Module 1

1. Wilhelm Wundt's laboratory work involved experimental studies of
   ○ A. animal intelligence.
   ○ B. personality development.
   ○ C. learning and memory.
   ○ D. reactions to sensory stimulation.

   **Answer:** D

2. The young science of psychology developed from the more established fields of philosophy and
   ○ A. economics.
   ○ B. biology.
   ○ C. geography.
   ○ D. sociology.

   **Answer:** B

3. The personality theorist, Sigmund Freud, was an Austrian
   ○ A. chemist.
   ○ B. physician.
   ○ C. theologian.
   ○ D. politician.

   **Answer:** B

4. Who was the American philosopher who authored a textbook in 1890 for the emerging discipline of psychology?
   ○ A. Wundt
   ○ B. Watson
   ○ C. Freud
   ○ D. James

   **Answer:** D

5. 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

6. Introspection was the basic research tool used by ________ in order to study people's inner sensations and mental images.
A. John Watson  
B. Charles Darwin  
C. Wilhelm Wundt  
D. B. F. Skinner

**Answer:** C

7. Looking inward and reporting your immediate sensations, images, and feelings is called  
   - A. cognitive neuroscience.  
   - B. introspection.  
   - C. behaviorism.  
   - D. humanism.

**Answer:** B

8. In its early years, psychology focused on the study of _______, but from the 1920s into the 1960s, American psychologists emphasized the study of ________.
   - A. environmental influences; hereditary influences  
   - B. maladaptive behavior; adaptive behavior  
   - C. unconscious motives; conscious thoughts and feelings  
   - D. mental life; observable behavior

**Answer:** D

9. 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

10. Behaviorists dismissed the value of  
    - A. science.  
    - B. introspection.  
    - C. spaced practice.  
    - D. observation.

**Answer:** B

11. John Watson is to Wilhelm Wundt as ________ is to ________.
    - A. biology; environment  
    - B. observable behavior; inner sensations  
    - C. mental illness; psychiatry  
    - D. cognitive perspective; psychoanalytic perspective
12. 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

13. In the early 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

14. 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

15. 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

16. Smiling is to feeling as ________ is to ________.
   ○ A. evolution; natural selection
   ○ B. behavior; mental process
   ○ C. conscious; unconscious
   ○ D. nurture; nature

Answer: B

17. Innate ability is to learned skill as ________ is to ________.
   ○ A. observation; introspection
   ○ B. psychology; psychiatry
   ○ C. nature; nurture
18. Plato’s assumption that certain ideas are inborn is most directly relevant to the controversy over the relative contributions of
   - A. conscious and unconscious thoughts.
   - B. observation and introspection.
   - C. nature and nurture.
   - D. basic and applied research.

   **Answer:** C

19. 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

20. 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 Watson.
   - D. B. F. Skinner.

   **Answer:** B

21. 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. basic and applied research.
   - B. conscious and unconscious thought.
   - C. observation and introspection.
   - D. nature and nurture.

   **Answer:** D

22. 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.
**23.** Complementary accounts of the same behavior that can supplement one another represent different

- A. cognitive functions.
- B. unconscious motives.
- C. levels of analysis.
- D. scientific attitudes.

**Answer:** C

**24.** 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

**25.** 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

**26.** The various perspectives employed by psychologists

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

**Answer:** D

**27.** 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

**28.** 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

29. 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

30. Which perspective would suggest that the facial expressions associated with the emotions of lust and rage are inherited?

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

**Answer:** C

31. 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

32. 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

33. Professor Brody attempts to measure the relative contributions of inborn traits and social influences on homosexual behavior. Her research efforts best illustrate the interests of the ________ perspective.
34. 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

35. 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

36. Which perspective most clearly focuses on how we learn observable responses?
   - A. evolutionary
   - B. neuroscience
   - C. behavioral
   - D. behavior genetics

**Answer:** C

37. Akira believes that her son has become a good student because she always praises his learning efforts. Her belief best illustrates a ________ perspective.
   - A. behavior genetics
   - B. neuroscience
   - C. psychodynamic
   - D. behavioral

**Answer:** D

38. 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

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

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

Answer: B

40. 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

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

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

Answer: C

42. 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

43. 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
44. 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

45. 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

46. 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

47. Which psychologists are MOST likely to be involved in applied research?
   - A. industrial-organizational psychologists
   - B. developmental psychologists
   - C. social psychologists
   - D. biological psychologists

Answer: A

48. 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. cognitive
   - D. industrial-organizational

Answer: D

49. 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

50. 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

51. For no apparent reason, Adam has recently begun to feel so tense and anxious that he frequently stays home from work. Adam would benefit from talking to a(n) ________ psychologist.
   A. industrial-organizational
   B. clinical
   C. cognitive
   D. biological

Answer: B

52. The specialist most likely to have a medical degree is a
   A. clinical psychologist.
   B. social psychologist.
   C. developmental psychologist.
   D. psychiatrist.

Answer: D

53. The SQ3R study method emphasizes the importance of
   A. massed practice.
   B. rote memory.
   C. reviewing material.
   D. role modeling.

Answer: C

54. In answering multiple-choice test items, smart test-takers are best advised to
   A. check off as correct the first answer they read that seems to be right.
   B. avoid guessing the answer on any items that do not appear to have a correct answer.
   C. carefully imagine how each of the alternative answers might be correct.
   D. recall the correct answer to each question before reading the alternative answers.

Answer: D
55. The first psychological laboratory was established by

- A. John Watson.
- B. Wilhelm Wundt.
- C. Sigmund Freud.
- D. Jean Piaget.

**Answer:** B

56. Psychology developed from the more established fields of philosophy and biology. For example, ________ was an American philosopher and ________ was an Austrian physician.

- A. Wundt; Pavlov
- B. James; Freud
- C. Skinner; Watson
- D. Piaget; Maslow

**Answer:** B

57. Ivan Pavlov pioneered the study of

- A. learning.
- B. perception.
- C. personality.
- D. mental illness.

**Answer:** A

58. The first woman to receive a Ph.D. in psychology later became the second woman to be elected an APA president. Her name was

- A. Evelyn Marie Adams.
- B. Rosalie Rayner.
- C. Margaret Floy Washburn.
- D. Jean Piaget.

**Answer:** C

59. Introspection was used by Wundt to identify

- A. inherited traits.
- B. maladaptive behaviors.
- C. unconscious motives.
- D. sensory experiences.

**Answer:** D

60. Research participants who carefully observe and report their immediate sensations and feelings in response to different musical sounds are using the method known as

- A. spaced practice.
- B. psychoanalysis.
C. introspection.
D. the case study.

Answer: C

61. Who would have been most likely to ignore mental processes and to define psychology as “the scientific study of observable behavior”?
   A. Watson
   B. Freud
   C. Wundt
   D. James

Answer: A

62. The value of introspection was most clearly dismissed by
   A. Wundt.
   B. Freud.
   C. Watson.
   D. James.

Answer: C

63. B. F. Skinner was a prominent American
   A. psychiatrist.
   B. behaviorist.
   C. cognitive neuroscientist.
   D. psychoanalyst.

Answer: B

64. The study of inner sensations and feelings is to the study of observable behavior as ________ is to ________.
   A. Wundt; Watson
   B. Skinner; James
   C. Watson; Freud
   D. Raynor; Wundt

Answer: A

65. The growth potential of healthy people was emphasized by
   A. Freudian psychology.
   B. cognitive neuroscience.
   C. behavior genetics.
   D. humanistic psychology.

Answer: D
66. In the 1960s, humanistic psychologists considered the approach advanced by behaviorists to be excessively

- A. biological.
- B. introspective.
- C. mechanistic.
- D. cognitive.

**Answer:** C

67. In studying human behavior, contemporary psychologists rely most heavily on

- A. naturalistic observation.
- B. psychoanalysis.
- C. natural selection.
- D. science.

**Answer:** D

68. Behavior is to mental processes as ________ is to ________.

- A. nature; nurture
- B. sensation; memory
- C. talking; understanding
- D. clinical psychology; psychiatry

**Answer:** C

69. In the context of debates regarding the origins of knowledge, Aristotle is to ________ as Plato is to ________.

- A. mind; body
- B. basic research; applied research
- C. introspection; naturalistic observation
- D. nurture; nature

**Answer:** D

70. The controversy over the relative contributions of genes and experience on psychological traits is known as the

- A. levels of analysis dilemma.
- B. behaviorism-introspection debate.
- C. cognitive neuroscience controversy.
- D. nature-nurture issue.

**Answer:** D

71. Which philosopher concluded that certain ideas were inborn?

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

Answer: B

72. Professor Kim suggests that young children from all cultures can distinguish between singular and plural nouns because the concept of quantity is inborn. The professor's suggestion would have been most readily accepted by

A. Plato.
B. John Watson.
C. B. F. Skinner.
D. Ivan Pavlov.

Answer: A

73. Unlike Plato, Aristotle emphasized that knowledge is a product of

A. logical reasoning.
B. inborn ideas.
C. sensory experience.
D. introspection.

Answer: C

74. Angie wonders whether her calm and relaxed personality style was learned or inherited. Angie's concern is most directly relevant to the issue of

A. observation versus introspection.
B. behavior versus mental processes.
C. nature versus nurture.
D. conscious mind versus unconscious mind.

Answer: C

75. Do psychological differences between men and women result from biological influences or social influences? This question most clearly involves a debate over the issue of

A. psychoanalysis versus humanistic psychology.
B. observation versus introspection.
C. behavior versus mental processes.
D. nature versus nurture.

Answer: D

76. A biopsychosocial approach is one that requires the use of

A. introspection.
B. SQ3R.
C. clinical psychology.
D. multiple levels of analysis.
Answer: D

77. An integrated understanding of how mental processes are affected by and affect both social and biological influences is most clearly provided by
   - A. introspection.
   - B. humanistic psychology.
   - C. a biopsychosocial approach.
   - D. naturalistic observation.

Answer: C

78. Poor nutrition, family stress, and memory difficulties have all contributed to Mr. Leonard’s depression. Effectively explaining the full complexity of his problems requires
   - A. psychoanalysis.
   - B. introspection.
   - C. a biopsychosocial approach.
   - D. an evolutionary level of analysis.

Answer: C

79. Ali insists that intellectual skills are inherited; Claire argues that intelligence is developed through educational experiences. Ali and Claire have differing perspectives on intelligence that
   - A. may complement each other.
   - B. are impossible to test scientifically.
   - C. illustrate the distinction between behavior and mental processes.
   - D. illustrate the conflict between psychology and psychiatry.

Answer: A

80. Which perspective is most directly concerned with how the physical properties of the brain influence behavior and mental states?
   - A. social-cultural
   - B. psychodynamic
   - C. behavioral
   - D. neuroscience

Answer: D

81. In a class lecture, Professor Hampton emphasized the extent to which abnormal blood chemistry can contribute to psychological disorders. The professor’s lecture highlighted a ________ perspective on psychological disorders.
   - A. psychodynamic
   - B. neuroscience
   - C. social-cultural
   - D. cognitive

Answer: B
82. The evolutionary perspective focuses on the impact of ________ on human traits.
   - A. introspection
   - B. natural selection
   - C. unconscious motives
   - D. rational thought

   **Answer:** B

83. Mark believes that people's dislike of bitter-tasting foods has promoted human survival. His belief best illustrates the ________ perspective.
   - A. psychodynamic
   - B. social-cultural
   - C. evolutionary
   - D. behavioral

   **Answer:** C

84. Which perspective is most directly concerned with assessing the relative contributions of heredity and experience to personality development?
   - A. cognitive
   - B. behavioral
   - C. psychodynamic
   - D. behavior genetics

   **Answer:** D

85. The behavior genetics perspective would be most directly concerned with assessing the relative influences of
   - A. behavior and mental processes.
   - B. conscious and unconscious motives.
   - C. nature and nurture.
   - D. observation and introspection.

   **Answer:** C

86. A clinical psychologist who explains behavior in terms of unconscious drives and conflicts is employing a(n) ________ perspective.
   - A. evolutionary
   - B. psychodynamic
   - C. behavioral
   - D. social-cultural

   **Answer:** B

87. The high school counselor has suggested that Skylar's romantic feelings for her physics teacher reflect her unconscious longings for attention from her own father. The counselor's assessment most clearly reflects a(n) ________ perspective.
A. behavioral
B. evolutionary
C. psychodynamic
D. behavior genetics

**Answer:** C

**88.** The behavioral perspective is most likely to emphasize the importance of

- A. learning.
- B. introspection.
- C. inherited traits.
- D. self-esteem.

**Answer:** A

**89.** Natassia believes that boys learn to be more aggressive than girls primarily because boys are more frequently pressured to defend themselves with fists. Natassia's belief is best described as an example of the ________ perspective.

- A. behavioral
- B. cognitive
- C. psychodynamic
- D. neuroscience

**Answer:** A

**90.** The evolutionary perspective is to ________ as the behavioral perspective is to ________.

- A. naturalistic observation; introspection
- B. nature; nurture
- C. clinical psychology; psychiatry
- D. unconscious mind; conscious mind

**Answer:** B

**91.** Which psychological perspective highlights the manner in which people encode, process, store, and retrieve information?

- A. cognitive
- B. behavioral
- C. behavior genetics
- D. evolutionary

**Answer:** A

**92.** A concern with the reasoning processes that contribute to effective problem solving is most characteristic of the ________ perspective.

- A. behavioral
- B. evolutionary
93. Dr. MacPherson believes that the way students organize and think about the information in their textbooks will strongly influence their ability to later remember and use what they have studied. Dr. MacPherson’s ideas most directly exemplify the ________ perspective.

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

Answer: D

94. Which psychological perspective is most likely to examine how group membership influences individual attitudes and behaviors?

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

Answer: D

95. Dr. Matias has concluded that very few people in a small African country suffer from alcohol dependence because of the strong influence of their religion. This belief best illustrates a(n) ________ perspective.

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

Answer: D

96. A theoretical perspective in psychology can be like a two-dimensional view of a three-dimensional object because each perspective is

- A. limited in its scope.
- B. likely to contradict other perspectives.
- C. of little value for applied research.
- D. impossible to test scientifically.

Answer: A

97. Dr. Tiao conducts basic research on the effects of head injuries on people's problem-solving and abstract-reasoning skills. Which psychological specialty does her research best represent?

- A. developmental psychology
- B. biological psychology
C. industrial-organizational psychology
D. social psychology

Answer: B

98. Dr. Winkle conducts basic research on the systematic changes in intelligence associated with aging. It is most likely that Dr. Winkle is a(n) ________ psychologist.
   A. biological
   B. social
   C. developmental
   D. industrial-organizational

Answer: C

99. Dr. Karima conducts basic research on the relative effectiveness of massed practice and spaced practice on a person's ability to remember information. Dr. Karima is most likely a ________ psychologist.
   A. social
   B. personality
   C. biological
   D. cognitive

Answer: D

100. Dr. Veenstra conducts basic research on the impact of racial prejudice on behavior. Dr. Veenstra is most likely a(n) ________ psychologist.
   A. clinical
   B. social
   C. biological
   D. industrial-organizational

Answer: B

101. Dr. Ochoa develops tests to accurately identify the most qualified job applicants in a large manufacturing firm. Which psychological specialty does Dr. Ochoa's work best represent?
   A. developmental psychology
   B. industrial-organizational psychology
   C. biological psychology
   D. clinical psychology

Answer: B

102. A helping profession devoted to assisting people with problems often related to school, work, or marriage is known as
   A. developmental psychology.
   B. counseling psychology.
   C. cognitive psychology.
103. Which professional specialty focuses on the diagnosis and treatment of people with psychological disorders?

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

**Answer:** C

104. Working in a community mental health center, Dr. Thatcher treats adults who suffer from severe depression. Dr. Thatcher is most likely a(n) ________ psychologist.

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

**Answer:** C

105. Which specialists are the most likely to prescribe a drug for the treatment of a psychological disorder?

- A. developmental psychologists
- B. clinical psychologists
- C. cognitive psychologists
- D. psychiatrists

**Answer:** D

106. The SQ3R method encourages students to

- A. read each text chapter quickly in order to minimize boredom.
- B. read each text chapter without any preconceptions about what they might learn.
- C. survey a text chapter’s organization before actually reading the chapter itself.
- D. read entire text chapters at one sitting in order to maximize comprehension.

**Answer:** C

107. For effective mastery of course material, the text emphasizes the value of

- A. spaced practice and overlearning.
- B. speed reading and massed practice.
- C. introspection and psychoanalysis.
- D. taking notes using text wording.

**Answer:** A
108. The first psychology laboratory was established by ________ in the year_______.

- A. Wundt; 1879
- B. James; 1890
- C. Freud; 1900
- D. Watson; 1913

**Answer:** A

109. Who wrote an important psychology textbook?

- A. Wilhelm Wundt
- B. Ivan Pavlov
- C. Jean Piaget
- D. William James

**Answer:** D

110. Who would be most likely to agree with the statement, “Psychology is the science of mental life”?

- A. Wilhelm Wundt
- B. John Watson
- C. Ivan Pavlov
- D. virtually any American psychologist during the 1960s

**Answer:** A

111. Psychology is defined as the “science of behavior and mental processes.” Wilhelm Wundt would have omitted which of the following words from this definition?

- A. science of
- B. behavior and
- C. and mental processes
- D. Wundt would have agreed with the definition as stated.

**Answer:** B

112. Two historical roots of psychology are the disciplines of

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

**Answer:** C

113. Dharma's term paper on the history of American psychology notes that

- A. psychology began as the science of mental life.
- B. from the 1920s into the 1960s, psychology was defined as the scientific study of observable behavior.
C. contemporary psychologists study both overt behavior and covert thoughts.
D. all of these statements are true.

**Answer:** D

114. In its earliest days, psychology was defined as the

- A. science of mental life.
- B. study of conscious and unconscious activity.
- C. science of observable behavior.
- D. science of behavior and mental processes.

**Answer:** A

115. Carl Rogers and Abraham Maslow are most closely associated with

- A. cognitive psychology.
- B. behaviorism.
- C. psychodynamic theory.
- D. humanistic psychology.

**Answer:** D

116. Who would be most likely to agree with the statement, “Psychology should investigate only behaviors that can be observed”?

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

**Answer:** C

117. Today, psychology is defined as the

- A. science of mental phenomena.
- B. science of conscious and unconscious activity.
- C. science of behavior.
- D. science of behavior and mental processes.

**Answer:** D

118. In psychology, behavior is best defined as

- A. anything a person says, does, or feels.
- B. any action we can observe and record.
- C. any action, whether observable or not.
- D. anything we can infer from a person's actions.

**Answer:** B

119. In defining psychology, the text notes that psychology is most accurately described as a
A. way of asking and answering questions.
B. field engaged in solving applied problems.
C. set of findings related to behavior and mental processes.
D. nonscientific approach to the study of mental disorders.

Answer: A

120. Psychologists who study how brain activity is linked to memory, perception, and other thought processes are called
- A. humanistic psychologists.
- B. psychiatrists.
- C. clinical psychologists.
- D. cognitive neuroscientists.

Answer: D

121. Which of the following exemplifies the issue of the relative importance of nature and nurture on our behavior?
- A. the issue of the relative influence of biology and experience on behavior
- B. the issue of the relative influence of rewards and punishments on behavior
- C. the debate as to the relative importance of heredity and instinct in determining behavior
- D. the debate as to whether mental processes are a legitimate area of scientific study

Answer: A

122. The Greek philosopher who believed that intelligence was inherited was
- A. Aristotle.
- B. Plato.
- C. Piaget.
- D. Simonides.

Answer: B

123. In concluding her report on the “nature-nurture debate in contemporary psychology,” Karen notes that
- A. most psychologists believe that nature is a more important influence on the development of most human traits.
- B. most psychologists believe that nurture is more influential.
- C. the issue is more heatedly debated than ever before.
- D. nurture works on what nature endows.

Answer: D

124. Professor Gutierrez, who believes that human emotions are best understood as being jointly determined by heredity, learning, and the individual's social and cultural contexts, is evidently a proponent of the
A. psychodynamic perspective.
B. biopsychosocial approach.
C. evolutionary perspective.
D. neuroscience perspective.

**Answer:** B

125. The biopsychosocial approach emphasizes the importance of

- A. different levels of analysis in exploring behavior and mental processes.
- B. basic research over pure research.
- C. pure research over basic research.
- D. having a single academic perspective to guide research.

**Answer:** A

126. Concerning the major psychological perspectives on behavior, the text author suggests that

- A. researchers should work within the framework of only one of the perspectives.
- B. only those perspectives that emphasize objective measurement of behavior are useful.
- C. the different perspectives often complement one another; together, they provide a fuller understanding of behavior than provided by any single perspective.
- D. psychologists should avoid all of these traditional perspectives.

**Answer:** C

127. Which psychological perspective emphasizes the interaction of the brain and body in behavior?

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

**Answer:** A

128. The way we encode, process, store, and retrieve information is the primary concern of the ________ perspective.

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

**Answer:** D

129. Dr. Ernst explains behavior in terms of different situations. Dr. Ernst is working from the ________ perspective.

- A. behavioral
- B. evolutionary
- C. social-cultural

**Answer:** A
130. Which perspective emphasizes the learning of observable responses?

- A. behavioral
- B. social-cultural
- C. neuroscience
- D. cognitive

**Answer:** A

131. Dr. Waung investigates how a person's interpretation of a situation affects his or her reaction. Evidently, Dr. Waung is working from the ________ perspective.

- A. neuroscience
- B. behavioral
- C. cognitive
- D. social-cultural

**Answer:** C

132. The psychological perspective that places the MOST emphasis on how observable responses are learned is the ________ perspective.

- A. behavioral
- B. cognitive
- C. behavior genetics
- D. evolutionary

**Answer:** A

133. During a dinner conversation, a friend says that the cognitive and behavioral perspectives are quite similar. You disagree and point out that the cognitive perspective emphasizes ________, whereas the behavioral perspective emphasizes ________.

- A. conscious processes; observable responses
- B. unconscious processes; conscious processes
- C. overt behaviors; covert behaviors
- D. introspection; experimentation

**Answer:** A

134. Psychologists who study the degree to which genes influence our personality are working from the ________ perspective.

- A. behavioral
- B. evolutionary
- C. behavior genetics
- D. neuroscience
135. A psychologist who conducts experiments solely intended to build psychology's knowledge base is engaged in

- A. basic research.
- B. applied research.
- C. industrial-organizational research.
- D. clinical research.

Answer: A

136. A psychologist who explores how Asian and North American definitions of attractiveness differ is working from the ________ perspective.

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

Answer: D

137. Psychologists who study, assess, and treat troubled people are called

- A. basic researchers.
- B. applied psychologists.
- C. clinical psychologists.
- D. psychiatrists.

Answer: C

138. Today, psychology is a discipline that

- A. connects with a diversity of other fields.
- B. is largely independent of other disciplines.
- C. is focused primarily on basic research.
- D. is focused primarily on applied research.

Answer: A

139. Dr. Jones' research centers on the relationship between changes in our thinking over the life span and changes in moral reasoning. Dr. Jones is most likely a

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

Answer: D

140. Which subfield is most directly concerned with studying human behavior in the workplace?
A. clinical psychology
B. personality psychology
C. industrial-organizational psychology
D. psychiatry

Answer: C

141. A psychologist who studies how worker productivity might be increased by changing office layout is engaged in ________ research.
   A. applied
   B. basic
   C. clinical
   D. developmental

Answer: A

142. Terrence wants to talk to a professional to help him cope with some academic challenges he's facing. You recommend that he contact a(n)
   A. industrial-organizational psychologist.
   B. developmental psychologist.
   C. counseling psychologist.
   D. psychiatrist.

Answer: C

143. Dr. Aswad is studying people's enduring inner traits. Dr. Aswad is most likely a(n)
   A. clinical psychologist.
   B. psychiatrist.
   C. personality psychologist.
   D. industrial-organizational psychologist.

Answer: C

144. Which of the following individuals is also a physician?
   A. clinical psychologist
   B. experimental psychologist
   C. psychiatrist
   D. biological psychologist

Answer: C

145. In order, the sequence of steps in the SQ3R method is
   A. survey, review, question, read, reflect.
   B. review, question, survey, read, reflect.
   C. question, review, survey, read, reflect.
   D. survey, question, read, review, reflect.
**Answer:** D

146. A major principle underlying the SQ3R study method is that

- A. people learn and remember material best when they actively process it.
- B. many students overestimate their mastery of text and lecture material.
- C. study time should be spaced over time rather than crammed into one session.
- D. overlearning disrupts efficient retention.

**Answer:** A

147. Your roommate announces that her schedule permits her to devote three hours to studying for an upcoming quiz. You advise her to

- A. spend most of her time reading and rereading the text material.
- B. focus primarily on her lecture notes.
- C. space study time over several short sessions.
- D. cram for three hours just before the quiz.

**Answer:** C

148. A fraternity brother rationalizes the fact that he spends very little time studying by saying that he “doesn't want to peak too soon and have the test material become stale.” You tell him that

- A. he is probably overestimating his knowledge of the material.
- B. if he devotes extra time to studying, his retention of the material will be improved.
- C. the more often students review material, the better their exam scores.
- D. all of these statements are true.

**Answer:** D

149. Jack is a second-grade student. He seems to have no interest in learning, often daydreaming in class and frequently disrupting the class by throwing objects at other students. Describe how a biopsychosocial approach might provide both an integrated explanation of Jack's classroom behavior and practical suggestions for helping Jack to cope more effectively with the challenges he faces.

**Answer:**

150. Kathy does not want to become a psychologist because she has no interest in analyzing emotionally disturbed people. Use your knowledge of psychology's perspectives and subfields to expand Kathy's limited understanding of career opportunities for psychologists.
Answer: