**Psychology review questions – intelligence, memory, stress & happiness**

1. What is the difference between intelligence and achievement?
2. What is considered an average IQ score? How is this calculated?
3. What IQ score defines “gifted?” What about “mental retardation?”
4. What is the difference between a prodigy and a savant?
5. What influences intelligence more: nature or nurture?
6. What type of home environment is correlated with the highest gains in intelligence?
7. What style of parenting is correlated with the highest gains in intelligence?
8. What types of environmental factors have a positive influence on adult intelligence?
9. What type of praise can have a negative effect on children? What/how should we praise instead?
10. Describe Gardner’s theory of multiple intelligences.
11. Describe Goleman’s theory on EQ, including what EQ stands for.
12. Put the following stages of memory in the correct order: storage, retrieval, encoding
13. Put the following steps for how we process memory in the correct order: long-term memory, sensory memory, short-term/working memory
14. Which of the following methods of memory storage involves relating information to something meaningful: maintenance rehearsal or elaborate rehearsal?
15. How long can we store information in our short-term/working memory?
16. Classroom learning is an example of which type of encoding: automatic processing or effortful processing?
17. Of the following, which is generally the most effective strategy to process information: visual, acoustic or semantic? Which strategy is even more effective than these three?
18. When we remember the first thing on a list well, which of the following does this reflect: primacy effect or recency effect?
19. What is the “spacing effect” of memory?
20. How many pieces of information can our brain typically handle?
21. Give an example of a mnemonic device.
22. True or false: As far as we know, our long-term memory’s capacity is unlimited.
23. Explain the difference between explicit and implicit memories. Which brain structure is involved in each?
24. What is the difference between semantic and episodic memories? What type of memory are both of these?
25. What is a “memory palace?”
26. What is it called when someone can remember nearly everything they experienced?
27. How does context influence memory recall?
28. What are state and mood-congruence?
29. Describe how the five following phenomena create challenges with remembering information: tip-of-the-tongue, suggestibility, lapse of attention, bias and persistence.
30. Put the following stages of how the body responds to stress in order: exhaustion, resistance, alarm reaction.
31. Why are Type A personalities more negatively affected by stress than Type B’s?
32. How does our control over our environment/situation affect our ability to cope with stress?
33. What is “learned helplessness?”
34. How does our *perception* of control affect our ability to cope with stress? What is the difference between internal and external locus, including which type copes better with stress?
35. What is the role of optimism on stress? Is optimism a result of nature, nurture or both?
36. Which of the following have a positive impact on our ability to cope with stress: finding meaning in the situation, making lots of money and/or social support?
37. Which of the following are positively linked to our ability to manage the effects of stress: ignoring the situation, meditation, mainstream faith communities, winning athletic contests and/or aerobic exercise?
38. Is happiness a result of nature, nurture or both?