

Exam Prep - Mnemonics: Perspectives, Mean, Median & Mode, & Nature versus Nurture



Fingers Mnemonic for *Psychological Perspectives*

- 1) The **thumb** is psychodynamic; the thumb is aimed behind you to *look back* focusing on the past and unconscious conflicts as psychodynamic psychologists do
- 2) The **index finger** is cognitive; the index is pointed to your head and temple as if you are thinking; this relates to how we process, store and interpret information
- 3) The “**middle**” **finger** is behavioural learning; the middle finger represents the “bad gesture” that you learned. This relates to the idea of rewards, punishments and modeling
- 4) The **ring finger** is humanistic; try to lift your ring finger without the help of the other fingers and it can't be done; use your other fingers and realize we need others to help us to bring us to our *full potential* and to give us unconditional positive regard
- 5) The **pinky finger** is biological; “Pinky and the brain”; behaviourists look to the tie between our behaviour and our biology; our base for this is still relatively small like Pinky
- 6) The **palm** – sociocultural; make a gathering movement with your hands, bring them to your chest: we gather all people and cultures together; what are the differences and what are the effects?
- 7) The **6th finger** – evolutionary: hold up a finger to add as a 6th finger; evolutionary psychologists focus on how traits evolve over time

Measures of Central Tendency: Statistics *Median, Mean and Mode*

... To the rhythm of *Hey diddle diddle* JBT adaptation
Hey Diddle Diddle
the median's the middle,
You add then divide for the mean,
The mode is the one that you see the *most*,
and the range is the difference between

III. Sing a few Songs about *Nature versus Nurture*

Singh's research found that males were attracted to a *youthful look* in women
He found that women were attracted to *maturity* in men

Song

... To the tune of *Old Macdonald had a farm* JBT
Singh did research on good looks, Boys, Girls, Young, and Old
Women liked the older men, EIEIO
A young guy here, an old guy there, here a chick there a chick, everywhere attraction
Men they like the youthful looks, EIEIO

Mnemonics continued...

Plomin (80s & 90s) researched using Fraternal and identical twins as subjects; Plomin's studies found that there was a greater percent risk of an identical twin developing Alzheimers if their identical twin had Alzheimers

Song

... To the tune of *Old Macdonald had a farm* JBT

Plomin looked at Alzheimers EIEIO

Twins the same had a greater risk, Catching Alzheimers

Fraternal twins were not at risk, Just the same as anyone else

Plomin looked at Alzheimers, EIEIO

Renner's research found when rats were raised in an enriched environment (lots of toys and things to do) then the rats developed more synaptic connections and had greater brain development

Song

... To the tune of *Old Macdonald had a farm* JBT

Renner looked at brains of rats, EIEO

And if the rats had lots of fun, EIEIO

Synapse here, synapse there, Here a synapse, there a synapse, everywhere connections

Enriched enironments grew brain mass, Renner and his rats