



北京王府学校
BEIJING ROYAL SCHOOL

AP PSYCHOLOGY

AP*心理学

国内 AP 课程原创教材，特别适合中国学生使用。

时岩玲 编著



中国人民大学出版社

AP

心理学

Psychology

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中国人民大学出版社
• 北京 •

图书在版编目(CIP)数据

AP 心理学 / 时岩玲编著. —北京: 中国人民大学出版社, 2014.7

ISBN 978-7-300-19507-0

I. ① A… II. ①时… III. ①心理学-高等学校-入学考试-美国-自学参考资料 IV. ① B84

中国版本图书馆 CIP 数据核字 (2014) 第 140929 号

AP 心理学

时岩玲 编著

AP Xinlixue

出版发行 中国人民大学出版社

社 址 北京中关村大街31号

邮政编码 100080

电 话 010-62511242 (总编室)

010-62511770 (质管部)

010-82501766 (邮购部)

010-62514148 (门市部)

010-62515195 (发行公司)

010-62515275 (盗版举报)

网 址 <http://www.crup.com.cn>

<http://www.lkao.com.cn> (中国1考网)

经 销 新华书店

印 刷 北京宏伟双华印刷有限公司

规 格 185 mm × 260 mm 16 开本 版 次 2014 年 9 月第 1 版

印 张 8.75

印 次 2014 年 9 月第 1 次印刷

字 数 181 000

定 价 28.00 元

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印装差错

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北京王府学校图书编委会名单

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本书概述

心理学既研究人的心理，也研究动物的心理，以人的心理现象为主要的研究对象。心理现象包括心理过程和个性心理两部分。心理过程包括认识过程、情绪情感过程和意志过程。认识过程又包括感觉、知觉、记忆、想象、思维等心理过程。个性心理分为个性倾向性和个性心理特征。个性倾向性包括需要、动机、兴趣等，个性心理特征包括能力、气质和性格。本书将以专题形式讲解以下内容：

1. History and Approaches: 心理学的历史及不同的观点和学说。
2. Research Methods: 用不同的方法采集科学信息和如何分析这些信息。
3. Biological Bases of Behavior: 理解心理过程和人行为之间的关系。
4. Sensation and Perception: 通过感官和刺激，动物（人）进行的一系列心理活动。
5. States of Consciousness: 重在了解大脑活动和意识之间的不同。
6. Learning: 学习是一种行为，理解人如何通过不同的感官经验和经历来学习。
7. Cognition: 认知这一章旨在让初学者理解大脑能够将不同的感觉信息转换成不同类型的信息。
8. Motivation and Emotion: 动机和情绪，将探索生理和社会因素如何促进典型的和极端的人类行为。
9. Developmental Psychology: 发育心理学一章将介绍大脑的发育过程，以及不同经历对大脑发育的影响。
10. Personality: 介绍人格理论，特别是弗洛伊德的人格理论。
11. Intelligence: 介绍智力的相关理论，智力的影响因素以及如何检测智力。
12. Psychological Disorders: 介绍如何判定心理障碍，心理障碍的类型及造成各类型心理障碍的学说。

13. Treatment of Psychological Disorders: 介绍治疗心理障碍的方法。

14. Social Psychology: 社会心理学一章主要介绍态度与行为的关系，影响个人行为
的因素等。

本书还列出了 AP 心理学考试大纲的具体要求，并为考生讲解了如何解答选择题目和自由论答题目。本书精选了 50 道选择题，供考生学习参考，并为考生整理了心理学常用词汇。本书每一章都有知识概论和 AP 心理学考试大纲针对该章的主要考点及考试比例，力图为读者提供准确的一手资料。希望读者从中汲取营养，有所收获。

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Chapter 1

History and Approaches

第一章 心理学历史和学派

SUMMARY OF THIS CHAPTER

History and Approaches (2%~4%)

Psychology has evolved markedly since its inception as a discipline in 1879. There have been significant changes in the theories that psychologists use to explain behavior and mental processes. In addition, the methodology of psychological research has expanded to include a diversity of approaches to data gathering.

AP students in psychology should be able to do the following:

- a) Recognize how philosophical and physiological perspectives shaped the development of psychological thought.
- b) Describe and compare different theoretical approaches to explaining behavior:
 - i. Structuralism, functionalism, and behaviorism in the early years;
 - ii. Gestalt, psychoanalytic/psychodynamic, and humanism emerging later;
 - iii. Evolutionary, biological, cognitive, and biopsychosocial as more contemporary approaches.
- c) Recognize the strengths and limitations of applying theories to explain behavior.
- d) Distinguish the different domains of psychology (e.g., biological, clinical, cognitive, counseling, developmental, educational, experimental, human factors, industrial-organizational, personality, psychometric, social).
- e) Identify major historical figures in psychology (e.g., Mary Whiton Calkins, Charles Darwin, Dorothea Dix, Sigmund Freud, G. Stanley Hall, William James, Ivan Pavlov, Jean Piaget, Carl Rogers, B. F. Skinner, Margaret Floy Washburn, John B. Watson, Wilhelm Wundt).

Edited from AP psychology description by the College Board

本章重点介绍两个方面的内容，其一是心理学派，其二是心理学观点。重点掌握学派理论及其代表人物。了解各心理学观点对行为的解释和心理学的研究对象。

1. HISTORY OF PSYCHOLOGY 心理学历史

心理学派主要分为五大学派, 见 Fig 1.1: (1) 内省 (introspection); (2) 完形心理学 (gestalt psychology); (3) 心理分析 (psychoanalysis); (4) 行为主义 (behaviorism); (5) 多元观点 (multiple perspectives)。

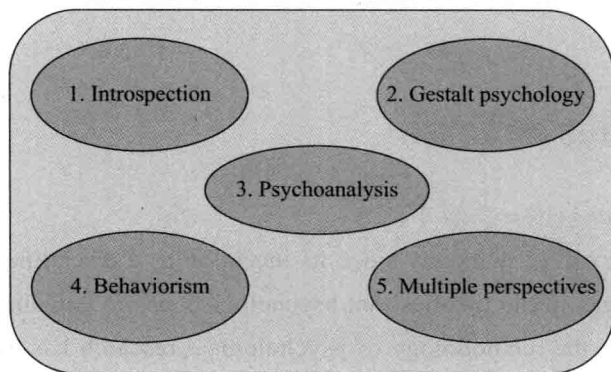


Fig 1.1 Five main waves of theories

(1) Wave one—Introspection 学派之一——内省

Introspective theories were important in establishing the science of psychology, but they do not significantly influence current psychological thinking. 内省理论对建立心理学科学来说是很重要的, 但未能显著影响现代心理思维。

1) Structuralism 结构主义

The idea that the mind operates by combining subjective emotions and objective sensations. 主张意识通过主观情感和客观感觉共同起作用。

Structuralism is the analysis of the mind in terms of its basic elements.

Exam tip: Wilhelm Wundt set up the first psychological laboratory at Leipzig, Germany. He created theory of structuralism and published the principles of psychology.

2) Functionalism 机能心理学

The idea that psychologists study the functions of consciousness rather than its structure.

Exam tip: William James created functionalism, its tradition endures in two modern-day fields: *cognitive psychology* which studies mental processes and *evolutionary psychology* which emphasizes the adaptiveness of behavior.

(2) Wave two—Gestalt psychology 学派之二——完形心理学 / 格式塔心理学

Gestalt psychology tried to examine a person's total experience because the way we experience the world is more than just an accumulation of various perceptual experiences.

Gestalt theorists demonstrated that the whole experience is often more than just the sum of

the parts of the experience. 完形心理学家论证了整体经历往往大于部分经历的总和。

Max Wertheimer argued against dividing human thought and behavior into discrete structures. 完形心理学家 Max Wertheimer 反对将人的思想和行为割裂为离散的结构。

(3) Wave three—Psychoanalysis 学派之三——精神分析

Psychoanalysis examines the unconscious mind through dream analysis, word association, and other psychoanalytic techniques to understand human thought and behavior truly. 精神分析学派为了真实地理解人的思想和行为，通过梦的解析、词汇联想和其他的精神分析技术来检测潜意识。

Defense mechanism: psychological techniques that help us cope with anxiety and the pain of traumatic experiences. 防御机制：一种帮助我们处理焦虑和创伤性经历带来的痛苦的心理技术。

Sigmund Freud revolutionized psychology with his psychoanalytic theory. Freud believed he discovered the unconscious mind; this hidden part of us builds up over the years through repression. Sigmund Freud 的精神分析理论是革命性的心理学学说。他坚信发现了潜意识，隐藏在我们内心的潜意识是由于受到长期的压抑而建立起来的。

Exam tip: Sigmund Freud's psychoanalytic theory has been criticized for being unscientific and creating unverifiable theories.

(4) Wave four—Behaviorism 学派之四——行为主义

Behaviorists maintained that psychologists should look at only behavior and causes of behavior— *stimuli and responses*— and not concern themselves with describing elements of consciousness. 行为心理学家坚持认为心理学家应该只关注行为和引起行为的原因——刺激和反应，不应该关注意识本身的描述元素。

Ivan Petrovich Pavlov's research was devoted to the investigation of the conditioned reflex and the study of the brain. His 'conditioning' model had an enormous influence on western behavioral psychology.

- 1) John B. Watson studied Ivan Petrovich Pavlov's conditioned reflex theory and declared that psychology must limit itself to observable phenomena, not unobservable concepts like the unconscious mind. John B. Watson 研究了 Ivan Petrovich Pavlov 的条件反射理论，表明心理学必须局限于观察到的现象，而不应该涉及像潜意识这样的不可观察的概念。
- 2) B. F. Skinner expanded the basic ideas of behaviorism to include the idea of reinforcement—environmental stimuli that either encourage or discourage certain responses. B.F. Skinner 将行为主义的基本理念扩大，将强化理念——即环境刺激鼓励或不鼓励某种反应包含在内。

(5) Wave five—Multiple perspectives 学派之五——多元观点

Psychologists look at thought and behavior from multiple perspectives. 心理学家从多元观点来看待思想和行为。

2. PSYCHOLOGICAL PERSPECTIVES 心理学观点

当代心理学观点可以分为七大类。如 Fig 1.2 所示：

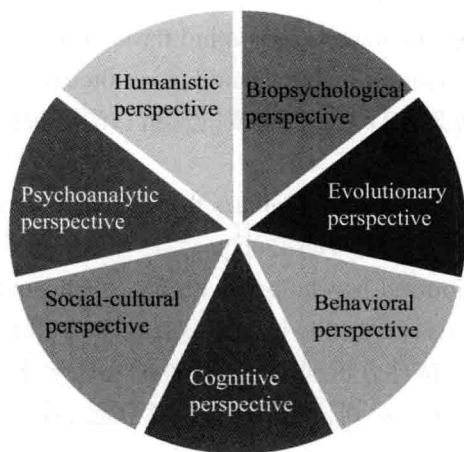


Fig 1.2 Seven main psychological perspectives

Psychologists use various perspectives in their work depending on which point of view fits best with the explanation. In the future, some perspectives might be combined or new perspectives might emerge as research continues.

(1) Humanistic perspective 人本主义观点

Humanists believe that we choose most of our behaviors and these choices are guided by physiological, emotional, or spiritual needs. 人本主义心理学家认为我们的大部分行为是自己选择的，而且这些选择受到生理、情感和精神方面需求的引导。

Representative people: Abraham Harold Maslow and Carl Ransom Rogers.

代表人物: Abraham Harold Maslow 和 Carl Ransom Rogers.

(2) Psychoanalytic/psychodynamic perspective 精神分析 / 心理动力观点

Psychologists believed that the unconscious mind controls much of our thought and action. Psychoanalytic perspective thought that to understand human thought and behavior, we must examine our unconscious mind through dream analysis, word association, and other psychoanalytic therapy techniques. 精神分析学家认为潜意识控制我们的思想和行为。精神分析观点认为要理解人的思想和行为，我们必须通过梦分析、词汇联想和其他的精神分析治疗技术来考察我们的潜意识。

(3) Biopsychological (or neuroscience) perspective 生物心理学 (或神经科学) 观点

Biopsychologists explain human thought and behavior strictly in terms of biological processes. Human cognition and reactions might be caused by effects of our genes, hormones, and neurotransmitters in the brain or by a combination of all three. 生物心理学家严格依据生物

学过程来解释人的思想和行为。人的认知和反应可能是因为我们的基因、激素和大脑神经递质的作用或者是三者共同作用而造成的。

(4) Evolutionary(or Darwinian) perspective 进化（或达尔文学说）观点

Evolutionary psychologists examine human thoughts and actions in terms of natural selection. 进化心理学家根据自然选择理论考察人的思想和行为。

(5) Behavioral perspective 行为观点

Behaviorists explain human thought and behavior in terms of conditioning. 行为学家根据条件作用解释人的思想和行为。

(6) Cognitive perspective 认知观点

Cognitive psychologists examine human thought and behavior in terms of how we interpret, process, and remember environmental events. 认知心理学家根据我们如何解释、处理和记忆周围事件来考察人的思想和行为。

(7) Sociocultural (or Social-cultural) perspective 社会文化观点

Social-cultural psychologists look at how our thoughts and behaviors vary from people living in other cultures. 社会文化心理学家着眼于我们的思想和行为是怎样不同于生活在其他文化中的人们的。

The Table 1.1 below is the overview of the major perspective on human behavior.

Table 1.1 Comparison of seven major perspectives on human behavior

Perspectives	Conception of human nature	Major causal factors in behavior	Predominant focus and methods of discovery
Humanistic	The human as free agent, seeking self-actualization	Free will, choice, and innate drive toward self-actualization; search for personal meaning of existence	Study of meaning, values, and purpose in life; study of self-concept and its role in thought, emotion, and behavior
Psychodynamic	The human as controlled by inner forces and conflicts	Unconscious motives, conflicts, and defenses; early childhood experiences and unresolved conflicts	Intensive observations of personality processes in clinical settings; some laboratory research
Biopsychological	The human animal	Genetic, brain and biochemical process	Study of brain-behavior relations; role of hormones and biochemical factors in behavior; behavior genetics research
Evolutionary	The human animal	Natural selection	Study of the adaptive functions of behaviors

续前表

Perspectives	Conception of human nature	Major causal factors in behavior	Predominant focus and methods of discovery
Behavioral	The human as reactor to the environment	Past learning experiences and the stimuli and behavioral consequences that exist in the current environment	Study of learning processes in laboratory and real-world settings, with an emphasis on precise observation of stimuli and response
Cognitive	The human as thinker	Thoughts, anticipations, planning, perceptions, attention and memory processes	Study of cognitive processes, usually under highly controlled laboratory conditions
Sociocultural	The human as social being embedded in a culture	Social forces, including norms, social interactions, and group processes in one's culture and social environment	Study of behavior and mental processes of people in different cultures; experiments examining people's responses to social stimuli

Chapter 2

Research Methods

第二章 研究方法

SUMMARY OF THIS CHAPTER

Research Methods (8%~10%)

Psychology is an empirical discipline. Psychologists develop knowledge by doing research. Research provides guidance for psychologists who develop theories to explain behavior and who apply theories to solve problems in behavior.

AP students in psychology should be able to do the following:

- a) Differentiate types of research (e.g., experiments, correlational studies, survey research, naturalistic observations, case studies) with regard to purpose, strengths, and weaknesses.
- b) Describe how research design drives the reasonable conclusions that can be drawn (e.g., experiments are useful for determining cause and effect; the use of experimental controls reduces alternative explanations).
- c) Identify independent, dependent, confounding, and control variables in experimental designs.
- d) Distinguish between random assignment of participants to conditions in experiments and random selection of participants, primarily in correlational studies and surveys.
- e) Predict the validity of behavioral explanations based on the quality of research design (e.g., confounding variables limit confidence in research conclusions).
- f) Distinguish the purposes of descriptive statistics and inferential statistics.
- g) Apply basic descriptive statistical concepts, including interpreting and constructing graphs and calculating simple descriptive statistics (e.g., measures of central tendency, standard deviation).
- h) Discuss the value of reliance on operational definitions and measurement in behavioral research.
- i) Identify how ethical issues inform and constrain research practices.
- j) Describe how ethical and legal guidelines protect research participants and promote sound ethical practice.

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1. RESEARCH METHODS 研究方法

研究方法主要有五种，如 Fig 2.1 所示，包括：

观察法（naturalistic observation）、相关法（correlational method）、调查法（survey）、实验法（experimental method）、个案法（case studies），以及其他方法。

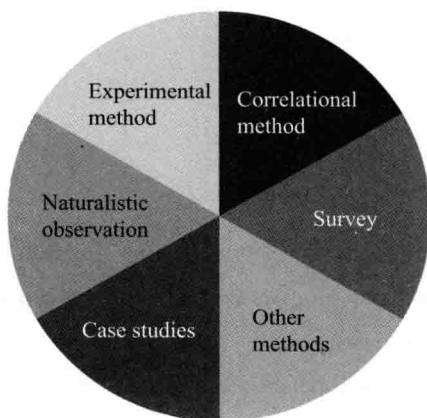


Fig 2.1 Five main research methods

(1) Research 研究

- 1) Applied research 应用研究: Psychologists conduct research in order to solve practical problems. 心理学家为了解决实际问题进行的研究。
- 2) Basic research 基础研究: Explores questions that are of interest to psychologists but are not intended to have immediate, real-world applications. 心理学家研究感兴趣的课题，但是不会立竿见影地应用到现实生活中。

Hindsight bias: The tendency upon hearing about research findings to think that they knew it all along. 事后诸葛亮：利用听说到的研究结果来想象他们原本一直都了解某件事。

(2) Terminology 术语

1) Hypotheses and variables 假设检验和变量

- a. 假设检验（hypotheses）又叫作统计假设检验，是一种基本的统计推断形式，也是数理统计学的一个重要的分支，用来判断样本与样本、样本与总体的差异是由抽样误差引起还是本质差别造成的。其基本原理是先对总体的特征作出某种假设，然后通过抽样研究的统计推理，对此假设应该被拒绝还是接受作出推断。
- b. 变量是统计学研究对象的特征，在数量标志中，不变的数量标志称为常量或参数，可变的数量标志称为变量。由可变数量标志构造的各种指标也称为变量。它可以是定性的，也可以是定量的。一个定量变量要么是离散的，要么是连续的。社会科学

中研究变量的关系,通常把一个变量称为自变量(独立变量 independent variable),另一个变量称为因变量(依赖变量)(dependent variable)。变量包括各种数量标志和全部统计指标,都是以数值形式表示的,但不包括品质标志。

- a) Dependent variable: the factor that is measured by the experimenter and that may be influenced by the independent variable. 因变量: 实验测量的因素,可能受自变量影响。
- b) Independent variable: the factor that is manipulated or controlled by the experimenter. 自变量: 由实验者设定或控制的因素。

2) Validity and reliability 有效性和可靠性

Research is valid, it is accurate. 研究有效,表示它是精确的。

Research is reliable, it is consistent, and it can be replicated. 研究可靠,表示它是一致的,可以被重复。

3) Sampling 抽样

抽样也叫作取样,是从欲研究的全部样品中抽取一部分样品单位作为研究对象。其基本要求是要保证所抽取的样品单位对全部样品具有充分的代表性。抽样的目的是根据被抽取样品单位的分析、研究结果来估计和推断全部样品特性,这是科学实验、质量检验、社会调查普遍采用的一种经济有效的统计学方法。

- a. Participants 参与者,研究对象
- b. Sampling 抽样
- c. Population 种群
- d. Representative 代表性
- e. Random selection 随机选择
- f. Stratified sampling 分层抽样 (Choose a random subsample. 抽样时,将总体分成互不交叉的层,然后按照一定的比例,从各层中独立抽取一定数量的个体,得到所需样本,这样的抽样方法为分层抽样)

(3) Experimental method 实验法

实验法是在控制条件下对某种心理现象进行观察的方法。在实验中,研究者可以积极干预被试者的活动,创造某种条件使某种心理现象得以产生并重复出现。实验法可以分为两种:实验室实验、自然实验。实验法的优点在于,可揭示因果关系,可重复,可检验,数量化指标明确。不足之处在于,在实验中容易产生主试效应和被试效应,研究者的期待和态度等心理状态的波动可能会对实验产生影响,同时被试者意识到自己正在接受实验,也可能干扰实验结果的客观性。

Types of experiments 实验类型

- a. Laboratory experiments 室内实验: Conducted in a lab, a highly controlled environment. 在实验室进行,环境受到严格控制。实验室实验是借助专门实验设备,在对实验条