Psychology Intro Quiz

1. Define Psychology.

2. Identify 3 major issues in psychology.

3. Which psychological perspective emphasizes the interaction of the brain and body in behavior?
   a. Biological perspective
   b. Behavior genetics perspective
   c. Cognitive perspective
   d. Evolutionary perspective

4. Frank went to medical school and now counsels people who have problems. He likely is what type of service provider?
   a. Clinical psychologist
   b. Psychiatrist
   c. Clinical social worker
   d. Counseling psychologist

5. To say that psychology is a science means that:
   a. Psychological research should be free of value judgments
   b. Psychologists approach the study of thoughts and actions with careful observations and rigorous analysis.
   c. All of the above
   d. None of the above

6. If a study can be repeated with the same results, it is considered to be:
   a. Falsifiable
   b. Burden of truth
   c. Replicable
   d. All of the above

7. In a study, the entire group of individuals to be considered is the:
   a. Sample
   b. Representative Sample
   c. Random Sample
   d. Population

8. If every individual in the population has an equal chance of being selected, the sample is considered a:
   a. Representative Sample
   b. Convenience Sample
   c. Random Sample
   d. Cross-Cultural Sample

9. In an experiment, if both the observer and the participants in a study are unaware of which participants received the treatment, it is:
   a. A double blind study
   b. A single blind study
   c. Biased
   d. A and C
10. Dr. Borszez wants to study the effects of an injury to a specific part of the brain. What method would he use?
   a. Survey  c. Experiment
   b. Observation  d. Case History

11. Which correlation coefficient is stronger?
   a. .78  b. -.85  c. .67  d. -.54

12. A researcher finds that the more students study, the higher their grade point averages are. Which of the following correlation coefficients would best describe the relationship between studying and GPA?
   a. -.8  b. -2  c. 1.8  d. 0  e. .8

13. In an experiment, the aspect of the situation that is intentionally varied by the experimenter is called the
   a. Dependent variable  c. Control group
   b. Independent variable  d. Effect

14. Dr. Seever is interested in studying the effects of heroin on the motivation of lab rats to explore a maze. In this study, the independent variable is _____________ and the dependent variable is
   a. heroin; motivation  c. motivation; heroin
   b. heroin; the rats  d. the rats; heroin

15. Dr. Charles is investigating the effectiveness of a new medication. He randomly assigns patients to three groups, two of which receive different amounts of the drug, and one of which receives an inactive substance. The patients in this last group constitute the _____________ condition.
   a. dependent  c. independent
   b. experimental  d. control

16. A negative correlation reflects a relationship between two variables that is _____________
   a. directly proportional  c. nonexistent
   b. inversely proportional  d. causal

17. The strength of a correlational relationship is determined by:

18. What is the difference between a sample and a population?

19. Why would a researcher prefer to perform an experiment instead of a correlation?

20. What is informed consent?
Nervous System Quiz

1. Sarah suffered a brain injury that effected portions of her cerebellum. Sarah is likely to suffer some loss of:
   a. Blood pressure
   b. Auditory perception
   c. Hunger and thirst
   d. Fine motor function

2. Due to a tragic canoe accident, Adrian has suffered severe brain damage. He has no higher level brain functioning, but he can still breathe on his own and his heart is working fine. What part of his brain probably isn’t damaged?
   a. Limbic system
   b. Medulla
   c. Reticular formation
   d. Hypothalamus

3. After a long day of class Rebecca goes home and sits on the couch to relax. She can feel her heart rate drop and her breathing slow. These physical phenomena are caused by the:
   a. Sympathetic nervous system
   b. Central nervous system
   c. Parasympathetic nervous system
   d. Skeletal nervous system

4. What is the correct sequence of a neural impulse?
   a. axon→dendrite→cell body→synapse
   b. synapse→axon→cell body→synapse
   c. dendrite→axon→cell body→synapse
   d. dendrite→cell body→axon→synapse

5. Which part of the brain do left-handed people use to write?
   a. Temporal lobe
   b. Hippocampus
   c. Right hemisphere
   d. Left hemisphere

6. Which of the following carries information toward the cell body of a neuron?
   a. Axon
   b. Myelin
   c. Dendrite
   d. Nodes of ranvier

7. The electrical signal that travels down the length of the axon is known as the:
   a. Axon potential
   b. Membrane potential
   c. Action potential
   d. Graded potential

8. Rage and fear will result from stimulation of different regions of the:
   a. Parietal lobe
   b. Frontal lobe
   c. Hippocampus
   d. Amygdala

9. The adrenal gland:
   a. Secretes growth hormone
   b. Release small amounts of the sex hormones
   c. All of the above
   d. None of the above

10. Drugs that mimic how natural neurotransmitters work are called:
    a. Antagonists
    b. Agonists
    c. Synapse
    d. None of the above
11. While experimenting with LSD, Larry felt that he could hear sights, and see tastes. This is because the drug LSD affected his:
   a. Pons  
   b. Thalamus  
   c. Hippocampus  
   d. Amygdala

12. When a neurotransmitter is reabsorbed by the axon that released it, this is called:
   a. Metabolism  
   b. Diffusion  
   c. Re-uptake  
   d. Re-excitation

13. Sarah sustained brain damage and can no longer feel pain or determine temperature. She likely damaged her:
   a. Occipital Lobe  
   b. Parietal Lobe  
   c. Temporal Lobe  
   d. Frontal Lobe

14. The non-neural cells that support, protect and nourish neurons are called__________________________.

15. The most complex functions of human behavior are linked to the most developed part of the brain, the ____________________________.

16. The brain and spinal cord comprise the ____________________________. The neurons that link the brain and spinal cord to the body's sense receptors, muscles, and glands form the ____________________________.

17. Following a gunshot wound to his head, Jack became more uninhibited, irritable and profane. It is likely that his personality change was the result of an injury to his:
   a. Parietal Lobe  
   b. Temporal lobe  
   c. Frontal Lobe  
   d. Occipital Lobe

18. The myelin sheath that is on some neurons:

19. In the video watched in class, they had a normal man and a split-brain man draw pictures. What was the difference between the pictures drawn by the two men? Why did this occur?
Cerebellum - the part of the brain below the back of the cerebrum. It regulates balance, posture, movement, and muscle coordination.

Corpus Callosum - a large bundle of nerve fibers that connect the left and right cerebral hemispheres. In the lateral section, it looks a bit like a "C" on its side.

Frontal Lobe of the Cerebrum - the top, front regions of each of the cerebral hemispheres. They are used for reasoning, emotions, judgment, and voluntary movement.

Medulla Oblongata - the lowest section of the brainstem (at the top end of the spinal cord); it controls automatic functions including heartbeat, breathing, etc.

Occipital Lobe of the Cerebrum - the region at the back of each cerebral hemisphere that contains the centers of vision and reading ability (located at the back of the head).

Parietal Lobe of the Cerebrum - the middle lobe of each cerebral hemisphere between the frontal and occipital lobes; it contains important sensory centers (located at the upper rear of the head).

Pituitary Gland - a gland attached to the base of the brain (located between the Pons and the Corpus Callosum) that secretes hormones.

Pons - the part of the brainstem that joins the hemispheres of the cerebellum and connects the cerebrum with the cerebellum. It is located just above the Medulla Oblongata.

Spinal Cord - a thick bundle of nerve fibers that runs from the base of the brain to the hip area, running through the spine (vertebrae).

Temporal Lobe of the Cerebrum - the region at the lower side of each cerebral hemisphere; contains centers of hearing and memory (located at the sides of the head).
Chapter 4 Test: Sensation and Perception

1. Specialized cells that convert environmental energies into neural signals:
   a. Sensation
   b. Perception
   c. Stimuli
   d. Receptors

2. Interpretation of information from the environment:
   a. Sensation
   b. Perception
   c. Stimuli
   d. Receptors

3. Visual receptors specialized for brightness in vision are called:
   a. Rods
   b. Cones
   c. Sticks
   d. Stones

4. The portion of the eye that is part of the central nervous system and includes many visual receptors:
   a. Lens
   b. Iris
   c. Retina
   d. Optic nerve

5. Because this theory of color vision uses part of the brain and the whole retina, color information can remain constant even in different lighting situations.
   a. Retinex theory
   b. Opponent-process theory
   c. Trichromatic theory
   d. All of the above

6. Cutaneous senses include all of the following except:
   a. Touch
   b. Temperature
   c. Pain
   d. Noise

7. Pain can be blocked by
   a. Highly emotional or stressful events
   b. The placebo effect
   c. All of the above
   d. None of the above
8. A neurotransmitter that inhibits the activity of pain cells:
   a. Glutamate
   b. Substance P
   c. Endorphins
   d. Serotonin

9. How can we explain the phenomenon of phantom sensations?

10. According to the notes, what do phantom limbs tell us?

11. We see a cart as one whole unit instead of a group of pieces because of what type of
    processing?
    a. Top-down
    b. Bottom-up
    c. Similarity
    d. Proximity

12. “Things close together go together,” is an explanation of which Gestalt principle?
    a. Closure
    b. Continuity
    c. Similarity
    d. Proximity

13. The binocular cue that depends on the fact that eyes see slightly different views of the world:
    a. Texture
    b. Binocular disparity
    c. Shading
    d. Convergence

14. The monocular cue that states that a nearby object interrupts the view of a more distant
    object:
    a. Interposition
    b. Relative size
    c. Linear perspective
    d. Motion parallax

15. Describe how we acquire the perceptual set or our “frame of mind.”
Chapter 5 Vocabulary

1. Sensation ___
2. Perception ___
3. Bottom-up Processing ___
4. Transduction ___
5. Sensory Adaptation ___
6. Attention ___
7. Absolute Threshold ___
8. Cocktail Party ___
9. Top-down Processing ___
10. Difference Threshold ___
11. Binocular Depth Cues ___
12. Signal Detection Theory ___

a. how the brain selects which sensory stimuli to pass along to higher levels of processing
b. a phenomenon of selective attention which refers to the ability to focus on a single conversation in the midst of chaos
c. data is relayed from one processing level to the next, always moving to a higher level of processing
d. how sense organs respond to external stimuli and transmit responses to the brain
e. cues of depth perception that arise from the fact that we have two eyes
f. a process by which sensory receptors produce neural impulses when they receive physical and chemical stimuli
g. minimum difference between two stimuli that a subject can detect 50% of the time
h. processing, organizing, and interpreting of sensory signals that result in an internal representation of the stimulus
i. the minimum intensity of stimulation that must occur before one can experience a sensation
j. has four components: signal, response, noise, and response bias
k. when one's sensitivity to stimuli decreases over time
l. information processing guided by higher-level mental processes
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Chapter 4 practice quiz

1. Which early psychologist likened consciousness to a flowing stream?
   a. William James  c. Sigmund Freud
   b. John Watson  d. Wilhelm Wundt

2. Circadian rhythms play a critical role in the timing of what?
   a. elimination  c. all of the above
   b. wakefulness  d. none of the above

3. The structure in the brain that is the biological clock is the:
   a. hypothalamus  c. suprachiasmatic nucleus
   b. hippocampus  d. amygdala

4. Which of the following is not a part of NREM sleep?
   a. Stage 1 sleep  c. REM sleep
   b. Stage 2 sleep  d. Stage 4 sleep

5. Which stage of sleep is associated with between 20 and 50 percent delta waves, and
   is considered slow wave sleep, or deep sleep?
   a. Stage 4 sleep  c. Stage 2 sleep
   b. Stage 3 sleep  d. Stage 1 sleep

6. Adam believes that the function of sleep is to restore the body and mind. What
   theory of sleep does Adam believe?
   a. functional theory of sleep  c. evolutionary theory of sleep
   b. circadian theory of sleep  d. restorative theory of sleep

7. Emelia often wakes up in her sleep gasping for air because her breathing stopped.
   She is likely suffering from a sleep disorder known as:
   a. sleep apnea  c. insomnia
   b. somniloquy  d. narcolepsy

8. Which drug mimics the effect of epinephrine?
   a. Morphine  c. alcohol
   b. Cocaine  d. valium

9. Which drug causes damage to serotonin receptors?
   a. Ecstasy  c. heroin
   b. Marijuana  d. caffeine

10. Describe the difference between the latent content and the manifest content of
    dreams.
Ch. 7: States of Consciousness
This is only an outline of the key concepts in the chapter. It should not be used as a direct representation of the test questions.
**Know all vocabulary words in bold and italics.**

1. What is consciousness?
2. How do we process information consciously?
3. Who daydreams and what do they daydream about?
4. What are biological rhythms? What kind are there?
5. What aspects of our life are regulated by circadian rhythms?
6. Describe the 5 different stages of sleep.
7. What are some reasons why we sleep?
8. What are the effects of sleep deprivation?
9. Describe the sleep disorders discussed in the book and lecture.
10. What do people dream about?
11. Why do we dream? What are possible causes of our dreams?
12. What is hypnosis?
13. Who is most likely to experience hypnosis?
14. How does hypnosis affect memory?
15. Can hypnosis make people act against their will?
16. How does hypnosis alleviate pain?
17. How is hypnosis a social phenomenon?
18. Describe how hypnosis is a divided consciousness.
19. Describe the 3 categories of psychoactive drugs.
20. Know the major effects and side-effects of all the drugs discussed in the chapter and in class (alcohol, barbiturates, opiates, caffeine, nicotine, cocaine, ecstasy, LSD, marijuana, etc).
21. How do expectations affect the experience of drug use?
22. Describe the different influences on drug use.
   a. Biological
   b. Psychological
   c. Cultural
23. What is a near-death experience?
24. What do dualists and monists say about the material of the mind?
Classical Conditioning Quiz

1. In Pavlov's experiment with dogs, the meat served as a(n):
   a. CS  b. CR  c. UCS  d. UCR

2. In Pavlov's experiment, the tone was initially a (n) _____ stimulus; after it was paired with meat, it became a (n) _____ stimulus.
   a. conditioned; neutral
   b. neutral; conditioned
   c. conditioned; unconditioned
   d. unconditioned; conditioned

3. When a conditioned stimulus is presented without an accompanying unconditioned stimulus, _____ will soon take place.
   a. generalization   b. discrimination   c. extinction   d. spontaneous recovery

4. In Garcia and Koelling's studies of taste – aversion learning, rats learned to associate:
   a. taste with electric shock
   b. sights and sounds with sickness
   c. taste with sickness
   d. taste and sounds with electric shock

5. For the most rapid conditioning, a CS should be presented:
   a. About 1 second after the UCS.
   b. About one-half second before the UCS.
   c. About 15 seconds before the UCS.
   d. At the same time as the UCS.

6. In Watson and Rayner's experiment (baby Albert), the loud noise was the _____ and the white rat was the _____.
   a. CS; CR
   b. UCS; CS
   c. CS; UCS
   d. UCS; CR

7. In Pavlov's studies of classical conditioning of a dog's salivary responses, spontaneous recovery occurred:
   a. during acquisition, when the CS was first paired with the UCS
   b. during extinction, when the CS was first presented by itself
   c. when the CS was reintroduced following extinction of the CR and a rest period
   d. during discrimination training, when several conditioned stimuli were introduced.
For questions 8 through 11, use the following information:

As a child, you were playing in the yard one day when a neighbor's cat wandered over. Your mother (who has a terrible fear of animals) screamed and snatched you into her arms. Her behavior caused you to cry. You now have a fear of cats.

8. Identify the CS.

9. Identify the UCS.

10. Identify the CR.

11. Identify the UCR.

BONUS
One difference between classical and operant conditioning is that:

a. In classical conditioning the responses operate on the environment to produce rewarding or punishing stimuli.
b. In operant conditioning the responses are triggered by preceding stimuli.
c. In classical conditioning the responses are automatically elicited by stimuli.
d. In operant conditioning the responses are reflexive.
Operant Conditioning

1. Bobby was bitten by a German Shepherd when he was little, and now he is afraid of shepherds, Labradors, and Rottweilers, and occurrence that can be attributed to_______.
   a. similarity phenomenon
   b. spontaneous recovery
   c. stimulus generalization
   d. contrapreparedness

2. A response that leads to the removal of an unpleasant stimulus is one being:
   a. positively reinforced
   b. negatively reinforced
   c. punished
   d. extinguished

3. Which is an example of reinforcement?
   a. presenting a stimulus after a response
   b. removing an unpleasant stimulus after a response
   c. being told that you have done a good job
   d. all of the above

4. Julie raised her hand in algebra class because she knows that the teacher will call on her, but she doesn’t raise her hand in history, because the teacher in that class never calls on her when she does. For Julie, the teachers have become______.
   a. primary reinforces
   b. subjective stimuli
   c. secondary reinforcers
   d. discriminative stimuli

5. Shaping is a (n) _____ technique for _____ a behavior.
   a. operant; establishing
   b. operant; suppressing
   c. respondent; establishing
   d. respondent; suppressing

6. Operant conditioning is to _____ as classical conditioning is to _____.
   a. Pavlov; Watson
   b. Skinner; Bandura
   c. Skinner; Pavlov
7. The _____ schedule is the one most resistant to extinction.
   a. variable interval
   b. variable ratio
   c. fixed ratio
   d. fixed interval

8. Fishing is reinforced according to which schedule?
   a. fixed-interval
   b. fixed-ratio
   c. variable-interval
   d. variable-ratio

9. Jack finally takes out the garbage in order to get his father to stop pestering him. Jack's behavior is being influenced by:
   a. positive reinforcement
   b. negative reinforcement
   c. a primary reinforcer
   d. punishment

10. Which of the following is an example of shaping?
    a. A dog learns to salivate at the sight of a box of dog biscuits.
    b. A new driver learns to stop at an intersection when the light changes red.
    c. A parrot is rewarded first for making any sound, then for making a sound similar to "Laura" and then for "speaking" its owner's name.
    d. A psychology student reinforces a laboratory rat only occasionally, to make its behavior more resistant to extinction.
Summing Up

Complete the following flow chart.

INFORMATION PROCESSING

External events are initially recorded as sensory memory

which is either

(visual sensory memory)

or

(auditory sensory memory)

If we pay attention to the information, it is encoded into

memory that holds a few items briefly, or ______ memory.

To get information into storage, we must

it

To get information out of storage, we must

it

The relatively limitless, permanent memory

where information is stored is

memory

which may be categorized as

conscious memory of facts and events, or

which consists of

general knowledge, or

life history memory, or

automatic memory of skills and behaviors, or

which consists of

skill memory, or

automatic reactions, or
**Matching Items**

Match each definition or description with the appropriate term.

**Definitions or Descriptions**

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<tbody>
<tr>
<td>1.</td>
<td>sensory memory that decays more slowly than visual sensory memory</td>
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<td>2.</td>
<td>the process by which information gets into the memory system</td>
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<td>3.</td>
<td>mental pictures that aid memory</td>
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<td>4.</td>
<td>the blocking of painful memories</td>
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<td>5.</td>
<td>the phenomenon in which one’s mood can influence retrieval</td>
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<td>6.</td>
<td>memory for a list of words is affected by word order</td>
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<td>7.</td>
<td>“one is a bun, two is a shoe” mnemonic device</td>
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<td>8.</td>
<td>matching each of a series of locations with a visual representation of to-be-remembered items</td>
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<td>9.</td>
<td>new learning interferes with previous knowledge</td>
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<td>10.</td>
<td>a measure of memory</td>
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<td>11.</td>
<td>old knowledge interferes with new learning</td>
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<td>12.</td>
<td>misattributing the origin of an event</td>
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<td>13.</td>
<td>the fading of unused information over time</td>
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<td>14.</td>
<td>the lingering effects of misinformation</td>
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<td>a memory sin of intrusion</td>
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**Terms**

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<td>b.</td>
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<td>c.</td>
<td>serial position effect</td>
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<td>d.</td>
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Infancy and Childhood Quiz

1. One can tell when an infant has habituated, or decreased the response to a stimulus, by a:
   a. Increase in heart rate
   b. Decrease in heart rate
   c. Increase in salivation
   d. Decrease in salivation

2. At what ages do females have more weight and height than males?
   a. 11 and 12 respectively
   b. 12 and 11 respectively
   c. 11
   d. 13

3. The emotional bond that forms between a child and another individual is called:
   a. Attachment
   b. Temperament
   c. Reflex
   d. Instinct

4. In Harry Harlow’s experiment, the monkeys liked:
   a. The wire mesh ‘mother’ best because she gave the monkeys food
   b. The terrycloth ‘mother’ best because she gave the monkeys food
   c. The terrycloth ‘mother’ best because she provided greater comfort
   d. Both ‘mothers’ equally

5. If a child doesn’t cry when his mother leaves and seems to stay away from her when she returns, he likely has what type of attachment?
   a. Secure
   b. Avoidant
   c. Ambivalent
   d. Disorganized/disoriented

6. Day care:
   a. Can provide benefits if it is a high-quality program
   b. Is a good idea for poor families but not for upper class families
   c. Does not provide significant benefits
   d. A and C

7. Allie’s parents are very strict. If she is 2 minutes late for curfew she gets grounded for a week, and they rarely allow her to question them. Her parents could best be described as:
   a. Authoritarian
   b. Permissive
   c. Authoritative
   d. Uninvolved

8. Evan is going through a stage in which he will try to develop a sense of independence. He is likely in which of Erikson’s stages of psychosocial development?
   a. Trust vs. Mistrust
   b. Autonomy vs. Shame-and-doubt
   c. Industry vs. Inferiority
   d. All of the above

9. According to Piaget, a child who cannot use symbolic thought is likely in which stage?
   a. Sensorimotor
   b. Preoperational
   c. Concrete operational
   d. Formal operational

10. According to Vygotsky, cognitive development occurs as a consequence of:
    a. Life experiences
    b. The Media
    c. Reading
    d. Social interaction
Lecture 20 Quiz

1. The concept of a genotype refers to:
   a. A person's physical appearance
   b. A person's genetic make-up
   c. Both A and B
   d. None of the above

2. Conservation refers to:
   a. A child saving all of his money
   b. A child being able to take the point of view of someone else
   c. A child knowing that while something is gone, it still exists
   d. A child understanding that while one cookie is broken and the other is whole, they
      both have the same amount of cookie

3. Becky put her blue ball in her desk before recess. Sam took out the blue ball and put in his
   purple snake. According to a child who does not have a theory of mind, given this
   information, what would he or she say Becky expects to see when she opens her desk?
   a. An orange balloon
   b. A blue ball
   c. A purple snake
   d. Her books and pencils

4. Which of the following is evidence for a language instinct
   a. Children naturally learn language and don't need formal language teaching to learn it.
   b. Children proceed through the same stages at the same time, regardless of culture and
      location in the world
   c. Romanian orphans, because they didn't have enough adult interaction, created their
      own language amongst the other young orphans
   d. All of the above

5. Motherese is:
   a. The manner of speaking to an infant characterized by a high pitched voice and
      slower, exaggerated words
   b. The manner of speaking to an infant characterized by a low pitched voice and slower,
      exaggerated words
   c. A language that only mothers speak to their children
   d. Like Chinese, only with less symbols

6. Genny, a three year-old was on a trip to her family's cottage and every time they passed a
   furry animal such as a cow, a horse, or a sheep, she would say, "Look, a big kitty!" This is
   an example of:
   a. Conservation
   b. Theory of mind
   c. Overgeneralization
   d. Undergeneralization
Health Psychology Quiz

1. During which stage of the general adaptation syndrome is a person especially vulnerable to disease?
   a. alarm stage
   b. resistance stage
   c. exhaustion stage
   d. adaptation stage

2. Social support _____________ our ability to cope with stress.
   a. has no effect on
   b. usually increases
   c. usually decreases
   d. has an unpredictable effect on
   e. none of the above

3. In order, the stages of the general adaptation syndrome are:
   a. alarm, resistance, exhaustion
   b. resistance, alarm, exhaustion
   c. exhaustion, resistance, alarm
   d. alarm, exhaustion, resistance

4. One effect of stress on the body is to:
   a. suppress the immune system
   b. facilitate the immune system response
   c. increase disease resistance
   d. increase growth of killer cells

5. The component of Type A behavior that is the most predictive of coronary heart disease is:
   a. time urgency
   b. competitiveness
   c. high motivation
   d. impatience
   e. anger

6. Each semester Bob doesn’t start studying until just before midterms. Then he is forced to work around the clock until after final exams. This makes him sick, probably because he is in the ___________ phase of the ________________.
   a. alarm; post-traumatic stress syndrome
   b. resistance; general adaptation syndrome
   c. exhaustion; general adaptation syndrome
   d. depletion; general adaptation syndrome
7. Zubin, an Indian man, is helping to rebuild his community after the Tsunami. He recently experienced a:
   a. personal stressor
   b. background stressor
   c. daily hassle
   d. cataclysmic event

8. Many introductory psychology students, upon doing poorly on the first two tests, conclude that getting a good test grade is impossible. Because of this, they accept poor grades, give up, and stop trying to succeed with an A or a B in the class. This phenomenon could be described as:
   a. laziness
   b. learned hopelessness
   c. learned helplessness
   d. all of the above

9. When people try to cope with stress by changing the way they feel about a problem they are participating in:
   a. problem-focused coping
   b. emotion-focused coping
   c. all of the above
   d. none of the above

10. One characteristic of a hardy personality is the belief that change is the standard condition of life. This is called:
    a. commitment
    b. control
    c. challenge
    d. none of the above
Cognitive Psychology

1. Penguins, peacocks and robins all fall under the _________ of a bird.
   a. Prototype  
   b. Heuristic  
   c. Concept  
   d. Mental set

2. Allison was wrapping a birthday present but couldn’t find any tape. Later, she went to the store to buy tape because she didn’t realize that she could use the stickers she had used to decorate the card and envelope to also seal the wrapping paper. This is an example of:
   a. Fixation  
   b. Mental set  
   c. Representative heuristic  
   d. Functional fixedness

3. Alvin has an intense fear of flying. He is convinced that it is incredibly dangerous when in fact, many more people die in car accidents than do in planes. When he made his determination regarding the safety of flying, he used a:
   a. Algorithm  
   b. Representative heuristic  
   c. Availability heuristic  
   d. Functional fixedness

4. Charles Spearman believed:
   a. There are 8 different intelligences  
   b. There are 7 different intelligences  
   c. There are 3 different intelligences  
   d. There is a general intelligence, or a g factor

5. If a math aptitude test successfully predicts ability to learn math, it can be considered:
   a. Reliable  
   b. Valid  
   c. Reliable but not valid  
   d. Valid but not reliable

6. Dr. Bernard believes that there are three types of intelligence. He is likely to agree with the theory of:
   a. Thurstone  
   b. Sternberg  
   c. Gardner  
   d. Spearman

8. A Wechsler IQ score of 100 is considered:
   a. Severely retarded  
   b. Mildly retarded  
   c. Average  
   d. Gifted

9. Intelligence is determined by:
   a. Heredity  
   b. Environment  
   c. All of the above  
   d. None of the above

10. If a trait has high heritability it is:
    a. Not affected by genetics  
    b. Mildly affected by genetics  
    c. Moderately affected by genetics  
    d. Caused by genetics
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<th>Concept</th>
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Chapter 11 (motivation) Worksheet 1

Define (preferably in your own words):

Motivation
Motives
Intrinsic motivation
Incentive
Extrinsic motivation
Drive
Homeostasis
Arousal
Stimulus motives
Primary drive
Self-actualization

What is the difference between a social motive and a biological motive? Give an example of each type of motive.

Which type of motivation is more likely to cause a permanent behavior? Why do you think this is?

What is instinct theory? Why isn’t it accepted today?

What is the Drive Reduction theory? Draw the diagram (Page 377)
Explain Arousal theory

What is the Yerkes-Dodson law?

What is the optimal level of arousal for difficult tasks? Moderately difficult tasks? Simple tasks?

What are the effects of sensory deprivation?

What was Maslow's theory? Give an example of how this theory would work.

Draw the Pyramid for Maslow's Hierarchy of needs (Page 379)