

Chapter 3: introduction to psychology notes

- **Nervous system:** the body's electrochemical communication circuitry
- **Plasticity:** the brain's special capacity for change
- **Afferent nerves:** also called sensory nerves; nerves that carry information about the external environment to the brain and spinal cord via sensory receptors.
- **Efferent nerves:** also called motor nerves; nerves that carry information OUT of the brain and spinal cord to the other areas of the body.
- **Central nervous system (CNS):** the brain and the spinal cord.
- **Peripheral nervous system (PNS):** the network of nerves that connects the brain and spinal cord to other parts of the body.
- **Somatic nervous system:** the body system consisting of sensory nerves, whose function is to convey information from the skin and muscles to the CNS about conditions such as pain and temperature, and the motor nerves, whose function is to tell muscles what to do.
- **Autonomic nervous system:** the body system that takes messages to and from the body's internal organs, monitoring such processes as breathing, heart rate, and digestion.
- **Sympathetic nervous system:** the part of the autonomic nervous system that arouses the body.
- **Parasympathetic nervous system:** the part of the autonomic nervous system that calms the body.
- **Neurons:** one of the two types of cells in nervous system; glial cells provide support, nutritional benefits, and other functions and keep neurons running smoothly.
- **Dendrites:** treelike fiber projecting from a neuron, which receive information and orient it toward the neuron's cell body
- **Axon:** the part of the neuron that carries information away from the cell body toward other cells.
- **Myelin sheath:** a layer of fat cells that encases and insulates most axons.

Psychology Chapter 3 Review

Ensheng Dong



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