

Chapter 1

Student: _____

1. When referring to the essence of life, Aristotle used the term _____ translated from the Greek, meaning mind.

A. ludus
B. psyche
C. venus
D. cheiras

2. The writings of Aristotle are important to psychology's origins because they were concerned with the nature of

A. light.
B. life.
C. evolution.
D. energy.

3. Aristotle is important to psychology, because he believed that to achieve full understanding of anything we must

A. use Plato's philosophical methods.
B. use introspective techniques.
C. think and observe.
D. disregard outward behavior.

4. The term "psyche" when translated from the Greek is most closely associated with the term
- A. habit.
 - B. life.
 - C. study.
 - D. mind.
5. Why is psychology a science?
- A. It attempts to separate the elements of the mind.
 - B. It uses rigorous methods of observation.
 - C. It has more than one research method.
 - D. It uses thought to achieve understanding.
6. Which of the following is a key term in the definition of psychology?
- A. behavior
 - B. habit
 - C. introspection
 - D. induction
7. Strictly speaking, overt behaviors are actions that
- A. are usually considered illegal.
 - B. happen when no one else is around.
 - C. you can directly observe.
 - D. you can infer from careful observation.

8. What does psychology have in common with all other sciences?
- A. It is based on Plato's methods.
 - B. It offers proof of theoretical truths.
 - C. It uses rigorous methods of observation.
 - D. It directly measures thought processes.
9. Which goal of psychology are clinical psychologists attempting when giving recommendations to parole boards about which prisoners to release early?
- A. prediction
 - B. description
 - C. influencing
 - D. understanding
10. Behaviors refer to actions that are _____ and mental processes refer to events that are _____.
- A. public; private
 - B. legal; illegal
 - C. private; public
 - D. illegal; legal

11. Industrial psychologists who design tests to screen new job candidates for various companies in order to hire workers who should perform best are attempting which goal?
- A. prediction
 - B. description
 - C. influencing
 - D. understanding
12. Workers are surveyed about their years of experience and level of job satisfaction. The goal of psychology best illustrated by this survey is
- A. description.
 - B. prediction.
 - C. understanding.
 - D. influencing.
13. In psychology, the words *describe*, *predict*, *understand*, and *influence* relate to
- A. descriptive methods.
 - B. correlational methods.
 - C. areas of psychology.
 - D. the goals of psychology.

14. Which of the following is a goal of psychology?

- A. translate
- B. manipulate
- C. interpolate
- D. understand

15. Which of the following best describes truth and theory?

- A. It takes at least three consistent truths to comprise a theory.
- B. Theories that are upheld for at least 20 years are considered truths.
- C. Truths are tentative conclusions at best.
- D. Theories are not absolute and they may be revised over time.

16. A psychologist is developing a theoretical explanation about a behavior. To which goal of psychology are theoretical explanations important?

- A. control
- B. prediction
- C. understanding
- D. description

17. To say that a theory is tentative means that it

- A. has the support of animal research but not human research.
- B. has been proven in study after study.
- C. is what we believe right now, but it could change.
- D. has the support of human research but not animal research.

18. Which of the following is an example of a psychologist's attempt to predict behavior?

- A. conducting an experiment to test a theory about teenage sexual behavior
- B. determining whether a job applicant is likely to perform well on the job
- C. implementing a curriculum shown to reduce high school dropout rates
- D. surveying college students about their drinking habits

19. Which of the following is an example of a psychologist's attempt to understand behavior?

- A. conducting an experiment to test a theory about teenage sexual behavior
- B. determining whether a job applicant is likely to perform well on the job
- C. implementing a curriculum shown to reduce high school dropout rates
- D. surveying college students about their drinking habits

20. A/n _____ is a tentative explanation of the facts, findings, and relationship in any of the sciences.

- A. edict
- B. theory
- C. law
- D. declaration

21. In which time period did psychology become a recognized field of study?

- A. when introduced by Aristotle about 2000 years ago
- B. when introduced in Greece around the year 384 B.C.
- C. when the first laboratory was established in the late 1800s
- D. soon after sciences emerged from philosophy

22. The beginning of psychology as a science began in the discipline of

- A. philosophy.
- B. physics.
- C. chemistry.
- D. biology.

23. The launching of psychology as a separate field is usually credited to have occurred during the

- A. 1500s.
- B. 1800s.
- C. 1900s.
- D. 1700s.

24. Which question were structuralists primarily interested in investigating?

- A. What are the purposes of mental activity?
- B. What influences people to do the things they do?
- C. What are the individual components of the mind?
- D. What is the basis of forgetting?

25. What was the goal of introspection?

- A. predict which individuals would develop either normal or abnormal personality traits
- B. understand the interplay between the components of the id, ego, and superego
- C. observe the contents of the mind as accurately and unemotionally as possible
- D. determine the fundamental differences between classical conditioning and operant conditioning

26. If you were a psychologist who was labeled a structuralist, you would be interested in the _____ of the mind, using _____ as your primary research method.
- A. function; experimentation
 - B. structure; experimentation
 - C. function; introspection
 - D. structure; introspection
27. With which school of psychology are Wilhelm Wundt and his student, Edward Titchener, associated?
- A. functionalism
 - B. structuralism
 - C. introspection
 - D. behaviorism
28. In which school of thought did researchers ask participants to report sensations they were experiencing?
- A. behaviorism
 - B. functionalism
 - C. structuralism
 - D. cognitive

29. J. Henry Alston was notable as an African American psychologist and for his studies of the sensations of heat and cold. J. Henry Alston was an early

- A. humanist.
- B. behaviorist.
- C. structuralist.
- D. functionalist.

30. Which school of psychology focused its studies on perception?

- A. structuralism
- B. functionalism
- C. psychoanalysis
- D. Gestalt psychology

31. Which structuralist is best known for the study of heat and cold?

- A. J. Henry Alston
- B. Wilhelm Wundt
- C. Edward Titchener
- D. Raymond Cattell

32. Which school of psychology used the phi phenomenon to demonstrate its belief about human consciousness?

- A. Gestalt psychology
- B. cognitive psychology
- C. functionalism
- D. psychoanalysis

33. Which approach to psychology would be apt to say "the whole is greater than the sum of its parts?"

- A. structuralist
- B. Gestalt
- C. functionalist
- D. behaviorist

34. The phi phenomenon was used by psychologists to argue that

- A. the rate of decay of items from short-term memory is unrelated to encoding strategy.
- B. basic elements of human consciousness can be discovered through the process of introspection.
- C. perception has meaning only when it is seen as a whole, rather than as a collection of elements.
- D. isolating the elements of experience can give a true understanding of behavior.

35. The _____ psychologists preferred to study behavior as a collection of elements, while the _____ psychologists preferred to study behavior as a whole, in its entire context.

- A. behaviorist; Gestalt
- B. structural; functional
- C. Gestalt; structural
- D. functional; behaviorist

36. In psychology, William James was highly influential in developing the school of thought known as

- A. psychoanalysis.
- B. Gestalt psychology.
- C. structuralism.
- D. functionalism.

37. If an early psychologist believed that the study of psychology should focus on the purpose of the mind and not on its raw elements, that psychologist would most likely adhere to the school of thought known as

- A. behaviorism.
- B. psychoanalysis.
- C. functionalism.
- D. structuralism.

38. If you are interested in the functionalist approach to psychology, you would be most interested in
- A. how early childhood experiences helped to shape adult behavior.
 - B. the contingencies and relationships between stimuli and responses.
 - C. the parts of human consciousness and how they are organized.
 - D. how human consciousness works to help us exist and survive.
39. Using William James' analogy, the study of a flowing stream is like _____ as the study of individual water molecules is like _____.
- A. functionalism; structuralism
 - B. structuralism; behaviorism
 - C. behaviorism; Gestalt psychology
 - D. Gestalt psychology; functionalism
40. What was the main contribution of Hermann Ebbinghaus to psychology?
- A. He demonstrated that mental elements were more important than the concept of Gestalt.
 - B. He established the first scientific laboratory for the study of conscious processes.
 - C. He emphasized that the whole is greater than the sum of its parts.
 - D. He demonstrated that carefully controlled experimentation can be conducted.
41. Who was the early pioneer in memory research that used himself as his only research subject?
- A. Max Wertheimer
 - B. Sigmund Freud
 - C. Alfred Binet
 - D. Hermann Ebbinghaus

42. You have learned a list of 20 nonsense syllables. You are tested at 20 minutes, 1 hour, 10 hours, and 24 hours. If you fit Hermann Ebbinghaus's forgetting curve you will

- A. remember approximately the same number of syllables at 10 hours and 24 hours.
- B. have perfect recall only when tested at 20 minutes and 1 hour.
- C. forget the largest number of syllables between 1 hour and 10 hours.
- D. not remember any of the syllables after 24 hours.

43. Who participated in Hermann Ebbinghaus' studies of memory?

- A. college students
- B. only himself
- C. faculty members
- D. community leaders

44. Why did Hermann Ebbinghaus make up nonsense syllables for his memory studies?

- A. By using nonsense syllables comprised of the initials of his friends, he thought his memory performance would be improved.
- B. He really didn't have a specific reason for using nonsense syllables, but he thought it was a good idea.
- C. Because if he used real words, his prior experience with those words might influence his memory.
- D. Because he did not have copyright permission to use words in actual use, so he had to make up his own non-words.

45. Which early researcher studied memory by having his/her participants pair a number and a color together?

- A. Mary Whiton Calkins
- B. Hermann Ebbinghaus
- C. William James
- D. Edward Titchener

46. The modern version of functionalism is known as

- A. cognitive psychology.
- B. neo-behaviorism.
- C. neuropsychology.
- D. applied genetics.

47. In a memory study, you present a color that is presented alongside a number. These items are presented together, at the same time. Later you present the color, and ask the participant to recall (remember) the number. This is called a/n _____ task.

- A. motor memory
- B. paired associate
- C. limen of consciousness
- D. introspection

48. The broad term that encompasses procedures such as perceiving, believing, thinking, remembering, knowing, and making decisions is called
- A. consciousness.
 - B. introspection.
 - C. cognition.
 - D. motivation.
49. A researcher counts the number of times a rat stands on its hind legs after being placed in a new environment. Given what you know about the schools of psychology, which viewpoint best suits her research technique?
- A. functionalism
 - B. behaviorism
 - C. Gestalt psychology
 - D. psychoanalysis
50. Which contemporary viewpoint combines aspects of behaviorism with aspects from the cognitive perspective?
- A. Skinner's behaviorism
 - B. psychoanalysis
 - C. humanistic psychology
 - D. social learning theory

51. Followers of Albert Bandura's viewpoint would best be described as

- A. contemporary psychoanalysts.
- B. social learning theorists.
- C. Gestalt psychologists.
- D. neofunctionalists.

52. Important aspects of behavior and mental processes are learned from others. Which psychologist most likely made a statement similar to this?

- A. Albert Bandura
- B. B. F. Skinner
- C. J. B. Watson
- D. Max Wertheimer

53. Who won a Nobel Prize for his work on digestion?

- A. Ivan Pavlov
- B. Sigmund Freud
- C. Albert Bandura
- D. William James

54. The term "conditioning" as used by Ivan Pavlov is another term for

- A. instinct.
- B. learning.
- C. introspection.
- D. maturation.

55. Who is most closely associated with social learning theory?

- A. Ivan Pavlov
- B. Margaret Floy Washburn
- C. John B. Watson
- D. Albert Bandura

56. Which of the following is a basic belief of social learning theory?

- A. We learn the most important aspects of our behavior from each other.
- B. At birth, our behavioral patterns and preferences are established by genetics.
- C. Our experiences from ages 0-5 continually shape the decisions we make as adults.
- D. It is more important to understand the function of the mind rather than its structure.

57. Which school of psychology was founded and developed by Sigmund Freud?

- A. behaviorism
- B. humanism
- C. psychoanalysis
- D. Gestalt psychology

58. What differentiated Sigmund Freud from most of the other influential founders of psychology?

- A. Freud was the only founder from a European country.
- B. Freud was trained as a philosopher and teacher.
- C. Freud was interested in the unconscious mind.
- D. Freud was a physician and treated psychological problems.

59. You have a friend who appears to be having frequent anxiety attacks. From what you know about the psychoanalytic school, what would a psychoanalyst say was at the heart of your friend's problem?

- A. unconscious motives
- B. conscious conflicts
- C. Freudian slips
- D. classical conditioning

60. Which of the following statements is true regarding Sigmund Freud's theory of behavior?

- A. Environmental factors influence our behavior much more than hereditary factors.
- B. Unconscious sexual and aggressive motives greatly influence our behavior.
- C. The best way to raise our children is to treat them like little adults.
- D. Behavior can best be analyzed by breaking the mind into its structural elements.

61. Which theorist would most likely accuse you of accidentally wrecking your dad's car because (though you were not aware of this) you wanted to hurt your dad?

- A. B. F. Skinner
- B. Sigmund Freud
- C. William James
- D. Mary Whiton Calkins

62. How does contemporary psychoanalysis differ from the original form of psychoanalysis?

- A. Contemporary psychoanalysts are no longer concerned with unconscious motives.
- B. Contemporary psychoanalysts place greater importance on motives other than sexual or aggressive.
- C. Contemporary psychoanalysis is a much more dominant force in psychology than the original form.
- D. Contemporary psychoanalysis does not differ significantly from Sigmund Freud's approach.

63. What do psychoanalytic and humanistic views have in common?

- A. They believe self-concept is the most important human aspect.
- B. They believe conscious processes are unimportant.
- C. They view the unconscious mind as a source of human problems.
- D. They have nothing but psychology in common.

64. Which person is most closely associated with the study of human behavior as it pertains to the unconscious mind?

- A. Albert Bandura
- B. Sigmund Freud
- C. Margaret Floy Washburn
- D. Ivan Pavlov

65. According to Sigmund Freud, where do motives reside?

- A. at the synaptic gap
- B. in the conditioned reflex
- C. in the unconscious mind
- D. at the corpus callosum

66. Humanists believe that conscious processes are

- A. important.
- B. non-existent.
- C. unimportant.
- D. negative.

67. Self-concept refers to the idea of

- A. how we came into the world.
- B. our view of what we are like.
- C. how we conceptualize other people.
- D. the relationship we have with our parents.

68. The most important aspect of study to a humanist is

- A. social learning.
- B. conditioning.
- C. self-concept
- D. neuron functioning.

69. Which psychologist founded France's first psychology laboratory and was a pioneer in intelligence testing?
- A. Rene Descartes
 - B. Alfred Binet
 - C. Edward Titchener
 - D. Inez Prosser
70. The first intelligence test was developed to
- A. provide France with a college entrance examination.
 - B. determine educational pathways for children.
 - C. test the memory abilities of U.S. workers.
 - D. diagnose mentally retarded criminals.
71. If you are studying psychometrics, you are studying the
- A. measurement of mental functions.
 - B. development of mental functions.
 - C. measurement of physical characteristics.
 - D. development of physical characteristics.
72. Alfred Binet's work originated in _____ but has been translated for use in _____.
- A. Germany; Russia
 - B. Russia; France
 - C. France; the United States
 - D. the United States; Germany

73. Psychologists who study the role of the brain in psychological processes use the

- A. neuroscience perspective.
- B. psychoanalytic approach.
- C. humanistic viewpoint.
- D. sociocultural viewpoint.

74. Which of the following topics would be studied by a neuroscientist?

- A. correlations between behavior and weather patterns
- B. comparisons of scores on test of psychometrics
- C. the role of hormones in the regulation of behavior
- D. how the formation of gender identity differs between cultures

75. Who was the first to publish a description of the cells of the brain, now called neurons?

- A. Charles Darwin
- B. Santiago Ramón y Cajal
- C. Albert Bandura
- D. Margaret Floy Washburn

76. If you are interested in understanding the structures of the brain that influence emotion, reasoning, speech, and other psychological processes, then you are interested in studying psychology from the _____ perspective.

- A. cognitive
- B. evolutionary
- C. neuroscience
- D. sociocultural

77. You are told that Dr. Doe researches the behavior patterns of a group of French descendants who live near the mouth of the Mississippi River. Dr. Doe is most likely a

- A. humanistic psychologist.
- B. biological psychologist.
- C. cognitive psychologist.
- D. sociocultural psychologist.

78. A person can only be understood by studying the beliefs and the values of the community in which the person has lived. This statement best exemplifies the

- A. behavioral approach.
- B. sociocultural approach.
- C. humanistic approach.
- D. social learning approach.

79. One of the values promoted by sociocultural psychologists is the belief that

- A. genetics is more powerful than we think.
- B. social roles help people know how to relate to each other more effectively.
- C. might makes right.
- D. different is OK.

80. The basic foundation of the sociocultural approach is that our personalities, beliefs, attitudes, and skills are

- A. imprinted at birth.
- B. preprogrammed at conception.
- C. innate from birth.
- D. learned from others.

81. The _____ perspective had its greatest influences from social anthropology.

- A. sociocultural
- B. neo-behavioristic
- C. psychoanalytic
- D. neuroscience

82. Sociocultural psychologists suggest that differences between cultural groups

- A. need to be reduced so we can have better understanding of the individual.
- B. are smaller than differences between individuals within a given group.
- C. arise from biological differences associated with racial genetics.
- D. are much greater than differences between individuals within the group.

83. The _____ perspective suggests that to understand someone, we must understand both their beliefs, attitudes, and skills learned from others as well as we must understand their culture, ethnic identity, and gender identity.

- A. evolutionary
- B. neuroscience
- C. psychoanalytical
- D. sociocultural

84. Cultural relativity suggests that we should view other cultures as _____ to our culture.

- A. inferior
- B. unrelated
- C. superior
- D. different

85. Why did women participate less in the development of psychology than men?

- A. Sexual discrimination prevented women from contributing to psychology.
- B. Women were not allowed to attend universities at the time psychology was founded.
- C. Psychology did not intend to address women's issues, so women were not included.
- D. Because politicians at the time would not let women study any of the sciences.

86. What is the current enrollment pattern for men and women interested in graduate education in psychology?
- A. Men outnumber women.
 - B. Women outnumber men.
 - C. Women and men are of equal number.
 - D. No one knows graduate education enrollments.
87. Why does the sociocultural perspective promote cultural relativity?
- A. to promote ethnic identity
 - B. to promote ethnic cleansing
 - C. to discourage passing judgment on other cultures
 - D. to discourage the recognition of ethnic differences
88. Persons born into different cultures
- A. have very similar values as children.
 - B. are taught very different values from birth.
 - C. are quite different from other persons in their own culture in terms of habits and beliefs.
 - D. cannot and should not be thought of as having different worldviews.
89. One reason that men greatly outnumbered women in the early history of psychology was that
- A. the early topics in psychology were of interest only to men.
 - B. women could work only when they had supplemental income.
 - C. most women in psychology went into teaching.
 - D. institutions discriminated against women.

90. What did Christine Ladd-Franklin and Mary Calkins have in common?

- A. They completed a doctoral program in psychology, but never received a doctoral degree.
- B. They challenged the assumption that mental events cannot be scientifically investigated.
- C. They developed psychoanalytic theories that led to major changes in the treatment of mental illness.
- D. They were the first two women to receive doctorate degrees in American psychology.

91. As psychology developed as a science in the late 19th century, the culture of this time

- A. had no effect on its leadership.
- B. played only a minor role in the scientific studies.
- C. played a large role in the selection of white males as important theorists and researchers.
- D. prevented the contributions of European research from being given influence in the field.

92. Late 19th- and early 20th-century psychology

- A. was free of racism/sexism because it was a science.
- B. became a science because it was free of cultural influences.
- C. was dominated by conflicting minority opinions of women.
- D. was dominated by white-male thinking and cultural conditioning.

93. At the beginning of the 20th century, women who had successful careers in psychology

- A. were not married.
- B. did not do research.
- C. worked alone.
- D. were therapists.

94. Mamie Phipps Clark and Kenneth Clark were African American psychologists who conducted research that
- A. influenced a decision by the Supreme Court.
 - B. supported the ideas of the structuralists.
 - C. discouraged the use of hypnosis.
 - D. led to the discovery of the neuron.
95. Who was the first African American to be elected president of the American Psychological Association?
- A. Mary Whiton Calkins
 - B. Kenneth Clark
 - C. Gilbert Jones
 - D. George Sanchez
96. Choose the researchers who provided scientific evidence used by the U. S. Supreme Court to decide the *Brown v. Board of Education* ruling.
- A. Clark and Clark
 - B. Sanchez and Cajal
 - C. Calkins and Ebbinghaus
 - D. Prosser and Brown

97. In the U. S. Supreme Court decision of *Brown v. Board of Education*, segregated school systems could no longer be considered
- A. supported by vouchers.
 - B. separate but equal.
 - C. a work in progress.
 - D. good enough for all.
98. Contemporary psychologists can be roughly divided into two groups:
- A. cognitive and developmental.
 - B. basic and applied.
 - C. sociocultural and evolutionary.
 - D. structuralists and functionalists.
99. A _____ psychologist is interested in changes that take place during the lifespan.
- A. health
 - B. social
 - C. developmental
 - D. cognitive
100. Although related, school psychologists _____ and educational psychologists _____.
- A. study the ways children learn; teach future teachers
 - B. teach future teachers; consult about behavioral problems and test
 - C. select which students will attend which school; teach future teachers.
 - D. consult about behavioral problems and test; study the ways children learn

101. There is a specialty in the basic experimental area of psychology that emphasizes reasoning, thinking, and the mental processes associated with perception, language, and problem solving. What is this area called?

- A. sociocultural psychology
- B. neuroscience
- C. cognitive psychology
- D. social learning theory

102. Studying the nervous system as a basis for understanding behavior is characteristic of

- A. the structuralists.
- B. humanistic psychology.
- C. biological psychology.
- D. cognitive psychology.

103. Psychological research that focuses on uncovering new information without regard to the possible applications is called

- A. basic research.
- B. spurious research.
- C. clinical research.
- D. unethical research.

104.Of the total number of psychologists, about one-fourth work in

- A. basic areas.
- B. applied areas.
- C. clinical areas.
- D. counseling areas.

105.All of the following represent applied psychology EXCEPT

- A. industrial/organizational psychology.
- B. health psychology.
- C. developmental psychology.
- D. clinical and counseling psychology.

106.Psychologists who are trained to test school children's abilities and consult with teachers would best fit into the category of

- A. health psychology.
- B. basic research.
- C. developmental psychology.
- D. applied psychology.

107. Psychologists who do their work in industrial settings, medical centers, and school systems often use psychological information obtained from

- A. basic research.
- B. introspection.
- C. counseling sessions.
- D. philosophers.

108. Therapists and psychological consultants are considered

- A. applied psychologists.
- B. basic psychologists.
- C. research psychologists.
- D. experimental psychologists.

109. Job dissatisfaction would be a problem best dealt with by _____ psychologists.

- A. applied
- B. developmental
- C. personality
- D. sociocultural

110. Which is the correct order of completion for a psychiatrist, from first to last?

- A. complete medical school, internship in general medicine, residency in psychiatry
- B. internship in general medicine, residency in psychiatry, complete medical school
- C. residency in psychiatry, complete medical school, internship in general medicine
- D. internship in general medicine, complete medical school, residency in psychiatry

111. Why can a psychiatrist prescribe drugs but a clinical psychologist cannot?

- A. Because the psychiatrist was in school longer.
- B. Because the psychiatrist has received medical training.
- C. Because the clinical psychologist has not studied human behavior broadly enough.
- D. Because insurance companies will not let clinical psychologists prescribe drugs.

112. Which is the correct order of completion for a clinical psychologist, from first to last?

- A. completed an internship, attended graduate school, obtained doctorate
- B. completed an internship, obtained doctorate, attended graduate school
- C. attended graduate school, obtained doctorate, completed an internship
- D. obtained doctorate, completed an internship, attended graduate school

113. In general, a clinical psychologist would hold a(n) _____ degree.

- A. M.D.
- B. Ph.D.
- C. B.A.
- D. M.S.

114. What is the major difference between psychologists and psychiatrists?

- A. Psychologists treat more severe mental problems.
- B. Psychiatrists are medical doctors.
- C. Psychologists have a terminal degree.
- D. Psychiatrists do not use drug treatments.

115. Dr. Ramirez often prescribes drugs to help relieve clients' depression. Choose the credentials Dr. Ramirez must have to legally treat patients.
- A. a psychiatrist with an M.D.
 - B. a clinician with a Psy.D.
 - C. a therapist with an M.S.
 - D. a clinician with a Ph.D.
116. The practice of psychiatry is most like the psychological specialty of
- A. experimental psychology.
 - B. developmental psychology.
 - C. biological psychology.
 - D. clinical psychology.
117. The Psy.D. degree stands for
- A. doctor of philosophy.
 - B. doctor of psychiatry.
 - C. doctor of psychology.
 - D. clinical psychologist.
118. What do we know to be true about human behavior?
- A. Humans are social animals.
 - B. People do not have free will.
 - C. It can only be understood by psychologists.
 - D. Most human traits are innate.

119. Because humans work to feed, shelter, and clothe themselves, we know that human behavior is

- A. motivated.
- B. maladaptive.
- C. selfish.
- D. simplistic.

120. Most psychologists agree that biology

- A. is the only influence of human behavior.
- B. influences everyone equally.
- C. influences human behavior.
- D. does not influence human behavior.

121. Most psychologists agree that people can only be understood by

- A. recognizing sociocultural influences.
- B. looking at brain differences.
- C. comparing human behavior to animal behavior.
- D. using formal experimentation.

122. "We passively let experiences teach us about the world and we let experiences mold our personalities." Which of the following is true regarding this statement?

- A. The statement was made by a humanistic psychologist.
- B. The statement was made by a social learning theorist.
- C. The statement was made by a Gestalt psychologist.
- D. Most psychologists would reject this statement.

123.Plato, a student of Aristotle, believed that to understand we need to observe.

True False

124.Psychology is a science because the government classifies it as a science.

True False

125.The ultimate goal of psychology is influence.

True False

126.All psychologists use the scientific method to study behavior.

True False

127.Theories are scientific truths.

True False

128.Understanding is one of the goals of psychology.

True False

129.Structuralism is an influential viewpoint in contemporary psychology.

True False

130.William James believed that introspection was the key to understanding the basic elements of consciousness.

True False

131. Gestalt psychologists did not believe human consciousness could be meaningfully broken down into raw elements.

True False

132. The work of William James and John B. Watson is sometimes known as 'mental chemistry.'

True False

133. Psychometrics is considered an important and practical viewpoint in modern psychology.

True False

134. Hermann Ebbinghaus developed a memory testing strategy that involved nonsense syllables.

True False

135. Alfred Binet's work in psychometrics was initiated by a request from the London Ministry of Education.

True False

136. In contemporary psychology, behaviorism is no longer considered a distinct school of thought.

True False

137. As a viewpoint, social learning theory has been replaced by the cognitive perspective.

True False

138.Social learning theory suggests that behaviors are learned from others in society.

True False

139.Neuroscientists are coming very close to understanding the connection between brain and behavior.

True False

140.Ramón y Cajal is credited with the first published description of neurons.

True False

141.Humanists believe that people cannot change their own fate through conscious decisions.

True False

142.Sigmund Freud believed that conscious mental processes were of trivial importance.

True False

143.The sociocultural perspective is a relatively new viewpoint in psychology.

True False

144.Christine Ladd-Franklin was the first woman to be granted a Ph.D. in psychology.

True False

145.The sociocultural perspective in psychology emerged from another discipline, criminal justice.

True False

146. Applied psychologists conduct research in the basic areas of psychology, such as emotion, thinking, and learning.

True False

147. Psychiatrists must complete medical school

True False

148. Human lives are a continuous process of change.

True False

Chapter 1 Key

1. When referring to the essence of life, Aristotle used the term _____ translated from the Greek, meaning mind.
(p. 2)

A. ludus

B. psyche

C. venus

D. cheiras

Book: Lahey
Difficulty: Low
Lahey - Chapter 01 #1
Style: Factual

2. The writings of Aristotle are important to psychology's origins because they were concerned with the nature of
(p. 2)

A. light.

B. life.

C. evolution.

D. energy.

Book: Lahey
Difficulty: Low
Lahey - Chapter 01 #2
Style: Factual

3. Aristotle is important to psychology, because he believed that to achieve full understanding of anything we must

(p. 2)

A. use Plato's philosophical methods.

B. use introspective techniques.

C. think and observe.

D. disregard outward behavior.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #3

Style: Conceptua

4. The term "psyche" when translated from the Greek is most closely associated with the term

(p. 2)

A. habit.

B. life.

C. study.

D. mind.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #4

Style: Factua

5. Why is psychology a science?

(p. 2)

A. It attempts to separate the elements of the mind.

B. It uses rigorous methods of observation.

C. It has more than one research method.

D. It uses thought to achieve understanding.

Book: Lahey

Difficulty: Medium

6. Which of the following is a key term in the definition of psychology?

(p. 2)

- A. behavior
- B. habit
- C. introspection
- D. induction

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #6

Style: Factual

7. Strictly speaking, overt behaviors are actions that

(p. 2)

- A. are usually considered illegal.
- B. happen when no one else is around.
- C. you can directly observe.
- D. you can infer from careful observation.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #7

Style: Factual

8. What does psychology have in common with all other sciences?

(p. 2)

- A. It is based on Plato's methods.
- B. It offers proof of theoretical truths.
- C. It uses rigorous methods of observation.
- D. It directly measures thought processes.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #6

Style: Conceptua

9. Which goal of psychology are clinical psychologists attempting when giving recommendations to parole boards about which prisoners to release early?

(p. 3)

- A. prediction
- B. description
- C. influencing
- D. understanding

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #5

Style: Applied

10. Behaviors refer to actions that are _____ and mental processes refer to events that are _____.

(p. 3)

- A. public; private
- B. legal; illegal
- C. private; public
- D. illegal; legal

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #10

Style: Conceptua

11. Industrial psychologists who design tests to screen new job candidates for various companies in order to hire workers who should perform best are attempting which goal?

(p. 3)

- A. prediction
- B. description
- C. influencing
- D. understanding

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #11

Style: Conceptua

12. Workers are surveyed about their years of experience and level of job satisfaction. The goal of psychology best illustrated by this survey is

(p. 3)

- A. description.
- B. prediction.
- C. understanding.
- D. influencing.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #12

Style: Applied

13. In psychology, the words *describe*, *predict*, *understand*, and *influence* relate to

(p. 3)

- A. descriptive methods.
- B. correlational methods.
- C. areas of psychology.
- D. the goals of psychology.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #13

Style: Factual

14. Which of the following is a goal of psychology?

(p. 3)

- A. translate
- B. manipulate
- C. interpolate
- D. understand

Book: Lahey

Difficulty: Low

15. Which of the following best describes truth and theory?

(p. 3)

- A. It takes at least three consistent truths to comprise a theory.
- B. Theories that are upheld for at least 20 years are considered truths.
- C. Truths are tentative conclusions at best.
- D. Theories are not absolute and they may be revised over time.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #15

Style: Factual

16. A psychologist is developing a theoretical explanation about a behavior. To which goal of psychology are theoretical explanations important?

(p. 3)

- A. control
- B. prediction
- C. understanding
- D. description

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #16

Style: Conceptual

17. To say that a theory is tentative means that it

(p. 3)

- A. has the support of animal research but not human research.
- B. has been proven in study after study.
- C. is what we believe right now, but it could change.
- D. has the support of human research but not animal research.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #17

Style: Conceptual

18. Which of the following is an example of a psychologist's attempt to predict behavior?

(p. 3)

- A. conducting an experiment to test a theory about teenage sexual behavior
- B. determining whether a job applicant is likely to perform well on the job
- C. implementing a curriculum shown to reduce high school dropout rates
- D. surveying college students about their drinking habits

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #18

Style: Applied

19. Which of the following is an example of a psychologist's attempt to understand behavior?

(p. 3)

- A. conducting an experiment to test a theory about teenage sexual behavior
- B. determining whether a job applicant is likely to perform well on the job
- C. implementing a curriculum shown to reduce high school dropout rates
- D. surveying college students about their drinking habits

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #19

20. A/n _____ is a tentative explanation of the facts, findings, and relationship in any of the sciences.
(p. 3)

- A. edict
- B. theory
- C. law
- D. declaration

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #20

Style: Factual

21. In which time period did psychology become a recognized field of study?
(p. 4)

- A. when introduced by Aristotle about 2000 years ago
- B. when introduced in Greece around the year 384 B.C.
- C. when the first laboratory was established in the late 1800s
- D. soon after sciences emerged from philosophy

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #21

Style: Factual

22. The beginning of psychology as a science began in the discipline of

(p. 4)

A. philosophy.

B. physics.

C. chemistry.

D. biology.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #22

Style: Factual

23. The launching of psychology as a separate field is usually credited to have occurred during the

(p. 4-5)

A. 1500s.

B. 1800s.

C. 1900s.

D. 1700s.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #23

Style: Factual

24. Which question were structuralists primarily interested in investigating?

(p. 5)

A. What are the purposes of mental activity?

B. What influences people to do the things they do?

C. What are the individual components of the mind?

D. What is the basis of forgetting?

Book: Lahey

Difficulty: Medium

25. What was the goal of introspection?

(p. 5)

- A. predict which individuals would develop either normal or abnormal personality traits
- B. understand the interplay between the components of the id, ego, and superego
- C. observe the contents of the mind as accurately and unemotionally as possible
- D. determine the fundamental differences between classical conditioning and operant conditioning

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #25

Style: Factual

26. If you were a psychologist who was labeled a structuralist, you would be interested in the

(p. 5)

_____ of the mind, using _____ as your primary research method.

- A. function; experimentation
- B. structure; experimentation
- C. function; introspection
- D. structure; introspection

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #26

Style: Conceptual

27. With which school of psychology are Wilhelm Wundt and his student, Edward Titchener, associated?
(p. 5)

- A. functionalism
- B. structuralism
- C. introspection
- D. behaviorism

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #27

Style: Factual

28. In which school of thought did researchers ask participants to report sensations they were experiencing?
(p. 5)

- A. behaviorism
- B. functionalism
- C. structuralism
- D. cognitive

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #26

Style: Factual

29. J. Henry Alston was notable as an African American psychologist and for his studies of the sensations of heat and cold. J. Henry Alston was an early

(p. 5-6)

- A. humanist.
- B. behaviorist.
- C. structuralist.
- D. functionalist.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #29

Style: Factual

30. Which school of psychology focused its studies on perception?

(p. 6)

- A. structuralism
- B. functionalism
- C. psychoanalysis
- D. Gestalt psychology

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #30

Style: Factual

31. Which structuralist is best known for the study of heat and cold?

(p. 5-6)

- A. J. Henry Alston
- B. Wilhelm Wundt
- C. Edward Titchener
- D. Raymond Cattell

Book: Lahey

Difficulty: Medium

32. Which school of psychology used the phi phenomenon to demonstrate its belief about human consciousness?
(p. 6)

- A. Gestalt psychology
- B. cognitive psychology
- C. functionalism
- D. psychoanalysis

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #32

Style: Factual

33. Which approach to psychology would be apt to say "the whole is greater than the sum of its parts?"
(p. 6)

- A. structuralist
- B. Gestalt
- C. functionalist
- D. behaviorist

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #33

Style: Factual

34. The phi phenomenon was used by psychologists to argue that

(p. 6)

- A. the rate of decay of items from short-term memory is unrelated to encoding strategy.
- B. basic elements of human consciousness can be discovered through the process of introspection.
- C. perception has meaning only when it is seen as a whole, rather than as a collection of elements.
- D. isolating the elements of experience can give a true understanding of behavior.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #34

Style: Conceptua

35. The _____ psychologists preferred to study behavior as a collection of elements, while the _____ psychologists preferred to study behavior as a whole, in its entire context.

(p. 6)

- A. behaviorist; Gestalt
- B. structural; functional
- C. Gestalt; structural
- D. functional; behaviorist

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #35

Style: Conceptua

36. In psychology, William James was highly influential in developing the school of thought known as
(p. 6)

- A. psychoanalysis.
- B. Gestalt psychology.
- C. structuralism.
- D. functionalism.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #36

Style: Factual

37. If an early psychologist believed that the study of psychology should focus on the purpose of
(p. 6-7) the mind and not on its raw elements, that psychologist would most likely adhere to the school of thought known as

- A. behaviorism.
- B. psychoanalysis.
- C. functionalism.
- D. structuralism.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #37

Style: Factual

38. If you are interested in the functionalist approach to psychology, you would be most interested
(p. 6-7) in

- A. how early childhood experiences helped to shape adult behavior.
- B. the contingencies and relationships between stimuli and responses.
- C. the parts of human consciousness and how they are organized.
- D. how human consciousness works to help us exist and survive.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #36

Style: Conceptua

39. Using William James' analogy, the study of a flowing stream is like _____ as the study of
(p. 6-7) individual water molecules is like _____.

- A. functionalism; structuralism
- B. structuralism; behaviorism
- C. behaviorism; Gestalt psychology
- D. Gestalt psychology; functionalism

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #39

Style: Conceptua

40. What was the main contribution of Hermann Ebbinghaus to psychology?

(p. 7)

- A. He demonstrated that mental elements were more important than the concept of Gestalt.
- B. He established the first scientific laboratory for the study of conscious processes.
- C. He emphasized that the whole is greater than the sum of its parts.
- D. He demonstrated that carefully controlled experimentation can be conducted.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #40

Style: Factual

41. Who was the early pioneer in memory research that used himself as his only research subject?

(p. 7)

- A. Max Wertheimer
- B. Sigmund Freud
- C. Alfred Binet
- D. Hermann Ebbinghaus

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #41

Style: Factual

42. You have learned a list of 20 nonsense syllables. You are tested at 20 minutes, 1 hour, 10 hours, and 24 hours. If you fit Hermann Ebbinghaus's forgetting curve you will

(p. 7)

- A. remember approximately the same number of syllables at 10 hours and 24 hours.
- B. have perfect recall only when tested at 20 minutes and 1 hour.
- C. forget the largest number of syllables between 1 hour and 10 hours.
- D. not remember any of the syllables after 24 hours.

Book: Lahey

Difficulty: High

Lahey - Chapter 01 #42

Style: Conceptua

43. Who participated in Hermann Ebbinghaus' studies of memory?

(p. 7)

- A. college students
- B. only himself
- C. faculty members
- D. community leaders

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #43

Style: Factua

44. Why did Hermann Ebbinghaus make up nonsense syllables for his memory studies?

(p. 7)

- A. By using nonsense syllables comprised of the initials of his friends, he thought his memory performance would be improved.
- B. He really didn't have a specific reason for using nonsense syllables, but he thought it was a good idea.
- C. Because if he used real words, his prior experience with those words might influence his memory.
- D. Because he did not have copyright permission to use words in actual use, so he had to make up his own non-words.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #44

Style: Factual

45. Which early researcher studied memory by having his/her participants pair a number and a color together?

(p. 8)

- A. Mary Whiton Calkins
- B. Hermann Ebbinghaus
- C. William James
- D. Edward Titchener

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #45

Style: Factual

46. The modern version of functionalism is known as

(p. 8)

A. cognitive psychology.

B. neo-behaviorism.

C. neuropsychology.

D. applied genetics.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #46

Style: Factual

47. In a memory study, you present a color that is presented alongside a number. These items are presented together, at the same time. Later you present the color, and ask the participant to recall (remember) the number. This is called a/n _____ task.

(p. 8)

A. motor memory

B. paired associate

C. limen of consciousness

D. introspection

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #47

Style: Conceptual

48. The broad term that encompasses procedures such as perceiving, believing, thinking, remembering, knowing, and making decisions is called

(p. 8)

A. consciousness.

B. introspection.

C. cognition.

D. motivation.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #48

Style: Factual

49. A researcher counts the number of times a rat stands on its hind legs after being placed in a new environment. Given what you know about the schools of psychology, which viewpoint best suits her research technique?

(p. 8)

A. functionalism

B. behaviorism

C. Gestalt psychology

D. psychoanalysis

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #49

Style: Applied

50. Which contemporary viewpoint combines aspects of behaviorism with aspects from the cognitive perspective?
(p. 9)

- A. Skinner's behaviorism
- B. psychoanalysis
- C. humanistic psychology
- D. social learning theory

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #50

Style: Conceptua

51. Followers of Albert Bandura's viewpoint would best be described as
(p. 9)

- A. contemporary psychoanalysts.
- B. social learning theorists.
- C. Gestalt psychologists.
- D. neofunctionalists.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #51

Style: Factua

52. Important aspects of behavior and mental processes are learned from others. Which psychologist most likely made a statement similar to this?
(p. 9)

- A. Albert Bandura
- B. B. F. Skinner
- C. J. B. Watson
- D. Max Wertheimer

Book: Lahey

Difficulty: High

Lahey - Chapter 01 #52

Style: Factual

53. Who won a Nobel Prize for his work on digestion?
(p. 8-9)

- A. Ivan Pavlov
- B. Sigmund Freud
- C. Albert Bandura
- D. William James

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #53

Style: Factual

54. The term "conditioning" as used by Ivan Pavlov is another term for
(p. 8)

- A. instinct.
- B. learning.
- C. introspection.
- D. maturation.

Book: Lahey

Difficulty: Low

55. Who is most closely associated with social learning theory?

(p. 9)

- A. Ivan Pavlov
- B. Margaret Floy Washburn
- C. John B. Watson
- D. Albert Bandura

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #55

Style: Factual

56. Which of the following is a basic belief of social learning theory?

(p. 9)

- A. We learn the most important aspects of our behavior from each other.
- B. At birth, our behavioral patterns and preferences are established by genetics.
- C. Our experiences from ages 0-5 continually shape the decisions we make as adults.
- D. It is more important to understand the function of the mind rather than its structure.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #56

Style: Conceptual

57. Which school of psychology was founded and developed by Sigmund Freud?

(p. 9)

- A. behaviorism
- B. humanism
- C. psychoanalysis
- D. Gestalt psychology

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #57

Style: Conceptua

58. What differentiated Sigmund Freud from most of the other influential founders of psychology?

(p. 9)

- A. Freud was the only founder from a European country.
- B. Freud was trained as a philosopher and teacher.
- C. Freud was interested in the unconscious mind.
- D. Freud was a physician and treated psychological problems.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #56

Style: Conceptua

59. You have a friend who appears to be having frequent anxiety attacks. From what you know about the psychoanalytic school, what would a psychoanalyst say was at the heart of your friend's problem?

(p. 9)

- A. unconscious motives
- B. conscious conflicts
- C. Freudian slips
- D. classical conditioning

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #55

Style: Applied

60. Which of the following statements is true regarding Sigmund Freud's theory of behavior?

(p. 9)

- A. Environmental factors influence our behavior much more than hereditary factors.
- B. Unconscious sexual and aggressive motives greatly influence our behavior.
- C. The best way to raise our children is to treat them like little adults.
- D. Behavior can best be analyzed by breaking the mind into its structural elements.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #60

Style: Conceptual

61. Which theorist would most likely accuse you of accidentally wrecking your dad's car because
(p. 9) (though you were not aware of this) you wanted to hurt your dad?

- A. B. F. Skinner
- B. Sigmund Freud
- C. William James
- D. Mary Whiton Calkins

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #61

Style: Conceptua

62. How does contemporary psychoanalysis differ from the original form of psychoanalysis?
(p. 9)

- A. Contemporary psychoanalysts are no longer concerned with unconscious motives.
- B. Contemporary psychoanalysts place greater importance on motives other than sexual or aggressive.
- C. Contemporary psychoanalysis is a much more dominant force in psychology than the original form.
- D. Contemporary psychoanalysis does not differ significantly from Sigmund Freud's approach.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #62

Style: Conceptua

63. What do psychoanalytic and humanistic views have in common?

(p. 9)

- A. They believe self-concept is the most important human aspect.
- B. They believe conscious processes are unimportant.
- C. They view the unconscious mind as a source of human problems.
- D. They have nothing but psychology in common.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #63

Style: Conceptua

64. Which person is most closely associated with the study of human behavior as it pertains to the unconscious mind?

(p. 9)

- A. Albert Bandura
- B. Sigmund Freud
- C. Margaret Floy Washburn
- D. Ivan Pavlov

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #64

Style: Factua

65. According to Sigmund Freud, where do motives reside?

(p. 9)

- A. at the synaptic gap
- B. in the conditioned reflex
- C. in the unconscious mind
- D. at the corpus callosum

Book: Lahey

Difficulty: Low

66. Humanists believe that conscious processes are

(p. 10)

- A. important.
- B. non-existent.
- C. unimportant.
- D. negative.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #66

Style: Factual

67. Self-concept refers to the idea of

(p. 10)

- A. how we came into the world.
- B. our view of what we are like.
- C. how we conceptualize other people.
- D. the relationship we have with our parents.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #67

Style: Factual

68. The most important aspect of study to a humanist is

(p. 10)

- A. social learning.
- B. conditioning.
- C. self-concept
- D. neuron functioning.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #68

Style: Factual

69. Which psychologist founded France's first psychology laboratory and was a pioneer in intelligence testing?

(p. 10)

- A. Rene Descartes
- B. Alfred Binet
- C. Edward Titchener
- D. Inez Prosser

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #69

Style: Factual

70. The first intelligence test was developed to

(p. 10)

- A. provide France with a college entrance examination.
- B. determine educational pathways for children.
- C. test the memory abilities of U.S. workers.
- D. diagnose mentally retarded criminals.

Book: Lahey

Difficulty: Medium

71. If you are studying psychometrics, you are studying the

(p. 10)

- A. measurement of mental functions.
- B. development of mental functions.
- C. measurement of physical characteristics.
- D. development of physical characteristics.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #71

Style: Factual

72. Alfred Binet's work originated in _____ but has been translated for use in _____.

(p. 10)

- A. Germany; Russia
- B. Russia; France
- C. France; the United States
- D. the United States; Germany

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #72

Style: Conceptual

73. Psychologists who study the role of the brain in psychological processes use the

(p. 10-11)

- A. neuroscience perspective.
- B. psychoanalytic approach.
- C. humanistic viewpoint.
- D. sociocultural viewpoint.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #73

Style: Factual

74. Which of the following topics would be studied by a neuroscientist?

(p. 11)

- A. correlations between behavior and weather patterns
- B. comparisons of scores on test of psychometrics
- C. the role of hormones in the regulation of behavior
- D. how the formation of gender identity differs between cultures

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #74

Style: Applied

75. Who was the first to publish a description of the cells of the brain, now called neurons?

(p. 10-11)

- A. Charles Darwin
- B. Santiago Ramón y Cajal
- C. Albert Bandura
- D. Margaret Floy Washburn

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #75

76. If you are interested in understanding the structures of the brain that influence emotion, reasoning, speech, and other psychological processes, then you are interested in studying psychology from the _____ perspective.

(p. 10-11)

- A. cognitive
- B. evolutionary
- C. neuroscience
- D. sociocultural

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #76

Style: Factual

77. You are told that Dr. Doe researches the behavior patterns of a group of French descendants who live near the mouth of the Mississippi River. Dr. Doe is most likely a

(p. 13-14)

- A. humanistic psychologist.
- B. biological psychologist.
- C. cognitive psychologist.
- D. sociocultural psychologist.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #77

Style: Applied

78. A person can only be understood by studying the beliefs and the values of the community in which the person has lived. This statement best exemplifies the

(p. 14)

- A. behavioral approach.
- B. sociocultural approach.
- C. humanistic approach.
- D. social learning approach.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #76

Style: Conceptua

79. One of the values promoted by sociocultural psychologists is the belief that

(p. 14)

- A. genetics is more powerful than we think.
- B. social roles help people know how to relate to each other more effectively.
- C. might makes right.
- D. different is OK.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #79

Style: Conceptua

80. The basic foundation of the sociocultural approach is that our personalities, beliefs, attitudes, and skills are

(p. 14)

- A. imprinted at birth.
- B. preprogrammed at conception.
- C. innate from birth.
- D. learned from others.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #80

Style: Factual

81. The _____ perspective had its greatest influences from social anthropology.

(p. 14)

- A. sociocultural
- B. neo-behavioristic
- C. psychoanalytic
- D. neuroscience

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #81

Style: Factual

82. Sociocultural psychologists suggest that differences between cultural groups

(p. 14-15)

- A. need to be reduced so we can have better understanding of the individual.
- B. are smaller than differences between individuals within a given group.
- C. arise from biological differences associated with racial genetics.
- D. are much greater than differences between individuals within the group.

Book: Lahey

Difficulty: Medium

83. The _____ perspective suggests that to understand someone, we must understand both their beliefs, attitudes, and skills learned from others as well as we must understand their culture, ethnic identity, and gender identity.

(p. 14)

- A. evolutionary
- B. neuroscience
- C. psychoanalytical
- D. sociocultural

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #83

Style: Factua

84. Cultural relativity suggests that we should view other cultures as _____ to our culture.

(p. 15)

- A. inferior
- B. unrelated
- C. superior
- D. different

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #84

Style: Factua

85. Why did women participate less in the development of psychology than men?

(p. 15)

- A. Sexual discrimination prevented women from contributing to psychology.
- B. Women were not allowed to attend universities at the time psychology was founded.
- C. Psychology did not intend to address women's issues, so women were not included.
- D. Because politicians at the time would not let women study any of the sciences.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #85

Style: Conceptual

86. What is the current enrollment pattern for men and women interested in graduate education in psychology?

(p. 16)

- A. Men outnumber women.
- B. Women outnumber men.
- C. Women and men are of equal number.
- D. No one knows graduate education enrollments.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #86

Style: Factual

87. Why does the sociocultural perspective promote cultural relativity?

(p. 15)

- A. to promote ethnic identity
- B. to promote ethnic cleansing
- C. to discourage passing judgment on other cultures
- D. to discourage the recognition of ethnic differences

Book: Lahey

Difficulty: Medium

88. Persons born into different cultures

(p. 15)

- A. have very similar values as children.
- B. are taught very different values from birth.
- C. are quite different from other persons in their own culture in terms of habits and beliefs.
- D. cannot and should not be thought of as having different worldviews.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #88

Style: Factual

89. One reason that men greatly outnumbered women in the early history of psychology was that

(p. 16)

- A. the early topics in psychology were of interest only to men.
- B. women could work only when they had supplemental income.
- C. most women in psychology went into teaching.
- D. institutions discriminated against women.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #89

Style: Conceptual

90. What did Christine Ladd-Franklin and Mary Calkins have in common?

(p. 15-16)

- A. They completed a doctoral program in psychology, but never received a doctoral degree.
- B. They challenged the assumption that mental events cannot be scientifically investigated.
- C. They developed psychoanalytic theories that led to major changes in the treatment of mental illness.
- D. They were the first two women to receive doctorate degrees in American psychology.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #90

Style: Conceptua

91. As psychology developed as a science in the late 19th century, the culture of this time

(p. 16)

- A. had no effect on its leadership.
- B. played only a minor role in the scientific studies.
- C. played a large role in the selection of white males as important theorists and researchers.
- D. prevented the contributions of European research from being given influence in the field.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #91

Style: Factua

92. Late 19th- and early 20th-century psychology

(p. 16)

- A. was free of racism/sexism because it was a science.
- B. became a science because it was free of cultural influences.
- C. was dominated by conflicting minority opinions of women.
- D. was dominated by white-male thinking and cultural conditioning.

Book: Lahey

Difficulty: Low

93. At the beginning of the 20th century, women who had successful careers in psychology

(p. 16)

- A. were not married.
- B. did not do research.
- C. worked alone.
- D. were therapists.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #93

Style: Factual

94. Mamie Phipps Clark and Kenneth Clark were African American psychologists who conducted research that

(p. 16)

- A. influenced a decision by the Supreme Court.
- B. supported the ideas of the structuralists.
- C. discouraged the use of hypnosis.
- D. led to the discovery of the neuron.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #94

Style: Factual

95. Who was the first African American to be elected president of the American Psychological Association?
(p. 16)

A. Mary Whiton Calkins

B. Kenneth Clark

C. Gilbert Jones

D. George Sanchez

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #95

Style: Factual

96. Choose the researchers who provided scientific evidence used by the U. S. Supreme Court to decide the *Brown v. Board of Education* ruling.
(p. 16)

A. Clark and Clark

B. Sanchez and Cajal

C. Calkins and Ebbinghaus

D. Prosser and Brown

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #96

Style: Factual

97. In the U. S. Supreme Court decision of *Brown v. Board of Education*, segregated school systems could no longer be considered

(p. 16)

- A. supported by vouchers.
- B. separate but equal.
- C. a work in progress.
- D. good enough for all.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #97

Style: Factual

98. Contemporary psychologists can be roughly divided into two groups:

(p. 17)

- A. cognitive and developmental.
- B. basic and applied.
- C. sociocultural and evolutionary.
- D. structuralists and functionalists.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #98

Style: Factual

99. A _____ psychologist is interested in changes that take place during the lifespan.

(p. 17)

- A. health
- B. social
- C. developmental
- D. cognitive

Book: Lahey

Difficulty: Low

100. Although related, school psychologists _____ and educational psychologists _____.

(p. 18)

- A. study the ways children learn; teach future teachers
- B. teach future teachers; consult about behavioral problems and test
- C. select which students will attend which school; teach future teachers.
- D. consult about behavioral problems and test; study the ways children learn

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #100

Style: Conceptual

101. There is a specialty in the basic experimental area of psychology that emphasizes reasoning, thinking, and the mental processes associated with perception, language, and problem solving. What is this area called?

(p. 17)

- A. sociocultural psychology
- B. neuroscience
- C. cognitive psychology
- D. social learning theory

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #101

Style: Conceptual

102. Studying the nervous system as a basis for understanding behavior is characteristic of

(p. 17)

- A. the structuralists.
- B. humanistic psychology.
- C. biological psychology.
- D. cognitive psychology.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #102

Style: Factual

103. Psychological research that focuses on uncovering new information without regard to the possible applications is called

(p. 17)

- A. basic research.
- B. spurious research.
- C. clinical research.
- D. unethical research.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #103

Style: Factual

104. Of the total number of psychologists, about one-fourth work in

(p. 17)

- A. basic areas.
- B. applied areas.
- C. clinical areas.
- D. counseling areas.

Book: Lahey

Difficulty: Medium

105. All of the following represent applied psychology EXCEPT

(p. 18)

- A. industrial/organizational psychology.
- B. health psychology.
- C. developmental psychology.
- D. clinical and counseling psychology.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #105

Style: Factual

106. Psychologists who are trained to test school children's abilities and consult with teachers
(p. 18) would best fit into the category of

- A. health psychology.
- B. basic research.
- C. developmental psychology.
- D. applied psychology.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #106

Style: Factual

107. Psychologists who do their work in industrial settings, medical centers, and school systems
(p. 18) often use psychological information obtained from

- A. basic research.
- B. introspection.
- C. counseling sessions.
- D. philosophers.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #107

Style: Applied

108. Therapists and psychological consultants are considered
(p. 18)

- A. applied psychologists.
- B. basic psychologists.
- C. research psychologists.
- D. experimental psychologists.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #108

Style: Factual

109. Job dissatisfaction would be a problem best dealt with by _____ psychologists.
(p. 18)

- A. applied
- B. developmental
- C. personality
- D. sociocultural

Book: Lahey

Difficulty: Medium

110. Which is the correct order of completion for a psychiatrist, from first to last?

(p. 18)

- A. complete medical school, internship in general medicine, residency in psychiatry
- B. internship in general medicine, residency in psychiatry, complete medical school
- C. residency in psychiatry, complete medical school, internship in general medicine
- D. internship in general medicine, complete medical school, residency in psychiatry

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #110

Style: Factual

111. Why can a psychiatrist prescribe drugs but a clinical psychologist cannot?

(p. 18)

- A. Because the psychiatrist was in school longer.
- B. Because the psychiatrist has received medical training.
- C. Because the clinical psychologist has not studied human behavior broadly enough.
- D. Because insurance companies will not let clinical psychologists prescribe drugs.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #111

Style: Conceptual

112. Which is the correct order of completion for a clinical psychologist, from first to last?

(p. 18-19)

- A. completed an internship, attended graduate school, obtained doctorate
- B. completed an internship, obtained doctorate, attended graduate school
- C. attended graduate school, obtained doctorate, completed an internship
- D. obtained doctorate, completed an internship, attended graduate school

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #112

Style: Factual

113. In general, a clinical psychologist would hold a(n) _____ degree.

(p. 18)

- A. M.D.
- B. Ph.D.
- C. B.A.
- D. M.S.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #113

Style: Factual

114. What is the major difference between psychologists and psychiatrists?

(p. 18)

- A. Psychologists treat more severe mental problems.
- B. Psychiatrists are medical doctors.
- C. Psychologists have a terminal degree.
- D. Psychiatrists do not use drug treatments.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #114

115. Dr. Ramirez often prescribes drugs to help relieve clients' depression. Choose the credentials
(p. 18) Dr. Ramirez must have to legally treat patients.

- A. a psychiatrist with an M.D.
- B. a clinician with a Psy.D.
- C. a therapist with an M.S.
- D. a clinician with a Ph.D.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #115

Style: Applied

116. The practice of psychiatry is most like the psychological specialty of
(p. 18-19)

- A. experimental psychology.
- B. developmental psychology.
- C. biological psychology.
- D. clinical psychology.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #116

Style: Conceptual

117. The Psy.D. degree stands for

(p. 18-19)

- A. doctor of philosophy.
- B. doctor of psychiatry.
- C. doctor of psychology.
- D. clinical psychologist.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #117

Style: Factual

118. What do we know to be true about human behavior?

(p. 21)

- A. Humans are social animals.
- B. People do not have free will.
- C. It can only be understood by psychologists.
- D. Most human traits are innate.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #118

Style: Factual

119. Because humans work to feed, shelter, and clothe themselves, we know that human behavior is

(p. 21)

- A. motivated.
- B. maladaptive.
- C. selfish.
- D. simplistic.

Book: Lahey

Difficulty: Low

120. Most psychologists agree that biology

(p. 20)

- A. is the only influence of human behavior.
- B. influences everyone equally.
- C. influences human behavior.
- D. does not influence human behavior.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #120

Style: Factual

121. Most psychologists agree that people can only be understood by

(p. 21)

- A. recognizing sociocultural influences.
- B. looking at brain differences.
- C. comparing human behavior to animal behavior.
- D. using formal experimentation.

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #121

Style: Factual

122. "We passively let experiences teach us about the world and we let experiences mold our personalities." Which of the following is true regarding this statement?
(p. 21)

- A. The statement was made by a humanistic psychologist.
- B. The statement was made by a social learning theorist.
- C. The statement was made by a Gestalt psychologist.
- D. Most psychologists would reject this statement.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #122

Style: Conceptua

123. Plato, a student of Aristotle, believed that to understand we need to observe.
(p. 2)

FALSE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #123

Style: Factua

124. Psychology is a science because the government classifies it as a science.
(p. 2)

FALSE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #124

Style: Factua

125. The ultimate goal of psychology is influence.
(p. 3)

TRUE

Book: Lahey

Difficulty: Medium

126. All psychologists use the scientific method to study behavior.

(p. 3)

TRUE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #126

Style: Factual

127. Theories are scientific truths.

(p. 3)

FALSE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #127

Style: Factual

128. Understanding is one of the goals of psychology.

(p. 3)

TRUE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #128

Style: Factual

129. Structuralism is an influential viewpoint in contemporary psychology.

(p. 5)

FALSE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #129

Style: Conceptual

130. William James believed that introspection was the key to understanding the basic elements of consciousness.
(p. 6)

FALSE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #130

Style: Factual

131. Gestalt psychologists did not believe human consciousness could be meaningfully broken down into raw elements.
(p. 6)

TRUE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #131

Style: Factual

132. The work of William James and John B. Watson is sometimes known as 'mental chemistry.'
(p. 6-9)

FALSE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #132

Style: Factual

133. Psychometrics is considered an important and practical viewpoint in modern psychology.
(p. 10)

TRUE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #133

Style: Factual

134. Hermann Ebbinghaus developed a memory testing strategy that involved nonsense syllables.

(p. 7)

TRUE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #134

Style: Factual

135. Alfred Binet's work in psychometrics was initiated by a request from the London Ministry of Education.

(p. 10)

FALSE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #135

Style: Factual

136. In contemporary psychology, behaviorism is no longer considered a distinct school of thought.

(p. 8-9)

FALSE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #136

Style: Factual

137. As a viewpoint, social learning theory has been replaced by the cognitive perspective.

(p. 7-8)

FALSE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #137

Style: Conceptual

138. Social learning theory suggests that behaviors are learned from others in society.

(p. 8)

TRUE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #138

Style: Factual

139. Neuroscientists are coming very close to understanding the connection between brain and

(p. 10-11) behavior.

FALSE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #139

Style: Factual

140. Ramón y Cajal is credited with the first published description of neurons.

(p. 10)

TRUE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #140

Style: Factual

141. Humanists believe that people cannot change their own fate through conscious decisions.

(p. 10)

FALSE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #141

Style: Factual

142. Sigmund Freud believed that conscious mental processes were of trivial importance.

(p. 9)

TRUE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #142

Style: Factual

143. The sociocultural perspective is a relatively new viewpoint in psychology.

(p. 14)

TRUE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #143

Style: Factual

144. Christine Ladd-Franklin was the first woman to be granted a Ph.D. in psychology.

(p. 16)

FALSE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #144

Style: Factual

145. The sociocultural perspective in psychology emerged from another discipline, criminal justice.

(p. 14)

FALSE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #145

Style: Factual

146. Applied psychologists conduct research in the basic areas of psychology, such as emotion, thinking, and learning.
(p. 18)

FALSE

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #146

Style: Factual

147. Psychiatrists must complete medical school
(p. 18)

TRUE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #147

Style: Factual

148. Human lives are a continuous process of change.
(p. 21)

TRUE

Book: Lahey

Difficulty: Low

Lahey - Chapter 01 #148

Style: Factual

Chapter 1 Summary

<u>Category</u>	<u># of Questions</u>
Book: Lahey	148
Difficulty: Easy	1
Difficulty: Hard	3
Difficulty: High	2
Difficulty: Low	63
Difficulty: Medium	79
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Style: Applied	10
Style: Conceptual	36
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Chapter 1

Student: _____

1. The earliest origins of psychology come from:
 - A. biology.
 - B. psychiatry.
 - C. philosophy.
 - D. sociology.

2. The word "psyche" refers to:
 - A. the essence of life.
 - B. the study of life.
 - C. thinking.
 - D. feelings.

3. _____ is at the heart of the scientific method in all sciences.
 - A. Speculation
 - B. Observation
 - C. Experimentation
 - D. Reasoning

4. Whereas _____ believed that one could fully understand anything simply by thinking about it, _____ believed that one must also observe the thing being studied.
- A. Aristotle; Plato
 - B. Plato; Aristotle
 - C. Wundt; Aristotle
 - D. Plato; Wundt
5. Psychology is defined as the science of:
- A. human behavior.
 - B. learning and motivation.
 - C. feelings.
 - D. behavior and mental processes.
6. The field of psychology includes the study of:
- A. most aspects of human behavior, but not mental processes.
 - B. most aspects of mental processes, but not human behavior.
 - C. some aspects of human behavior and mental processes.
 - D. all aspects of human behavior and mental processes.
7. Psychologists use scientific methods to study:
- A. behavior and mental processes.
 - B. behavioral disorders.
 - C. unconscious mental processes.
 - D. the meaning of dreams.

8. What does the science of psychology share with all other sciences?

- A. laboratory space
- B. a common interest in human thought and behavior
- C. an emphasis on careful, controlled observation
- D. a belief in the power of suggestion

9. Behavior is _____; mental processes are _____.

- A. private; personal
- B. personal; observable
- C. personal; private
- D. observable; private

10. According to the definition of psychology, which of the following is **NOT** a behavior?

- A. smiling at a newborn baby
- B. watching a flock of geese fly overhead
- C. sleeping through a lecture
- D. being overweight

11. According to the definition of psychology, which of the following is **NOT** a behavior?

- A. asking for help on a test
- B. helping a stranger in need
- C. feeling nervous at a party
- D. earning \$10 for completing chores

12. According to the definition of psychology, which of the following is a mental process?

- A. swimming
- B. remembering
- C. walking
- D. playing the piano

13. According to the definition of psychology, which of the following is **NOT** a mental process?

- A. getting angry with your psychology instructor's grading policy
- B. writing down the answer to a long division problem
- C. wanting to kiss the person sitting next to you
- D. deciding to ask your boss for a raise

14. Of the following, which is **NOT** one of the goals of psychology?

- A. prediction
- B. description
- C. prevention
- D. influence

15. Which of the following encompasses the four goals of psychology?

- A. speculate, analyze, hypothesize, explain
- B. observe, analyze, experiment, explain
- C. observe, describe, understand, prevent
- D. describe, predict, understand, influence

16. Classifying patterns of abnormal behavior fulfills the goal of:

- A. influence.
- B. prediction.
- C. understanding.
- D. description.

17. Forecasting the likelihood of adolescent chemical dependency following childhood sexual abuse fulfills the goal of:

- A. description.
- B. understanding.
- C. prediction.
- D. influence.

18. Theorizing about the causes of social phobia fulfills the goal of:

- A. description.
- B. understanding.
- C. influence.
- D. explanation.

19. Implementing an educational program to curb teenage pregnancy fulfills the goal of:

- A. influence.
- B. prediction.
- C. understanding.
- D. description.

20. Because research has suggested that sleep deprivation improves some symptoms of depression, you begin to use sleep deprivation as an alternative treatment with your depressed clients. Which goal of psychology are you fulfilling?

- A. prediction
- B. influence
- C. description
- D. understanding

21. A campus counseling center is interviewing college students to determine drinking habits during sporting events. This best fits with which goal of psychology?

- A. describing
- B. predicting
- C. understanding
- D. influencing

22. Wilhelm Wundt is famous for:

- A. establishing the first mental health clinic.
- B. teaching the first psychology course at a U.S. college.
- C. establishing the first psychology laboratory.
- D. publishing an early influential psychology textbook.

23. You place a raisin on your tongue and report the following: "Rough, sweet, and grainy." You are using a method called

- A. introspection.
- B. exploration.
- C. functionalism.
- D. structuralism.

24. A researcher blindfolds you and gently rubs a feather across your forearm. You report the following: "Billowy, soft, tickling." You are using a research method associated with

- A. functionalism.
- B. psychoanalysis.
- C. structuralism.
- D. behaviorism.

25. Which approach uses introspection as a method of investigation?

- A. behaviorism
- B. Gestalt psychology
- C. functionalism
- D. structuralism

26. Wundt and Titchener first identified a viewpoint known as "structuralism," which is primarily concerned with the basic elements of:

- A. unconscious experience.
- B. conscious experience.
- C. introspective experience.
- D. retrospective experience.

27. The method of looking inward at the contents of one's conscious experience as accurately and unemotionally as possible is referred to as:

- A. circumspection.
- B. introspection.
- C. introversion.
- D. extroversion.

28. The viewpoint known as structuralism maintains that:

- A. in order to understand the whole, you must study the basic elements.
- B. you miss the big picture if you become preoccupied with the pieces.
- C. measurement is the key to understanding.
- D. the processes of human consciousness serve survival functions.

29. When the skin is stimulated with intense heat, both the cold and warm receptors are stimulated. Which psychologist is credited with this discovery?
- A. Max Wertheimer
 - B. J. Henry Alston
 - C. William James
 - D. Mary Whiton Calkins
30. J. Henry Alston was the first African American psychologist to be published in a journal of the American Psychological Association. This was an important contribution because:
- A. the journal was in its first year of circulation.
 - B. the Supreme Court had recently ruled that such publications were considered "separate but equal."
 - C. this was J. Henry Alston's first major contribution to the academic community.
 - D. white males had typically dominated the field of psychology.
31. In Gestalt psychology, the phi phenomenon demonstrated that:
- A. forgetting is very rapid at first but proceeds slowly thereafter.
 - B. both warm and cold receptors are stimulated with intense heat.
 - C. intelligence is largely an inherited trait.
 - D. the whole is different from the sum of its parts.

32. A gestalt is a:

- A. basic component.
- B. unified whole.
- C. conditioned association.
- D. purposeful behavior.

33. If two lights are presented in rapid sequence, we perceive movement. This perceptual process is referred to as the:

- A. learning curve.
- B. phi phenomenon.
- C. paired associates method.
- D. psychometric approach.

34. Gestalt psychologists pointed out that:

- A. in order to understand the whole, you must study the basic elements.
- B. you miss the big picture if you become preoccupied with the pieces.
- C. measurement is the key to understanding.
- D. human beings have evolved through the process of adaptation.

35. Which of the following psychologists would have agreed that human behavior is the result of natural selection?

- A. J. Henry Alston
- B. Edward Titchener
- C. William James
- D. Hermann Ebbinghaus

36. Functionalism emerged from the work of:

- A. Edward Titchener.
- B. Hermann Ebbinghaus.
- C. Max Wertheimer.
- D. William James.

37. Functionalists are most interested in:

- A. the basic elements of conscious experience.
- B. memory.
- C. the purpose of consciousness.
- D. the mind as a unified whole.

38. According to William James, functionalism was a unique school of thought because of the focus on:
- A. the structure of the mind, rather than the function of the mind.
 - B. the biology of the brain.
 - C. the subconscious experience.
 - D. human consciousness as it helps us survive as a species.
39. Professor Greta is a psychologist who takes a functionalist approach. Which of the following topics would be **LEAST** interesting to her?
- A. habits such as smoking
 - B. raw sensations experienced when one drinks coffee
 - C. beliefs about parenting
 - D. emotions experienced when one is in a new situation
40. James criticized the structuralist approach, stating that it:
- A. reduces mental activity into trivially small pieces.
 - B. fails to consider mental activity altogether.
 - C. implies that behaviors evolve as species evolve.
 - D. does not use systematic observation.

41. Which statement is **MOST** relevant to Ebbinghaus' research?

- A. It feels so good.
- B. He who tries, gets.
- C. The more, the merrier.
- D. I can't remember.

42. Who did Ebbinghaus use as his experimental subject(s)?

- A. his students
- B. members of his nearby community
- C. only himself
- D. children between the ages of 8 and 12

43. What did Ebbinghaus conclude about memory?

- A. Forgetting is slow at first and then proceeds rapidly thereafter.
- B. Forgetting is rapid at first and then proceeds slowly thereafter.
- C. Forgetting is rapid at first and then ceases.
- D. Forgetting is constant and slow.

44. The "paired associates" method for studying memory was developed by:

- A. Hermann Ebbinghaus.
- B. Mary Whiton Calkins.
- C. Alfred Binet.
- D. Margaret Floy Washburn.

45. Of the following, Mary Whiton Calkins would have been most interested in people's memory of:

- A. the colors in the rainbow.
- B. nonsense syllables.
- C. strings of numbers.
- D. their friends' birthdates.

46. Contemporary _____ psychology can be thought of as a modern version of functionalism.

- A. cognitive
- B. psychoanalytic
- C. Gestalt
- D. social

47. Cognition refers to:

- A. memory only.
- B. thinking only.
- C. perceiving only.
- D. all intellectual processes.

48. A cognitive psychologist studies:

- A. unconscious motives.
- B. the measurement of traits.
- C. the impact of culture.
- D. thinking.

49. A _____ psychologist specializes in the study of thought processes.

- A. behavioral
- B. humanistic
- C. cognitive
- D. sociocultural

50. Dr. Vance tests young children's abilities to comprehend abstract metaphors. Dr. Vance is probably a:

- A. psychoanalyst.
- B. behaviorist.
- C. cognitive psychologist.
- D. humanistic psychologist.

51. Behaviorists reformed earlier approaches to psychology by suggesting that psychology:

- A. focus on observable behavior.
- B. study unconscious processes through dreams.
- C. use more rigorous methods of introspection.
- D. study only memory and perception.

52. Ivan Pavlov was a pioneer in the study of:

- A. memory.
- B. psychometrics.
- C. introspection.
- D. learning.

53. Ivan Pavlov studied _____ before he identified the process of conditioning.

- A. private mental processes
- B. intelligence
- C. memory
- D. digestion

54. Ivan Pavlov first discovered conditioning when he:

- A. found that intense heat is perceived when both the warm and cold receptors in the skin are stimulated.
- B. realized that he could not remember nonsense syllables for extended periods of time.
- C. recognized that his dogs salivated when they simply saw food being brought to them.
- D. saw that people learn the most important aspects of their behavior from other people.

55. Ivan Pavlov would have been most interested in:

- A. dogs' ability to remember the sight of their owners.
- B. children's fear responses at the sight of a needle.
- C. the feelings people experience when they are falling.
- D. people's ability to learn from watching others do a task.

56. J. B. Watson was **MOST** impressed by the scientific approach of:

- A. Edward Titchener.
- B. Ivan Pavlov.
- C. William James.
- D. Wilhelm Wundt.

57. _____ is associated with the behavioral perspective.

- A. Max Wertheimer
- B. Margaret Floy Washburn
- C. Abraham Maslow
- D. J. Henry Alston

58. Who was a leading proponent of strict behaviorism in the United States until his/her death in 1990?

- A. Carl Rogers
- B. B. F. Skinner
- C. Ivan Pavlov
- D. Albert Bandura

59. Who is a leading spokesperson for social learning theory?

- A. Carl Rogers
- B. B. F. Skinner
- C. Ivan Pavlov
- D. Albert Bandura

60. The viewpoint that the most important aspects of human behavior develop by observing friends, family, and culture is referred to as:

- A. humanistic psychology.
- B. psychoanalytic perspective.
- C. functionalism.
- D. social learning theory.

61. Which perspective is most closely associated with social learning theory?

- A. cognitive psychology
- B. neuroscience
- C. behaviorism
- D. humanistic psychology

62. Dr. Keppler studies how exposure to violence affects the aggressive behavior of young children. Dr. Keppler would most likely be described as a _____ theorist.

- A. psychoanalytic
- B. behavioral
- C. social learning
- D. humanistic

63. Over the past 20 years, the influence of the strict behavioral approach on contemporary psychology _____, and the influence of the social learning viewpoint _____.
- A. has increased; has declined
 - B. is strong; has increased
 - C. has declined; has also declined
 - D. has declined; is strong
64. For Sigmund Freud, _____ were the most important determinants of human behavior.
- A. rewards and punishments
 - B. conscious thoughts
 - C. hereditary factors
 - D. unconscious motives
65. Which theoretician was responsible for caring for patients with serious psychological problems?
- A. J. B. Watson
 - B. Sigmund Freud
 - C. Alfred Binet
 - D. Margaret Floy Washburn
66. A major tenet of the psychoanalytic perspective is the concept of:
- A. the self-concept.
 - B. free will.
 - C. the unconscious mind.
 - D. human potential.

67. In treating the psychologically disturbed, Freud believed he could help people by:

- A. uncovering and confronting hidden conflicts.
- B. rewarding healthy behaviors and punishing unhealthy behaviors.
- C. modeling appropriate behaviors.
- D. helping them change their environment.

68. In terms of history, which psychological perspective came first?

- A. humanistic psychology
- B. cognitive psychology
- C. psychoanalytic psychology
- D. social learning theory

69. Which perspective arose in the late 1950s and reached its peak popularity through the 1960s?

- A. the behavioral perspective
- B. the psychoanalytic perspective
- C. the cognitive perspective
- D. the humanistic perspective

70. _____ is associated with the humanistic perspective.

- A. B. F. Skinner
- B. Max Wertheimer
- C. Carl Rogers
- D. Albert Bandura

71. In which school of psychology is "self-concept" a key element?

- A. psychoanalytic
- B. behavioral
- C. cognitive
- D. humanistic

72. According to the humanistic approach, a person's behavior is determined by:

- A. rewards and punishments.
- B. cognitive processes such as memory and thinking.
- C. unconscious instincts.
- D. conscious decisions.

73. A humanistic psychologist would be **MOST** interested in:

- A. explaining behavior by breaking it down into its simplest parts.
- B. conducting experiments to understand how the brain directs behavior.
- C. explaining how unconscious motives influence behavior.
- D. understanding how the unconscious mind can defeat efforts to make good decisions.

74. Humanists reject Freudian psychoanalysis because Freud:

- A. did not use rigorous scientific methods.
- B. was preoccupied with the sexual instinct.
- C. believed that conscious processes were unimportant.
- D. agreed with the tenets of social learning theorists.

75. A psychologist following the humanistic perspective would be most interested in how:

- A. children learn about relationships by observing their parents' interactions.
- B. believing that one is unattractive leads a person to interact little with the public.
- C. drugs affect one's capability to accurately judge one's abilities.
- D. the same behavior is interpreted differently by people living in different cultures.

76. Alfred Binet studied:

- A. classical conditioning.
- B. intelligence.
- C. memory.
- D. dreams.

77. Alfred Binet was hired by the French Ministry of Education to develop an instrument to measure:

- A. memory.
- B. intelligence.
- C. visual acuity.
- D. hearing.

78. Alfred Binet's approach is known as:

- A. psychometrics.
- B. structuralism.
- C. cognitive psychology.
- D. Gestalt psychology.

79. Psychometrics focuses on:

- A. understanding memory.
- B. introspection.
- C. measuring mental functions.
- D. the importance of learning from experience.

80. Neurons were first identified by:

- A. Sigmund Freud.
- B. Santiago Ramon y Cajal.
- C. Alfred Binet.
- D. Hermann Ebbinghaus.

81. The _____ approach is concerned with the relationship between the structures of the brain and psychological processes.

- A. sociocultural
- B. behavioral
- C. neuroscientific
- D. humanistic

82. Which of the following perspectives is **MOST** involved with studying the effects of brain damage on behavior?

- A. behavioral
- B. sociocultural
- C. neuroscientific
- D. psychoanalytic

83. A psychologist is studying the effect of stroke in a particular area of the brain on reasoning ability. The psychologist **MOST** likely specializes in _____ psychology.

- A. social learning
- B. neuroscientific
- C. behavioral
- D. humanistic

84. Which of the following perspectives is **MOST** concerned with genetic influences on behavior?

- A. behavioral
- B. neuroscientific
- C. cognitive
- D. humanistic

85. A neuroscientist would be **MOST** interested in how _____ affects behavior.

- A. learning that occurs when we are very young
- B. culture, ethnicity, and gender
- C. genes, hormones, and brain chemistry
- D. environment

86. Which of the following is **NOT** a key concern of the sociocultural perspective?

- A. ethnicity
- B. intelligence
- C. gender
- D. culture

87. Which of the following is an example of a sociocultural variable?

- A. mental illness
- B. social class
- C. brain development
- D. language acquisition

88. One of the values promoted by the sociocultural perspective is the belief that:

- A. genes have a powerful influence over behavior.
- B. knowing one's social roles helps with effective communication.
- C. Western cultures are superior to Eastern cultures.
- D. we must think of different cultures in relative terms rather than in judgmental terms.

89. Which of the following statements is consistent with cultural relativity?

- A. "Culture A is superior to Culture B."
- B. "Culture A is inferior to Culture B."
- C. "Culture A is the same as Culture B."
- D. "Culture A is different from Culture B."

90. Which of the following statements most clearly illustrates the concept of cultural relativity?

- A. Men are better drivers than women.
- B. People who are over the age of 40 should not be allowed to have children.
- C. Modesty is displayed differently in different parts of the world.
- D. Compared to the United States, women in many other cultures are treated badly.

91. The sociocultural perspective has become important in recent years largely because:

- A. Eastern cultures are beginning to outnumber Western cultures.
- B. psychologists have been asked to advise companies who conduct international business.
- C. Western cultures are realizing that selfishness is causing moral decline.
- D. cross-cultural communications are influencing cultures to be more similar.

92. Christine Ladd-Franklin never received her doctorate degree at Johns Hopkins because:

- A. she left to get married.
- B. she was forced to stay home and raise children.
- C. the all-male institution would not grant her the degree.
- D. women were not allowed to conduct laboratory experiments.

93. In the history of psychology:

- A. schools discriminated against women and minority groups.
- B. single women were encouraged to enter the field.
- C. it is clear that women and minorities were treated better than they were in other sciences.
- D. there were no women or individuals of minority descent who established any notoriety.

94. If you were a female psychologist at the turn of the century, what could you most likely expect in your professional future?

- A. to be paid a salary equivalent to your male colleagues
- B. to be offered a teaching position in an all-male institution without prejudice
- C. to find that your professional career will end if you choose to marry and/or have a family
- D. to be awarded a doctoral degree with the same likelihood as your male peers

95. In the United States, who was the first African American woman to receive a Ph.D. in psychology?

- A. Inez Prosser
- B. Mamie Phipps Clarke
- C. Mary Whiton Calkins
- D. Christine Ladd-Franklin

96. Research done by _____ greatly influenced the *Brown v. Board of Education* decision in the U.S. Supreme Court.

- A. Ethel Puffer
- B. Gilbert Jones
- C. Mamie Phipps Clark and Kenneth Clark
- D. George Sanchez

97. Whose research focused on and discouraged cultural bias in educational testing?

- A. Santiago Ramon y Cajal
- B. J. B. Watson
- C. B. F. Skinner
- D. George Sanchez

98. Psychologists working in basic areas generally:

- A. do therapy.
- B. work in school systems and hospitals.
- C. conduct research.
- D. consult with industry.

99. Psychologists in the _____ areas tend to specialize in research on a single psychological process, whereas psychologists in _____ areas use knowledge of psychology to solve and prevent human problems.

- A. basic; applied
- B. basic; clinical
- C. applied; clinical
- D. cognitive; basic

100. Dr. Zimand is studying testosterone levels and aggression in adult males. It is likely that Dr. Zimand specializes in _____ psychology.

- A. clinical
- B. personality
- C. sociocultural
- D. biological

101. A psychologist is studying optical illusions to determine how they "trick" the brain. This psychologist most likely specializes in the area of:

- A. sensation and perception.
- B. biological psychology.
- C. learning and memory.
- D. personality.

102.Which of the following is a basic area in psychology?

- A. health psychology
- B. personality psychology
- C. school psychology
- D. industrial-organizational psychology

103.A psychologist who studies the changes that take place in people over the course of their life span most likely specializes in:

- A. biological psychology.
- B. cognitive psychology.
- C. social psychology.
- D. developmental psychology.

104.Dr. Willard has spent a lifetime studying how adults solve problems. It is likely that Dr. Willard specializes in _____ psychology.

- A. clinical
- B. cognitive
- C. biological
- D. health

105. In graduate school, you find yourself fascinated by group behavior. In particular, you think you'd like to study the influence of organized religion on community interaction. In which area of psychology should you specialize?

- A. developmental psychology
- B. motivation and emotion
- C. cognition
- D. social psychology

106. A psychologist who publishes an article titled "Individual differences in dishonest behavior" is most likely a _____ psychologist.

- A. personality
- B. sociocultural
- C. biological
- D. cognitive

107. A paper titled "The effect of peer group pressure on adolescent smoking" would most likely have been written by a _____ psychologist.

- A. clinical
- B. developmental
- C. social
- D. school

108. _____ psychologists try to understand, treat, and correct abnormal behavior.

- A. Industrial-organizational
- B. Educational
- C. Clinical
- D. Health

109. A psychologist is teaching stress-management skills to a group of corporate executives. Which subspecialty is the psychologist working in?

- A. educational psychology
- B. school psychology
- C. social psychology
- D. health psychology

110. Which of the following is **NOT** an applied area of psychology?

- A. health psychology
- B. educational psychology
- C. personality psychology
- D. industrial and organizational psychology

111. You have volunteered to participate in a study that will ask you questions about lifestyle habits, such as drinking, smoking, and engaging in high-risk sexual behavior. Which kind of psychologist is most likely conducting this study?

- A. health psychologist
- B. industrial-organizational psychologist
- C. educational psychologist
- D. social psychologist

112. Of the following, which best characterizes the relationship between psychiatry and psychology?

- A. Psychology is a branch of medicine, whereas psychiatry is academic.
- B. Psychiatry deals with abnormal behavior; psychology deals with normal behavior.
- C. Psychology and psychiatry are just two different words that mean the same thing.
- D. Psychiatry is a branch of medicine, whereas psychology is a broader field with many specialty areas.

113. The main difference between psychiatrists and clinical psychologists is that the psychiatrists:

- A. have extra training in research methods.
- B. earn M.D. degrees.
- C. are licensed to practice therapy.
- D. have Ph.D. degrees.

114. Of the following psychology professionals, who can write prescriptions for psychotropic medications in **ALL** states by virtue of his/her degree?

- A. a licensed psychiatric nurse
- B. a psychiatrist
- C. a clinical psychologist
- D. a health psychologist

115. If you go to medical school and decide to specialize in psychological disorders, you would be most likely to consider the practice of:

- A. health psychology.
- B. counseling psychology.
- C. psychiatry.
- D. clinical psychology.

116. The study of human behavior is based on the belief that human beings are _____ and also _____.

- A. unchanging; shaped primarily by factors separate from culture
- B. passionate creatures; are capable of harm
- C. similar; are uniquely individual
- D. similar; behave independent of motivation

117.Of the following statements, which is **NOT** a concept shared by psychologists?

- A. Human beings are biological creatures.
- B. Human lives are stable and unchanging.
- C. Humans are different, yet very much the same.
- D. Human behavior can be adaptive or maladaptive.

118.The needs for stimulation and companionship **BEST** support psychology's premise that

- A. human beings are biological creatures.
- B. people can be fully understood only in the context of their culture, ethnic identity, and gender identity
- C. human lives are different, yet much the same.
- D. behavior is motivated.

119.Plato received his training in philosophical methods from Aristotle.

True False

120.The ultimate goal of scientific observation is to control behavior.

True False

121.Developing a test to determine whether an employee will perform well in a specific job fulfills the psychological goal of influence.

True False

122. Wilhelm Wundt and William James developed the viewpoint known as structuralism.

True False

123. Functionalists were interested in how the mind adapts to an ever-changing environment.

True False

124. Most historians believe that William James deserves credit for developing the first psychology laboratory.

True False

125. Mary Whiton Calkins was a student of William James.

True False

126. In Ebbinghaus' experiments, more than half the information he learned was forgotten in the first 5 minutes.

True False

127. Cognitive psychology emphasizes the importance of perception, memory, and thinking.

True False

128. B. F. Skinner is credited with an expansion of behaviorism that included the study of cognition.

True False

129.Motives are internal states that activate behavior and give it direction.

True False

130.Humanistic psychologists believe that an inaccurate self-concept is associated with pushing negative information into the unconscious, which can cause anxiety.

True False

131.Mamie Phipps Clark, Kenneth Clark, George Sanchez, Inez Prosser, and Gilbert Jones were important figures in early psychology, paving the way for other women and individuals of minority descent in the years to follow.

True False

132.Counseling psychologists make up the largest group of applied psychologists.

True False

133.Educational psychologists are concerned with the construction of educational tests.

True False

134.If you want to educate people about the importance of managing stress, you might consider a career in health psychology.

True False

135.Contemporary psychology views behavior as motivated nearly entirely by biology rather than environment.

True False

136. Most psychologists believe that when it comes to human beings we are really very much the same and differences among individuals are unimportant.

True False

137. Private thoughts, feelings, emotions and motives are referred to as _____.

138. If you are attempting to help college students select a career, you are hoping to fulfill psychology's goal of _____.

139. In the school of structuralism, Edward Titchener's mentor was _____.

140. The first research article published by an African American in a journal of the American Psychological Association was written by _____.

141. _____ speculated that human functions, such as remembering and feeling, exist because they help us survive as a species.

142. Ebbinghaus was interested in the important mental process of _____.

143.If you present research subjects with a series of numbers paired with different colors, you are using the _____ method developed by Mary Whiton Calkins.

144._____ studied digestion in dogs prior to identifying the process he termed conditioning.

145.An outspoken advocate for behaviorism, _____ insisted that psychology should abandon the study of mental processes altogether.

146.The notion of the self-concept was particularly important to the psychological movement known as _____.

147.Humanists disagreed with Freud because Freud largely ignored _____ processes.

148.Psychologists who support the _____ perspective are interested in how characteristics, such as intelligence, are influenced by heredity.

149.The sociocultural perspective promotes _____, such that different cultures, ethnic groups, genders, and sexual orientations are viewed as simply different from one another.

150. _____ was the first African American to be elected president of the American Psychological Association.

151. The majority of applied psychologists specialize in _____ and health psychology.

152. _____ is a basic field of psychology that specializes in the influence of other people on our behavior and attitudes toward others.

153. A psychologist who publishes a paper entitled, "Low self-esteem and the unmotivated employee" probably specializes in _____ psychology.

154. Contemporary psychologists tend to agree that people play a(n) _____ role in creating their own experiences.

155. Discuss the earliest origins of psychology by comparing and contrasting the philosophical views of Plato and Aristotle.

156. Compare the research methods of Ebbinghaus with those of Calkins and highlight the important differences in their research methods.

157. Explain how the humanist perspective is similar to and different from the psychoanalytic perspective.

158. Choose two basic and two applied areas in psychology. Discuss the type of research or work psychologists do in each area.

159. Choose two of the following statements. For each statement you choose, explain its meaning and give an example that is relevant to psychology. (a) "People play an active part in creating their experiences." (b) "Each person is different, yet much the same." (c) "Humans are social animals."

Chapter 1 Key

1. The earliest origins of psychology come from:

(p. 1)

- A. biology.
- B. psychiatry.
- C. philosophy.
- D. sociology.

Book: Lahey
Difficulty: Easy
Lahey - Chapter 01 #1
Level: Factual

2. The word "psyche" refers to:

(p. 2)

- A. the essence of life.
- B. the study of life.
- C. thinking.
- D. feelings.

Book: Lahey
Difficulty: Easy
Lahey - Chapter 01 #2
Level: Factual

3. _____ is at the heart of the scientific method in all sciences.

(p. 2)

- A. Speculation
- B. Observation
- C. Experimentation
- D. Reasoning

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #3

Level: Factual

4. Whereas _____ believed that one could fully understand anything simply by thinking about it, _____ believed that one must also observe the thing being studied.

(p. 2)

- A. Aristotle; Plato
- B. Plato; Aristotle
- C. Wundt; Aristotle
- D. Plato; Wundt

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #4

Level: Factual

5. Psychology is defined as the science of:

(p. 2)

- A. human behavior.
- B. learning and motivation.
- C. feelings.
- D. behavior and mental processes.

Book: Lahey

Difficulty: Easy

6. The field of psychology includes the study of:

(p. 2)

- A. most aspects of human behavior, but not mental processes.
- B. most aspects of mental processes, but not human behavior.
- C. some aspects of human behavior and mental processes.
- D. all aspects of human behavior and mental processes.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #6

Level: Factual

7. Psychologists use scientific methods to study:

(p. 2)

- A. behavior and mental processes.
- B. behavioral disorders.
- C. unconscious mental processes.
- D. the meaning of dreams.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #7

Level: Factual

8. What does the science of psychology share with all other sciences?

(p. 2)

- A. laboratory space
- B. a common interest in human thought and behavior
- C. an emphasis on careful, controlled observation
- D. a belief in the power of suggestion

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #6

Level: Conceptual

9. Behavior is _____; mental processes are _____.

(p. 2)

- A. private; personal
- B. personal; observable
- C. personal; private
- D. observable; private

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #5

Level: Conceptual

10. According to the definition of psychology, which of the following is **NOT** a behavior?

(p. 2)

- A. smiling at a newborn baby
- B. watching a flock of geese fly overhead
- C. sleeping through a lecture
- D. being overweight

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #10

11. According to the definition of psychology, which of the following is **NOT** a behavior?

(p. 2)

- A. asking for help on a test
- B. helping a stranger in need
- C. feeling nervous at a party
- D. earning \$10 for completing chores

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #11

Level: Applied

12. According to the definition of psychology, which of the following is a mental process?

(p. 2)

- A. swimming
- B. remembering
- C. walking
- D. playing the piano

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #12

Level: Applied

13. According to the definition of psychology, which of the following is **NOT** a mental process?

(p. 2)

- A. getting angry with your psychology instructor's grading policy
- B. writing down the answer to a long division problem
- C. wanting to kiss the person sitting next to you
- D. deciding to ask your boss for a raise

Book: Lahey

14. Of the following, which is **NOT** one of the goals of psychology?

(p. 3)

- A. prediction
- B. description
- C. prevention
- D. influence

Book: Lahey
Difficulty: Easy
Lahey - Chapter 01 #14
Level: Factual

15. Which of the following encompasses the four goals of psychology?

(p. 3)

- A. speculate, analyze, hypothesize, explain
- B. observe, analyze, experiment, explain
- C. observe, describe, understand, prevent
- D. describe, predict, understand, influence

Book: Lahey
Difficulty: Easy
Lahey - Chapter 01 #15
Level: Factual

16. Classifying patterns of abnormal behavior fulfills the goal of:

(p. 3)

- A. influence.
- B. prediction.
- C. understanding.
- D. description.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #16

Level: Applied

17. Forecasting the likelihood of adolescent chemical dependency following childhood sexual abuse fulfills the goal of:

(p. 3)

- A. description.
- B. understanding.
- C. prediction.
- D. influence.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #17

Level: Applied

18. Theorizing about the causes of social phobia fulfills the goal of:

(p. 3)

- A. description.
- B. understanding.
- C. influence.
- D. explanation.

Book: Lahey

Difficulty: Medium

19. Implementing an educational program to curb teenage pregnancy fulfills the goal of:

(p. 3)

- A. influence.
- B. prediction.
- C. understanding.
- D. description.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #19

Level: Applied

20. Because research has suggested that sleep deprivation improves some symptoms of depression, you begin to use sleep deprivation as an alternative treatment with your depressed clients. Which goal of psychology are you fulfilling?

(p. 3)

- A. prediction
- B. influence
- C. description
- D. understanding

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #20

Level: Applied

21. A campus counseling center is interviewing college students to determine drinking habits during sporting events. This best fits with which goal of psychology?

(p. 3)

- A. describing
- B. predicting
- C. understanding
- D. influencing

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #21

Level: Applied

22. Wilhelm Wundt is famous for:

(p. 4)

- A. establishing the first mental health clinic.
- B. teaching the first psychology course at a U.S. college.
- C. establishing the first psychology laboratory.
- D. publishing an early influential psychology textbook.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #22

Level: Factual

23. You place a raisin on your tongue and report the following: "Rough, sweet, and grainy." You
(p. 5) are using a method called

- A. introspection.
- B. exploration.
- C. functionalism.
- D. structuralism.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #23

Level: Applied

24. A researcher blindfolds you and gently rubs a feather across your forearm. You report the
(p. 5) following: "Billowy, soft, tickling." You are using a research method associated with

- A. functionalism.
- B. psychoanalysis.
- C. structuralism.
- D. behaviorism.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #24

Level: Conceptual

25. Which approach uses introspection as a method of investigation?

(p. 5)

- A. behaviorism
- B. Gestalt psychology
- C. functionalism
- D. structuralism

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #25

Level: Factual

26. Wundt and Titchener first identified a viewpoint known as "structuralism," which is primarily concerned with the basic elements of:

(p. 5)

- A. unconscious experience.
- B. conscious experience.
- C. introspective experience.
- D. retrospective experience.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #26

Level: Factual

27. The method of looking inward at the contents of one's conscious experience as accurately and unemotionally as possible is referred to as:

(p. 5)

A. circumspection.

B. introspection.

C. introversion.

D. extroversion.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #27

Level: Factual

28. The viewpoint known as structuralism maintains that:

(p. 5)

A. in order to understand the whole, you must study the basic elements.

B. you miss the big picture if you become preoccupied with the pieces.

C. measurement is the key to understanding.

D. the processes of human consciousness serve survival functions.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #28

Level: Conceptual

29. When the skin is stimulated with intense heat, both the cold and warm receptors are stimulated. Which psychologist is credited with this discovery?
(p. 5)

- A. Max Wertheimer
- B. J. Henry Alston
- C. William James
- D. Mary Whiton Calkins

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #29

Level: Factual

30. J. Henry Alston was the first African American psychologist to be published in a journal of the American Psychological Association. This was an important contribution because:
(p. 5)

- A. the journal was in its first year of circulation.
- B. the Supreme Court had recently ruled that such publications were considered "separate but equal."
- C. this was J. Henry Alston's first major contribution to the academic community.
- D. white males had typically dominated the field of psychology.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #30

Level: Conceptual

31. In Gestalt psychology, the phi phenomenon demonstrated that:

(p. 6)

- A. forgetting is very rapid at first but proceeds slowly thereafter.
- B. both warm and cold receptors are stimulated with intense heat.
- C. intelligence is largely an inherited trait.
- D. the whole is different from the sum of its parts.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #31

Level: Conceptual

32. A gestalt is a:

(p. 6)

- A. basic component.
- B. unified whole.
- C. conditioned association.
- D. purposeful behavior.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #32

Level: Factual

33. If two lights are presented in rapid sequence, we perceive movement. This perceptual process is referred to as the:

(p. 6)

- A. learning curve.
- B. phi phenomenon.
- C. paired associates method.
- D. psychometric approach.

Book: Lahey

Difficulty: Medium

34. Gestalt psychologists pointed out that:

(p. 6)

- A. in order to understand the whole, you must study the basic elements.
- B. you miss the big picture if you become preoccupied with the pieces.
- C. measurement is the key to understanding.
- D. human beings have evolved through the process of adaptation.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #34

Level: Conceptual

35. Which of the following psychologists would have agreed that human behavior is the result of natural selection?

(p. 6)

- A. J. Henry Alston
- B. Edward Titchener
- C. William James
- D. Hermann Ebbinghaus

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #35

Level: Conceptual

36. Functionalism emerged from the work of:

(p. 6)

- A. Edward Titchener.
- B. Hermann Ebbinghaus.
- C. Max Wertheimer.
- D. William James.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #36

Level: Factual

37. Functionalists are most interested in:

(p. 6)

- A. the basic elements of conscious experience.
- B. memory.
- C. the purpose of consciousness.
- D. the mind as a unified whole.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #37

Level: Conceptual

38. According to William James, functionalism was a unique school of thought because of the focus on:

(p. 6)

- A. the structure of the mind, rather than the function of the mind.
- B. the biology of the brain.
- C. the subconscious experience.
- D. human consciousness as it helps us survive as a species.

Book: Lahey

Difficulty: Medium

39. Professor Greta is a psychologist who takes a functionalist approach. Which of the following topics would be **LEAST** interesting to her?

(p. 6)

- A. habits such as smoking
- B. raw sensations experienced when one drinks coffee
- C. beliefs about parenting
- D. emotions experienced when one is in a new situation

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #39

Level: Applied

40. James criticized the structuralist approach, stating that it:

(p. 6)

- A. reduces mental activity into trivially small pieces.
- B. fails to consider mental activity altogether.
- C. implies that behaviors evolve as species evolve.
- D. does not use systematic observation.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #40

Level: Conceptual

41. Which statement is **MOST** relevant to Ebbinghaus' research?

(p. 7)

- A. It feels so good.
- B. He who tries, gets.
- C. The more, the merrier.
- D. I can't remember.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #41

Level: Applied

42. Who did Ebbinghaus use as his experimental subject(s)?

(p. 7)

- A. his students
- B. members of his nearby community
- C. only himself
- D. children between the ages of 8 and 12

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #42

Level: Factual

43. What did Ebbinghaus conclude about memory?

(p. 7)

- A. Forgetting is slow at first and then proceeds rapidly thereafter.
- B. Forgetting is rapid at first and then proceeds slowly thereafter.
- C. Forgetting is rapid at first and then ceases.
- D. Forgetting is constant and slow.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #43

44. The "paired associates" method for studying memory was developed by:

(p. 8)

- A. Hermann Ebbinghaus.
- B. Mary Whiton Calkins.
- C. Alfred Binet.
- D. Margaret Floy Washburn.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #44

Level: Factua

45. Of the following, Mary Whiton Calkins would have been most interested in people's memory of:

(p. 8)

- A. the colors in the rainbow.
- B. nonsense syllables.
- C. strings of numbers.
- D. their friends' birthdates.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #45

Level: Conceptua

46. Contemporary _____ psychology can be thought of as a modern version of functionalism.
(p. 8)

- A. cognitive
- B. psychoanalytic
- C. Gestalt
- D. social

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #46

Level: Factual

47. Cognition refers to:
(p. 8)

- A. memory only.
- B. thinking only.
- C. perceiving only.
- D. all intellectual processes.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #47

Level: Factual

48. A cognitive psychologist studies:
(p. 8)

- A. unconscious motives.
- B. the measurement of traits.
- C. the impact of culture.
- D. thinking.

Book: Lahey

Difficulty: Easy

49. A _____ psychologist specializes in the study of thought processes.

(p. 8)

- A. behavioral
- B. humanistic
- C. cognitive
- D. sociocultural

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #49

Level: Conceptua

50. Dr. Vance tests young children's abilities to comprehend abstract metaphors. Dr. Vance is probably a:

(p. 8)

- A. psychoanalyst.
- B. behaviorist.
- C. cognitive psychologist.
- D. humanistic psychologist.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #50

Level: Applied

51. Behaviorists reformed earlier approaches to psychology by suggesting that psychology:

(p. 8)

- A. focus on observable behavior.
- B. study unconscious processes through dreams.
- C. use more rigorous methods of introspection.
- D. study only memory and perception.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #51

Level: Conceptua

52. Ivan Pavlov was a pioneer in the study of:

(p. 8)

- A. memory.
- B. psychometrics.
- C. introspection.
- D. learning.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #52

Level: Factua

53. Ivan Pavlov studied _____ before he identified the process of conditioning.

(p. 8)

- A. private mental processes
- B. intelligence
- C. memory
- D. digestion

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #53

54. Ivan Pavlov first discovered conditioning when he:

(p. 8)

- A. found that intense heat is perceived when both the warm and cold receptors in the skin are stimulated.
- B. realized that he could not remember nonsense syllables for extended periods of time.
- C. recognized that his dogs salivated when they simply saw food being brought to them.
- D. saw that people learn the most important aspects of their behavior from other people.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #54

Level: Factual

55. Ivan Pavlov would have been most interested in:

(p. 8)

- A. dogs' ability to remember the sight of their owners.
- B. children's fear responses at the sight of a needle.
- C. the feelings people experience when they are falling.
- D. people's ability to learn from watching others do a task.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #55

Level: Applied

56. J. B. Watson was **MOST** impressed by the scientific approach of:

(p. 9)

A. Edward Titchener.

B. Ivan Pavlov.

C. William James.

D. Wilhelm Wundt.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #56

Level: Factual

57. _____ is associated with the behavioral perspective.

(p. 9)

A. Max Wertheimer

B. Margaret Floy Washburn

C. Abraham Maslow

D. J. Henry Alston

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #57

Level: Factual

58. Who was a leading proponent of strict behaviorism in the United States until his/her death in 1990?

(p. 9)

A. Carl Rogers

B. B. F. Skinner

C. Ivan Pavlov

D. Albert Bandura

Book: Lahey

Difficulty: Easy

59. Who is a leading spokesperson for social learning theory?

(p. 9)

- A. Carl Rogers
- B. B. F. Skinner
- C. Ivan Pavlov
- D. Albert Bandura

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #59

Level: Factual

60. The viewpoint that the most important aspects of human behavior develop by observing friends, family, and culture is referred to as:

(p. 9)

- A. humanistic psychology.
- B. psychoanalytic perspective.
- C. functionalism.
- D. social learning theory.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #60

Level: Factual

61. Which perspective is most closely associated with social learning theory?

(p. 9)

- A. cognitive psychology
- B. neuroscience
- C. behaviorism
- D. humanistic psychology

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #61

Level: Conceptual

62. Dr. Keppler studies how exposure to violence affects the aggressive behavior of young children. Dr. Keppler would most likely be described as a _____ theorist.

(p. 9)

- A. psychoanalytic
- B. behavioral
- C. social learning
- D. humanistic

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #62

Level: Applied

63. Over the past 20 years, the influence of the strict behavioral approach on contemporary psychology _____, and the influence of the social learning viewpoint _____.

(p. 9)

- A. has increased; has declined
- B. is strong; has increased
- C. has declined; has also declined
- D. has declined; is strong

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #63

Level: Conceptua

64. For Sigmund Freud, _____ were the most important determinants of human behavior.

(p. 9)

- A. rewards and punishments
- B. conscious thoughts
- C. hereditary factors
- D. unconscious motives

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #64

Level: Conceptua

65. Which theoretician was responsible for caring for patients with serious psychological problems?
(p. 10)

- A. J. B. Watson
- B. Sigmund Freud
- C. Alfred Binet
- D. Margaret Floy Washburn

Book: Lahey
Difficulty: Easy
Lahey - Chapter 01 #65
Level: Factual

66. A major tenet of the psychoanalytic perspective is the concept of:
(p. 10)

- A. the self-concept.
- B. free will.
- C. the unconscious mind.
- D. human potential.

Book: Lahey
Difficulty: Easy
Lahey - Chapter 01 #66
Level: Factual

67. In treating the psychologically disturbed, Freud believed he could help people by:
(p. 10)

- A. uncovering and confronting hidden conflicts.
- B. rewarding healthy behaviors and punishing unhealthy behaviors.
- C. modeling appropriate behaviors.
- D. helping them change their environment.

Book: Lahey
Difficulty: Medium

68. In terms of history, which psychological perspective came first?

(p. 10)

- A. humanistic psychology
- B. cognitive psychology
- C. psychoanalytic psychology
- D. social learning theory

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #68

Level: Factual

69. Which perspective arose in the late 1950s and reached its peak popularity through the 1960s?

(p. 10)

- A. the behavioral perspective
- B. the psychoanalytic perspective
- C. the cognitive perspective
- D. the humanistic perspective

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #69

Level: Factual

70. _____ is associated with the humanistic perspective.

(p. 10)

- A. B. F. Skinner
- B. Max Wertheimer
- C. Carl Rogers
- D. Albert Bandura

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #70

Level: Factual

71. In which school of psychology is "self-concept" a key element?

(p. 10)

- A. psychoanalytic
- B. behavioral
- C. cognitive
- D. humanistic

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #71

Level: Factual

72. According to the humanistic approach, a person's behavior is determined by:

(p. 10)

- A. rewards and punishments.
- B. cognitive processes such as memory and thinking.
- C. unconscious instincts.
- D. conscious decisions.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #72

73. A humanistic psychologist would be **MOST** interested in:

(p. 10)

- A. explaining behavior by breaking it down into its simplest parts.
- B. conducting experiments to understand how the brain directs behavior.
- C. explaining how unconscious motives influence behavior.
- D. understanding how the unconscious mind can defeat efforts to make good decisions.

Book: Lahey

Difficulty: Haro

Lahey - Chapter 01 #73

Level: Conceptua

74. Humanists reject Freudian psychoanalysis because Freud:

(p. 10)

- A. did not use rigorous scientific methods.
- B. was preoccupied with the sexual instinct.
- C. believed that conscious processes were unimportant.
- D. agreed with the tenets of social learning theorists.

Book: Lahey

Difficulty: Haro

Lahey - Chapter 01 #74

Level: Conceptua

75. A psychologist following the humanistic perspective would be most interested in how:

(p. 10)

- A. children learn about relationships by observing their parents' interactions.
- B. believing that one is unattractive leads a person to interact little with the public.
- C. drugs affect one's capability to accurately judge one's abilities.
- D. the same behavior is interpreted differently by people living in different cultures.

Book: Lahey

76. Alfred Binet studied:

(p. 10)

- A. classical conditioning.
- B.** intelligence.
- C. memory.
- D. dreams.

Book: Lahey
Difficulty: Easy
Lahey - Chapter 01 #76
Level: Factual

77. Alfred Binet was hired by the French Ministry of Education to develop an instrument to measure:

(p. 10)

- A. memory.
- B.** intelligence.
- C. visual acuity.
- D. hearing.

Book: Lahey
Difficulty: Easy
Lahey - Chapter 01 #77
Level: Factual

78. Alfred Binet's approach is known as:

(p. 10)

- A. psychometrics.
- B. structuralism.
- C. cognitive psychology.
- D. Gestalt psychology.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #78

Level: Factual

79. Psychometrics focuses on:

(p. 10)

- A. understanding memory.
- B. introspection.
- C. measuring mental functions.
- D. the importance of learning from experience.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #79

Level: Factual

80. Neurons were first identified by:

(p. 10)

- A. Sigmund Freud.
- B. Santiago Ramon y Cajal.
- C. Alfred Binet.
- D. Hermann Ebbinghaus.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #80

81. The _____ approach is concerned with the relationship between the structures of the brain and psychological processes.
(p. 10)

- A. sociocultural
- B. behavioral
- C. neuroscientific
- D. humanistic

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #81

Level: Factual

82. Which of the following perspectives is **MOST** involved with studying the effects of brain damage on behavior?
(p. 10)

- A. behavioral
- B. sociocultural
- C. neuroscientific
- D. psychoanalytic

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #82

Level: Conceptual

83. A psychologist is studying the effect of stroke in a particular area of the brain on reasoning ability. The psychologist **MOST** likely specializes in _____ psychology.

(p. 13)

- A. social learning
- B. neuroscientific
- C. behavioral
- D. humanistic

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #83

Level: Applied

84. Which of the following perspectives is **MOST** concerned with genetic influences on behavior?

(p. 14)

- A. behavioral
- B. neuroscientific
- C. cognitive
- D. humanistic

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #84

Level: Conceptual

85. A neuroscientist would be **MOST** interested in how _____ affects behavior.

(p. 14)

- A. learning that occurs when we are very young
- B. culture, ethnicity, and gender
- C. genes, hormones, and brain chemistry
- D. environment

Book: Lahey

Difficulty: Hard

86. Which of the following is **NOT** a key concern of the sociocultural perspective?

(p. 14)

- A. ethnicity
- B.** intelligence
- C. gender
- D. culture

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #86

Level: Conceptua

87. Which of the following is an example of a sociocultural variable?

(p. 14)

- A. mental illness
- B.** social class
- C. brain development
- D. language acquisition

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #87

Level: Conceptua

88. One of the values promoted by the sociocultural perspective is the belief that:

(p. 14)

- A. genes have a powerful influence over behavior.
- B. knowing one's social roles helps with effective communication.
- C. Western cultures are superior to Eastern cultures.
- D. we must think of different cultures in relative terms rather than in judgmental terms.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #88

Level: Conceptual

89. Which of the following statements is consistent with cultural relativity?

(p. 15)

- A. "Culture A is superior to Culture B."
- B. "Culture A is inferior to Culture B."
- C. "Culture A is the same as Culture B."
- D. "Culture A is different from Culture B."

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #89

Level: Conceptual

90. Which of the following statements most clearly illustrates the concept of cultural relativity?

(p. 15)

- A. Men are better drivers than women.
- B. People who are over the age of 40 should not be allowed to have children.
- C. Modesty is displayed differently in different parts of the world.
- D. Compared to the United States, women in many other cultures are treated badly.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #90

91. The sociocultural perspective has become important in recent years largely because:

(p. 15)

- A. Eastern cultures are beginning to outnumber Western cultures.
- B. psychologists have been asked to advise companies who conduct international business.
- C. Western cultures are realizing that selfishness is causing moral decline.
- D. cross-cultural communications are influencing cultures to be more similar.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #91

Level: Conceptual

92. Christine Ladd-Franklin never received her doctorate degree at Johns Hopkins because:

(p. 15)

- A. she left to get married.
- B. she was forced to stay home and raise children.
- C. the all-male institution would not grant her the degree.
- D. women were not allowed to conduct laboratory experiments.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #92

Level: Factual

93. In the history of psychology:

(p. 16)

- A. schools discriminated against women and minority groups.
- B. single women were encouraged to enter the field.
- C. it is clear that women and minorities were treated better than they were in other sciences.
- D. there were no women or individuals of minority descent who established any notoriety.

Book: Lahey

94. If you were a female psychologist at the turn of the century, what could you most likely expect in your professional future?
(p. 16)

- A. to be paid a salary equivalent to your male colleagues
- B. to be offered a teaching position in an all-male institution without prejudice
- C. to find that your professional career will end if you choose to marry and/or have a family
- D. to be awarded a doctoral degree with the same likelihood as your male peers

95. In the United States, who was the first African American woman to receive a Ph.D. in psychology?
(p. 16)

- A. Inez Prosser
- B. Mamie Phipps Clarke
- C. Mary Whiton Calkins
- D. Christine Ladd-Franklin

96. Research done by _____ greatly influenced the *Brown v. Board of Education* decision
(p. 16) in the U.S. Supreme Court.

- A. Ethel Puffer
- B. Gilbert Jones
- C. Mamie Phipps Clark and Kenneth Clark
- D. George Sanchez

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #96

Level: Factua

97. Whose research focused on and discouraged cultural bias in educational testing?
(p. 16)

- A. Santiago Ramon y Cajal
- B. J. B. Watson
- C. B. F. Skinner
- D. George Sanchez

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #97

Level: Factua

98. Psychologists working in basic areas generally:
(p. 17)

- A. do therapy.
- B. work in school systems and hospitals.
- C. conduct research.
- D. consult with industry.

Book: Lahey

Difficulty: Easy

99. Psychologists in the _____ areas tend to specialize in research on a single psychological process, whereas psychologists in _____ areas use knowledge of psychology to solve and prevent human problems.

(p. 17)

- A. basic; applied
- B. basic; clinical
- C. applied; clinical
- D. cognitive; basic

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #99

Level: Factual

100. Dr. Zimand is studying testosterone levels and aggression in adult males. It is likely that Dr. Zimand specializes in _____ psychology.

(p. 17)

- A. clinical
- B. personality
- C. sociocultural
- D. biological

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #100

Level: Applied

101. A psychologist is studying optical illusions to determine how they "trick" the brain. This
(p. 17) psychologist most likely specializes in the area of:

- A. sensation and perception.
- B. biological psychology.
- C. learning and memory.
- D. personality.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #101

Level: Applied

102. Which of the following is a basic area in psychology?
(p. 17)

- A. health psychology
- B. personality psychology
- C. school psychology
- D. industrial-organizational psychology

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #102

Level: Factual

103. A psychologist who studies the changes that take place in people over the course of their life span most likely specializes in:

(p. 17)

- A. biological psychology.
- B. cognitive psychology.
- C. social psychology.
- D. developmental psychology.

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #103

Level: Factual

104. Dr. Willard has spent a lifetime studying how adults solve problems. It is likely that Dr. Willard specializes in _____ psychology.

(p. 17)

- A. clinical
- B. cognitive
- C. biological
- D. health

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #104

Level: Applied

105. In graduate school, you find yourself fascinated by group behavior. In particular, you think you'd like to study the influence of organized religion on community interaction. In which area of psychology should you specialize?

(p. 17)

- A. developmental psychology
- B. motivation and emotion
- C. cognition
- D. social psychology

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #105

Level: Applied

106. A psychologist who publishes an article titled "Individual differences in dishonest behavior" is most likely a _____ psychologist.

(p. 17)

- A. personality
- B. sociocultural
- C. biological
- D. cognitive

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #106

Level: Applied

107. A paper titled "The effect of peer group pressure on adolescent smoking" would most likely
(p. 18) have been written by a _____ psychologist.

- A. clinical
- B. developmental
- C. social
- D. school

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #107

Level: Applied

108. _____ psychologists try to understand, treat, and correct abnormal behavior.
(p. 18)

- A. Industrial-organizational
- B. Educational
- C. Clinical
- D. Health

Book: Lahey

Difficulty: Easy

Lahey - Chapter 01 #108

Level: Factual

109. A psychologist is teaching stress-management skills to a group of corporate executives. Which subspecialty is the psychologist working in?
(p. 18)

- A. educational psychology
- B. school psychology
- C. social psychology
- D. health psychology

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #109

Level: Applied

110. Which of the following is **NOT** an applied area of psychology?
(p. 18)

- A. health psychology
- B. educational psychology
- C. personality psychology
- D. industrial and organizational psychology

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #110

Level: Factual

111. You have volunteered to participate in a study that will ask you questions about lifestyle habits, such as drinking, smoking, and engaging in high-risk sexual behavior. Which kind of psychologist is most likely conducting this study?

(p. 18)

- A. health psychologist
- B. industrial-organizational psychologist
- C. educational psychologist
- D. social psychologist

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #111

Level: Applied

112. Of the following, which best characterizes the relationship between psychiatry and psychology?

(p. 18)

- A. Psychology is a branch of medicine, whereas psychiatry is academic.
- B. Psychiatry deals with abnormal behavior; psychology deals with normal behavior.
- C. Psychology and psychiatry are just two different words that mean the same thing.
- D. Psychiatry is a branch of medicine, whereas psychology is a broader field with many specialty areas.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #112

Level: Conceptual

113. The main difference between psychiatrists and clinical psychologists is that the psychiatrists:

(p. 18)

- A. have extra training in research methods.
- B. earn M.D. degrees.
- C. are licensed to practice therapy.
- D. have Ph.D. degrees.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #113

Level: Factual

114. Of the following psychology professionals, who can write prescriptions for psychotropic medications in **ALL** states by virtue of his/her degree?

(p. 18)

- A. a licensed psychiatric nurse
- B. a psychiatrist
- C. a clinical psychologist
- D. a health psychologist

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #114

Level: Factual

115. If you go to medical school and decide to specialize in psychological disorders, you would be most likely to consider the practice of:

(p. 18)

- A. health psychology.
- B. counseling psychology.
- C. psychiatry.
- D. clinical psychology.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #115

Level: Applied

116. The study of human behavior is based on the belief that human beings are _____ and also _____.

(p. 18)

- A. unchanging; shaped primarily by factors separate from culture
- B. passionate creatures; are capable of harm
- C. similar; are uniquely individual
- D. similar; behave independent of motivation

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #116

Level: Factual

117. Of the following statements, which is **NOT** a concept shared by psychologists?

(p. 18)

- A. Human beings are biological creatures.
- B. Human lives are stable and unchanging.
- C. Humans are different, yet very much the same.
- D. Human behavior can be adaptive or maladaptive.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #117

Level: Factual

118. The needs for stimulation and companionship **BEST** support psychology's premise that

(p. 18)

- A. human beings are biological creatures.
- B. people can be fully understood only in the context of their culture, ethnic identity, and gender identity
- C. human lives are different, yet much the same.
- D. behavior is motivated.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #118

Level: Conceptual

119. Plato received his training in philosophical methods from Aristotle.

(p. 2)

FALSE

Lahey - Chapter 01 #119

Level: Factual

120. The ultimate goal of scientific observation is to control behavior.

(p. 3)

FALSE

Lahey - Chapter 01 #120

Level: Factual

121. Developing a test to determine whether an employee will perform well in a specific job fulfills the psychological goal of influence.

(p. 3)

FALSE

Lahey - Chapter 01 #121

Level: Applied

122. Wilhelm Wundt and William James developed the viewpoint known as structuralism.

(p. 5)

FALSE

Lahey - Chapter 01 #122

Level: Factual

123. Functionalists were interested in how the mind adapts to an ever-changing environment.

(p. 6)

TRUE

Lahey - Chapter 01 #123

Level: Factual

124. Most historians believe that William James deserves credit for developing the first psychology laboratory.

(p. 6)

FALSE

Lahey - Chapter 01 #124

Level: Conceptual

125. Mary Whiton Calkins was a student of William James.

(p. 7)

TRUE

Lahey - Chapter 01 #125

Level: Factual

126. In Ebbinghaus' experiments, more than half the information he learned was forgotten in the first 5 minutes.

(p. 7)

FALSE

Lahey - Chapter 01 #126

Level: Factual

127. Cognitive psychology emphasizes the importance of perception, memory, and thinking.

(p. 8)

TRUE

Lahey - Chapter 01 #127

Level: Factual

128. B. F. Skinner is credited with an expansion of behaviorism that included the study of cognition.

(p. 9)

FALSE

Lahey - Chapter 01 #128

Level: Conceptual

129. Motives are internal states that activate behavior and give it direction.

(p. 9)

TRUE

Lahey - Chapter 01 #129

Level: Factual

130. Humanistic psychologists believe that an inaccurate self-concept is associated with pushing negative information into the unconscious, which can cause anxiety.
(p. 10)

TRUE

Lahey - Chapter 01 #130

Level: Applied

131. Mamie Phipps Clark, Kenneth Clark, George Sanchez, Inez Prosser, and Gilbert Jones were important figures in early psychology, paving the way for other women and individuals of minority descent in the years to follow.
(p. 16)

TRUE

Lahey - Chapter 01 #131

Level: Conceptual

132. Counseling psychologists make up the largest group of applied psychologists.
(p. 17)

FALSE

Lahey - Chapter 01 #132

Level: Factual

133. Educational psychologists are concerned with the construction of educational tests.
(p. 17)

TRUE

Lahey - Chapter 01 #133

Level: Factual

134. If you want to educate people about the importance of managing stress, you might consider a career in health psychology.
(p. 18)

TRUE

Lahey - Chapter 01 #134

135. Contemporary psychology views behavior as motivated nearly entirely by biology rather than environment.
(p. 18)

FALSE

Lahey - Chapter 01 #135

Level: Factual

136. Most psychologists believe that when it comes to human beings we are really very much the same and differences among individuals are unimportant.
(p. 18)

FALSE

Lahey - Chapter 01 #136

Level: Conceptual

137. Private thoughts, feelings, emotions and motives are referred to as _____.
(p. 2)

mental processes

Lahey - Chapter 01 #137

Level: Factual

138. If you are attempting to help college students select a career, you are hoping to fulfill psychology's goal of _____.
(p. 3)

influence

Lahey - Chapter 01 #138

Level: Applied

139. In the school of structuralism, Edward Titchener's mentor was _____.

(p. 5)

Wilhelm Wundt

Lahey - Chapter 01 #139

Level: Factual

140. The first research article published by an African American in a journal of the American Psychological Association was written by _____.

(p. 5)

J. Henry Alston

Lahey - Chapter 01 #140

Level: Factual

141. _____ speculated that human functions, such as remembering and feeling, exist because they help us survive as a species.

(p. 6)

William James

Lahey - Chapter 01 #141

Level: Factual

142. Ebbinghaus was interested in the important mental process of _____.

(p. 7)

memory

Lahey - Chapter 01 #142

Level: Factual

143. If you present research subjects with a series of numbers paired with different colors, you are using the _____ method developed by Mary Whiton Calkins.

(p. 8)

paired associates

Lahey - Chapter 01 #143

Level: Factual

144. _____ studied digestion in dogs prior to identifying the process he termed
(p. 8) conditioning.

Ivan Pavlov

Lahey - Chapter 01 #144

Level: Factual

145. An outspoken advocate for behaviorism, _____ insisted that psychology should
(p. 9) abandon the study of mental processes altogether.

J. B. Watson

Lahey - Chapter 01 #145

Level: Factual

146. The notion of the self-concept was particularly important to the psychological movement
(p. 10) known as _____.

humanistic psychology

Lahey - Chapter 01 #146

Level: Conceptual

147. Humanists disagreed with Freud because Freud largely ignored _____ processes.
(p. 10)

conscious

Lahey - Chapter 01 #147

Level: Factual

148. Psychologists who support the _____ perspective are interested in how characteristics, such as intelligence, are influenced by heredity.
(p. 10)

neuroscience

Lahey - Chapter 01 #148

Level: Applied

149. The sociocultural perspective promotes _____, such that different cultures, ethnic groups, genders, and sexual orientations are viewed as simply different from one another.
(p. 13)

cultural relativity

Lahey - Chapter 01 #149

Level: Factual

150. _____ was the first African American to be elected president of the American Psychological Association.
(p. 16)

Kenneth Clark

Lahey - Chapter 01 #150

Level: Factual

151. The majority of applied psychologists specialize in _____ and health psychology.
(p. 18)

clinical

Lahey - Chapter 01 #151

Level: Factual

152. _____ is a basic field of psychology that specializes in the influence of other people on our behavior and attitudes toward others.
(p. 18)

Social psychology

Lahey - Chapter 01 #152

153. A psychologist who publishes a paper entitled, "Low self-esteem and the unmotivated
(p. 18) employee" probably specializes in _____ psychology.

industrial and organizational

Lahey - Chapter 01 #153

Level: Applied

154. Contemporary psychologists tend to agree that people play a(n) _____ role in creating
(p. 18) their own experiences.

active

Lahey - Chapter 01 #154

Level: Applied

155. Discuss the earliest origins of psychology by comparing and contrasting the philosophical
(p. 2) views of Plato and Aristotle.

The earliest origins of psychology are in the writings of the ancient Greek philosophers and their writings about the nature of life. Both Plato and Aristotle were philosophers who were interested in the nature of the mind. Plato believed that one could achieve a full understanding of the mind (or anything else) if one thought hard enough about it. His student, Aristotle, took Plato's ideas a step farther. Rather than simply thinking about life, Aristotle emphasized interaction with it. He advocated that one must observe, touch, and listen in order to learn. Aristotle's emphasis on observation forms the basis of all modern sciences.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #155

156. Compare the research methods of Ebbinghaus with those of Calkins and highlight the important differences in their research methods.
(p. 7-8)

Ebbinghaus published a book in 1885 that described a series of studies spanning 6 years in which he himself served as the scientist and the sole subject. To determine memory capacity and decay, Ebbinghaus memorized extensive lists of nonsense syllables and then tested himself at progressively longer intervals to determine how many syllables he had retained. He found that forgetting is initially rapid, with most learning being forgotten within the first 20 minutes. It proceeded more slowly after that. It was Ebbinghaus' careful and detailed studies that set an example for how rigorous experiments could be to study consciousness. Mary Whiton Calkins was a student of William James. Calkins developed a different method of studying memory. She presented her subjects with a series of numbers, each paired with a different color. Later, she would show subjects the numbers and ask them to recall the corresponding color. Her technique is called the paired associates method and was used in memory research for almost 50 years.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #156

157. Explain how the humanist perspective is similar to and different from the psychoanalytic perspective.
(p. 10)

Both the humanist perspective and the psychoanalytic perspective focused on the role of the unconscious in psychological problems. However, whereas Freud believed that conscious mental processes were of trivial importance, humanists believed that people determined their own fate by making conscious decisions

Book: Lahey

Difficulty: Hard

158. Choose two basic and two applied areas in psychology. Discuss the type of research or work (p. 17-18) psychologists do in each area.

Students may choose from the following basic areas (answers will vary): biological psychology, sensation and perception, learning and memory, cognition, developmental psychology, motivation and emotion, personality, social psychology, and sociocultural psychology. *Students may choose from the following applied areas (answers will vary):* clinical psychology, counseling psychology, industrial and organizational psychology, educational and school psychology, and health psychology.

Book: Lahey

Difficulty: Medium

Lahey - Chapter 01 #156

159. Choose two of the following statements. For each statement you choose, explain its meaning and give an example that is relevant to psychology. (a) "People play an active part in creating their experiences." (b) "Each person is different, yet much the same." (c) "Humans are social animals."

Answers will vary in terms of the two statements chosen and the examples provided. (a) It is generally well accepted today that individuals actively seek out environments that contain particular experiences. Experience shapes us, but we play a role in the types of experiences we expose ourselves to. (b) Because all people are unique with respect to heredity (except identical twins) and experience, no two people are the same. However, all humans are similar in the capacities to think, feel, and remember, as well as many other important human qualities. (c) People gather in social groups, and this fact has enabled the human species to survive and create modern civilization. Social groups can accomplish things that individuals cannot, and most people actively seek social support and personal relationships.

Book: Lahey

Difficulty: Hard

Lahey - Chapter 01 #159

Chapter 1 Summary

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