | | | | |
| 1. Didn’t give help because you thought another onlooker was going to help  Initials:\_\_\_\_\_\_\_\_ | 2. Has tried harder because other people were watching  Initials:\_\_\_\_\_\_\_\_ | 3.Felt the need to help someone because they helped you.  Initials:\_\_\_\_\_\_\_\_ | 4. Has worn something because it’s the current style.  Initials:\_\_\_\_\_\_\_\_ | 5. Has done something ‘bad’ a large crowd was doing. (maybe even danced in the halls of WHS during passing.)  Initials:\_\_\_\_\_\_\_\_ |
| 6.Has experienced a runner’s high.  Initials:\_\_\_\_\_\_\_\_ | 7. Knows someone with depression or anxiety or some type of mental illness.  Initials:\_\_\_\_\_\_\_\_ | 8. Have forgotten you had on a watch or sunglasses.  Initials:\_\_\_\_\_\_\_\_ | 9. Usually gets just 6 hours of sleep during the school year  Initials:\_\_\_\_\_\_\_\_ | 10. Likes chocolate  Initials:\_\_\_\_\_\_\_\_ |
| 11. Has a playlist you listen to when you are sad  Initials:\_\_\_\_\_\_\_\_ | 12. Has searched for information to prove you are right.  Initials:\_\_\_\_\_\_\_\_ | 13. Bought a product because a celebrity endorsed it  Initials:\_\_\_\_\_\_\_\_ | 14. Has a very clear memory of a very important (usually very sad) event.  Initials:\_\_\_\_\_\_\_\_ | 15. Has learned more facts with age.  Initials:\_\_\_\_\_\_\_\_ |
| 16. Is currently enrolled in a foreign language class.  Initials:\_\_\_\_\_\_\_\_ | 17. Can drive home from school without a GPS  Initials:\_\_\_\_\_\_\_\_ | 18. Believes you control your own destiny.  Initials:\_\_\_\_\_\_\_\_ | 19. Goes to work for the money.  Initials:\_\_\_\_\_\_\_\_ | 20. Has a parent that lets you get away with anything.  Initials:\_\_\_\_\_\_\_\_ |
| 21. Believes that problems in childhood stick with you and can really change who you are as a person.  Initials:\_\_\_\_\_\_\_\_ | 22. Believes that people can overcome their flaws and get better.  Initials:\_\_\_\_\_\_\_\_ | 23. Thinks blue eyes are attractive.  Initials:\_\_\_\_\_\_\_\_ | 24. Likes your phone and thinks it’s is easy to use.  Initials:\_\_\_\_\_\_\_\_ | 25. Wants to major in Psychology  Initials:\_\_\_\_\_\_\_\_ |

1. **Bystander Effect – Social Psychology – Unit 9 -** The bystander effect occurs when the presence of others discourages an individual from intervening in an emergency situation. The greater the number of bystanders, the less likely it is for any one of them to provide help to a person in distress. People are more likely to take action in a crisis when there are few or no other witnesses present.
2. **Social Facilitation – Social Psychology – Unit 9 -** A tendency for individuals to perform better when in the mere presence of others. The opposite is called social inhibition.
3. **Reciprocity Norm - Social Psychology – Unit 9** - if someone does something for you. You feel the need to reciprocate – pay them back – by doing something for them.
4. **Conformity – Social Psychology Unit 9 -** a type of social influence involving a change in belief or behavior in order to fit in with a group.
5. **Deindividuation - Social Psychology Unit 9 –** When you are in a big group you start to do things you wouldn’t normally do because you assume that you as an individual can’t get in trouble for something that the ‘group’ is doing.
6. **Endorphins – Biological Psychology – Unit 2 –** These little neurotransmitters are your bodies way to fight pain. They get released during aerobic exercise causing a feeling of euphoria coupled with reduced anxiety and a lessened ability to feel pain.
7. **One in four people worldwide are affected by mental or neurological disorders.** **– Biological Psychology in our unit on Clinical Psychology Unit 8** - Mental illness is an illness like any other illness. There is no stigma attached to it. You’d never tell a person with Diabetes to just make more insulin and we’ll learn in this class why it would be stupid to just tell someone with depression to be happier.
8. **Sensory Adaption – Biological Psychology in our Unit on Sensation and Perception – Unit 3 -** Refers to a reduction in sensitivity to a stimulus after constant exposure to it. While sensory adaptation reduces our awareness of a constant stimulus, it helps free up our attention and resources to attend to other stimuli in the environment around us.
9. **The teenage brain needs 8-9 hours of sleep a night. – Biological Psychology – Unit 2 -** The natural shift in a teen's circadian rhythms is called "sleep phase delay." The need to sleep is delayed for about two hours. At first, teens may appear to be suffering from insomnia. They will have a hard time falling asleep at the usual time. While they begin going to sleep later, they still need an average of nine hours of sleep at night. Unfortunately, most school districts ignore this and make high school start times 2 hours EARLIER than primary schools.
10. **The Phenylethylamine in chocolate gets your body to release dopamine. - Biological Psychology – Unit 2 -** Dopamine is active in the brain’s reward pathway, a center of the brain active for many behaviors that humans enjoy (sex, drugs and rock and roll).
11. **Emotion Focused Coping – Cognitive Psychology – in our unit on Motivation, Emotion and Stress – Unit 7 –** We all handle stress differently. Some things like coping are helpful to reduce stress and others like procrastination cause more stress. Yes, I’m looking at you, WHS student.
12. **Confirmation Bias – Cognitive Psychology - Unit 5 -** Confirmation bias is the tendency to search for, interpret, favor, and recall information in a way that affirms one's prior beliefs or hypotheses.
13. **Peripheral Route to Persuasion – Cognitive Psychology - Unit 5** - This occurs when someone evaluates a message, such as an advertisement, on the basis of physical attractiveness, background music, or other surface-level characteristics rather than the actual content of the message. So pretty much the point of every ad you’ve ever seen.
14. **Flashbulb Memory – Cognitive Psychology Unit 5 -** a highly detailed, exceptionally vivid 'snapshot' of the moment and circumstances in which a piece of surprising and consequential (or emotionally arousing) news was heard.
15. **Crystallized Intelligence – Cognitive Psychology - Unit 5 –** Crystallized intelligence refers to the accumulation of knowledge, facts, and skills that are acquired throughout life. This increases with age. The opposite is fluid intelligence (problem solving) that decreases.
16. **The brain is better at learning languages before the age of 13 – Cognitive Psychology Unit 5 -** Three-year-old you was far better at learning languages than 16 year old you. Unfortunately, most school districts put foreign language education in middle and high schools not in elementary school.
17. **Cognitive Map – Cognitive Psychology - Unit 5 –** Even rats develop an internal map that helps them figure out where the cheese is in a maze. Rats that are driven around a maze even without getting a reward will find the cheese faster than rats that have never seen the maze before.
18. **Internal Locus of Control – Cognitive Psychology - in our unit on Motivation, Emotion and Stress – Unit 7** – Individuals with a strong Internal Locus of Control feel less stress . . . even when the control is not real.
19. **Positive Reinforcement – Behavioral Psychology – Unit 4 –** Humans do things to get rewards. If you didn’t get a reward for working (money) you’d stop going.
20. **Permissive Parenting – Behavioral Psychology in our unit on Developmental Psychology Unit 6 -** Because permissive parenting involves a lack of demands and expectations, children raised by parents with this style tend to grow up without a strong sense of self-discipline. They may be more unruly in school due to the lack of boundaries in the home and may be less academically motivated than many of their peers.
21. **Psychodynamic Psychology** – We’ll cover this when we know each other better in Unit 7 – For know let’s say that this type of pseudo-psychology is still very prevalent in pop culture and believes that childhood experiences form our personality.
22. **Humanistic Psychology** – This was a reaction to the pessimism of psychodynamic psychology. The humanists focused on the human potential to improve and get better.
23. **Evolutionary Psychology** – Humans may prefer blue eyes because it is easier to see if the person likes us. When people are attracted to you their pupils dilate and this is easier to observe in a person with blue eyes.
24. **Human Factors Psychology – Unit 1 – Science of Psychology –** career in psychology in which principles of psychology are used to design products for humans to use.
25. Overall employment of psychologists is projected to grow 14 percent from 2016 to 2026, faster than the average for all occupations. Tell that to your uncle that says you can’t be a psych major!