

**Nancy Blum, Ph.D. – PSY 150 Principles of Human Behavior**  
**Study Guide Exam 3 Chapters 9-11**

**Chapter 9 – Human Development**

Definition of Developmental Psychology

Stages of prenatal development

- Germinal
- Embryonic
- Fetal

Prenatal risks

- Teratogens
- Critical period

Infants and their senses

Piaget's theory

- Assimilation and accommodation
- Schemas
- Periods of cognitive development
  - Sensorimotor
    - Object permanence
  - Preoperational
    - Conservation
  - Concrete operational
  - Formal operational

Harlow's studies on attachment in monkeys

Variations in attachment & the Strange Situation

- Secure attachment
- Insecure attachment
- Attachment in ambivalent relationships
- Attachment in disorganized relationships

Parenting styles

- Authoritarian parents
- Permissive parents
- Authoritative parents

## Erikson's Stages of Psychosocial Development

- Trust vs. mistrust
- Autonomy vs. shame & doubt
- Initiative vs. guilt
- Industry vs. inferiority
- Identity vs. role confusion
  - Identity crisis in adolescence
- Intimacy vs. isolation
- Generativity vs. stagnation
- Integrity vs. despair

## Kohlberg's Stages of Moral Reasoning

- Preconventional
- Conventional
- Postconventional

Cognitive changes in adulthood

## **Chapter 10 – Health, Stress, and Coping**

Stress, stressors, and stress reactions

### Selye's General Adaptation Syndrome (GAS)

- Alarm
- Resistance
- Exhaustion

### Cognitive Changes as Stress Responses

- Ruminative thinking
- Catastrophizing
- Mental sets
- Functional fixedness

### Burnout & posttraumatic stress disorder (PTSD)

### Stress Mediators

- Cognitive appraisal
- Predictability & control
- Social support
- Coping methods
  - Problem-focused coping
  - Emotion-focused coping

Definition of psychoneuroimmunology

Stress, illness, & the cardiovascular system  
Role of hostility

Physical coping strategies  
Progressive muscle relaxation

## **Chapter 11 – Personality**

The Psychodynamic Approach

The Structure of Personality

Id

Ego

Superego

Defense mechanisms

Rationalization

Displacement

Reaction formation

Compensation

Psychosexual stages

Oral stage

Anal stage

Phallic stage

Oedipus complex

Electra complex

Latency period

Genital stage

Evaluating the psychodynamic approach

The Big-Five Model of Personality

Openness

Conscientiousness

Extraversion

Agreeableness

Neuroticism

Eysenck's Biological Trait Theory

Introversion–Extraversion

Emotionality–Stability

Rotter's Expectancy Theory

Internals & Externals

Bandura

Self-efficacy

Roger's Self Theory

Actualizing tendency

Self-concept

Conditions of worth

Maslow's Growth Theory

Deficiency orientation

Assessing personality

Objective personality tests

Projective personality tests