Introduction to Psychology: Gateways to Mind and Behavior 13th ed.

Introduction: The Psychology of Studying—Reflective Learning

Gateway QUESTIONS

I.1 What is the best way to read a textbook?
I.2 How can learning in class be improved?
I.3 What is the best way to study?
I.4 What is self-regulated learning?
I.5 How can procrastination be overcome?
I.6 What are some ways to be a more effective test-taker?
I.7 Can digital media help with reflective processing?
Chapter 1
Introduction to Psychology and Research Methods:

**Gateway QUESTIONS**

1.1 What is psychology and what are its goals?
1.2 What is critical thinking?
1.3 How does psychology differ from false explanations of behavior?
1.4 How is the scientific method applied in psychological research?
1.5 How did the field of psychology emerge?
1.6 What are the contemporary perspectives in psychology?
1.7 What are the major specialties in psychology?
1.8 How is an experiment performed?
1.9 What is a double-blind experiment?
1.10 What nonexperimental research methods do psychologists use?
1.11 How good is psychological information found in the popular media?
Chapter 2

Brain and Behavior:

Gateway QUESTIONS

2.1 How do neurons operate and communicate?

2.2 What are the major parts of the nervous system?

2.3 How are different parts of the brain identified and what do they do?

2.4 How do the left and right hemispheres differ and what are the different functions of the lobes of the cerebral cortex?

2.5 What are the major parts of the subcortex?

2.6 Does the glandular system affect behavior?

2.7 In what ways do left- and right-handed individuals differ?
Chapter 3

Human Development:

Gateway QUESTIONS

3.1 How do heredity and environment affect development?

3.2 What can newborn babies do?

3.3 Of what significance is a child's emotional bond with adults?

3.4 How important are parenting styles?

3.5 How do children acquire language?

3.6 How do children learn to think?

3.7 Why is the transition from adolescence to adulthood especially challenging?

3.8 How do we develop morals and values?

3.9 What are the typical tasks and dilemmas through the life span?

3.10 What is involved in well-being during middle and later adulthood?

3.11 How do people typically react to death?

3.12 How do effective parents discipline and communicate with their children?
Chapter 4

Sensation and Perception:

Gateway QUESTIONS

4.1 In general, how do sensory systems function?

4.2 How does the visual system function?

4.3 What are the mechanisms of hearing?

4.4 How do the chemical senses operate?

4.5 What are the somesthetic senses?

4.6 In general, how do we construct our perceptions?

4.7 Why are we more aware of some sensations than others?

4.8 How is it possible to see depth and judge distance?

4.9 How is perception altered by expectations, motives, emotions, and learning?

4.10 Is extrasensory perception possible?

4.11 How can I learn to perceive events more accurately?
Chapter 5

States of Consciousness:

Gateway QUESTIONS

5.1 What is consciousness?
5.2 What are the effects of sleep loss or changes in sleep patterns?
5.3 What are some functions of sleep?
5.4 What are some sleep disorders and unusual sleep events?
5.5 Do dreams have meaning?
5.6 What is hypnosis?
5.7 Do meditation and sensory deprivation have any benefits?
5.8 What are the effects of the more commonly used psychoactive drugs?
5.9 How can dreams be used to promote personal understanding?
Chapter 6

Conditioning and Learning:

Gateway QUESTIONS

6.1 What is learning?
6.2 How does classical conditioning occur?
6.3 Does conditioning affect emotions?
6.4 How does operant conditioning occur?
6.5 Are there different kinds of operant reinforcement?
6.6 How are we influenced by patterns of reward?
6.7 What does punishment do to behavior?
6.8 What is cognitive learning?
6.9 Does learning occur by imitation?
6.10 How does conditioning apply to everyday problems?
Chapter 7
Memory:

Gateway QUESTIONS

7.1 How does memory work?
7.2 What are the features of short-term memory?
7.3 What are the features of long-term memory?
7.4 How is memory measured?
7.5 Why do we forget?
7.6 How does the brain form and store memories?
7.7 What are “photographic” memories?
7.8 How can I improve my memory?
7.9 Are there any tricks to help me with my memory?
Chapter 8

Cognition, Language, and Creativity:

Gateway QUESTIONS

8.1 What is the nature of thought?
8.2 In what ways are images related to thinking?
8.3 What are concepts and how are they learned?
8.4 What is language and what role does it play in thinking?
8.5 What do we know about problem solving?
8.6 What is the nature of creative thinking?
8.7 How accurate is intuition?
8.8 What can be done to promote creativity?
Chapter 9

Intelligence:

Gateway QUESTIONS

9.1 How do psychologists define intelligence?
9.2 What are typical IQ tests like?
9.3 How do IQ scores relate to sex, age, and occupation?
9.4 What does IQ tell us about genius?
9.5 What causes intellectual disability?
9.6 How do heredity and environment affect intelligence?
9.7 Are there alternate views of intelligence?
9.8 Is there a downside to intelligence testing?
Chapter 10

Motivation and Emotion:

Gateway QUESTIONS

10.1 What is motivation and are there different types of motives?
10.2 What causes hunger, overeating, and eating disorders?
10.3 What kinds of biological motives are thirst, pain avoidance, and the sex drive?
10.4 How does arousal relate to motivation?
10.5 What are learned and social motives and why are they important?
10.6 Are some motives more basic than others?
10.7 What happens during emotion?
10.8 What physiological changes underlie emotion, and can “lie detectors” really detect lies?
10.9 How accurately are emotions expressed by the face and “body language”?
10.10 How do psychologists explain emotions?
10.11 What does it mean to have “emotional intelligence”?
Chapter 11

Sex, Gender, and Sexuality:

Gateway QUESTIONS

11.1 What are the basic dimensions of sex?
11.2 What is sexual orientation?
11.3 How does one’s sense of maleness or femaleness develop?
11.4 What is psychological androgyny (and is it contagious)?
11.5 What is gender variance?
11.6 What are the most typical patterns of human sexual behavior?
11.7 To what extent do females and males differ in sexual response?
11.8 What are the most common sexual disorders?
11.9 Have recent changes in attitudes affected sexual behavior?
11.10 What impacts have sexually transmitted diseases had on sexual behavior?
11.11 How can couples keep their relationships sexually satisfying, and what are the most common sexual dysfunctions?
Chapter 12

Personality:

Gateway QUESTIONS

12.1 How do psychologists use the term personality?

12.2 Are some personality traits more basic or important than others?

12.3 How do psychodynamic theories explain personality?

12.4 What are humanistic theories of personality?

12.5 What do behaviorists and social learning theorists emphasize in their approach to personality?

12.6 How do heredity and environment affect personality?

12.7 Which personality theory is right?

12.8 How do psychologists measure personality?

12.9 What causes shyness and what can be done about it?
Chapter 13

Health, Stress, and Coping:

Gateway QUESTIONS

13.1 What is health psychology and how does behavior affect health?
13.2 What is stress and what factors determine its severity?
13.3 What causes frustration and what are typical reactions to it?
13.4 Are there different types of conflict and how do people react to conflict?
13.5 What are defense mechanisms?
13.6 What do we know about coping with feelings of helplessness and depression?
13.7 How is stress related to health and disease?
13.8 What are the best strategies for managing stress?
Chapter 14

Psychological Disorders:

Gateway QUESTIONS

14.1 How is abnormality defined?
14.2 What are the major psychological disorders?
14.3 How can psychiatric labeling be misused?
14.4 What are the general characteristics of psychotic disorders?
14.5 What is the nature of a delusional disorder?
14.6 What forms does schizophrenia take and what causes it?
14.7 What are mood disorders and what causes them?
14.8 What problems result when a person suffers high levels of anxiety?
14.9 How do psychologists explain anxiety-based disorders?
14.10 What is a personality disorder?
14.11 Why do people commit suicide and can they be stopped?
Chapter 15

Therapies:

Gateway QUESTIONS

15.1 How did psychotherapy originate?
15.2 Is Freudian psychoanalysis still used?
15.3 How do psychotherapies differ?
15.4 What are the major humanistic therapies?
15.5 How does cognitive therapy change thoughts and emotions?
15.6 What is behavior therapy?
15.7 What role do operant principles play in behavior therapy?
15.8 How do psychiatrists treat psychological disorders?
15.9 Are various psychotherapies effective, and what do they have in common?
15.10 What will therapy be like in the future?
15.11 How are behavioral principles applied to everyday problems and how could a person find professional help?
Chapter 16

Social Thinking and Social Influence:

Gateway QUESTIONS

16.1 How does group membership affect individual behavior?
16.2 How does being social influence how we think about ourselves and others?
16.3 What are attitudes and how are they acquired?
16.4 Under what conditions is persuasion most effective and what is cognitive dissonance?
16.5 What is social influence and social power?
16.6 How does the mere presence of others affect behavior?
16.7 What have social psychologists learned about conformity?
16.8 What factors lead to increased compliance?
16.9 Can people be too obedient?
16.10 Is brainwashing actually possible and is that how people are converted to cult membership?
16.11 How does self-assertion differ from aggression?
Chapter 17

Prosocial and Antisocial Behavior:

Gateway QUESTIONS

17.1 Why do people affiliate?
17.2 What factors influence interpersonal attraction?
17.3 How do liking and loving differ?
17.4 Why are bystanders so often unwilling to help in an emergency?
17.5 How do psychologists explain human aggression?
17.6 What causes prejudice?
17.7 What can be done about prejudice and intergroup conflict?
17.8 How can we promote multiculturalism and social harmony?
Chapter 18

Applied Psychology:

Gateway QUESTIONS

18.1 How is psychology applied in business and industry?

18.2 What have psychologists learned about the effects of our physical and social environments?

18.3 How has psychology improved education?

18.4 What does psychology reveal about juries and court verdicts?

18.5 Can psychology enhance athletic performance?

18.6 How are tools designed to better serve human needs?