



## AP Psychology: The COOKIE/CUPCAKE REVIEW

**Directions:** You may not eat your cookie/cupcake until your answers are complete and correct.

1. What, in the process of vision, is responsible for seeing the colors on your cupcake? On which part of the retina are these cells primarily located?
2. Let's assume you finish all these questions and get to eat your cupcake. What part of your limbic system will be stimulated and say "I'm satiated (full)!"?
3. What part of the endocrine system will have to produce a hormone (name gland and hormone) to break down all that sugar that you are soon going to eat and that will be present in your bloodstream?
4. You see the cupcake and you can even dip your finger into the frosting and feel the creaminess. This sensory information gets sent to a relay station, the \_\_\_\_\_ before being routed to the correct cortex.
5. Pick up your cupcake and smell it. Does the scent of the cupcake go through this system as well? (see Q. 4)
6. Look at all those colorful sprinkles on your cupcake! What are the two theories of color vision called? How are they different? Isn't it great you can see all those colors??!
7. You no longer notice the cupcake once it has been sitting on your desk a few minutes due to \_\_\_\_\_.  
8. You are choosing to obey the rules of the assignment and NOT eat the cupcake. You want to be a good student. What level of moral development have you attained (at the very least)?  
9. If someone drops a cloth over your cupcake and you still realize that you have a cupcake – that it is only hidden, then you have mastered the cognitive task of \_\_\_\_\_ which you developed and the end of the \_\_\_\_\_ stage of cognitive development (according to Piaget, another cupcake aficionado).  
10. Assume for a moment that you are watching someone else eat his/her cupcake (but you are not because no one is done yet!) What neurons would be firing as your empathetic self is "in tune" with their experience?  
11. The aforementioned fictional cupcake eater bites his/her tongue. What is the name of one useful model of pain control?  
12. Consider Freud's theory on personality. Which part of you just wants to eat the cake NOW? Which part resists eating it now? Which part tells you it's not right to break the rules?  
13. What type of therapist might say, "I hear you saying you are annoyed that you have to do this assignment before you can eat your cupcake? That sounds like it's frustrating for you."  
14. What if you had a longstanding fear of cupcakes... only cupcakes .... which interferes with your social and/or occupational functioning. What disorder do you likely have and how should it be treated?  
15. You are thinking, "This is the most beautiful best, most delicious looking cupcake in the entire world. If I can't eat this right now, my head is going to explode!!!" What type of therapist might ask you to consider the likelihood of that outcome?  
16. Write each of the phonemes in the word "cupcake."  
17. According to Noam Chomsky, "I want this cupcake now!" and "I really want to eat my snack now!" both share what type of structure?  
18. If you watch someone else eat their cupcake in an unusual manner and decide to do the same yourself, and are successfully able to recreate their eating style, you have used what method of learning?  
19. You watch some people eat their cupcake and diagnose them with a psychological disorder based on your observations. What is your diagnosis for each of these individuals?
  - a. Harry peels the cupcake. Sweeps crumbs off her desk. Takes tiny bites in an exact circle around the cupcake edge. Sweeps crumbs off desk. Takes tiny bites again another concentric circle. Sweeps crumbs off her desk. Repeats 9 more times.
  - b. Alan claims he's been studying for AP exams for the past 7 days. He is boasting that he needs little sleep and doesn't even need that yummy cupcake. He just bought 5 new study books and the Barons 1000 vocabulary word flash cards. He's talking quite fast and claims he can get a 5 on the AP exam even though he failed each quarter.
  - c. Jordan says "Maybe the cupcake is poisoned. You know Mrs. Krnich's always had it in for me"

Actually that's a voice inside his head but he asks if you heard it too.

- d. Caleb does a little work. Sniffs his cupcake, taps his pencil. Asks to go to the bathroom. Returns. Sharpens his pencil. Writes a little more. Eats his cupcake and then exclaims "Oops," I forgot I wasn't supposed to eat that yet!" Takes out a new pencil. Asks you what he's supposed to be doing.
- e. Xander didn't show up to class and his cupcake is just sitting on his desk. He hasn't come to class in a while. His posts on FB are disturbing; he's decided to take a gap year..in bed. He is giving away all of his belongings.
- f. George looks at his cupcake and says he feels like somehow been he's been cheated and just can't believe it. How come he wasn't given the very best cupcake? How could someone else possibly deserve a cupcake better than the one he has? He then reaches out and steals Joshua's uneaten cupcake, creating a magnificent double-cupcake. He grins with satisfaction. All is right with the world.
- g. Sam goes around the classroom and pounds his fist on everyone's cupcake. This is not the first time that Sam has been destructive. He's often in trouble and it's surprising he's actually in school today. He flips off the class and then leaves after exclaiming "Deuces!"

- 20. You are going to save your cupcake for your "special person" because you know they'd do the same for you. Your behavior is based on the \_\_\_\_\_.
- 21. If you eat the cupcake in order to make your hunger go away, then your behavior is being \_\_\_\_\_.
- 22. What primary taste sensation is your cupcake likely to stimulate?
- 23. What if we were to add some hot sauce to your cupcake? Then what taste sensation would be stimulated? What touch sensations would be stimulated?
- 24. What lobe of your brain is working hard to inhibit your motor cortex from grabbing the cupcake and taking a bite?
- 25. If you feel that the cupcake was earned and that you were in control of whether or not you received one, you have a(n) \_\_\_\_\_. If you feel that it was just fate or luck that you got a cupcake, it is because you have a(n) \_\_\_\_\_.
- 26. If you believe that you could have made a better cupcake than the one that has been provided to you, then you have a feeling of \_\_\_\_\_ about baking, based on previous experiences (not "confidence").
- 27. You can't eat this cupcake. Last time you did you got sick because the butter frosting had gone bad. Just the smell of the frosting is making you sick. What is the US, UR, CS, CR?
- 28. If you fall asleep suddenly during the assignment and you woke up face first in your cupcake, it could be because you have \_\_\_\_\_. You went from \_\_\_\_\_ to \_\_\_\_\_ without going through any other sleep stage.
- 29. If the cupcakes are part of an experiment to determine whether sugar improves memory retrieval, what would be the IV and DV? The experimental and control groups?
- 30. What ethical guidelines is your teacher violating if she is actually conducting an experiment on the class...right now?
- 31. If you eat your cupcake and it is fantastic and later when asked about your favorite kind of dessert is you immediately think of the cupcake you just had, and say "Cupcake". What mental shortcut did you use?
- 32. Lauren yells "It's not fair! Chris's cupcake has more frosting. You can feel the difference." You hold one cupcake in each hand. You are correct about which one is heavier 50% of the time. This is called \_\_\_\_\_?
- 33. You snatch the cupcake of the girl sitting next to you, stuff it in your mouth, and RUN as she starts chasing you. Your \_\_\_\_\_ nervous system of your autonomic branch is kicked into high gear as you are in "flight." What is not happening to the cupcake now? (what is "turned off" when you are fleeing?)
- 34. If all of you do very well on the AP exam AND you all had a tasty cupcake, and other students in other schools don't do well and didn't receive cupcakes, can I proclaim "cupcakes increase student AP exam scores?" Why or why not? What are two alternative explanations/other variables that may be involved?
- 35. You wonder, does this stuff all really relate to what we've learned? Is it a \_\_\_\_\_ measure of our cumulative knowledge? Will it predict our success on the AP exam?



## Answer Sheet

1. Cones,fovea	
2. Ventromedial hypothalamus	
3. Insulin, pancreas	
4. Thalamus	
5. No, smells go directly to the olfactory bulb and the olfactory sense is processed in the temporal lobe	
6. Trichromatic (RGB), and Opponent Process (R/G, B/Y, B/W)	
7. Sensory Adaptation	
8. Conventional	
9. Object Permanence, Sensorimotor	
10. Mirror neurons	
11. Gate control	
12. ID, Super Ego, Ego	
13. Humanist ( <i>using Empathetic listening and Unconditional Positive Regard</i> )	
14. Specific Phobia/Exposure therapy including systematic desensitization and flooding	
15. Cognitive Therapy (REBT confronts individual with irrational thoughts, CBT restructures schemas)	
16. K - U - P - K - AY - K	
17. Deep Structure	
18. Observational Learning (modeling)	
19. A. Obsessive Compulsive Disorder C. Schizophrenia E. Major Depressive Disorder G. Antisocial Personality Disorder	B. Bipolar (Manic episode) D. ADHD F. Narcissistic Personality Disorder
20. Reciprocity Norm	
21. Negatively Reinforced	
22. Sweet	
23. Sweet / Pain	
24. Frontal	
25. Internal Locus of Control / External Locus of Control	
26. Self Efficacy	
27. US – bad frosting, UR – nausea, CS – cupcake/frosting, CR – nausea	
28. Sleep apnea / Beta / REM	
29. IV - Sugar / DV - Memory Retrieval	
30. Lack of informed consent	
31. Availability Heuristic	
32. Difference Threshold (also known as the “Just Noticeable Difference”)	
33. Sympathetic / Digestion	
34. Correlation does not prove causation / smart students – parents can afford a tutor	
35. Valid	



AP Psychology Cupcake Review Answers

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