

1. The paradox of progress in the textbook refers to the idea that
 - a. for every step forward, we take two steps back.
 - b. despite unparalleled advances in technology, we seem to have more social and personal difficulties.
 - c. our biggest problems now involve making technology work properly.
 - d. technology has prolonged life for many people, causing environmental problems.

ANSWER: b

DIFFICULTY: Easy

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.01 - Describe three examples of the paradox of progress.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-ECTO

2. In spite of countless time-saving devices—automobiles, telephones, photocopiers, fax machines, and so on—most of us complain about a relative lack of
 - a. time.
 - b. money.
 - c. information.
 - d. work.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.01 - Describe three examples of the paradox of progress.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-ECTZ

3. Modern Western society has made extraordinary technological progress
 - a. and, therefore, has seen decreases in social problems.
 - b. but social and personal problems seem more prevalent and more prominent than ever before.
 - c. and, therefore, has seen a boom in time spent engaging in leisure activities.
 - d. but social and personal problems are just as prevalent as they were in the past.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.01 - Describe three examples of the paradox of progress.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECTS

4. According to Schwartz, increased freedom of choice available in modern societies
- a. has resulted in improved mental health.
 - b. has enhanced tranquility.
 - c. has led to fewer postdecision regrets.
 - d. has contributed to depression and anxiety.

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.01 - Describe three examples of the paradox of progress.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECTI

5. Technology has enabled humankind to exercise unprecedented control over many aspects of the physical world but at the same time has also created serious
- a. environmental problems.
 - b. microscopic defects.
 - c. medical costs.
 - d. underconsumption.

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.01 - Describe three examples of the paradox of progress.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECTW

6. "Psychobabble" is best defined as
- a. professional psychological terminology.
 - b. textbook definitions.
 - c. ill-defined terminology.
 - d. technical terminology.

ANSWER: c

DIFFICULTY: Easy

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EC4R

7. Which of the following should you look for in self-help books?
- a. Clarity in communication
 - b. Focus on a particular kind of problem
 - c. Some mention of the theoretical or research basis for the advice
 - d. All of the above

ANSWER: d

DIFFICULTY: Easy

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EC3T

8. You can reasonably expect some assistance from a book that is intended to help you to
- a. lose 20 pounds every month.
 - b. learn to eat more healthily and gradually include more exercise in your weekly routine.
 - c. build muscle overnight.
 - d. find the thin person trapped inside of you.

ANSWER: b

DIFFICULTY: Difficult

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EC3O

9. This text assumes the key to effective adjustment is to
- a. take charge of your own life.
 - b. meet problems head-on.
 - c. take an active role in improving the quality of your life.
 - d. all of the above.

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.05 - Summarize the philosophy underlying this textbook.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EC3Z

10. Which of the following is NOT one of the underlying assumptions of this textbook?

- a. You can change your behavior only by consulting a professional psychologist.
- b. The key to effective adjustment is to take charge of your own life.
- c. Critical thinking involves skeptical scrutiny.
- d. Knowledge of psychological principles may be of value in everyday life.

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.05 - Summarize the philosophy underlying this textbook.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EC3S

11. Which of the following is the best definition of psychology?

- a. The study of consciousness
- b. The study of behavior and the profession that applies knowledge from these studies to solving practical problems
- c. The study of abnormal behavior and the profession that applies knowledge from these studies to diagnosing and treating people with mental illness
- d. The study of motivation, emotion, and memory

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Psychology of Adjustment

LEARNING OBJECTIVES: PSYC.WEIT.11.01.06 - Describe the two key facets of psychology.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EC3W

12. “Any overt response or activity by an organism” defines the term

- a. behavior.
- b. empiricism.
- c. psychology.
- d. mental process.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: The Psychology of Adjustment

LEARNING OBJECTIVES: PSYC.WEIT.11.01.06 - Describe the two key facets of psychology.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECNB

13. Until the 1950s, psychologists were found almost exclusively in
- a. private industry.
 - b. academic institutions.
 - c. mental health facilities.
 - d. the psychiatric wards of hospitals.

ANSWER: b

DIFFICULTY: Difficult

REFERENCES: The Psychology of Adjustment

LEARNING OBJECTIVES: PSYC.WEIT.11.01.06 - Describe the two key facets of psychology.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECBA

14. Clinical psychology is primarily concerned with
- a. discovering the mechanisms of learning.
 - b. the physiological processes involved in behavior.
 - c. research dealing with the structure of consciousness.
 - d. the diagnosis and treatment of psychological problems.

ANSWER: d

DIFFICULTY: Easy

REFERENCES: The Psychology of Adjustment

LEARNING OBJECTIVES: PSYC.WEIT.11.01.06 - Describe the two key facets of psychology.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECNG

15. The rapid growth of clinical psychology was stimulated mainly by
- a. the demands of World War II.
 - b. the growing interest in self-help approaches.
 - c. the inability of physicians to cure most psychological disorders.
 - d. psychological problems resulting from the Great Depression of the 1930s.

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: The Psychology of Adjustment

LEARNING OBJECTIVES: PSYC.WEIT.11.01.06 - Describe the two key facets of psychology.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECNF

16. The term _____ refers to the psychological processes through which people manage or cope with the demands and challenges of everyday life.
- a. adaptation b. adjustment
- c. personality d. mental health

ANSWER: b

DIFFICULTY: Easy

REFERENCES: The Psychology of Adjustment

LEARNING OBJECTIVES: PSYC.WEIT.11.01.07 - Explain the concept of adjustment.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECNR

17. The process of adjustment relates to
- how people deal with stress.
 - behavior in groups.
 - friendship and love.
 - all of the above.

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Psychology of Adjustment

LEARNING OBJECTIVES: PSYC.WEIT.11.01.07 - Explain the concept of adjustment.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECND

18. _____ is the premise that knowledge should be acquired through observation.
- a. Self-help b. Codependence
- c. Empiricism d. Subjectivism

ANSWER: c

DIFFICULTY: Easy

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.08 - Explain the nature of empiricism and the advantages of the scientific approach to behavior.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECBU

19. Which of the following is the basis of empiricism?
- | | |
|---------------------------|-----------------|
| a. Correlation | b. Logic |
| c. Systematic observation | d. Common sense |

ANSWER: c

DIFFICULTY: Easy

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.08 - Explain the nature of empiricism and the advantages of the scientific approach to behavior.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-ECBT

20. Compared to other methods of drawing conclusions about behavior, the major advantages of the scientific approach are
- a. emphasis on empiricism; subjectivity.
 - b. bias; ability to generalize the findings.
 - c. clarity and precision; relative intolerance of error.
 - d. freedom to make value judgments; use of statistics.

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.08 - Explain the nature of empiricism and the advantages of the scientific approach to behavior.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECBO

21. According to your text, the two main types of research methods in psychology are _____ research methods and _____ research methods.
- a. biased; unbiased
 - b. experimental; control
 - c. dependent; independent
 - d. experimental; correlational

ANSWER: d

DIFFICULTY: Easy

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.08 - Explain the nature of empiricism and the advantages of the scientific approach to behavior.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECBZ

22. An experiment is a research method in which the investigator manipulates the _____ variable and observes whether any changes occur in a(n) _____ variable as a result.
- a. control; experimental
 - b. experimental; control
 - c. independent; dependent
 - d. dependent; independent

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECBS

23. Social psychologist Stanley Schachter hypothesized that increases in anxiety would cause increases in desire to be with others. In this study, the independent variable was
- a. level of anxiety.
 - b. desire to be with others.
 - c. anxious subjects.
 - d. affiliation.

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECBI

24. A condition or event that an experimenter varies to see its impact on another variable is called a(n) _____ variable.
- a. control
 - b. dependent
 - c. independent
 - d. experimental

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECBW

25. A researcher wants to determine whether diet causes children to learn better in school. In this study, the independent variable is
- a. the children.
 - b. the type of diet.
 - c. the age of the children.
 - d. a measure of learning.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-ECKB

26. An experimental group consists of subjects who
- a. are unaware of the purpose of the study.
 - b. merely act as if they are unaware of the purpose.
 - c. receive some special treatment in regard to the dependent variable.
 - d. receive some special treatment in regard to the independent variable.

ANSWER: d

DIFFICULTY: Easy

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECJA

27. A control group consists of subjects who
- a. are controlled by the experimenter.
 - b. are allowed to control the manipulation of the variables.
 - c. do not receive the special treatment given to the experimental group.
 - d. receive some special treatment in regard to the independent variable.

ANSWER: c

DIFFICULTY: Easy

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECKG

28. The experimental and control groups should be the same in every respect except for the
- a. number of subjects in each group.
 - b. variation created by the manipulation of the independent variable.
 - c. assumptions underlying the research question.
 - d. method of measuring the dependent variable.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECKF

29. Dr. Prather randomly assigns 100 student volunteers who experience test anxiety to either a group that will receive training in relaxation exercises or a group that will sit in a waiting area for the same length of time as those learning relaxation. Based on her results, Dr. Prather will have evidence of
- how well relaxation exercises works in the treatment of various mood disorders.
 - how students with test anxiety behave in a classroom setting.
 - how effective the waiting time is.
 - whether or not relaxation exercises may cause an alleviation of symptoms of test anxiety.

ANSWER: d

DIFFICULTY: Difficult

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-ECJ1

30. Which of the following best describes correlational research?

- Exerting experimental control
- Manipulating an independent variable
- Manipulating a dependent variable
- Making systematic observations

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.10 - Distinguish between positive and negative correlation, and explain what the size of a correlation coefficient means.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-ECJT

31. A correlation exists when

- two variables are related to each other.
- two variables have the same underlying cause.
- two variables are affected by a third variable.
- a cause-and-effect relationship exists between two variables.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.10 - Distinguish between positive and negative correlation, and explain what the size of a correlation coefficient means.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-ECJO

35. Mario found a +0.80 correlation coefficient between height and diet. He was able to conclude that
- a. a particular diet causes people to grow.
 - b. people who are taller eat more.
 - c. there is a strong relationship between height and diet.
 - d. people should be careful what they feed their children because it could stunt their growth.

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.10 - Distinguish between positive and negative correlation, and explain what the size of a correlation coefficient means.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EP1N

36. The textbook author writes “...people who perform poorly in high school tend to perform poorly in college” as an example of a(n)
- a. positive correlation.
 - b. negative correlation.
 - c. inverse correlation.
 - d. indirect correlation.

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.10 - Distinguish between positive and negative correlation, and explain what the size of a correlation coefficient means.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EP1B

37. A correlation coefficient of -0.80 indicates a
- a. mild, inverse correlation.
 - b. strong, inverse correlation.
 - c. strong, direct correlation.
 - d. nonexistent correlation.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.10 - Distinguish between positive and negative correlation, and explain what the size of a correlation coefficient means.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPT3

41. In a case study,
- a. an individual participant is studied in depth.
 - b. systematic observation is used to see if a link exists between variables.
 - c. behavior is carefully observed without intervening directly with subjects.
 - d. a variable is manipulated while another variable is observed for changes.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.11 - Describe three correlational research methods.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EP1D

42. Case studies
- a. provide strong bases for developing laws of behavior.
 - b. can provide general conclusions through consistencies between cases.
 - c. are of little use when treating and diagnosing psychological problems.
 - d. all of the above.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.11 - Describe three correlational research methods.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EPTU

43. A researcher gives you a questionnaire to fill out about your attitudes on abortion, school prayer, and drug legalization. This researcher is using which of the following research methods?
- a. Experimental
 - b. Case study
 - c. Survey
 - d. Naturalistic observation

ANSWER: c

DIFFICULTY: Easy

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.11 - Describe three correlational research methods.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EPT1

44. The “third variable” problem is associated with the
a. experimental method. b. correlational method.
c. multivariate model. d. placebo effect.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.12 - Compare the advantages and disadvantages of experimental and control groups.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPTS

45. Empirical surveys consistently find that the vast majority of respondents characterize themselves as
a. fairly happy.
b. very unhappy.
c. moderately unhappy.
d. unconcerned about their personal happiness.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.13 - Identify the various factors that are surprisingly unrelated to happiness.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPTI

46. Research results suggest that which of the following is NOT very important in determining one’s happiness?
a. Parenthood b. Age
c. Money d. None of the above is very important

ANSWER: d

DIFFICULTY: Easy

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.13 - Identify the various factors that are surprisingly unrelated to happiness.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPTW

47. Which of the following best characterizes the correlation between attractiveness and subjective feelings of happiness?
- a. Negligible
 - b. Negative, but weak
 - c. Positive, but weak
 - d. Positive and strong

ANSWER: a

DIFFICULTY: Easy

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.13 - Identify the various factors that are surprisingly unrelated to happiness.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EP4N

48. Research indicates that
- a. people with high IQs are happier than people with low IQs.
 - b. people with low IQs are happier than people with high IQs.
 - c. there is no association between IQ and happiness.
 - d. people with really high IQs and really low IQs are not as happy as people with average IQs.

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.13 - Identify the various factors that are surprisingly unrelated to happiness.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EP4B

49. Research indicates that people who have heartfelt religious convictions are
- a. more likely to be happy than people who are non-religious.
 - b. less happy than people who are non-religious.
 - c. neither more nor less happy than people who are non-religious.
 - d. less happy than people who are non-religious because they have less community support.

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.14 - Describe the factors that are somewhat or very important to happiness.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EP33

50. Which of the following is the best description of the relationship between health and happiness?
- a. Good health may not, by itself, produce happiness, because people tend to take good health for granted.
 - b. Good health is one of the best predictors of happiness.
 - c. Individuals who develop serious health problems have difficulty adjusting and therefore are less happy than those who are healthy.
 - d. People born with serious health problems are happier than others because they do not take their health for granted.

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.14 - Describe the factors that are somewhat or very important to happiness.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EP3A

51. All of the following appear to have a moderate impact on subjective feelings of well-being EXCEPT
- a. health.
 - b. physical attractiveness.
 - c. religious belief.
 - d. social activity.

ANSWER: b

DIFFICULTY: Easy

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.14 - Describe the factors that are somewhat or very important to happiness.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EP4G

52. Which of the following is very important to overall happiness?
- a. Culture
 - b. Marriage
 - c. Income
 - d. Physical attractiveness

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.14 - Describe the factors that are somewhat or very important to happiness.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EP4F

53. Research indicates that

- a. married men are happier than married women.
- b. married women are happier than married men.
- c. both married men and women are happier than single or divorced men and women.
- d. both single and divorced men and women are happier than married men and women.

ANSWER: c

DIFFICULTY: Easy

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.14 - Describe the factors that are somewhat or very important to happiness.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EP4R

54. The authors suggest that we should be careful about drawing conclusions about causes of happiness because they

- a. would not be based on empirical evidence.
- b. would be based on experimental data.
- c. would be based on correlational data.
- d. have been found to be invalid by some researchers.

ANSWER: c

DIFFICULTY: Easy

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.15 - Summarize conclusions about the determinants of happiness.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EP4D

55. An important insight that can be drawn from the research on happiness is that

- a. money can buy happiness.
- b. attractive people are generally happy people.
- c. objective realities are not as important as subjective feelings.
- d. collectivist cultures are happier than individualistic cultures.

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.15 - Summarize conclusions about the determinants of happiness.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EP3U

56. _____ occurs when people shift their own mental scale for judging pleasantness and unpleasantness.

- a. Codependency b. Empiricism
- c. Subjectivism d. Hedonic adaptation

ANSWER: d

DIFFICULTY: Difficult

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.15 - Summarize conclusions about the determinants of happiness.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EP31

57. A good place to study is one

- a. where you can listen to music while studying.
- b. that changes occasionally, to provide variety.
- c. that is associated with pleasant activities, like eating.
- d. that minimizes demands on your willpower to avoid distractions.

ANSWER: d

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.16 - List three steps for developing sound study habits.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EP30

58. In setting up a schedule for studying, you should

- a. allow time for study breaks.
- b. develop a new set of priorities each day.
- c. try to get the simple, routine tasks out of the way first.
- d. avoid the temptation to break up major assignments into smaller parts.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.16 - List three steps for developing sound study habits.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EP3S

59. In order for your reading to be effective, it must be done
- with a lot of highlighting.
 - by active processing.
 - by ignoring the chapter outline.
 - by skipping over the textbook learning aids.

ANSWER: b

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.17 - Discuss some strategies for improved reading comprehension and getting more out of lectures.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EP3I

60. Which of the following is NOT involved in improving your reading?
- Read the chapter straight through repeatedly.
 - Consult the chapter outline or summary.
 - Look over the topic headings in a chapter.
 - Highlight the main ideas and technical terms.

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.17 - Discuss some strategies for improved reading comprehension and getting more out of lectures.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EP3W

61. Which of the following is consistent with the information presented in the textbook regarding class attendance?
- Among successful students (grade average B or better), class attendance did not seem to matter.
 - Among unsuccessful students (grade average C- or below), class attendance did not seem to matter.
 - Even when an instructor delivers hard-to-follow lectures, it is important for all students to go to class.
 - It is only important for all students to go to class when instructors provide well-organized lectures.

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.17 - Discuss some strategies for improved reading comprehension and getting more out of lectures.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPNN

62. Most students record less than _____ of the crucial ideas in a lecture.

- a. 90% b. 70%
- c. 40% d. 10%

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.17 - Discuss some strategies for improved reading comprehension and getting more out of lectures.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPNB

63. Which one of the following is NOT included in active listening?

- a. Focusing attention on the speaker
- b. Asking those around you for clarification
- c. Anticipating what is coming next in the lecture
- d. Paying attention to the speaker's nonverbal signals

ANSWER: b

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.17 - Discuss some strategies for improved reading comprehension and getting more out of lectures.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EPB3

64. When course material is especially difficult, it is a good idea to prepare for lectures by

- a. reading ahead on the subject of the lecture.
- b. asking fellow classmates to explain the material to you.
- c. writing down questions that you can ask the instructor later.
- d. writing down exact words the instructor says.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.17 - Discuss some strategies for improved reading comprehension and getting more out of lectures.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPBA

65. A good reason for taking notes in your own words, rather than verbatim, is that
- a. most lecturers ramble and are difficult to follow.
 - b. most lecturers use words you will not understand.
 - c. this reduces the likelihood that you will later engage in plagiarism.
 - d. this forces you to organize the information in a way that makes sense to you.

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.17 - Discuss some strategies for improved reading comprehension and getting more out of lectures.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EPNG

66. When a question occurs to you during a lecture, you should
- a. ask it during class.
 - b. ask a classmate about it after class.
 - c. write it down and ask the instructor after class.
 - d. not ask it, since this would interrupt the lecturer.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.17 - Discuss some strategies for improved reading comprehension and getting more out of lectures.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EPNF

67. Which of the following is NOT one of the tips for getting more out of lectures?
- a. Ask questions in class.
 - b. Listen actively to the lecture.
 - c. Pay attention to the instructor's nonverbal signals.
 - d. Try to use the instructor's words when taking notes in class.

ANSWER: d

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.17 - Discuss some strategies for improved reading comprehension and getting more out of lectures.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPNR

68. Overlearning refers to continued practice of material after you have
- completed your study plan.
 - already passed the relevant test.
 - apparently mastered the material.
 - become exhausted from studying.

ANSWER: c

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.18 - Describe various study strategies that can aid memory.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPND

69. Cramming before a test will most likely
- be the only way to accomplish deep processing.
 - be less effective than distributed practice.
 - be more effective than taking practice tests.
 - increase the efficiency of your memory.

ANSWER: b

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.18 - Describe various study strategies that can aid memory.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EPBU

70. A useful study technique that helps to organize information is
- outlining reading assignments.
 - studying with a group of students.
 - underlining important points in textbooks.
 - memorizing the order of chapter headings.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.18 - Describe various study strategies that can aid memory.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPBT

71. Mnemonic devices are techniques for
- a. enhancing memory.
 - b. improving class attendance.
 - c. developing a study plan.
 - d. becoming an active listener.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.18 - Describe various study strategies that can aid memory.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPBS

72. Using "Roy G Biv" to remember the order of colors in the light spectrum is an example of how _____ can help us remember information.
- a. acrostics
 - b. acronyms
 - c. overlearning
 - d. visual imagery

ANSWER: b

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.18 - Describe various study strategies that can aid memory.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EPBI

73. Using "Every good boy does fine" to remember the order of musical notes is an example of how _____ can help us remember information.
- a. acrostics
 - b. acronyms
 - c. overlearning
 - d. visual imagery

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.18 - Describe various study strategies that can aid memory.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GCHR-EPBW

74. The loci method is a mnemonic device that involves
- a. making up a logical story.
 - b. inventing a useful acronym.
 - c. memorizing a simple poem.
 - d. taking a make-believe walk where you associate images of items you want to remember.

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.18 - Describe various study strategies that can aid memory.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EPKN

75. Psychology confines itself to the study of human behavior.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Easy

REFERENCES: The Psychology of Adjustment

LEARNING OBJECTIVES: PSYC.WEIT.11.01.06 - Describe the two key facets of psychology.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPKG

76. One advantage of the scientific method is its relative intolerance of error.

- a. True
- b. False

ANSWER: True

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.08 - Explain the nature of empiricism and the advantages of the scientific approach to behavior.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPKF

77. According to research, many commonsense notions about happiness appear to be accurate.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Easy

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.03 - Provide some examples of people's search for direction.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPKD

78. In general, women are less happy than men; this is evident in the statistics indicating that women are treated for depression about twice as often as men.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Difficult

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.03 - Provide some examples of people's search for direction.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPJU

79. In taking lecture notes, you should take down everything exactly as said by your professor.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Moderate

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.17 - Discuss some strategies for improved reading comprehension and getting more out of lectures.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EPJ1

80. People tend to overestimate their knowledge of a topic.

- a. True
- b. False

ANSWER: True

DIFFICULTY: Moderate

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.18 - Describe various study strategies that can aid memory.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-GCHR-EPJT

81. Explain what is meant by the paradox of progress and give an example to illustrate your point.

ANSWER: Answer not provided

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.01 - Describe three examples of the paradox of progress.

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EPJO

82. What are the main qualities to look for and two of the problems to avoid when choosing a good self-help book?

ANSWER: Answer not provided

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EPJZ

83. List and briefly describe two advantages of the scientific approach.

ANSWER: Answer not provided

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.08 - Explain the nature of empiricism and the advantages of the scientific approach to behavior.

QUESTION ID: JFND-GTB3-GCHR-EPJS

84. Define and explain the relationship between the dependent and independent variables in a psychological experiment using an example.

ANSWER: Answer not provided

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EPJI

85. Explain the difference between a positive and negative correlation in correlational research using examples.

ANSWER: Answer not provided

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.10 - Distinguish between positive and negative correlation, and explain what the size of a correlation coefficient means.

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-EPJW

86. What are the main advantages and disadvantages of correlational research methods in psychology?

ANSWER: Answer not provided

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.12 - Compare the advantages and disadvantages of experimental and control groups.

QUESTION ID: JFND-GTB3-GCHR-KOKN

87. Define subjective well-being and describe methodology to empirically analyze its determinants.

ANSWER: Answer not provided

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.13 - Identify the various factors that are surprisingly unrelated to happiness.

QUESTION ID: JFND-GTB3-GCHR-KOKB

88. List and describe three factors that are surprisingly NOT related to happiness.

ANSWER: Answer not provided

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.13 - Identify the various factors that are surprisingly unrelated to happiness.

QUESTION ID: JFND-GTB3-GCHR-KOJ3

89. List and briefly describe several factors that have been found to be somewhat or very important determinants of happiness.

ANSWER: Answer not provided

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.14 - Describe the factors that are somewhat or very important to happiness.

NOTES: New

QUESTION ID: JFND-GTB3-GCHR-KOJA

90. Briefly describe at least three strategies for learning more from your class lectures and studying.

ANSWER: Answer not provided

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.16 - List three steps for developing sound study habits.

QUESTION ID: JFND-GTB3-GCHR-KOKG

91. Bridget went to the store and found there were 93 different shampoos for her to choose from. According to the textbook, she is likely to experience

- a. choice overload.
- b. postdecision regret.
- c. a depletion of mental resources.
- d. all of the above.

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-GC5U-YTBZ

92. The range of life choices has

- a. barely changed in the past century.
- b. made life much easier for everyone.
- c. increased in recent decades.
- d. decreased in recent decades.

ANSWER: c

DIFFICULTY: Easy

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-GC5U-YTBI

93. The technological advances of the past century, impressive though they may be, have not led to perceptible improvement in our collective health and happiness. This issue is known as the
- approach-avoidance conflict.
 - paradox of progress.
 - self-realization dilemma.
 - correlation limitation.

ANSWER: b

DIFFICULTY: Easy

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.01 - Describe three examples of the paradox of progress.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-ETND-1PBS

94. Modern technology has gradually provided us with
- less control in our lives.
 - lower costs financially and within our personal lives as well.
 - unprecedented control over the world around us.
 - improved mental health and happiness.

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.01 - Describe three examples of the paradox of progress.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTKD

95. With regard to our environment, modern technology
- has improved our resource allocation.
 - provides the answers to overconsumption and waste.
 - has caused food production to decrease.
 - had a devastating negative impact.

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.01 - Describe three examples of the paradox of progress.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTJU

96. Many social critics believe that the quality of our lives
- a. has increased and our sense of personal fulfillment has declined.
 - b. has decreased and our sense of personal fulfillment has increased.
 - c. and our sense of personal fulfillment have declined.
 - d. and our sense of personal fulfillment have increased.

ANSWER: c

DIFFICULTY: Difficult

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.02 - Explain what is meant by the paradox of progress and how theorists have explained it.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTJ1

97. Alvin Toffler attributes our collective alienation and distress in modern technological society to
- a. being in over our heads and insecure with excessive materialism.
 - b. our being overwhelmed by rapidly accelerating cultural change.
 - c. having too much control over the world around us.
 - d. needing to reinvent ourselves to quell anxieties.

ANSWER: b

DIFFICULTY: Difficult

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.02 - Explain what is meant by the paradox of progress and how theorists have explained it.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTJT

98. With technology such as Facebook available, Americans report
- a. more friends than ever before.
 - b. a sense of loneliness and isolation related to the superficial communication in the online world.
 - c. a decreased number of people suffering from an intimacy deficit.
 - d. we spend more time with each other instead of with technology.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.02 - Explain what is meant by the paradox of progress and how theorists have explained it.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTJO

99. Many theorists agree that the basic challenge of modern life involves struggling with such problems as
- a. forming a solid sense of identity.
 - b. arriving at a coherent set of values.
 - c. developing a clear vision of a future that realistically promises fulfillment.
 - d. all of the above.

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.02 - Explain what is meant by the paradox of progress and how theorists have explained it.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTJZ

100. Which of the following statements about cults is NOT true?
- a. Cults have attracted countless converts.
 - b. Most cults flourish in obscurity, unless bizarre incidents attract public attention.
 - c. Cults generally use brainwashing and mind control to seduce lonely outsiders.
 - d. People join cults because these groups appear to provide simple solutions to complex problems.

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.03 - Provide some examples of people's search for direction.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-ETNR-RTJS

101. It appears people join cults because these groups appear to provide
- a. simple solutions to complex problems.
 - b. a sense of purpose and belongingness.
 - c. a structured lifestyle that reduces feelings of uncertainty.
 - d. all of these.

ANSWER: d

DIFFICULTY: Easy

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.03 - Provide some examples of people's search for direction.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTJI

102. According to Hunter, some people are particularly vulnerable to seduction by cults because they
- a. are less intelligent.
 - b. have strong community ties.
 - c. see the simplicity in cult life.
 - d. experience identity confusion.

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.03 - Provide some examples of people's search for direction.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTJW

103. Surveys exploring psychotherapists' opinions of self-help books suggest
- a. there are some excellent books that offer authentic insight and sound advice.
 - b. there are some good books that offer adequate insight and advice.
 - c. there are some excellent books that offer good general advice, but very few that offer good specific advice for particular problems.
 - d. psychotherapists don't endorse the use of self-help books because it's bad for business.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-ETNR-RT1N

104. Stephen was trying to choose a good self-help book. He noticed that one book seemed touchingly human in tone and he found himself thinking the examples of problems were just like what he was facing. Stephen is most likely to find that
- a. this is the right book for him.
 - b. the book only provides some vague advice or common sense.
 - c. it will give him sound, explicit advice.
 - d. all of the above.

ANSWER: b

DIFFICULTY: Easy

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RT1B

105. Many self-help books
- a. encourage a narcissistic approach to life.
 - b. encourage a focus on other people.
 - c. place others first, over the reader.
 - d. encourage self-effacement.

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-ETNR-RTT3

106. Which of the following is NOT a guideline to choose a good self-help book?
- a. Find out about the author or authors' credentials.
 - b. Look for books that do not promise too much in the way of immediate change.
 - c. Avoid books with explanations of theories or research.
 - d. Look for books with detailed directions on how to alter your behavior.

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTTA

107. "Subjecting ideas to systematic, skeptical scrutiny" best describes which of the following processes?
- a. Self-realization
 - b. Critical thinking
 - c. Self-actualization
 - d. Psychological adjustment

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.15 - Summarize conclusions about the determinants of happiness.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-ETNR-RT1G

108. Brenda's mother told her to stop her overt behavior. To which behavior might her mother be referring?

- a. Daydreaming
- b. Thinking
- c. Dreaming
- d. Tapping her foot

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Psychology of Adjustment

LEARNING OBJECTIVES: PSYC.WEIT.11.01.06 - Describe the two key facets of psychology.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RT1F

109. The branch of psychology concerned with the diagnosis and treatment of psychological problems and disorders is called _____ psychology.

- a. social
- b. clinical
- c. cognitive
- d. physiological

ANSWER: b

DIFFICULTY: Easy

REFERENCES: The Psychology of Adjustment

LEARNING OBJECTIVES: PSYC.WEIT.11.01.06 - Describe the two key facets of psychology.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-ETNR-RT1R

110. A researcher wants to determine whether diet causes children to learn better in school. In this study, the dependent variable is

- a. the children.
- b. the type of diet.
- c. the age of the children.
- d. a measure of learning.

ANSWER: d

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RT1D

111. A research wants to know whether children eating a high-protein breakfast will have a higher test grade. Half of the children in the study eat a high-protein breakfast while the other half eats their normal diet. The control group consists of the children who
- are not being tested.
 - eat low-protein breakfasts.
 - eat their normal diet.
 - eat the high-protein breakfast.

ANSWER: c

DIFFICULTY: Difficult

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTTU

112. The experimental method rests heavily on the assumption that
- two variables are positively correlated.
 - experimental and control groups are alike in all important matters except for the independent variable.
 - experimental and control groups are alike in all important matters except for the dependent variable.
 - the independent variable is quantifiable and measurable.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTT1

113. A psychological researcher is best able to draw conclusions about cause-and-effect relationships by using which of the following research methods?
- Survey
 - Case study
 - Experiment
 - Naturalistic observation

ANSWER: c

DIFFICULTY: Easy

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-ETNR-RTTT

114. The way to determine if a study is correlational rather than experimental is that

- a. a causal relationship exists between the variables.
- b. researchers cannot control the variables under study.
- c. the subjects must constitute a representative sample.
- d. control of one variable interferes with control of another variable.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.10 - Distinguish between positive and negative correlation, and explain what the size of a correlation coefficient means.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTTO

115. Which of the following statements is NOT true of correlational research methods?

- a. Correlational research methods allow exploring questions that are not possible to examine with experimental procedures.
- b. Correlational studies broaden the scope of what psychologists can study.
- c. Correlational methods demonstrate that two variables are causally related when the results are good.
- d. Correlational research can have a third-variable problem.

ANSWER: c

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.12 - Compare the advantages and disadvantages of experimental and control groups.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTTZ

116. Margo conducted a survey that indicated a strong positive correlation between relationship satisfaction and sexual satisfaction. The results

- a. indicate that high sexual satisfaction causes people to have high relationship satisfaction.
- b. indicate that high relationship satisfaction causes people to have high sexual satisfaction.
- c. warn that she may have biased her study.
- d. cannot determine if there is a third variable that causes both of the satisfaction levels.

ANSWER: d

DIFFICULTY: Difficult

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.12 - Compare the advantages and disadvantages of experimental and control groups.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTTS

117. Individuals' personal assessments of their overall happiness or life satisfaction is called

- a. subjective well-being.
- b. delusional happiness.
- c. depression level.
- d. personality analysis.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.13 - Identify the various factors that are surprisingly unrelated to happiness.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RTTI

118. The best predictor of individuals' future happiness is their

- a. IQ score.
- b. past happiness.
- c. marital status.
- d. financial status.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.14 - Describe the factors that are somewhat or very important to happiness.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-ETNR-RTTW

119. Research indicates that people are

- a. surprisingly bad at predicting what will make them happy.
- b. the best ones to predict their happiness.
- c. all made happy by the same things.
- d. able to analyze direct measurable causes of happiness.

ANSWER: a

DIFFICULTY: Moderate

REFERENCES: The Roots of Happiness: An Empirical Analysis

LEARNING OBJECTIVES: PSYC.WEIT.11.01.15 - Summarize conclusions about the determinants of happiness.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-ETNR-RO4N

120. Sound study habits are
- a. good predictors of college grades.
 - b. better predictors of grades than college admissions tests.
 - c. difficult to develop.
 - d. of no use if your professor delivers hard-to-follow lectures.

ANSWER: a

DIFFICULTY: Easy

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.16 - List three steps for developing sound study habits.

KEYWORDS: Conceptual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RO4B

121. Betty is writing reflections to connect what she is reading in her textbook and how it relates to information in her own life and experience. She is using the memory principle of
- a. mnemonics.
 - b. deep processing.
 - c. distributed practice.
 - d. cramming.

ANSWER: b

DIFFICULTY: Moderate

REFERENCES: APPLICATION: Improving Academic Performance

LEARNING OBJECTIVES: PSYC.WEIT.11.01.18 - Describe various study strategies that can aid memory.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-ETNR-RO33

122. Recent decades have provided us with an increased freedom to choose between multiple alternatives. This choice overload appears to be positively correlated with rumination, postdecision regret, and anticipated regret.
- a. True
 - b. False

ANSWER: True

DIFFICULTY: Difficult

REFERENCES: The Paradox of Progress

LEARNING OBJECTIVES: PSYC.WEIT.11.01.01 - Describe three examples of the paradox of progress.

QUESTION ID: JFND-GTB3-ETNR-RO3A

123. One of the criticisms of self-help books is that they all tend to use psychobabble rather than empirical evidence.

- a. True
- b. False

ANSWER: True

DIFFICULTY: Moderate

REFERENCES: The Search for Direction

LEARNING OBJECTIVES: PSYC.WEIT.11.01.04 - Describe some common problems with self-help books and what to look for in quality self-help books.

KEYWORDS: Factual

QUESTION ID: JFND-GTB3-ETNR-RO4G

124. The dependent variable is the variable manipulated by the researcher.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Moderate

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.09 - Describe the experimental method, distinguishing between independent and dependent variables and between experimental and control groups.

KEYWORDS: Factual

NOTES: New

QUESTION ID: JFND-GTB3-ETNR-RO4F

125. In naturalistic observation the researcher must be careful to set up interventions in an outdoor environment.

- a. True
- b. False

ANSWER: False

DIFFICULTY: Easy

REFERENCES: The Scientific Approach to Behavior

LEARNING OBJECTIVES: PSYC.WEIT.11.01.11 - Describe three correlational research methods.

KEYWORDS: Conceptual

QUESTION ID: JFND-GTB3-ETNR-RO4R