*Note: For the concepts listed below you will need to understand their meaning and be able to apply them in different contexts. Memorizing the definitions will not be sufficient.

Ch. 4
1. Understand what circadian rhythms are
2. Know what controlled and automatic processes are
3. Know what neurotransmitters are implicated in sleep
4. Know what occurs if one’s circadian rhythm of sleep is disrupted
5. Know the different brain waves associated with each stage of sleep & wakefulness
6. Understand the different stages of sleep (both REM & NREM)
7. Know the theories on the functions of sleep
8. Know the research on sleep and dreams (debunking myths)
9. Know what happens when deprived of sleep
10. Understand the different sleep disorders and treatments as discussed in class
11. Understand Freud’s view on dreams (including the different parts of a dream)
12. Understand the information-processing view on dreams
13. Understand the biological view (activation synthesis hypothesis) on dreams

Ch. 8
1. Understand the biology & psychology of hunger
2. Understand what setpoint is
3. Understand Anorexia & Bulimia & how family factors can influence the disorders
4. Know the research on obesity & weight control
5. Know what hormone is most related to sexual motivation for both sexes
6. Know what motivation is
7. Know the biological factors related to homosexuality
8. Know the myths associated with homosexuality
9. Understand the different theories of emotion as discussed in class
10. Understand the 3 different parts of emotion

Ch. 10
1. Know the effects of stress on the immune system
2. Understand the different biological pathways of stress as discussed in class
3. Understand Seyle’s General Adaptation Syndrome
4. Know the effects of cortisol on the body
5. Know what neurotransmitters are associated with aerobic exercise (also know the relationship)
6. Understand the effects of stress on the body (what illnesses are associated with stress?)
7. Understand Type A & Type B Personalities
8. Know the different coping strategies as discussed in class

Other material you should know from throughout the quarter
1. Know the different types of research methods (covered in Ch.1)
2. Understand why psychology is not based on common sense or intuition (covered in Ch.1)
3. Understand the main models of explaining psychological disorders and treatments (biological, cognitive, behavioral, psychodynamic) (covered in Ch. 12&13)
4. Understand the different effects of each class of drug has on the Central Nervous System (stimulants, depressants, hallucinogenics) & know examples of each class
5. Know what neurotransmitter is implicated most with addiction

**Note we discussed #4-5 during Ch.2, but it’s in Ch.4 of your text**