

## Review Mnemonics

Internal Locus of Control (ILC) = I Control my Life (ICL)

What type of hair products does BF Skinner Use? Operant Conditioners.

Behaviorism is brought to you by the letter "B". John **B.** Watson, **BF** Skinner, Albert **B**andura

John Garcia ate a tortilla and got diarrhea, later.

SAME Sensory – **A**fferent neurons (**A**rrive at the brain)  
Motor – **E**fferent neurons (**E**xit the brain)

Aaron Beck = ABC Aaron Beck Cognition (Actions Beliefs Consequences)

Charles Spearman – A spear has only one point – intelligence has only one part "g"

OAPLG Orangutans always play with little gorillas. (Freud's four developmental stages)

Ain't worth worrying, your mother will return soon. (Mary Ainsworth, attachment style).

Stupid **P**iaget **C**reates a **F**uss – Piaget's 4 stages of cognitive development (Sensorimotor, **P**reoperational **C**oncrete operational, **F**ormal operations)

Assimilation = **SS** Same  
Accommodation = **CC** change

Sternberg's Triarchic Theory of intelligence – Creative, Analytical, Practical  
"He's stern so he won't let me wear my CAP"

Left Brain = Language and Logic, keep the L's together

Make someone hungry by stimulating their lateral hypothalamus **LATERAL** hypothalamus initiates hunger.

Fateral Lateral = Stimulating the lateral hypothalamus makes you fat

Your parasympathetic nervous system calms/slows you down. Like a **PARA**chute slows a person down.

Gardner = theory of 8 multiple intelligences "He ate (8) what he gardened."

Serotonin = Sad (when you don't have enough) OR Ser**Ot**Onin = m**OOD**  
Ach = Alzheimer's (Keep A's together)  
Dopamine = Delusions (Schizophrenia)  
Dopamine = Decrease of a person's ability to move (D.O.P.A.M.)

Broca sounds like BOCA – Spanish for mouth. You speak with your mouth. Speech production.

Cannon-**B**ard = **BOTH** happen simultaneously – physical arousal and emotion

OCEAN or CANOE = Big 5 Personality Traits

de**PP**ression is treated with the drugs **P**rozac and **P**axil

**PORN** – **P**roactive; **O**ld gets in the way of new and **R**etroactive; **N**ew gets in the way of old

The product **Proactive** keeps new zits from forming. Proactive interference keeps new memories from forming.

**Anterograde** Amnesia = **After**; No memories after the injury

**Retrograde** Amnesia = **Before**; No memories of old songs or retro clothes

**Morphemes** = **M**eaning

**Kohlberg** = **K**onventional (Names of stages in moral reasoning; preconventional, conventional and postconventional)

**BATS-D** = Brain waves during sleep. Beta, Alpha, Theta, Sleep Spindles, Delta Waves

**Delta** = **D**eep sleep

**Fovea** = **F**ocus

**Color** = **C**ones

**Transduction** = **Trans**formation of sensory information into neural impulses

Hypothalamus Functions = the **four F's** – Fighting, fleeing, feeding and Mating

**Myelin Sheath** = **M**ultiple **S**clerosis

**Dendrites** **D**etect information from other neurons

**Ghrelin** = **G**rowling stomach; hunger hormone

**EXPLORE** = Sexual response cycle; **EX**citatory, **PL**ateau, **OR**gasm, **R**esolution

**Authoritaria** Parenting Style (Frown) **Authorati** e Parenting Style (Smile)

Review the packet on mnemonics for the brain!