

Module 1

1. Aristotle suggested that a meal makes us sleepy by causing heat to collect around the

- ☐ A. brain.
- ☐ B. throat.
- ☐ C. heart.
- ☐ D. stomach.

Answer: D

2. Wilhelm Wundt's laboratory work involved experimental studies of

- ☐ A. animal intelligence.
- ☐ B. personality development.
- ☐ C. social influence.
- ☐ D. mental processes.

Answer: D

3. Introspection was the basic research tool used by _____ in order to study people's inner sensations and mental images.

- ☐ A. John B. Watson
- ☐ B. Charles Darwin
- ☐ C. Edward Titchener
- ☐ D. B. F. Skinner

Answer: C

4. Looking inward and reporting your immediate sensations, images, and feelings is called

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

Answer: B

5. Research participants were asked to monitor and report their own immediate sensory reactions to differently colored objects. This research involved a technique known as

- ☐ A. behavior genetics.
- ☐ B. psychoanalysis.
- ☐ C. massed practice.
- ☐ D. introspection.

Answer: D

6. The unreliability of introspection contributed to the waning popularity of

- ☐ A. structuralism.
- ☐ B. psychiatry.
- ☐ C. cognitive psychology.
- ☐ D. behaviorism.

Answer: A

7. William James was a prominent American

- ☐ A. psychoanalyst.
- ☐ B. behaviorist.
- ☐ C. functionalist.
- ☐ D. structuralist.

Answer: C

8. Functionalism was a school of psychology that focused attention on the

- ☐ A. adaptive value of conscious thoughts and emotions.
- ☐ B. component elements of sensory experience.
- ☐ C. disruptive effects of unconscious motives.
- ☐ D. treatment of psychological disorders.

Answer: A

9. Edward Titchener is to structuralism as William James is to _____.

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

Answer: D

10. Who was a student of William James and the first female president of the American Psychological Association?

- ☐ A. Jean Piaget
- ☐ B. Margaret Floy Washburn
- ☐ C. Rosalie Rayner
- ☐ D. Mary Whiton Calkins

Answer: D

11. Who was the American philosopher-psychologist who authored a textbook in 1890 for the emerging discipline of psychology?

- ☐ A. Wilhelm Wundt
- ☐ B. John B. Watson
- ☐ C. Sigmund Freud
- ☐ D. William James

Answer: D

12. From the 1920s into the 1960s, American psychologists emphasized the study of

- ☐ A. genetic influences.
- ☐ B. self-esteem.
- ☐ C. conscious thoughts and feelings.
- ☐ D. observable behavior.

Answer: D

13. The view that psychology should be an objective science that studies observable human activity without reference to mental processes is known as

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

Answer: A

14. Behaviorists dismissed the value of

- ☐ A. science.
- ☐ B. introspection.
- ☐ C. spaced practice.
- ☐ D. applied research.

Answer: B

15. John B. Watson is to Edward Titchener as _____ is to _____.

- ☐ A. biology; environment
- ☐ B. observable behavior; inner sensations
- ☐ C. mental illness; psychiatry
- ☐ D. cognitive perspective; psychoanalytic perspective

Answer: B

16. Which major force in psychology emphasized unconscious thought processes?

- ☐ A. evolutionary psychology
- ☐ B. Freudian psychology
- ☐ C. behavior genetics
- ☐ D. behaviorism

Answer: B

17. Humanistic psychologists focused attention on the importance of people's

- ☐ A. childhood memories.
- ☐ B. genetic predispositions.
- ☐ C. unconscious thought processes.

- ☐ D. potential for healthy growth.

Answer: D

18. In the 1960s, the cognitive revolution in psychology involved a renewal of interest in the scientific study of

- ☐ A. mental processes.
- ☐ B. hereditary influences.
- ☐ C. unconscious motives.
- ☐ D. learned behaviors.

Answer: A

19. Cognitive neuroscience studies relationships between

- ☐ A. natural selection and genetic predispositions.
- ☐ B. childhood memories and psychological disorders.
- ☐ C. thought processes and brain functions.
- ☐ D. philosophy and physiology.

Answer: C

20. Contemporary psychology is best defined as the science of

- ☐ A. conscious and unconscious mental activity.
- ☐ B. observable responses to the environment.
- ☐ C. behavior and mental processes.
- ☐ D. maladaptive and adaptive behaviors.

Answer: C

21. Smiling is to feeling as _____ is to _____.

- ☐ A. evolution; natural selection
- ☐ B. behavior; mental process
- ☐ C. conscious; unconscious
- ☐ D. nurture; nature

Answer: B

22. The young science of psychology developed from the more established fields of philosophy and

- ☐ A. economics.
- ☐ B. biology.
- ☐ C. geography.
- ☐ D. sociology.

Answer: B

23. The personality theorist, Sigmund Freud, was an Austrian

- ☐ A. chemist.
- ☐ B. physician.
- ☐ C. theologian.
- ☐ D. politician.

Answer: B

24. One of the last century's most influential observers of children was the Swiss biologist

- ☐ A. Edward Bradford Titchener.
- ☐ B. Margaret Floy Washburn.
- ☐ C. William James.
- ☐ D. Jean Piaget.

Answer: D

25. The nature–nurture issue refers to the debate over the relative contributions that _____ make to the development of psychological traits.

- ☐ A. massed practice and spaced practice
- ☐ B. unconscious and conscious motives
- ☐ C. behavior and mental processes
- ☐ D. genes and experience

Answer: D

26. Innate ability is to learned skill as _____ is to _____.

- ☐ A. observation; introspection
- ☐ B. psychology; psychiatry
- ☐ C. nature; nurture
- ☐ D. behavior; mental processes

Answer: C

27. Plato's assumption that certain ideas are inborn is most directly relevant to the controversy regarding

- ☐ A. conscious and unconscious thoughts.
- ☐ B. observation and introspection.
- ☐ C. nature and nurture.
- ☐ D. basic and applied research.

Answer: C

28. In the context of debates over the origins of psychological traits, nature is to nurture as

- ☐ A. Plato is to Aristotle.
- ☐ B. Watson is to Skinner.
- ☐ C. Aristotle is to Plato.
- ☐ D. Skinner is to Watson.

Answer: A

29. Professor McClure believes that young children are frequently able to make morally correct decisions because humans are endowed with an inborn knowledge of basic ethical principles. The professor's belief is most consistent with the views of

- ☐ **A.** Aristotle.
- ☐ **B.** Plato.
- ☐ **C.** John Locke.
- ☐ **D.** B. F. Skinner.

Answer: B

30. Who suggested that the mind at birth is a blank sheet upon which experience writes?

- ☐ **A.** Charles Darwin
- ☐ **B.** René Descartes
- ☐ **C.** John Locke
- ☐ **D.** Plato

Answer: C

31. Which seventeenth-century European philosopher believed that some ideas are innate?

- ☐ **A.** John Locke
- ☐ **B.** Ivan Pavlov
- ☐ **C.** Edward Titchener
- ☐ **D.** René Descartes

Answer: D

32. Efforts to discover whether the intelligence of children is more heavily influenced by their biology or by their home environments are most directly relevant to the debate regarding

- ☐ **A.** structuralism and functionalism.
- ☐ **B.** conscious and unconscious thought.
- ☐ **C.** observation and introspection.
- ☐ **D.** nature and nurture.

Answer: D

33. Lissette wonders whether personality differences between her African-American and Asian-American friends result from biological or cultural influences. In this instance, Lissette is primarily concerned with the relative contributions of

- ☐ **A.** neuroscience and cognition.
- ☐ **B.** nature and nurture.
- ☐ **C.** behavior and mental processes.
- ☐ **D.** conscious and unconscious thoughts.

Answer: B

34. The survival of organisms best suited to a particular environment is known as

- ☐ A. functionalism.
- ☐ B. natural selection.
- ☐ C. behavior genetics.
- ☐ D. structuralism.

Answer: B

35. Who highlighted the reproductive advantages of environmentally adaptive traits?

- ☐ A. Plato
- ☐ B. Aristotle
- ☐ C. John Locke
- ☐ D. Charles Darwin

Answer: D

36. Charles Darwin attempted to explain the _____ that he encountered.

- ☐ A. unconscious thought processes
- ☐ B. species variation
- ☐ C. biopsychosocial approach
- ☐ D. SQ3R method

Answer: B

37. By suggesting that nurture works on what nature endows, psychologists highlight the fact that we are biologically endowed with a capacity for

- ☐ A. inborn ideas.
- ☐ B. natural selection.
- ☐ C. introspection.
- ☐ D. learning and adaptation.

Answer: D

38. Different accounts of the same behavior that together give us a more complete understanding represent different

- ☐ A. cognitive functions.
- ☐ B. unconscious motives.
- ☐ C. levels of analysis.
- ☐ D. natural selections.

Answer: C

39. The biopsychosocial approach provides an understanding of social-cultural influences integrated within the larger framework of

- ☐ A. SQ3R.
- ☐ B. introspection.
- ☐ C. humanistic psychology.

- ☐ D. multiple levels of analysis.

Answer: D

40. Janna has low self-esteem because she is often teased for being overweight. Appreciating the complexity of Janna's difficulties requires

- ☐ A. introspection.
☐ B. psychoanalysis.
☐ C. massed practice.
☐ D. a biopsychosocial approach.

Answer: D

41. The biopsychosocial approach incorporates different levels of analysis, which

- ☐ A. have little value for applied research.
☐ B. typically contradict common sense.
☐ C. are generally impossible to test scientifically.
☐ D. complement one another.

Answer: D

42. The neuroscience perspective in psychology would be most likely to emphasize that behavior is influenced by

- ☐ A. environmental circumstances.
☐ B. blood chemistry.
☐ C. unconscious conflicts.
☐ D. subjective interpretations.

Answer: B

43. Which perspective would help us to understand the impact of strokes and brain diseases on memory?

- ☐ A. evolutionary
☐ B. behavioral
☐ C. psychodynamic
☐ D. neuroscience

Answer: D

44. Professor Lopez believes that severe depression results primarily from an imbalanced diet and abnormal brain chemistry. Professor Lopez favors a _____ perspective on depression.

- ☐ A. neuroscience
☐ B. psychodynamic
☐ C. behavior genetics
☐ D. cognitive

Answer: A

45. Which perspective highlights the reproductive advantages of inherited psychological traits?

- ☐ A. evolutionary
- ☐ B. cognitive
- ☐ C. behavioral
- ☐ D. social-cultural

Answer: A

46. Professor Crisman believes that most women prefer tall and physically strong partners because this preference promoted the survival of our ancestors' genes. This viewpoint best illustrates the _____ perspective.

- ☐ A. social-cultural
- ☐ B. cognitive
- ☐ C. evolutionary
- ☐ D. psychodynamic

Answer: C

47. Which perspective studies the relative contributions of our genes and our environment on our individual differences?

- ☐ A. cognitive
- ☐ B. behavior genetics
- ☐ C. social-cultural
- ☐ D. psychodynamic

Answer: B

48. Professor Brody attempts to measure the relative contributions of inborn traits and social influences on sexual preferences and behavior patterns. Her research efforts best illustrate the interests of the _____ perspective.

- ☐ A. behavior genetics
- ☐ B. psychodynamic
- ☐ C. behavioral
- ☐ D. cognitive

Answer: A

49. The distinctive feature of the psychodynamic perspective is its emphasis on

- ☐ A. natural selection.
- ☐ B. brain chemistry.
- ☐ C. unconscious conflicts.
- ☐ D. learned behaviors.

Answer: C

50. Mrs. Alfieri believes that her husband's angry outbursts against her result from his unconscious hatred of his own mother. Mrs. Alfieri is looking at her husband's behavior from a(n) _____

perspective.

- ☐ A. evolutionary
- ☐ B. behavioral
- ☐ C. psychodynamic
- ☐ D. behavior genetics

Answer: C

51. Which perspective most clearly focuses on how we learn observable responses?

- ☐ A. evolutionary
- ☐ B. neuroscience
- ☐ C. behavioral
- ☐ D. behavior genetics

Answer: C

52. Akira believes that her son has become a good student because she frequently praises his learning efforts. Her belief best illustrates a _____ perspective.

- ☐ A. behavior genetics
- ☐ B. neuroscience
- ☐ C. psychodynamic
- ☐ D. behavioral

Answer: D

53. The cognitive perspective in psychology focuses on how

- ☐ A. feelings are influenced by blood chemistry.
- ☐ B. people try to understand their own unconscious motives.
- ☐ C. behavior is influenced by environmental conditions.
- ☐ D. people encode, process, store, and retrieve information.

Answer: D

54. Which perspective is most concerned with how individuals interpret their experiences?

- ☐ A. behavioral
- ☐ B. cognitive
- ☐ C. neuroscience
- ☐ D. behavior genetics

Answer: B

55. Which psychological perspective is most likely to be concerned with identifying the powers and the limits of human reasoning?

- ☐ A. cognitive
- ☐ B. behavioral
- ☐ C. neuroscience

- ☐ D. behavior genetics

Answer: A

56. Which perspective in psychology is most likely to focus on how behavior and thinking vary across situations and cultures?

- ☐ A. evolutionary
☐ B. neuroscience
☐ C. cognitive
☐ D. social-cultural

Answer: D

57. Which perspective would focus on the extent to which different parenting styles are encouraged among various ethnic groups?

- ☐ A. evolutionary
☐ B. psychodynamic
☐ C. social-cultural
☐ D. neuroscience

Answer: C

58. Dr. Wilson attributes the delinquent behaviors of many teens to the pressures associated with being members of street gangs. Her account best illustrates a(n) _____ perspective.

- ☐ A. behavior genetics
☐ B. social-cultural
☐ C. neuroscience
☐ D. evolutionary

Answer: B

59. Which psychologists are MOST likely to be involved in basic research?

- ☐ A. industrial-organizational psychologists
☐ B. cognitive psychologists
☐ C. community psychologists
☐ D. clinical psychologists

Answer: C

60. Dr. Robinson conducts research on the relationship between brain chemistry and intellectual functioning. Which psychological specialty does Dr. Robinson's research best represent?

- ☐ A. social psychology
☐ B. clinical psychology
☐ C. biological psychology
☐ D. industrial-organizational psychology

Answer: C

61. Dr. Santaniello conducts research on how children's moral thinking changes as they grow older. It is most likely that Dr. Santaniello is a(n) _____ psychologist.

- ☐ **A.** social
- ☐ **B.** clinical
- ☐ **C.** developmental
- ☐ **D.** industrial-organizational

Answer: C

62. Dr. Caleigh conducts research on the relationship between adults' language skills and their capacity to solve mathematical problems. Dr. Caleigh is most likely a _____ psychologist.

- ☐ **A.** cognitive
- ☐ **B.** biological
- ☐ **C.** clinical
- ☐ **D.** social

Answer: A

63. Dr. Roberts studies how best to test for individual differences in traits such as anxiety and self-esteem. Which specialty area does her research best represent?

- ☐ **A.** social psychology
- ☐ **B.** biological psychology
- ☐ **C.** industrial-organizational psychology
- ☐ **D.** personality psychology

Answer: D

64. Dr. Mills conducts research on why individuals conform to the behaviors and opinions of others. Which specialty area does his research best represent?

- ☐ **A.** cognitive psychology
- ☐ **B.** social psychology
- ☐ **C.** developmental psychology
- ☐ **D.** clinical psychology

Answer: B

65. Which psychologists are MOST likely to be involved in applied research?

- ☐ **A.** industrial-organizational psychologists
- ☐ **B.** developmental psychologists
- ☐ **C.** personality psychologists
- ☐ **D.** biological psychologists

Answer: A

66. Dr. Lipka focuses on ways to improve employee job satisfaction and productivity. Dr. Lipka is most likely a(n) _____ psychologist.

- ☐ A. clinical
- ☐ B. developmental
- ☐ C. personality
- ☐ D. industrial-organizational

Answer: D

67. Dr. Vazquez helps people to make career choices by assisting them in identifying their strengths and interests. Dr. Vazquez is most likely a

- ☐ A. biological psychologist.
- ☐ B. counseling psychologist.
- ☐ C. cognitive psychologist.
- ☐ D. social psychologist.

Answer: B

68. Clinical psychologists specialize in

- ☐ A. constructing surveys.
- ☐ B. animal research.
- ☐ C. providing therapy to troubled people.
- ☐ D. providing drugs to treat behavioral disorders.

Answer: C

69. For no apparent reason, Adam has recently begun to feel so tense and anxious that he frequently stays home from work. It would be best for Adam to contact a _____ psychologist.

- ☐ A. developmental
- ☐ B. clinical
- ☐ C. personality
- ☐ D. biological

Answer: B

70. The specialist most likely to have a medical degree is a

- ☐ A. clinical psychologist.
- ☐ B. personality psychologist.
- ☐ C. developmental psychologist.
- ☐ D. psychiatrist.

Answer: D

71. Discovering and promoting human strengths and virtues that help individuals and communities to thrive is the major focus of

- ☐ A. the psychodynamic perspective.
- ☐ B. positive psychology.
- ☐ C. evolutionary psychology.

- ☐ D. behavior genetics.

Answer: B

72. Rather than seeking to change people to fit their environments, _____ work to create social and physical environments that are healthy for all.

- ☐ A. counseling psychologists.
- ☐ B. cognitive psychologists.
- ☐ C. community psychologists.
- ☐ D. clinical psychologists.

Answer: C

73. The testing effect refers to the _____ that accompanies repeated retrieval of learned information.

- ☐ A. positive psychology
- ☐ B. natural selection
- ☐ C. enhanced memory
- ☐ D. increasing boredom

Answer: C

74. SQ3R is a study method incorporating five steps: survey, question, read, _____, and review.

- ☐ A. revise
- ☐ B. reason
- ☐ C. retrieve
- ☐ D. research

Answer: C

75. The SQ3R study method emphasizes the importance of

- ☐ A. massed practice.
- ☐ B. introspection.
- ☐ C. retrieving information.
- ☐ D. role modeling.

Answer: C

76. Discerning the unstated assumptions and values that underlie conclusions best illustrates _____, which is an important learning tool.

- ☐ A. critical thinking
- ☐ B. the testing effect
- ☐ C. introspection
- ☐ D. SQ3R

Answer: C