

AP Psychology rewards precision, not length. A free-response point is earned by defining the term correctly AND applying it to the scenario – a definition alone scores nothing, and a application without the term scores nothing either. Learn each sentence below, then practise finishing it with “in this case, ...”. 定义要准确，并且必须结合题目情境作答，只写定义不得分。

Biological bases of behaviour

- Neuron** 神经元 — a nerve cell; the basic building block of the nervous system
- Synapse** 突触 — the gap between the axon terminal of one neuron and the dendrite of the next, across which neurotransmitters travel
- Neurotransmitter** 神经递质 — a chemical messenger released at a synapse that crosses to the next neuron and excites or inhibits it
- Myelin sheath** 髓鞘 — a fatty layer around an axon that speeds up the transmission of the neural impulse
- Action potential** 动作电位 — the brief electrical charge that travels down an axon, fired only when the threshold is reached
- All-or-none principle** 全或无法则 — a neuron either fires at full strength or does not fire at all; a stronger stimulus does not produce a stronger impulse
- Plasticity** 可塑性 — the brain’s ability to change and reorganise, especially after damage or through new experience
- Hippocampus** 海马体 — the brain structure that processes conscious, explicit memories for storage
- Amygdala** 杏仁核 — the brain structure involved in the processing of emotion, especially fear and aggression
- Circadian rhythm** 昼夜节律 — the body’s roughly 24-hour biological clock, governing sleep and wakefulness
- Sensation, perception and cognition**
- Sensation** 感觉 — the process by which receptors detect stimulus energy from the environment
- Perception** 知觉 — the process by which the brain organises and interprets sensory information so it has meaning
- Absolute threshold** 绝对阈限 — the minimum stimulation needed to detect a stimulus 50% of the time
- Encoding** 编码 — the process of getting information into the memory system
- Working memory** 工作记忆 — the limited-capacity store that actively holds and manipulates information for a short time
- Long-term potentiation** 长时程增强 — the lasting strengthening of a synaptic connection after repeated stimulation; the neural basis of learning
- Schema** 图式 — a mental framework built from experience that organises and interprets new information

- Heuristic** 启发式 — a mental shortcut that allows a fast judgement, at the cost of being sometimes wrong
- Confirmation bias** 确认偏差 — the tendency to search for and favour evidence that supports what one already believes
- Functional fixedness** 功能固着 — the tendency to see an object as having only its usual function, which blocks a novel solution

Development and learning

- Classical conditioning** 经典条件作用 — learning in which a neutral stimulus, paired repeatedly with an unconditioned stimulus, comes to trigger a conditioned response
- Operant conditioning** 操作性条件作用 — learning in which behaviour is strengthened by reinforcement or weakened by punishment
- Reinforcement** 强化 — any consequence that makes the behaviour it follows more likely to happen again
- Punishment** 惩罚 — any consequence that makes the behaviour it follows less likely to happen again
- Shaping** 塑造 — reinforcing successively closer approximations of a target behaviour until that behaviour is produced
- Observational learning** 观察学习 — learning by watching and imitating the behaviour of others
- Attachment** 依恋 — the strong emotional bond between an infant and its caregiver, shown by seeking closeness and distress on separation

- Assimilation** 同化 — interpreting new experience in terms of an existing schema
- Accommodation** 顺应 — changing an existing schema so that it fits new experience

Social psychology and personality

- Fundamental attribution error** 基本归因错误 — over-estimating personality and under-estimating the situation when explaining another person’s behaviour
- Cognitive dissonance** 认知失调 — the discomfort felt when actions and attitudes conflict, which motivates a change in the attitude
- Conformity** 从众 — adjusting one’s behaviour or thinking to match a group standard
- Obedience** 服从 — complying with the direct command of an authority figure
- Groupthink** 群体思维 — the desire for harmony in a group overriding realistic appraisal of the alternatives
- Social facilitation** 社会助长 — improved performance on a simple or well-learned task when others are present
- Self-efficacy** 自我效能感 — a person’s belief in their own capability to carry out the actions a task requires
- Defence mechanism** 防御机制 — in psychoanalytic theory, an unconscious strategy the ego uses to reduce anxiety by distorting reality

Research methods and assessment

Reliability 信度 — the extent to which a measure gives consistent results when repeated

Validity 效度 — the extent to which a measure actually measures what it claims to measure

Standardization 标准化 — defining meaningful scores by comparison with the performance of a pretested group

Operational definition 操作性定义 — a statement of the exact procedures used to define and measure a variable, so the study can be replicated

Mental and physical health

Stressor 应激源 — an event or condition that a person appraises as threatening or challenging

Resilience 心理韧性 — the capacity to adapt and recover after significant adversity

Tolerance 耐受性 — needing progressively larger doses of a drug to obtain the original effect

Withdrawal 戒断反应 — the discomfort and distress that follow stopping an addictive drug