



**I. Course Proficiency Purpose:**

*The purpose of this study guide is to aid the students who wish to take the proficiency assessment for the credit flex option. Items that the student will be required to know for proficiency will be administered in two portions which includes a two hour written exam and paper due the day of the exam.*

**II. Description of the Assessment Format:**

- a. The written exam has 195 questions: - 1 point each
  - i. 66 Multiple Choice
  - ii. 69 Fill-Ins
  - iii. 46 Matching
  - iv. 14 Short Answer
- b. The paper will be graded *thoroughly* in the area of grammar and sentence structure. You are expected to be able to compose a paper that makes sense and follows the rules of the English language. See rubric on page 3.

**III. Proficiency Content:**

- a. **The content of the written exam includes a conceptual understanding of:**

<ul style="list-style-type: none"> <li>• Psychology</li> <li>• Learning Perspective</li> <li>• Biological Perspective</li> <li>• Humanistic Perspective</li> <li>• Cognitive Perspective</li> <li>• Socio-Cognitive Perspective</li> <li>• Case Study</li> <li>• Naturalistic Observation</li> <li>• Hypothesis</li> <li>• Psychoanalytic Perspective</li> <li>• Independent Variable</li> <li>• Dependent Variable</li> <li>• Goals of Psychology</li> <li>• Control Group</li> </ul>	<ul style="list-style-type: none"> <li>• Identity Confusion</li> <li>• Nature/Nurture</li> <li>• Jean Piaget</li> <li>• Kubler-Ross</li> <li>• Kohlberg</li> <li>• Harry Harlow</li> <li>• Parenting Styles</li> <li>• Programmed Theory</li> <li>• Hospice</li> <li>• Recall and Recognition</li> <li>• Primary and Secondary Sex Traits</li> <li>• Unconditioned Response</li> <li>• Unconditioned Stimulus</li> <li>• Conditioned Response</li> <li>• Conditioned Stimulus</li> <li>• Intervening Variables</li> <li>• Extinction</li> <li>• Spontaneous Recovery</li> <li>• Generalization</li> <li>• Discrimination</li> <li>• Operant Conditioning</li> </ul>	<ul style="list-style-type: none"> <li>• Oedipal Complex</li> <li>• Defense Mechanisms</li> <li>• Regression</li> <li>• Repression</li> <li>• Reaction Formation</li> <li>• Trait Theory</li> <li>• Rorschach Test</li> <li>• T.A.T.</li> <li>• Humanistic Perspective</li> <li>• Self Actualization</li> <li>• Self Esteem</li> <li>• Learned Helplessness</li> <li>• Unconditional Positive Regard</li> <li>• Sigmund Freud</li> <li>• Carl Rogers</li> <li>• DSM-IV-R</li> <li>• Defense Mechanisms</li> <li>• Personality Disorders/Perspectives</li> <li>• Phobia</li> <li>• Obsession</li> </ul>
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<ul style="list-style-type: none"> <li>• Placebo</li> <li>• Experimental Group</li> <li>• Blind Experiment</li> <li>• Double Blind Experiment</li> <li>• Wilhelm Wundt</li> <li>• John Watson</li> <li>• Cross-sectional Study</li> <li>• Longitudinal Study</li> <li>• Assimilation</li> <li>• Accommodation</li> <li>• Object Permanency</li> <li>• Stranger Anxiety</li> <li>• Egocentrism</li> <li>• Conservation</li> <li>• Attachment</li> <li>• Imprinting</li> <li>• Pube</li> <li>• Hallucination</li> <li>• Anti-Social Personality</li> <li>• Eclectic Psychologists</li> <li>• Person-Centered Therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Skinner Box</li> <li>• Maslow's Hierarchy</li> <li>• Reinforcement</li> <li>• Positive Reinforcement</li> <li>• Negative Reinforcement</li> <li>• Punishment</li> <li>• Modeling</li> <li>• Ivan Pavlov</li> <li>• B.F. Skinner</li> <li>• Personality</li> <li>• Id</li> <li>• Ego</li> <li>• Superego</li> <li>• Drug Therapy</li> <li>• Rational Emotive Therapy</li> <li>• Behavioral Medicine</li> <li>• Stress</li> <li>• GAS</li> <li>• Approach/Approach conflict</li> <li>• Avoidance/Avoidance conflict</li> <li>• Type A personality</li> <li>• Type B personality</li> <li>• Systematic Desensitization</li> <li>• Aerobic exercise</li> <li>• Biofeedback</li> <li>• Areas of the Brain</li> </ul>	<ul style="list-style-type: none"> <li>• Compulsion</li> <li>• Obsessive-Compulsive Disorder</li> <li>• Conversion Disorder</li> <li>• Hypochondrias</li> <li>• Personality Theory</li> <li>• Fugue</li> <li>• Multiple Personality (DID)</li> <li>• Major Depression</li> <li>• Bipolar Disorder</li> <li>• Psychotic Disorders</li> <li>• Schizophrenia</li> <li>• Paranoid Schizophrenia</li> <li>• Delusion</li> <li>• Aversive Conditioning</li> <li>• Lobotomy</li> <li>• ECT</li> <li>• Types of Psychologists</li> </ul>
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**b. The Paper:**

For the paper portion of this proficiency assessment you are to demonstrate an understanding of the multiple theorists that are an essential component to the psychology field. In your essay you must explain in full the core of the psychological theory detailed by each of the instrumental psychologists listed below. Detail who the psychologist was, what they proposed/experimented, how they went about doing it, what they came up with, and why it is relevant to our society and selves today. Also, you must explain how each of these psychologists (and their theories) relates to one of the 7 psychological perspectives which are also listed below. Be sure to define each of the perspectives and detail its relation to the theories and the theorists. Your paper should be between 6-10 pages in length.

- i. The Theorists you are to research:
  1. Jean Piaget
  2. Sigmund Freud
  3. Eric Erikson
  4. Elizabeth Kubler-Ross
  5. Carl Rogers
  6. Abraham Maslow
  7. Ivan Pavlov
  8. Stanley Milgram
  
- ii. The Perspective of Psychology Are:
  1. Socio-Cultural
  2. Biological
  3. Evolutionary
  4. Humanistic
  5. Cognitive
  6. Behavioral/Learning
  7. Psychoanalytical
  
- iii. All citations/references must be in proper MLA citation format. Your paper must be typed using the following specifications:
  - 10-12 font ONLY
  - Times New Roman ONLY
  - Standard margins
  - Your information in the upper left-hand corner (Name, Date)
  - Typed Double Space

**IV. Suggested Resources:**

- School Psychology Text Book
- The Internet
- [www.psychologytoday.com](http://www.psychologytoday.com)
- Your Local Libraries

## Rubric For the Paper

Points	5	4	3	2	1	0
<b>Spelling and Grammar</b>	0 mistakes	1-2 mistakes	3-4 mistakes	5-6 mistakes	7-8 mistakes	9+ mistakes
<b>Explanation of Psychologists/Theories</b>	Fully explains all psychologists and theories	Proficiently explains all psychologists and theories	Explains some of psychologists and theories	Poorly explains psychologists and theories or only explains a few.	Poorly explains only a partial amount of theories or psychologists	Fails to explain psychologists and psychological theory
<b>Analysis of Psychological Theories and Their Relevance</b>	Fully analyzes Psychological Theories	Proficiently Analyzes Theories	Partially analyzes Theories or only explains portion of them	Poorly reflects theories and relevance	Poorly explains only portion of theories.	Fails to Show Analysis
<b>Detail of Psychological Perspectives</b>	Details all seven of Perspectives and their relation to a Psychologist	Details all seven perspectives but fails to relate.	Details only a portion of perspectives and their relation.	Poorly details perspectives and no relation to psychologists.	Poorly details only a portion of perspectives with no relation.	No Detail or explanation of Perspectives
<b>Proper format, citations, paper layout</b>	0 Mistakes	Partial Mistakes in Format	Poor Citations and Layout	Poor Citations and Layout	Layout, format, and citations are incorrect	No use of Format, Citations, and Paper Layout