

Exam II - Psychology 201-4

1. Lamis used to live in Syria. She was constantly exposed to war incidents such as explosions and bombings. After a few years, Lamis moved to Lebanon. Despite the safe environment that she is currently living in, Lamis reports having intense fear that leads to panic attacks every time she hears the sound of fireworks or airplanes. Those were the same psychological reactions she used to have in Syria whenever she was exposed to war incidents.
 - a. Identify the unconditioned stimulus, the unconditioned response, the conditioned stimulus, and the conditioned response. Explain why you chose your answers.
 - b. How could you counter-condition Lamis? Support your answer with clear examples.

2. There is an extraordinary case of a man who lost his memory after mild anesthesia while having a root canal done. He remembers everything from his past, however, he is unable to make new memories.
 - a. Name and define the type of amnesia this man has, what brain areas are likely to be affected, and why?
 - b. Reflecting on the three components of memory, which of these is likely most affected, and why?

3. For the past few months, the world has been battling with a new virus COVID-19 that has created panic around the globe, and is leading to thousands of deaths, and long lasting effects on world politics, economies and the nature of human relationships. Most psychologists and sociologists around the world are discussing the question of the hour: Will humans be able to survive (PSYCHOLOGICALLY) this pandemic? As a **developmental psychologist**, you think humans will definitely survive this because they are **resilient**.
 - a. Discuss the concept of resilience. What does it mean to be resilient during these times? What is the role of each person in their own development during this period? Give an example of how you are personally trying to be resilient to get through this period.
 - b. Do you think individuals who had a more difficult **upbringing** will suffer more? Explain your answer giving examples of how negative Nature or Nurture experiences might affect these persons. (PS: Don't forget to discuss the difference between nature and nurture)

4. According to research on self-regulation, what can one do to increase one's probability of successfully meeting one's goals?
 - a. Give examples and link them to our current situation of the coronavirus.
 - b. What are the barriers one might face in reaching those goals?