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Name:_____ Class:_____ Date:_____

Chapter 01 - The Evolution of Psychology

1. Which of the following BEST reflects the current understanding of pathological gambling, according to recent psychological research?
   a. Pathological gambling is primarily caused by substance abuse and can be treated with medication alone.
   b. Distorted thinking patterns are the sole cause of gambling disorders.
   c. There is no single explanation for pathological gambling; it likely results from multiple interacting influences.
   d. Brain imaging has conclusively identified the neurological basis of gambling addiction.

ANSWER: c

2. The term psychology comes from two Greek words, psyche and logos, which in translation mean
   a. brain and writing.
   b. brain and the study of a subject.
   c. the soul and writing.
   d. the soul and the study of a subject.

ANSWER: d

3. Psychology's intellectual parents are philosophy and what other discipline?
   a. Phlebotomy
   b. Philanthropy
   c. Physiology
   d. Phrenology

ANSWER: c

4. Who is credited with establishing the first laboratory and conducting research in the field of psychology in Leipzig, Germany, in 1879?
   a. Edward Tichener
   b. Wilhelm Wundt
   c. Sigmund Freud
   d. John B. Watson

ANSWER: b

5. Which psychological school of thought emphasizes breaking down and analyzing one's conscious experiences?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: b

6. Wundt asked participants in his research to systematically and carefully observe, analyze, and describe their own sensations, mental images, and emotional reactions. This process is called
   a. introspection.
   b. meditation.
   c. mediation.
   d. impression.

ANSWER: a

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7. Which psychological school of thought rejected the study of conscious experience and began to focus on its function?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: a

8. William James, a functionalist, argued that consciousness consists of a conscious flow of thoughts, which he called the
   a. flow of deduction.
   b. spring of induction.
   c. flow of reason.
   d. stream of consciousness.

ANSWER: d

9. Which psychologist coined the term "stream of consciousness" to describe a continuous flow of thoughts?
   a. Wilhelm Wundt
   b. William James
   c. Sigmund Freud
   d. Edward Tichener

ANSWER: b

10. Andi believes that just as we have broken down matter into its most basic elements, we should be doing the same with the mind, and then investigate how those elements are related. Which school of thought do they most likely relate to in their beliefs?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: b

11. Which school of thought emerged through the leadership of Edward Tichener?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: b

12. Which school of thought emerged through the leadership of William James?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: a

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13. Janet trained her dog to sit on command by following this behavior with a reward of a dog biscuit and praise. Janet used the principles of
    a. behaviorism.
    b. humanism.
    c. psychoanalysis.
    d. functionalism.

ANSWER: a

14. While sitting on the beach watching the ocean, Khamani writes down and considers the feelings, thoughts, and sensations that he is experiencing. According to structuralism, Khamani is practicing
    a. individuation.
    b. impressionism.
    c. introspection.
    d. enrichment.

ANSWER: c

15. Which of the following statements regarding women in psychology is accurate?
    a. Women have made very few contributions to the development of psychology.
    b. Women have often been overlooked in the history of psychology.
    c. Initially, women received more Ph.Ds. in psychology than men.
    d. Currently, women make up about one-fourth of all psychologists.

ANSWER: b

16. Who was the first woman to serve as president of the American Psychological Association?
    a. Margaret Floy Washburn
    b. Mary Whiton Calkins
    c. Leta Stetter Hollingsworth
    d. Anna Freud

ANSWER: b

17. Who was the first woman to receive a Ph.D. in psychology?
    a. Margaret Floy Washburn
    b. Mary Whiton Calkins
    c. Leta Stetter Hollingsworth
    d. Anna Freud

ANSWER: a

18. In the early 20th century, which female psychologist dispelled many falsely held theories about women?
    a. Margaret Floy Washburn
    b. Mary Whiton Calkins
    c. Leta Stetter Hollingsworth
    d. Anna Freud

ANSWER: c

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19. Although denied a Ph.D. in psychology, which female psychologist studied under William James and later founded one of the first psychology laboratories in America?
   a. Margaret Floy Washburn
   b. Mary Whiton Calkins
   c. Leta Stetter Hollingsworth
   d. Anna Freud

ANSWER: b

20. One of the most controversial intellectual figures of the 20th century was
   a. Alfred Adler.
   b. G. Stanley Hall.
   c. Sigmund Freud.
   d. John B. Watson.

ANSWER: c

21. Diedre believes that most behaviors are guided by the unconscious, which is well beneath the surface of conscious awareness. Her beliefs strongly resemble those of which famous psychologist?
   a. Alfred Adler
   b. G. Stanley Hall
   c. Sigmund Freud
   d. John B. Watson

ANSWER: c

22. Chloe wanted to show Alice her new outfit for a party they were to attend. Alice initially told Chloe that her look was shameless, but, seeing Alice's shocked expression, she immediately covered her mouth and explained that she meant to say that her look was seamless, not shameless. Alice apologized for misspeaking. What would Freud say about Alice's "slip of the tongue"?
   a. It was a simple mistake; after all, the words do sound a bit alike.
   b. This slip was Alice's way of making Chloe not want to attend the party.
   c. Alice may not have consciously wanted to insult her friend, but her slip of the tongue revealed her true feelings.
   d. Alice consciously meant what she said. The outfit was hideous.

ANSWER: c

23. What psychological theory attempts to explain personality, motivation, and mental disorders by focusing on unconscious determinants of behavior?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: d

24. Freud concluded that psychological disturbances are largely caused by personal conflicts existing
   a. in the environment.

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b. at a structural level.
c. at a conscious level.
d. at an unconscious level.

ANSWER: d

25. Amaya believes that people are not always fully aware of the forces affecting their behavior and supports the argument that behavior is governed by unconscious forces. Amaya's beliefs are in line with which of psychology's pioneers?
a. Edward Titchener
b. Wilhelm Wundt
c. Sigmund Freud
d. John B. Watson

ANSWER: c

26. Dalani believes that most of the time, people are unaware that seemingly overt behaviors are actually guided by unconscious motivation. Dalani's beliefs are most in line with which psychologist?
a. Wilhelm Wundt
b. B.F. Skinner
c. Sigmund Freud
d. Carol Rogers

ANSWER: c

27. Part of the increased debate surrounding Freud's theory in the 1950s was, in part, due to Freud's insistence that
a. human behavior is shaped by the environment.
b. free will in individuals should be emphasized.
c. the unconscious governed behavior.
d. behavior is largely influenced by biology.

ANSWER: c

28. Which of the following statements about Freud's psychoanalytic theory is MOST accurate?
a. Freud's views have been largely abandoned, and they exert relatively little, if any, influence on current mainstream psychology.
b. Freud's views exert a tremendous influence on other disciplines, but not on psychology.
c. Freud's views exert a tremendous influence on developmental and abnormal psychology, but not on other areas of mainstream psychology.
d. Many psychoanalytic concepts have filtered into the mainstream of psychology.

ANSWER: d

29. Which branch of psychology maintains that unconscious motives and experiences in early childhood govern personality and mental disorders?
a. Humanism
b. Behaviorism
c. Psychoanalysis
d. Cognitive

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ANSWER: c

30. Psychoanalysis may attempt to explain personality, motivation, and mental disorders by examining
    a. one's overt behavior.
    b. sensations, feelings, and images.
    c. one's dreams.
    d. the flow of one's thoughts.

ANSWER: c

31. Which of the following psychologists would be most likely to suggest that an individual's problems are likely caused by unconscious motives and experiences in childhood?
    a. Abraham Maslow
    b. Sigmund Freud
    c. William James
    d. Alfred Adler

ANSWER: b

32. Which theoretical orientation is based on the premise that scientific psychology should study only observable behavior?
    a. Functionalism
    b. Structuralism
    c. Behaviorism
    d. Psychoanalysis

ANSWER: c

33. Any overt (observable) response or activity by an organism is a
    a. function.
    b. structure.
    c. behavior.
    d. malfunction.

ANSWER: c

34. Which school of thought insisted on verifiability of observation in research?
    a. Structuralism
    b. Functionalism
    c. Behaviorism
    d. Psychoanalysis

ANSWER: c

35. Behaviorism suggests that researchers should only focus on and study that which can be
    a. examined qualitatively.
    b. objectively observed.
    c. gained through association.
    d. subjectively supported.

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ANSWER: b

36. Marissa wants to study people's emotional reactions to increases in temperature. Her classmate, Bernard, tells her that she should focus on observable responses, rather than internal states, in her study. Bernard's views are MOST similar to those found in the _____ perspective

a. psychodynamic
b. evolutionary
c. behavioral
d. biological

ANSWER: c

37. In the early 1900s, who proposed that psychologists abandon the study of consciousness altogether and focus exclusively on behaviors they could observe directly?

a. Alfred Adler
b. G. Stanley Hall
c. Sigmund Freud
d. John B. Watson

ANSWER: d

38. Which psychologists would be most likely to conduct psychological research using animals, such as rats?

a. Structuralists
b. Functionalists
c. Psychoanalysts
d. Behaviorists

ANSWER: d

39. Which of the following accurately represents what Watson believed about heredity?

a. An individual's likes and dislikes are largely influenced by heredity.
b. Most of an individual's behaviors are a result of inherited traits.
c. Behavior is governed entirely by the environment rather than heredity.
d. Heredity and the environment are equally influential in determining an individual's behavior.

ANSWER: c

40. Lisa taught her son to buckle his seat belt in the car by allowing him to play the radio only after he was buckled up. Lisa taught him by applying the principles of

a. cognitive psychology.
b. biological psychology.
c. humanism.
d. behaviorism.

ANSWER: d

41. Wendy's daughter Elliana is a wonderful singer. Wendy believes that Elliana's talent is inherited because her family includes multiple musicians. Taking a strict behaviorist approach, you argue that Elliana's talent stems from her

a. unconscious motives only. Her love of music and talent are guided by her unconscious.
b. use of introspection when she hears music.

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c. subjective experience with music.

d. environment. The family musicians and her mother have taught her to love music.

ANSWER: d

42. Alison believes that individuals learn to be either aggressive or nonaggressive as a result of the experiences they have. Alison's views are MOST consistent with the _____ view of psychology.

a. behaviorist

b. structuralist

c. functionalist

d. psychoanalytic

ANSWER: a

43. A behaviorist would MOST likely believe that the cause of a child's disruptive behavior in school is the result of

a. a learning disability.

b. his genetic inheritance.

c. his prior experiences.

d. a combination of his genetic inheritance and his prior experiences.

ANSWER: c

44. Your roommate suggests that humans lack free will and that their environment guides their behaviors. Which psychologist is MOST likely to agree with your roommate?

a. Albert Bandura

b. B.F. Skinner

c. William James

d. Carl Rogers

ANSWER: b

45. Adijan wants to conduct a research study on motivation in humans. He plans to train young rats to run a maze to receive a reward at the end. You take a humanist approach and explain to Adijan that

a. research using animals is always unethical, and he should not conduct the study.

b. animal research will not yield data that applies to humans, as humans are very diverse.

c. rats have been used far too often in research. He should use another animal.

d. older rats are easier to train than younger. He should use older rats.

ANSWER: b

46. A group of psychologists is conducting research to determine whether people eat more when they are in the presence of environmental stimuli that increase anxiety, such as loud noises or flashing lights. These scientists MOST likely follow the _____ perspective.

a. behavioral

b. psychodynamic

c. humanistic

d. functionalist

ANSWER: a

47. With which of the following statements would a behaviorist agree?

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a. Conscious experiences can be studied in an objective, precise way.
b. To understand behavior, one must understand the motives behind the behavior.
c. Behavior can only be explained in terms of phenomenology, that is, an individual's interpretation of experience.
d. Psychology should be the science of behavior that can be observed by others.

ANSWER: d

48. This perspective maintains that humans are free, rational beings with potential for personal growth, and that they are fundamentally different from animals.
a. Humanism
b. Behaviorism
c. Psychoanalysis
d. Functionalism

ANSWER: a

49. Which branch of psychology studies the effects of environment on the overt behavior of humans and animals?
a. Structuralism
b. Behaviorism
c. Psychoanalysis
d. Functionalism

ANSWER: b

50. Which psychological perspective would be most closely associated with Carl Rogers and Abraham Maslow?
a. Evolutionary
b. Biological
c. Humanism
d. Functionalism

ANSWER: c

51. Adrian discloses to you that she has decided to change her major from business to psychology. She states that, although she has enjoyed the business courses, she feels a strong pull toward helping others overcome obstacles. She adds that she feels that she can grow as a person in psychology and will feel fulfilled knowing that she is a benefit to others. Using a humanist approach, you infer that Adrian's decision is based on
a. unconscious motives of which Adrian is not fully aware.
b. some environmental influence.
c. Adrian's desire to grow as a person and fulfill her potential.
d. Adrian's dislike of the business world.

ANSWER: c

52. Oliver is studying motivation in chimpanzees. His roommate doesn't think that Oliver's animal research will produce much useful information about human motivation. Oliver's roommate apparently has a(n) _____ perspective.
a. humanistic
b. evolutionary
c. biological

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d. cognitive

ANSWER: a

53. Graham's research includes training rats to follow a maze to the end to receive a reward. His friend, Orlando, does not believe that research on rats will be relevant to human behavior, as humans and animals are fundamentally different. Orlando's beliefs are most in line with which perspective?

a. Humanism
b. Behaviorism
c. Psychoanalysis
d. Functionalism

ANSWER: a

54. The humanistic movement and Carl Rodgers argued that people's behavior is governed by their

a. unconscious drives.
b. lack of free will.
c. self-concepts.
d. biological makeup.

ANSWER: c

55. Tamar believes that his clients' primary obstacles usually relate to them being unfulfilled, or not living up to their potential. Tamar's belief is similar to which psychologist's beliefs?

a. Carl Rogers
b. Herber Simon
c. Alfred Adler
d. B.F. Skinner

ANSWER: a

56. Umar is a psychological researcher who is currently teaching two pigeons to play table tennis. Umar likely is a

a. structuralist.
b. functionalist.
c. psychoanalyst.
d. behaviorist.

ANSWER: d

57. Zion is teaching his son to pick up his toys. He lets him watch one of his favorite videos after he has successfully put all of his toys away. You infer that Zion is using

a. the principles of structuralism.
b. the functionalist perspective.
c. a psychoanalytical approach.
d. a behaviorist approach.

ANSWER: d

58. Isaiah is training his new puppy to sit on command. He often rewards the puppy with a treat when it follows his commands. Isaiah is using the principles of which school of thought?

a. Structuralism

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b. Functionalism
c. Behaviorism
d. Psychoanalysis

ANSWER: c

59. According to B.F. Skinner, we are not controlled by ourselves, but by our
a. unconscious urges.
b. stream of consciousness.
c. environment.
d. superego.

ANSWER: c

60. Although very popular by the 1950s, why did many psychologists find behaviorism and psychoanalytic theory unappealing?
a. They found these disciplines to be dehumanizing.
b. They found the disciplines to be overly simplistic.
c. They found the disciplines to be too complex.
d. They believed both disciplines to be invalid.

ANSWER: a

61. Which theoretical orientation emphasizes the unique qualities of humans, especially their potential for personal growth?
a. Behaviorism
b. Existentialism
c. Psychoanalysis
d. Humanism

ANSWER: d

62. Which theoretical orientation states that because humans are different from other animals, research on animals has little relevance to the understanding of human behavior?
a. Behaviorism
b. Existentialism
c. Psychoanalysis
d. Humanism

ANSWER: d

63. Rogers and Maslow maintained that to fully understand people's behavior, psychologists must consider the human drive toward
a. personal growth.
b. monetary success.
c. instant gratification.
d. power.

ANSWER: a

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64. Stella discloses to you that she has had a lot of stress with her job, and she has not been sleeping well at night. She adds that when she does sleep, she has disturbing dreams that she is being chased or that she is falling. Using psychoanalytic thought, you determine that

a. Stella's work stressors are at an unconscious level, so they are being manifested in her dreams.
b. Stella needs to implement new behavioral strategies at work to reduce her stress.
c. Stella needs to explore whether she needs a sleep aid.
d. Stella would like her job better if she rewarded herself for her good performance.

ANSWER: a

65. Which school of thought takes the most optimistic view of human nature?

a. Gestalt
b. Humanism
c. Behaviorism
d. Psychoanalysis

ANSWER: b

66. Which school of thought rejected animal research, citing that, because humans are fundamentally different from animals, research on animals has little relevance to the understanding of human behavior?

a. Gestalt
b. Humanism
c. Behaviorism
d. Psychoanalysis

ANSWER: b

67. Which psychological perspective believes that people have a basic need and desire to fulfill their potential?

a. Psychoanalytic
b. Behavioral
c. Humanistic
d. Functionalism

ANSWER: c

68. Ricardo, a psychologist, believes that his clients have an innate drive toward personal growth and fulfilling their potential. Ricardo is likely what type of psychologist?

a. A humanist
b. A psychoanalyst
c. A structuralist
d. A behaviorist

ANSWER: a

69. Which area of psychology saw tremendous growth due to World War II?

a. Cognitive psychology
b. Educational psychology
c. Biometrics
d. Clinical psychology

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ANSWER: d

70. Mildred is struggling with high anxiety and mild depressive symptoms. Which type of psychologist is she most likely to see?

a. One who specializes in biometrics
b. A developmental psychologist
c. A clinical psychologist
d. An educational psychologist

ANSWER: c

71. Keisha is conducting research on the different ways people process information and solve problems. She is MOST likely conducting research on

a. biological perspective.
b. evolutionary perspective.
c. cognition perspective.
d. consciousness perspective.

ANSWER: c

72. Michael is having problems relating to other people because he is exhibiting delusions (false beliefs) and hallucinations. Michael would MOST likely seek help from a(n) _____ psychologist.

a. clinical
b. developmental
c. experimental
d. Physiological biological

ANSWER: a

73. Which perspective maintains that an organism's functioning can be explained in terms of the brain structures and biochemical processes that underlie behavior?

a. Evolutionary
b. Biological
c. Humanism
d. Functionalism

ANSWER: b

74. Charles is researching the hormonal and behavioral changes in women following menopause. Which of the following BEST represents Charles's area of research?

a. Neuroscience and biopsychology
b. Evolutionary psychology
c. Cognitive psychology
d. Behaviorism

ANSWER: a

75. Caden is a psychologist researching the impact of genes on the development of personality traits. Caden is MOST likely interested in the field of

a. learning psychology.

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b. cognitive psychology.
c. biological psychology.
d. cultural psychology.

ANSWER: c

76. Who earned a Nobel Prize (1981) for the research that indicated that the right and left hemispheres of the brain specialize on different mental tasks?
a. Herbert Simon
b. Roger Sperry
c. Joseph Spear
d. Albert Bandura

ANSWER: b

77. Analyzing, problem-solving, memory, and language are likely to be studied by which type of psychologist?
a. A clinical psychologist
b. A cognitive psychologist
c. A developmental psychologist
d. A behaviorist

ANSWER: b

78. Which of the following is MOST likely to be studied by a cognitive psychologist?
a. Strategies used by college students to solve a particular problem
b. Play behavior in preschool children
c. Whether or not a job incentive program is effective
d. Factors that determine group cohesiveness

ANSWER: a

79. The perspective that maintains that much of human and animal behavior can be explained in terms of brain structures and biochemical processes is known as
a. the cognitive perspective.
b. the humanist perspective.
c. the biological perspective.
d. the functionalist perspective.

ANSWER: c

80. Which theoretical perspective examines behavioral processes in terms of their adaptive value for members of a species over the course of many generations?
a. Revolutionary psychology
b. Evolutionary psychology
c. Personality psychology
d. Social psychology

ANSWER: b

81. Which of the following is true about psychology?

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a. Psychology is not a science.
b. Psychology ignores behavior and the biological and cognitive processes that underlie behavior.
c. Since its inception, psychology has been a constantly evolving field.
d. Psychology applies superstitious thinking to practical problems.

ANSWER: c

82. Among the following, which has likely contributed to the growth in cultural diversity in psychology?
a. A renewed interest in cognitive science
b. Better and more advanced psychological testing
c. The growing population of North America
d. Growing global interdependence

ANSWER: d

83. Your colleague, John, a psychology instructor, has just agreed to travel abroad and spend a year teaching psychology in Southeast Asia. He knows that his students will all speak English, and he explains that he will likely be able to teach the same materials that he currently covers in his classroom here. You are excited for John and recommend that, before he goes, he may wish to
a. do some research on the norms and cultural beliefs of the people he will be teaching, as they may have differing views on psychological content.
b. learn the language before leaving, as he cannot depend on his students' ability to understand him.
c. hire a translator for the classroom.
d. reconsider. He has a great position here, and you do not want him to go.

ANSWER: a

84. Recently, Western psychologists have started to devote more attention to _____ as a determinant of behavior.
a. intelligence
b. the unconscious
c. feelings
d. culture

ANSWER: d

85. Which of the following psychologists played a pivotal role in the establishment of the American Psychological Association (APA) and was elected its first president?
a. G. Stanley Hall
b. B. F. Skinner
c. Sigmund Freud
d. Abraham Maslow

ANSWER: a

86. What does the acronym WEIRD stand for in psychological research?
a. Western, Educated, Industrialized, Rich, Democratic
b. White, Equal, Independent, Representative, Developed
c. Wealthy, Equal, Individualistic, Rational, Democratic
d. Western, Elite, Inclusive, Rational, Diverse

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ANSWER: a

87. A psychologist conducts a study on decision-making using only college students from urban U.S. campuses. What is a potential limitation of this research?
   a. It lacks a clear hypothesis.
   b. It may not be generalizable to non-WEIRD populations.
   c. It uses outdated methods.
   d. It violates ethical guidelines.

ANSWER: b

88. Why is it problematic that most psychological research has historically focused on WEIRD societies?
   a. These societies are the most scientifically advanced.
   b. They represent only a small, unrepresentative portion of the global population.
   c. They have the highest rates of mental illness.
   d. They are easier to study due to technological access.

ANSWER: b

89. Which of the following traits are more commonly found in Western, Educated, Industrialized, Rich, Democratic (WEIRD) populations compared to others?
   a. Collectivism and humility
   b. Spirituality and emotional expressiveness
   c. Individualism and analytical thinking
   d. Conformity and obedience

ANSWER: c

90. Which of the following is NOT typically used as a measure of socioeconomic status (SES)?
   a. Education level
   b. Occupation
   c. Personality traits
   d. Income

ANSWER: c

91. Which branch of psychology maintains that behavioral patterns have evolved to solve adaptive problems and that natural selection favors behaviors that enhance reproductive success?
   a. Gestalt
   b. Evolutionary
   c. Cognitive
   d. Behavioral

ANSWER: b

92. Which of the following assertions regarding eating patterns would an evolutionary psychologist likely agree with?
   a. Our cravings for rich and fatty foods are innate and have existed for thousands of years, since a time when humans worked hard to find food sources in a feast-or-famine scenario.
   b. Certain hormonal imbalances and endocrine disorders are correlated with weight gain in affected individuals.

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c. Humans crave fatty foods when there is an increase in stress levels.

d. The reward center of the brain is what causes cravings for rich and fatty foods.

ANSWER: a

93. You believe that there is a strong correlation between what children are exposed to in their environment, such as what they watch on television, their gaming, and their levels of aggressive behaviors. Your study partner believes that aggressive behaviors are evolutionary and innate, and that environment has less influence than you think. This difference in beliefs between you and your partner may illustrate that

a. the causes of behavior are actually due to neurological impairment.

b. the explanations for behavior are multifaceted.

c. behaviors are too ambiguous to be studied, making it impossible to know who is correct.

d. since the unconscious controls behavior, you are both incorrect.

ANSWER: b

94. Which of the following BEST describes the concept of "critical ignoring"?

a. Reading all available information before forming an opinion

b. Ignoring all online content to avoid misinformation

c. Selectively ignoring attention-grabbing but low-value content

d. Debating online trolls to correct misinformation

ANSWER: c

95. Ananya is trying to determine whether a website she found is trustworthy. According to lateral reading, which of the following actions would BEST help her evaluate the source?

a. Reading the comments section for user opinions

b. Clicking on all internal links provided by the site

c. Trusting the site if it looks professional

d. Searching for the organization's homepage in a new tab

ANSWER: d

96. You come across a social media post with a compelling image and a sensational claim. What is the BEST first step to verify the authenticity of the image?

a. Share the post to get others' opinions

b. Conduct a reverse image search

c. Check the number of likes and shares

d. Assume the post is true if it aligns with your beliefs

ANSWER: b

97. Why is it important for psychological science to study everyday issues such as stress, sleep, and emotional regulation?

a. They directly impact individuals' well-being and functioning.

b. They are popular in media and entertainment.

c. These topics are easy to research and publish.

d. They are less complex than traditional psychological disorders.

ANSWER: a

98. Which of the following BEST reflects the practical nature of psychological science?

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a. It focuses solely on theoretical models of behavior.
b. It has historically emphasized abstract philosophical debates.
c. It applies research findings to real-world problems and everyday challenges.
d. It avoids studying topics like stress, relationships, and mental health.

ANSWER: c

99. What does the term "naïve realism" refer to in psychological science?
a. The assumption that we see the world objectively and others should too
b. The belief that all perceptions are illusions
c. The idea that reality is shaped entirely by emotions
d. The tendency to ignore sensory input

ANSWER: a

100. Jamal believes that people who disagree with him politically must be irrational or biased. Which psychological concept BESTexplains this reaction?
a. Confirmation bias
b. False consensus effect
c. Bias blind spot
d. False polarization

ANSWER: d

101. Why might people underestimate their own susceptibility to cognitive biases?
a. They are more educated than others.
b. They are aware of how biases affect others but not themselves.
c. They have stronger emotional control.
d. They rely on objective data.

ANSWER: b

102. How does the bias blind spot contribute to interpersonal conflict?
a. It makes people more empathetic.
b. It leads people to assume others are more biased than themselves.
c. It encourages open-mindedness.
d. It reduces the impact of stereotypes.

ANSWER: b

103. Which of the following is a consequence of assuming our perceptions are objective?
a. Improved decision-making
b. Increased empathy
c. Misjudging others' intentions
d. Reduced emotional reactivity

ANSWER: c

104. Which of the following is a term used to describe the tendency to reject scientific findings that conflict with personal beliefs or interests?

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a. Cognitive dissonance
b. Motivated reasoning
c. Confirmation bias
d. Motivated rejection of science

ANSWER: d

105. Skepticism about climate change is most closely tied to which of the following?
a. Religious beliefs
b. Lack of education
c. Political ideology
d. Economic status

ANSWER: c

106. Which mindset is associated with a deep mistrust of experts and fosters cynicism about conventionally accepted scientific findings?
a. Growth mindset
b. Conspiracist mindset
c. Fixed mindset
d. Analytical mindset

ANSWER: b

107. What is the "illusory truth effect"?
a. The tendency to believe information that aligns with personal values
b. The tendency to believe information after repeated exposure, regardless of its accuracy
c. The tendency to reject information that contradicts political beliefs
d. The tendency to forget corrected misinformation

ANSWER: b

108. A person repeatedly sees social media posts claiming cannabis use has no risks. Over time, they begin to believe this claim. This effect is an example of
a. Motivated reasoning
b. Confirmation bias
c. Illusory truth effect
d. Echo chamber effect

ANSWER: c

109. Why might debunking misinformation have only modest effects?
a. People are not intelligent enough to understand corrections.
b. Most people exposed to misinformation never see the corrections.
c. Debunking is usually inaccurate.
d. Corrections are too emotionally charged.

ANSWER: b

110. Which of the following is a strategy that can help reduce the spread of misinformation?

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a. Avoiding all social media platforms
b. Using accuracy nudges to prompt critical thinking
c. Repeating misinformation to debunk it
d. Ignoring misinformation to prevent engagement

ANSWER: b

111. What role do social media algorithms play in the spread of misinformation?
a. They amplify inflammatory and engaging content.
b. They promote content based on accuracy.
c. They filter out false information.
d. They prioritize educational content.

ANSWER: a

112. A cancer patient chooses a fake remedy over proven medical treatment after reading misleading online posts. This scenario illustrates
a. The benefits of alternative medicine
b. The role of media literacy in treatment decisions
c. The effectiveness of online support groups
d. The dangers of misinformation on health outcomes

ANSWER: d

113. In the context of misinformation, what is a psychological inoculation?
a. A vaccine against cognitive bias
b. A warning that prepares individuals to resist persuasive misinformation
c. A method for deleting false memories
d. A strategy for avoiding social media

ANSWER: b

114. How popular is the psychology undergraduate major in the United States?
a. Psychology is the second most popular undergraduate major in the United States.
b. Psychology is the tenth most popular undergraduate major in the United States.
c. Psychology ranks #1 as the most popular undergraduate major in the United States.
d. Psychology has fallen to the 20th most popular undergraduate major in the United States.

ANSWER: a

115. While once found almost exclusively in academia, what percentage of psychologists work in colleges or universities today?
a. One-half
b. One-third
c. One-fourth
d. Less than one-tenth

ANSWER: c

116. Jo's area of research focuses on how social forces govern people's behavior. She is currently conducting a research

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study on the conformity of students on college campuses. It is likely that Jo works in what area?

a. Social psychology
b. Health psychology
c. Cognitive psychology
d. Developmental psychology

ANSWER: a

117. Your friend Abraham used to want to be doctor. He has an interest in the mind and body, and always saw himself helping people to manage their health and recover from illness. He still wants to help people but no longer sees himself in medical school. You suggest that he may want to consider

a. an exploration of health psychology. He would still be helping people, and he would be practicing in his area of interest.
b. continuing with medical school anyway. He will make a lot of money, and he is definitely helping people.
c. a meeting with a career coach. He will likely need to consider different options.
d. taking a few elective courses to see if something else piques peaks his interest.

ANSWER: a

118. Which specialty in psychology works with individuals experiencing everyday problems, such as career or marriage issues?

a. Clinical
b. Cognitive
c. Counseling
d. Behavioral

ANSWER: c

119. As a human resource director, you are concerned about staff productivity and morale. You have noticed that your staff often complains about things that you consider to be relatively small, there is more discord among staff, and productivity numbers have gone down. Which type of psychologist may be able to assess staff issues and suggest resolutions?

a. An industrial and organizational psychologist
b. A counseling psychologist
c. A behaviorist
d. A cognitive psychologist

ANSWER: a

120. Michael is not happy or feeling fulfilled in his current job. He indicates that he has many interests and is uncertain as to what kind of position he should seek in which he would be happier. Concerned, you suggest that Michael consult with a/an

a. cognitive psychologist.
b. industrial and organizational psychologist.
c. counseling psychologist.
d. educational psychologist.

ANSWER: c

121. Two months ago, Linda had a car accident while taking her grandson to school. While it was a bad accident, they

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were physically okay. Linda states that when she drives now, she feels a tightening in her chest, a great deal of dread and fear, and a racing heart. She only drives now when she absolutely has to, and she will no longer allow her grandson in the car. Given the scenario with Linda, what would you recommend that she do?

a. You recommend that Linda use acupuncture and spinal adjustment to reduce her symptoms of anxiety.

b. You recommend that Linda would likely benefit from speaking with a clinical psychologist.

c. Linda likely needs a chest x-ray, because in addition to the anxiety, she experiences a tightness in her chest.

d. You recommend traditional psychoanalysis to help Linda resolve her issues.

ANSWER: b

122. Ahad is a psychological researcher who has been working to design a new test to assess personality. Ahad is likely involved in which area of research?

a. Cognitive psychology

b. Developmental psychology

c. Psychometrics

d. Clinical psychology

ANSWER: c

123. Which specialty in psychology is the most widely practiced?

a. Cognitive psychology

b. Clinical psychology

c. Educational psychology

d. Social psychology

ANSWER: b

124. Ahmet is a psychologist working with a large corporation to help improve staff morale, attitudes, and job satisfaction. He has offered guidance to the corporation, which he believes may also improve employee performance. In what area is Ahmet likely employed?

a. Cognitive psychology

b. Counseling psychology

c. Industrial and organizational psychology

d. Social psychology

ANSWER: c

125. What is the branch of psychology that focuses on the diagnosis and treatment of mental health issues through interviews and psychological testing?

a. Personality psychology

b. Educational psychology

c. Social psychology

d. Clinical psychology

ANSWER: d

126. Zadok is working on his degree in psychology. He states that he would like to work diagnosing and treating psychological problems and disorders. In which branch of psychology would Zadok be working?

a. Personality psychology

b. Educational psychology

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c. Social psychology
d. Clinical psychology

ANSWER: d

127. The principal at Pineview Elementary School has implemented an educational kinesthetic program that uses a certain series of physical activities twice daily to help children's brains be better prepared for learning. You want to test the efficacy of this program and suggest that the school consult with which research specialty in psychology?

a. Educational
b. Psychometric
c. Clinical
d. Developmental

ANSWER: a

128. Your boss informs you that the company you work for is in trouble. The executives explain that the company appears to have significant issues that are affecting all employees. One of the bigger issues they are focusing on is employee morale and job satisfaction. You suggest that the company consult with a/an

a. psychologist specializing in psychometrics.
b. cognitive psychologist.
c. educational psychologist.
d. industrial and organizational psychologist.

ANSWER: d

129. Rashmi has been experiencing periods of irritability, aggressiveness, and has become combative with anyone trying to intervene. Rashmi has diabetes and recently learned that her moods change when she experiences a significant increase in her glucose levels. Which type of psychologist would be the MOST helpful in explaining why this happens to Rashmi?

a. A developmental psychologist
b. A clinical psychologist
c. A neuroscientist
d. A behaviorist

ANSWER: c

130. Mel is interested in conducting a study of differences in male and female perceptions on the reliability of online dating services. You suggest that Mel consult with a psychologist in which research area?

a. Social
b. Cognitive
c. Biopsychology
d. Personality

ANSWER: a

131. Dr. Lopez is a psychologist who evaluates, diagnoses, and treats people with everyday problems of moderate severity. What type of psychologist is Dr. Lopez?

a. An educational psychologist
b. A counseling psychologist
c. A school psychologist
d. An industrial psychologist

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ANSWER: b

132. A clinical psychologist would probably be MOST interested in
a. determining how small groups make decisions.
b. studying facial expressions of emotion.
c. figuring out the most effective ways of treating anxiety.
d. studying the nature of optical illusions.

ANSWER: c

133. Which of the following professionals receive general training in medicine and receive an M.D. (medical doctor) degree?
a. Psychiatrists only
b. Clinical psychologists only
c. Counseling psychologists only
d. Both psychiatrists and clinical psychologists

ANSWER: a

134. Dr. Emerson would like to discover why the numbers of criminal justice majors are declining. He suspects that society's changing attitudes toward law enforcement have influenced these numbers. If Dr. Emerson wishes to test his theory, which field of psychology would Dr. Emerson work in?
a. Experimental Psychology
b. Cognitive Psychology
c. Social Psychology
d. Clinical Psychology

ANSWER: c

135. Drs. Fett and Winters are both addiction specialists. Dr. Fett specializes in researching neurological and chemical changes that result from addiction, and Dr. Winters provides therapy to individuals who have addictions. Respectively, what type of scientists are Fett and Winters?
a. Cognitive psychologist; clinical psychologist
b. Neuroscientist; clinical psychologist
c. Neuroscientist; cognitive psychologist
d. Cognitive psychologist; social psychologist

ANSWER: b

136. Among the following, which would a developmental psychologist likely be interested in?
a. An experiment on a new medication to help prevent high cholesterol
b. A report on a new type of personality test
c. A newly released study on a new approach to repairing damages in the nervous system
d. A study on changes in life satisfaction among aging populations

ANSWER: d

137. Marcus explains that he would like to earn his Ph.D. in psychology. However, his family questions this as he already has a good job and is not looking to change careers. Marcus states that achieving his Ph.D. has always been both a personal and professional goal for him, and he feels that he will grow more as a practitioner. His family believes that it is

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a waste of time and money. Taking a humanist approach, you explain to Marcus's family that

a. he may make even more money if he earns a higher degree, so it will pay off in the end.
b. you wholeheartedly agree with them. Marcus seems happy with his job, so there is no need to further his education.
c. Marcus's wish to pursue a more advanced degree is not about money or job status, but about his level of personal growth and feeling fulfilled.
d. he is obviously driven by some unconscious need, and he really needs to determine what this is before he makes any significant decisions.

ANSWER: c

138. The area of psychological research that is MOST relevant to the causation, prevention, and treatment of illness is

a. health psychology.
b. biopsychology.
c. social psychology.
d. psychiatry.

ANSWER: a

139. If you were having problems with severe depression, the type of psychologist that would be the greatest help to you would be a(n) _____ psychologist.

a. developmental
b. social
c. clinical
d. experimental

ANSWER: c

140. A newspaper article reported a study by a psychologist in which the attitudes of men and women toward traditional gender roles were studied. MOST likely, the researcher was a _____ psychologist.

a. cognitive
b. counseling
c. health
d. social

ANSWER: d

141. Elizabeth is interested in the BEST way to study achievement among middle-school children, and she is also interested in the factors that underlie student motivation. Elizabeth would MOST likely describe her research interests as

a. cognitive psychology.
b. psychometrics.
c. educational psychology.
d. developmental psychology.

ANSWER: c

142. Ezra works in a clinic that specializes in serving persons who have HIV. He often meets with clients to discuss their feelings and concerns, and often assists them with therapy and support. We can assume that Ezra works in which specialty?

a. Clinical psychology

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b. Neuroscience or biopsychology
c. Behavioral psychology
d. Health psychology

ANSWER: d

143. The premise that knowledge should be acquired through observation is known as
a. cognition.
b. structuralism.
c. functionalism.
d. empiricism.

ANSWER: d

144. A system of interrelated ideas used to explain a set of observations is
a. an explanation.
b. a theory.
c. a fact.
d. common sense.

ANSWER: b

145. Each person's personal experience of the world is unique. By using a scientific approach to their work, psychologists strive to make their observations as
a. objective as possible.
b. subjective as possible.
c. biased as possible.
d. simple as possible.

ANSWER: a

146. It is not uncommon for psychology to be confusing to many people, because there is the possibility of multiple valid explanations for the same behavior. One reason for this is that psychology has
a. subjective theories.
b. empiricism.
c. historical context.
d. theoretical diversity.

ANSWER: d

147. In research studies, psychologists rely heavily upon:
a. empirical evidence.
b. opinions from other researchers.
c. individual case descriptions.
d. their own personal experiences.

ANSWER: a

148. Watson proposed that psychology should only study observable behaviors and not consciousness, he was emphasizing the unifying theme that

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a. behavior is influenced by multiple causes.
b. people's experience of the world is highly subjective.
c. psychology should use theories.
d. psychology should be empirical.

ANSWER: d

149. Researchers in psychology have "to see it to believe it." This orientation is MOST consistent with
a. empiricism.
b. structuralism.
c. functionalism.
d. humanism.

ANSWER: a

150. Which of the following qualifies as empirically-based knowledge?
a. intuition
b. insight
c. common sense
d. observed actions

ANSWER: d

151. Which of the following most accurately represents an empirical resource for study?
a. Common sense
b. Speculation
c. Observation
d. Traditional beliefs

ANSWER: c

152. Which psychological approach in the 20th century contributed significantly to behavior modification techniques?
a. Humanistic psychology
b. Behaviorism
c. Structuralism
d. Cognitive psychology

ANSWER: b

153. After World War II, which branch of psychology emerged as a major applied field focused on treating psychological distress?
a. Educational
b. Social
c. Clinical
d. Developmental

ANSWER: c

154. Which of the following is true about psychology's evolution?
a. Societal values have (space) influenced psychology's evolution.

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b. World War II caused the growth of psychology as a profession to slow down.
c. Most of psychology's evolution has come from social changes.
d. Societal trends and issues have not influenced psychology's evolution.

ANSWER: c

155. The text's unifying theme that "heredity and environment jointly influence behavior" is often referred to as describing the _____ issue.
a. nature versus nurture
b. objective versus subjective
c. biological versus psychological
d. historical versus social

ANSWER: a

156. Single-cause explanations for behavior are sometimes accurate, but they are usually
a. incomplete.
b. incoherent.
c. explicit.
d. implicit.

ANSWER: a

157. If we expect to understand behavior, we usually have to consider
a. genetics.
b. environment.
c. a single cause.
d. multiple determinants.

ANSWER: d

158. The widely shared customs, beliefs, values, norms, institutions, and other products of a community that are transmitted across generations are called
a. culture.
b. cognition.
c. genetics.
d. inheritance.

ANSWER: a

159. Many of our assumptions, ideals, attitudes, and unspoken rules are a result of our
a. cultural heritage.
b. cognition.
c. genetics.
d. self-concept.

ANSWER: a

160. Individuals' intelligence, temperament, personality, and susceptibility to many psychological disorders are largely influenced by

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a. heredity alone.
b. only the environment.
c. self-identity.
d. heredity and environment.

ANSWER: d

161. Katarina and Hope just saw the same movie. Katarina liked the plotline of the movie but did not enjoy the special effects. She found them loud and overwhelming. Hope enjoyed the special effects and thought that they enhanced the plotline and made the movie enjoyable. While they experienced the same movie, Katarina and Hope differ on their movie review, as their experience with the movie is

a. objective.
b. subjective.
c. unbiased.
d. irrelevant.

ANSWER: b

162. In trying to understand the psychology of addiction, Dr. Jackson focuses on the neurochemical changes that occur, Dr. Fong focuses on the consequences that people experience for their behavior, and Dr. Wenkle focuses on the cognitive processes that people use in choosing their actions. The different perspectives of these three professionals help to illustrate the underlying theme that

a. psychology is theoretically diverse.
b. psychology evolves in a sociohistorical context.
c. psychology is empirical.
d. our experience of the world is highly subjective.

ANSWER: a

163. The civil rights movement and the women's movement raised concerns about whether basic psychological principles could be applied to groups other than white males. Consequently, psychologists began to select samples of subjects that were more diverse for research studies. This change in practice illustrates the idea that

a. behavior is determined by multiple causes.
b. motives and expectations can color our experiences.
c. science evolves in a sociohistorical context.
d. theoretical diversity is an important component in science.

ANSWER: c

164. Quan Lee recently lost her job at American Industries Inc. because she would often show up for important meetings 20 to 30 minutes after they had started. She was confused about why this upset her boss because her relatives are almost always late for appointments and meetings. Quan Lee's confusion illustrates the fact that

a. our cultural backgrounds exert a considerable influence over our behavior.
b. behavior is determined by multiple causes.
c. motives and expectations can color our experiences.
d. theoretical diversity is an important component in science.

ANSWER: a

165. Dr. Escher believes that individuals may inherit a predisposition for some psychological disorders, but that the

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disorders will not actually develop unless some stressful event acts as a trigger. Dr. Escher's views reflect the underlying theme that

a. genetic factors and experience interact to shape behavior.

b. our cultural backgrounds exert a considerable influence over our behavior.

c. motives and expectations can color our experiences.

d. theoretical diversity is an important component in science.

ANSWER: a

166. The fact that Princeton students "saw" Dartmouth students engage in twice as many infractions as the Dartmouth students did in a Princeton-Dartmouth football game is MOST consistent with

a. reliance on empirical evidence.

b. multifactorial causation of behavior.

c. subjectivity of perception.

d. unconscious motivation.

ANSWER: c

167. That people sometimes see what they either "want to see" or "expect to see" BEST reflects the text's unifying theme that

a. heredity and environment jointly influence behavior.

b. behavior is shaped by cultural heritage.

c. people's experience of the world is empirical.

d. people's experience of the world is highly subjective.

ANSWER: d

168. In criticizing the structuralists' reliance on the method of introspection, William James argued that two people could view the same stimulus quite differently. James's argument illustrates which of the textbook's unifying themes?

a. Psychology evolves in a sociohistorical context.

b. Psychology is empirical.

c. Heredity and environment jointly influence behavior.

d. Our experience of the world is highly subjective.

ANSWER: b

169. What is the core belief of a student with a fixed mindset?

a. Intelligence can be developed through effort.

b. Intelligence is a fixed trait that cannot be changed.

c. Academic success depends solely on motivation.

d. Learning is BEST achieved through group work.

ANSWER: b

170. Which behavior is most likely to be exhibited by a student with a growth mindset?

a. Avoiding difficult tasks to prevent failure

b. Believing that effort won't improve performance

c. Embracing challenges as opportunities to learn

d. Relying only on natural talent to succeed

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ANSWER: c

171. A student receives a poor grade and decides to seek help, learn sound study strategies, and devote more time and effort to studying. This response reflects which type of mindset?
a. Fixed mindset
b. Growth mindset
c. Passive mindset
d. Defensive mindset

ANSWER: b

172. What have studies shown about the relationship between mindset and academic performance?
a. Mindset has no measurable effect on grades.
b. Students with a growth mindset tend to perform better academically.
c. Fixed mindset students outperform growth mindset students in math.
d. Mindset only affects performance in creative subjects.

ANSWER: b

173. In a large-scale study, which of the following was found to be as influential in determining student success in college as admission tests?
a. Interesting instructors
b. Taking only easy courses
c. Student study habits
d. Number of extracurricular activities a student is involved in

ANSWER: c

174. Research on academic performance has shown that while scores on admission tests (the SAT and ACT) are important, there are also other equally important factors. What is one of the other factors that students should consider?
a. Living situations
b. Study skills and habits
c. Professors' teaching styles
d. Intelligence

ANSWER: b

175. Which of the following study habits is most effective in determining student success?
a. Setting up a schedule for studying
b. Never taking study breaks
c. Randomly working on different assignments during each study session
d. Cramming for exams

ANSWER: a

176. Research suggests that students study most effectively with
a. a television playing in the background while they study.
b. their favorite music playing in headphones/ear buds while they study.
c. few distractions in a quiet place.

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d. a group of friends, having fun.

ANSWER: c

177. Your friend is having difficulty studying. She states that she did little to no studying in high school, and she is unfamiliar with sound study habits. You suggest that she

a. listen to soothing music while she studies.

b. have an all-night study session right before an exam so the information is fresh.

c. make a weekly study plan with regularly scheduled times devoted solely to her studies.

d. highlight as much as she can in her book while reading.

ANSWER: c

178. Of the following, which is associated with increased knowledge and better academic performance in college?

a. Skimming instead of reading sections

b. Sporadic class attendance

c. Active listening and note-taking

d. Using a recording device and not taking notes

ANSWER: c

179. Which is an effect of cramming for a test?

a. Better retention of the material

b. Enhancing one's memorization capabilities

c. Preserving one's energy level

d. Increased test anxiety

ANSWER: d

180. Rewarding yourself for good study habits involves the principles of behavior introduced by whom?

a. Edward Titchener

b. Sigmund Freud

c. Carl Rogers

d. B.F. Skinner

ANSWER: d

181. Your roommate has been studying for her final exam in history. Knowing that you are taking a psychology class, she asks for your advice. Based on what you have learned in class, you tell her to

a. get plenty of sleep the night before the exam.

b. stay up late and study as much as she can the night before the exam.

c. not worry about studying since she took good notes in class.

d. study for her history exam in the common room with her classmates.

ANSWER: a

182. Which of the following is NOT good advice for developing sound study habits?

a. Find a place to study where you can concentrate.

b. Set up a schedule for studying.

c. Avoid taking study breaks while studying.

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d. Reward yourself for studying.

ANSWER: c

183. A student uses AI to generate an entire essay and submits it as their own work. According to academic integrity standards, this conduct is considered:

a. Collaboration

b. Creative writing

c. Plagiarism

d. Peer review

ANSWER: c

184. Why are some faculty members resistant to the use of AI in higher education?

a. They believe AI is too expensive.

b. They worry it will replace teachers.

c. They fear it may undermine student learning and academic integrity.

d. They think students prefer traditional textbooks.

ANSWER: c

185. Which of the following BEST describes the current adoption trend of AI tools in higher education?

a. Faculty are adopting AI faster than students.

b. Students are adopting AI faster than faculty.

c. AI is banned in most universities.

d. Only graduate students use AI tools.

ANSWER: b

186. What is a potential risk of students relying too heavily on AI for academic tasks?

a. They may become too dependent on textbooks.

b. They may lose interest in technology.

c. They may outperform their instructors.

d. Their ability to synthesize and write independently may decline.

ANSWER: d

187. What have recent studies found about the impact of instructor-designed AI chatbots on student learning?

a. They have no measurable effect.

b. They reduce engagement in class.

c. They improve learning outcomes and perhaps even higher-order thinking skills.

d. They are only useful for grading.

ANSWER: c

188. Critical thinking includes all of the following EXCEPT

a. believing that the stated position on a topic is incorrect.

b. generating multiple solutions to problems.

c. using principles of likelihood when dealing with probabilistic events.

d. working systematically toward a desired goal.

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ANSWER: a

189. The purposeful, reasoned, goal-directed thinking that involves solving problems, formulating inferences, working with probabilities, and making carefully thought-out decisions is known as
   a. common sense.
   b. critical thinking.
   c. inductive reasoning.
   d. deductive reasoning.

ANSWER: b

190. Kavi disagrees with her family that children who play violent video games are prone to violent behavior. Her psychology instructor encourages her to search for data that refutes these claims. Which critical thinking skills would she be using?
   a. Understanding the rules of logic and evaluating the source
   b. Evaluating the source and quality of the evidence
   c. Examining alternative explanations and contradictory evidence
   d. Examining the quality of evidence and alternative explanations

ANSWER: c

191. Which of the following is a characteristic of a critical thinker?
   a. Rigidity in thinking
   b. The inability to make mistakes and make corrections
   c. Analyzing new information in an unbiased way
   d. A lack of persistence

ANSWER: c

192. Which of the following statements is MOST likely to be said by a critical thinker?
   a. "There is lots of support for this claim, so it must be true."
   b. "As long as it is on the news, it must be true."
   c. "That is my opinion, and nothing is going to change it!"
   d. "Can I trust the information from this study found on my social media feed?"

ANSWER: d

193. People who generate many different and reasonable explanations about a topic before selecting the most likely outcome are
   a. using critical thinking skills.
   b. over-thinking the situation.
   c. using introspection techniques.
   d. rigid in their thinking.

ANSWER: a

194. Critical thinking involves the ability to
   a. look for flaws or weaknesses in other people.
   b. use evidence to make objective judgments.

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c. detect emotional cues hidden in research agendas.

d. use one's own intuition and opinions to assess claims made by research.

ANSWER: b

195. Which involves the use of cognitive skills and strategies that increase the likelihood of the desired outcome?

a. Critical thinking

b. Concentration

c. Listening

d. Reading ahead

ANSWER: a

196. The spatial tasks on which males tend to do better than females generally involve

a. remembering locations.

b. mentally rotating objects.

c. identifying objects in a visual field.

d. processing verbal directions to a specific location.

ANSWER: b

197. Which of the following explanations is MOST likely to be used by an evolutionary psychologist to explain gender differences in spatial abilities?

a. The principles of natural selection tend to operate differently in males and females.

b. Through evolution, males were classically conditioned to develop certain kinds of spatial abilities.

c. When they are young, males are more likely than females to be encouraged to engage in spatially-oriented activities.

d. Division of labor between the sexes in hunting and gathering societies created different adaptive pressures for males and females.

ANSWER: d

198. Which of the following BEST explains a potential gender disparity in performance on spatial tasks such as mental rotation and navigation?

a. Females inherently lack the cognitive capacity for spatial reasoning.

b. Males receive more formal education in spatial tasks than females.

c. Gender differences in motivation and anxiety, influenced by socialization, may affect performance.

d. Spatial tasks are designed to favor male problem-solving strategies.

ANSWER: c

199. Kavi disagrees with her family that children who play violent video games are prone to violent behavior. Her psychology instructor encourages her to search for data that refutes these claims. Which critical thinking skills would she be using?

a. Understanding the rules of logic and evaluating the source

b. Evaluating the source and quality of the evidence

c. Examining alternative explanations and contradictory evidence

d. Examining the quality of evidence and alternative explanations

ANSWER: c

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200. Liam is reading a magazine article about a new “wonder drug” and finds himself wondering who participated in the study, and what upon what evidence the claims are based. Liam’s thinking illustrates the idea that

a. motives and expectations can color our experiences.

b. information needs to be viewed with a certain degree of skepticism.

c. single-cause explanations are often inaccurate.

d. sciences do not exist in a cultural vacuum.

ANSWER: b

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Instructor Manual

Weiten, Gurung, Psychology: Themes and Variations, 12e, 2027, 9798214158136;
Chapter 1: The Evolution of Psychology

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Purpose and Perspective of the Chapter

The purpose of this first chapter is to provide a brief overview of the history of psychological science. We discuss Psychology's early history and major figures, as well as the field's modern history. We also review more contemporary perspectives related to psychological science and the major themes that unite the discipline. The chapter includes both personal and critical-thinking applications.

Themes Highlighted in the Chapter

Theme 1: Psychology is empirical. Through the readings, class participation, and activities, students will learn about the necessity for acquiring knowledge through systematic observation rather than intuition, common sense, or speculation.

Theme 2: Psychology is theoretically diverse. In many instances, psychology does not provide black-and-white answers. Warn your students that approaching psychology in that manner may blind them to potential solutions. Understanding the concept of theoretical diversity paves the way for comprehension of other difficult concepts.

Theme 3: Psychology evolves in a sociohistorical context. Psychology has changed, is changing, and will inevitably keep changing. Contextualizing psychology as an evolving science that is responsive to history and societal changes is important for students to track the field's development. It is also important for them to understand that psychology is not in its "final form"—it is *still* changing!

Theme 4: Psychology is practical. Psychology can be applied to change our lives. In this chapter, students will see how psychology has grown into a field that can help improve our lives in myriad ways.

Theme 5: Behavior is determined by multiple causes. Students often enter introductory psychology wondering about the "cause" of behavior. Exploring the multiple causes of behavior can help students begin to see that multiple variables often facilitate even some of the most mundane behaviors. This is a great idea for students to continue to think over as they prepare for Chapter 2.

Theme 6: Our behavior is shaped by cultural heritage. This theme recognizes that the typical coverage of psychology is quite ethnocentric. As a discipline, psychology is attempting to correct its "sins of omission" and address a wide range of diversity topics. The inclusion of this theme will help you address some of those diversity topics throughout the course.

Theme 7: Heredity and environment jointly influence behavior. Theme 7 is simply a specific extension of **Theme 5**. If you have convinced your students to accept the notion of multiple causation, it should not be too difficult to convince them that their heredity and their environment are two sources of influence.

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Theme 8: People's experience of the world is highly subjective. This vital theme stresses that everyone experiences the world and events differently. Only when one can entertain the reality of multiple perspectives and experiences can one appreciate the research approaches highlighted in Chapter 2 and referred to throughout the introductory course.

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Chapter Objectives

The following objectives are addressed in this chapter:

01.01 Summarize Wundt's contributions to psychology, and describe the chief tenets of structuralism and functionalism.

01.02 Articulate Freud's principal ideas and why they inspired controversy.

01.03 Trace the development of behaviorism, and assess Watson's impact on the evolution of psychology.

01.04 Summarize Skinner's key insights, and explain the emergence of humanism and its underlying philosophy.

01.05 Discuss how historical events contributed to the emergence of psychology as a profession.

01.06 Describe two trends emerging in the 1950s–1960s that represented a return to psychology's intellectual roots.

01.07 Explain why Western psychology has shown an increased interest in cultural variables in recent decades.

01.08 Discuss the emergence and basic ideas of evolutionary psychology and positive psychology.

01.09 Discuss the growth of psychology, and identify the most common work settings for contemporary psychologists.

01.10 List and describe the major research areas and professional specialties in psychology.

01.11 Understand the text's three unifying themes relating to psychology as a field of study.

01.12 Understand the text's four unifying themes relating to psychology's subject matter.

01.13 Discuss some strategies for promoting adequate study, improving reading comprehension, and getting more out of lectures.

01.14 Explain the nature of critical thinking, and evaluate evolutionary explanations for gender differences in spatial abilities.

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Complete List of Chapter Activities and Assessments

The following table organizes activities and assessments by objective so that you can see how all this content relates to objectives and make decisions about which content you would like to emphasize in your class based on your objectives. For additional guidance, refer to the Teaching Online Guide.

Chapter Objective	Activity/Assessment	Source (i.e., PPT slide, Workbook)	Duration
	Icebreaker	PPT	10 minutes
01.01	Knowledge Check 1	PPT	2 minutes
01.05	Discussion Activity 1	PPT	5 minutes
01.10	Poll	PPT	2 minutes
01.10	Knowledge Check 2	PPT	2 minutes
01.13	Discussion Activity 2	PPT	5 minutes
01.14	Discussion Activity 3	PPT	5 minutes
01.01–01.14	Self-assessment	MindTap	5 minutes
	Why Does Psychology As a Science Matter to Me?	MindTap	5–7 minutes
	Lesson: Psychology's Early Pioneers	MindTap	5–15 minutes
	Lesson: Psychology's Modern History	MindTap	5–15 minutes
	Lesson: Understanding Research Specialties	MindTap	5–15 minutes
	Lesson: Overview of Text Themes	MindTap	5–15 minutes
	Chapter 01 Mastery Training	MindTap	5–15 minutes
	Chapter 01 Review	MindTap	10–20 minutes
	Chapter 01 Test Prep	MindTap	5–10 minutes
	Real-World Application: Is Freud Relevant?	MindTap	10–15 minutes
	Research Application: Psychology Myths	MindTap	10–15 minutes
	Chapter 01 Quiz	MindTap	20 minutes

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Key Terms

Behavior: any overt (observable) response or activity by an organism.

Behaviorism: a theoretical orientation based on the premise that scientific psychology should study only observable behavior.

Clinical psychology: the branch of psychology concerned with the diagnosis and treatment of psychological problems and disorders.

Cognition: the mental processes involved in acquiring knowledge.

Critical thinking: purposeful, reasoned, goal-directed thinking that involves solving problems, formulating inferences, working with probabilities, and making carefully thought-out decisions.

Culture: the widely shared customs, beliefs, values, norms, institutions, and other products of a community that are transmitted socially across generations.

Empiricism: the premise that knowledge should be acquired through observation.

Evolutionary psychology: examines behavioral processes in terms of their adaptive value for members of a species over the course of many generations.

Functionalism: based on the belief that psychology should investigate the function or purpose of consciousness, rather than its structure.

Humanism: a theoretical orientation that emphasizes the unique qualities of humans, especially their freedom and their potential for personal growth.

Introspection: the careful, systematic self-observation of one's own conscious experience.

Positive psychology: uses theory and research to better understand the positive, adaptive, creative, and fulfilling aspects of human existence.

Psychiatry: a branch of medicine concerned with the diagnosis and treatment of psychological problems and disorders.

Psychoanalytic theory: attempts to explain personality, motivation, and mental disorders by focusing on unconscious determinants of behavior.

Psychology: the science that studies behavior and the physiological and cognitive processes that underlie behavior; the profession applies the accumulated knowledge of this science to practical problems.

Structuralism: based on the notion that the task of psychology is to analyze consciousness into its basic elements and investigate how these elements are related.

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Theory: a system of interrelated ideas used to explain a set of observations.

Unconscious: contains thoughts, memories, and desires that are well below the surface of conscious awareness but that nonetheless exert great influence on behavior.

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What's New in This Chapter

The following elements are improvements in this chapter from the previous edition:

- Updated discussion of pathological gambling in college students as an example of the practical topics psychologists study
- New coverage of the contributions of G. Stanley Hall to the growth of psychology in the United States
- New discussion of how cognitive psychology helped spawn the development of artificial intelligence more than 50 years ago
- New discussion of how psychology has focused excessively on samples from WEIRD societies that are unrepresented
- New discussion of increased interest in the role of cultural factors within Western societies
- New discussion of the erosion in the public's trust in science
- New analysis of the factors underlying the motivated rejection of science
- New discussion of how psychology and other sciences need to confront rising misinformation
- New findings on the factors that lead to the viral spread of misinformation
- New analysis of what people can do to reduce the spread of misinformation
- New Practical Tips feature on avoiding and detecting misinformation online
- Updated graphic showing the employment settings in which psychologists work
- Updated pie charts depicting the percentage of psychologists in various research and professional specialties
- Introduction of new unifying theme: Psychology is practical: Applying psychological principles can change our lives.
- Expanded discussion of the subjectivity theme, focusing on naïve realism and false polarization
- New coverage of the bias blind spot as an example of subjective experience
- New analysis of how a growth mindset can foster improvements in academic performance
- Updated take on whether note-taking by hand is superior to note-taking on laptops
- New coverage of concerns about how the use of AI tools by students may undermine skill development and foster increased plagiarism

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- New findings on the impact of AI tools on students' academic engagement and performance
- New examples of the importance of critical thinking
- New findings related to critical thinking analysis of evolutionary explanations for gender differences in spatial skills

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CHAPTER OUTLINE

The following outline organizes activities (including any existing discussion questions in PowerPoints or other supplements) and assessments by chapter (and therefore by topic) so that you can see how all the content relates to the topics covered in the text.

I. Psychology's Early History (01.01)
   a. A New Science Is Born
   b. The Battle of the "Schools" Begins: Structuralism Versus Functionalism
   c. Freud Brings the Unconscious into the Picture
   d. Watson Alters Psychology's Course as Behaviorism Makes Its Debut
   e. Skinner Questions Free Will as Behaviorism Flourishes
   f. The Humanists Revolt

II. Psychology's Modern History (01.02)
   a. Psychology Comes of Age as a Profession
   b. Psychology Returns to Its Roots: Renewed Interest in Cognition and the Brain
   c. Psychology Broadens Its Horizons: Increased Interest in Culture
   d. Psychology Adapts: The Emergence of Evolutionary Psychology
   e. Psychology Copes with Skepticism About Science
   f. Psychology Strives to Combat Misinformation

III. Psychology Today: Vigorous and Diversified (01.03)
   a. Research Areas in Psychology
   b. Professional Specialties in Psychology

IV. Eight Unifying Themes (01.04)
   a. Themes Related to Psychology as a Field of Study
   b. Themes Related to Psychology's Subject Matter

V. Personal Application (01.05)
   a. Changing Your Mindset
   b. Developing Sound Study Habits
   c. Improving Your Reading
   d. Getting More Out of Lectures
   e. Integrating AI into Learning Efforts

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VI. Critical Thinking Application (01.06)
    a. The Skills and Attitudes of Critical Thinking
    b. The Need to Teach Critical Thinking
    c. An Example

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Additional Discussion Questions

The following are discussion questions that do not appear in the text or PPTs. They are for you to use as you wish. You can assign these questions in several ways: in a discussion forum in your LMS, as whole-class discussions in person, or as a partner or group activity in class.

1. **Control** (01.11 and 01.12) 10 minutes.
    a. One of the goals of psychology is to control behavior. Is that a legitimate goal for science? Should there be "controls" on the work of psychologists to control behavior?

2. **What about the rest of us?** (01.05) 10 minutes.
    a. Early psychologists were, for the most part, White men. How might this fact have influenced early conceptualizations of psychology and the development of early theories?

3. **Lessons from the father** (01.01) 5–10 minutes.
    a. Wilhelm Wundt is often called the father of scientific psychology. What did he provide to the field? How are his influences visible today? Do you think that the label of "father" is warranted?

4. **Learning from history** (01.05) 10 minutes.
    a. Why is it important to be knowledgeable about the history of psychology? What can we learn about current issues in psychology by looking at the past? How can historical views of psychology be useful in understanding today's problems? Is it useful to learn about theories that are no longer in use or that have been deemed highly controversial? Take a current event from the media and use historical perspectives to give explanations for the event and responses to it.

5. **Sociocultural approaches** (01.08) 5–10 minutes.
    a. What unique contributions do sociocultural approaches offer to psychology? What is it about the history of psychology that makes sociocultural approaches so important?

6. **Pick one** (01.09) 5 minutes.
    a. Of the psychological perspectives, which seems the most plausible? Why? At this point in our society, which perspective seems the most useful to psychology? Why? Keep in mind that psychologists do not have to pick just one.

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7. **Behavioral control** (01.04) 5 minutes.
    a. How would a humanist approach behavioral control?

8. **Even the rats were white** (01.07) 5 minutes.
    a. Why is it so important for psychologists to be diverse in terms of approaches and interests? How do you think the field would be different today if the input of non-White psychologists had been given as much attention as White psychologists over the years?

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Additional Activities and Assignments

The following are activities and assignments developed by Cengage but not included in the text, PPTs, or courseware (if courseware exists). They are for you to use if you wish.

1. **Student Conceptions of Psychology:** Although most students have some basic knowledge about biology, grammar, or music when they enroll in such a course, students who enroll in introductory psychology usually lack an understanding of the topic. Thus, a potential exercise for the initial class meeting is to pass out index cards and ask students to write their name and their definition of psychology. You can also ask them to note three topics that they expect to cover during the course.

    You can use this information in various ways:

    a) Contrast students' definitions of psychology with the definition in the text. Student definitions (and anticipated topics) often center on the professional aspect of psychology, but not the scientific. This is a good time to begin to indoctrinate them with **Theme 1** of the text (Psychology is empirical).
    b) Point out to students that although their definitions may not match that specified in the book, psychology is an ever-evolving discipline whose definition has changed considerably over the years.
        - Consider the definitions given by some of psychology's pioneers:
            - *Psychology is the Science of Mental Life, both of its phenomena and their conditions. (James, 1890, p. 1)*
            - *Psychology is the science of mind . . . the science of that which thinks, feels, and wills, in contrast with physics as the science of that which moves in space and occupies space.* (Hoffding, 1893, p. 1)
            - *Psychology, the science of mental facts or mind, . . . deals with the thoughts and feelings of human beings and seeks to explain the facts of intellect, character and personal life.* (Thorndike, 1907, p. 1)

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- *Psychology is more exactly defined as science of the self in relation to, or conscious of, its environment.* (Calkins, 1919, p. 1)
- *Psychology is that division of natural science which takes human activity and conduct as its subject matter. It attempts to formulate through systematic observation and experimentation the laws and principles which underlie man's reactions*. (Watson, 1919, p. 1)

- Point out to your students that these early psychologists "missed the boat," just as the students probably did. They, too, left out one side of psychology, the applied side. This observation will set the stage for an important point made in Chapter 1: Applied psychology was slow to develop compared to psychology as a science.

c) Save the cards until later in the course. At that time, pass out new cards and ask students to complete the exercise again, this time defining psychology and listing the three most memorable topics covered during the term. Then give them their original cards from the first day of class. Discuss the changes in their definitions. Are the topics that they remember vividly the same as those they expected to cover in the course?

2. **Getting to Know Your Class:** Introductory psychology courses can vary widely in terms of students' majors. It may be helpful for you to know early on in the course what the range of student majors looks like in your course. It can also help build a sense of community in your course, which can benefit the quality of your course discussions and engagement across the term (Chlup & Collins, 2010). This can be as simple as asking for a show of hands as to who is a psychology major. Alternatively, you could have students fill out a notecard or online form with their major.
   a) You can use this brief activity as an icebreaker between students. Have students introduce themselves to several students. Depending on the layout and size of your class, you can ask them to introduce themselves to one student per row, assign them to small groups, etc.
   b) Some follow-up questions can include:
      i. What are some ways that your major works alongside psychology? If they are talking to a psychology major, what are some settings in which psychology is helpful? In what ways does it help?
         1. (*Tip*): If many of the settings/applications students discuss are medical/clinical, this question offers a great opportunity to talk about the many other types of psychology and how psychologists in those fields work to improve our lives.
      ii. What topic on the course schedule are you most excited to learn about this term? Why is this topic exciting for you?

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3. **Misconceptions about Psychology:** Students often bring several misconceptions about psychology to your course. You may want to tap these false beliefs for your own information or for a lively discussion in class. You can determine what some of the misconceptions are in at least two different ways:
    a) Pass out a blank index card to each student at the beginning of the first class session. Tell the students to write down five things they already know about psychology.
    b) Be sure to tell them NOT to put their name on the card. Anonymity will encourage students to be more candid, giving you a larger number and wider range of misconceptions.
    c) You can discuss the misconceptions as soon as the cards have been turned in, but it may be better to wait until the next class period so you have time to sort through the cards and ascertain any major trends.
        - Online tools such as Google Forms and Qualtrics are potential alternatives to the paper-and-pencil method. You can create simple surveys and embed their corresponding links or QR codes into your lecture slides, allowing students to submit their responses on their mobile devices.
    d) A discussion of your students' misconceptions will allow you to set a more realistic foundation for your course.
    e) Give your students a paper-and-pencil test concerning common misconceptions in psychology. Griggs and Ransdell (1987) identified a set of 15 misconceptions that have received at least 50 percent true responses in at least two of the four studies cited (Gardner & Dalsing, 1986; Griggs & Ransdell, 1987; Lamal, 1979; Vaughan, 1977). Their list of 15 misconceptions appears in HM 1-1. You can use all of them or merely a sample. The items are rank-ordered from those most often rated as true to those least often rated as true. Remember, however, that even the lowest-ranked items still received at least 50 percent true responses in at least two studies.
    f) Should your students become distressed over endorsing a high percentage of these items as true, you can point out that Griggs and Ransdell (1987) found that students who had taken a high school psychology course performed no better on this test than students who had not taken such a course. In addition, Gardner and Hund (1983) found that faculty members (primarily those teaching subjects other than social science and those with MA degrees) found this test to be a difficult task. Psychology is a difficult subject that deals with controversial topics. Challenge your students to question what they read and not to blindly accept "facts" at face value.

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4. **"Psychology" in the Media:** Television shows featuring "psychologists" (not everyone providing advice is actually a psychologist) are a staple of "reality" television.
    a) Watch an episode of such a show and write a review, being certain to include an evaluation of the likely "success" of the advice offered.
    b) What does the general public learn about psychology from these shows?
    c) What misperceptions exist?
    d) Why do you think that academic psychologists have such negative views of TV/radio "psychologists"?

5. **Write It Out:** Have students engage in a free write to illustrate what William James described as "stream of consciousness."
    a) Allow students 5–10 minutes to write down everything that comes to mind as it occurs to them, including physical sensations. Encourage students to follow their thoughts wherever they wander, however bizarre or seemingly unrelated to each other.
    b) Afterward, ask students to respond to the following question: *What did you learn about the way your mind works?* Elicit responses from a variety of students.

6. **Does It REALLY Help?:** Below is a list of emotions, behaviors, and processes. Pick five of these, and think about them from the perspective of a functionalist.
    a) How are these useful?
    How do they help us adapt to daily life?
        - pain
        - laughter
        - shyness
        - socializing
        - love
        - dreaming
        - anger
        - memory
        - fear
        - hunger

7. **How Would You Explain It?**
    a) Ask students how they explain human behavior with the following questions:
        - What is love?
        - How does love develop?
        - Why are some people violent?
        - How does altruism develop?
        - Why do people engage in behaviors that may harm them or others, like smoking or drinking during pregnancy?

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- Why do groups of people sometimes behave very differently from individuals?
- Why are some people outgoing while others prefer solitude?

b) Write some student responses on the board and then categorize them according to the general approach they demonstrate. Use this discussion to introduce the major modern approaches to psychology.

8. **The Clinical Bias in Psychology:** Korn and Lewandowski (1981) introduced the term "clinical bias" to explain why graduate clinical psychology programs have so many more applicants than spaces available. They suggested "this bias exists because of the popular image of psychologist as clinician, an image which has not been corrected by undergraduate education" (p. 149). In introducing students to the discipline of psychology, you may want to attempt to dispel this one-sided view of the field. Smith (1982) suggested a clever exercise to illuminate the extent of the problem for your students.
   a) First, ask your students to list five traits that are typical of a scientist.
   b) Then ask the students to list five traits typical of a psychologist.
   c) Have students share their descriptions with the class or, if shyness overwhelms them, collect the papers and read the descriptions anonymously.
   d) The difference between the two groups of adjectives is usually overwhelming; students do not see psychologist and scientist as overlapping terms.
   e) At this point, you can use your text's table of contents to demonstrate the diversity of scientific topics to be covered throughout the term. Only a few chapters deal with the topics that students expect to see.
   f) During the term, you can continue to stress the theme that Psychology is empirical to reinforce the point of this demonstration.

9. **HOAX!** Go to Snopes or a similar site and identify several current hoaxes being spread via email, Facebook, or other social media.
   a) Provide students with copies of the hoaxes but not the analyses of the hoaxes.
   b) Ask the students to explain the prevalence of such hoaxes using sociocultural theory and Freudian theory.

10. **What Interests You?** Ask students to come up with psychological questions that most interest them and categorize these questions by the subfield that would address each question.
    a) If students do not bring up a sufficient range of questions, prompt them with questions such as:
       - How can employers increase job satisfaction?
       - How can we learn more about dementia?
       - What happens in our brains when we learn?
       - What is the impact of AI on learning?
    b) Ask students to discuss which psychology career choice (or choices) would enable them to address these questions.

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11. **Clinical Disciplines:** Many people think only of clinical psychology when they think of psychology. Psychology certainly does offer opportunities to work in clinical settings for people with a range of levels of education and professional certifications.
    a) Identify and describe two other disciplines that offer opportunities for work in clinical settings.
    b) What degrees and certifications are required for clinical work in those disciplines?

12. **Improving Academic Performance:** Many introductory psychology students are still familiarizing themselves with college life. Many do not know how to study.
    a) Ask students whether they systematically apply all (or most) of the study techniques suggested in Chapter 1, Personal Application. Ask them to speculate on the reasons why some students don't apply effective learning strategies.
    b) Discuss possible solutions for each reason they give. Often, students do not even realize that they have poor study habits. After you have students complete the questionnaire, there are several ways in which you could use the data, such as discussing approaches to studying in class.
    c) You could use this opportunity to point out the general costs and benefits involved in exercising control over one's life or to emphasize students' responsibilities for their education. Give blank schedules like the one in the text (see Figure 1.8) to students. Encourage them to develop their own study schedule and stick to it.

13. **The Stimulus Error:** Wight (1989) developed a teaching activity designed to help students understand the introspective process and some of its pitfalls. Structuralist psychology, as conceived by E. B. Titchener, used the method of introspection to study the functioning of the mind. It is easy to define introspection as the method of self-report, but it is much more difficult to carry out the procedure.
    Titchener set down some rigid rules for the proper use of introspection:
    - The introspectionist must be able to determine when the test stimulus has been introduced and when the process of introspection is to be started.
    - The introspectionist must be in a state of "strained attention."
    - The introspectionist must be able to repeat the observation several times.
    - The stimuli must be manipulable.

    Additionally, Titchener would not allow his subjects to use common, everyday words. The subject was to describe hues, brightness, and spatial characteristics when introspecting about a new automobile, for example. Words describing the object itself, like "Ford" or "Chevrolet," were not acceptable. According to Titchener, anyone who used these everyday words committed the "stimulus error."

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Wight's classroom activity is to let students practice the art of introspection, trying to adhere to all of Titchener's rules as closely as possible. Give each student a Hershey's Chocolate Kiss®. Tell the students to unwrap their candy and place it on their tongue (no biting or chewing allowed). Then ask them to describe the "elemental sensations" that they experience. Someone will typically note that the candy is sweet (which is correct). Responses of "chocolate" or "good" are not acceptable, because they are either a description or a value judgment—examples of committing the stimulus error. Other possible responses that are acceptable include "creamy," "grainy" (if the Kisses are old), and "bitter."

14. **Psychologists' Family Trees:** After learning of the academic genealogy of one or more psychology faculty members, students may have a better understanding of psychology's roots. Through the use of the internet and email, students can construct a genealogy for your department's faculty. This project should not involve a great deal of effort or time. Here is a simple plan for a class activity/project:
    - Instruct small groups that they are to trace the lineage of a selected faculty member as far back as they can.
        - Students can start searching online (many faculty members have their dissertations and curriculum vitae available online), and can follow up with faculty via email or face-to-face interviews.
        - One or more of the "family trees" constructed by your students should have at its roots one of the founding fathers of psychology.
    - The results of this project could be duplicated and distributed to the entire class or prepared in a large poster format and displayed in the classroom. You may opt to focus only on your own genealogy in class.
        - Ask students to describe the different historical influences that they can identify in the genealogy.
        - Is only one school of thought represented in the genealogy, or do different historical influences appear?

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Additional Resources

External Videos or Playlist

- **Celebrating Asian American Pacific Islander Heritage Month: AAPI Culture in Psychology** (2023). American Psychological Association (33:40).
    - APA President Dr. Thema Bryant interviews Drs. Debra M. Kawahara and Kevin Nadal on topics of intersectionality and AAPI representation in psychology during AAPI Heritage Month.

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- **Five Psychology Experiments You Couldn't Do Today** (2016). SciShow (10:55).
  - Presents five questionable experiments that were conducted in the past.
- **History of Psychology** (2013). Mr. Sunder (14:16).
  - Prevents an overview of the history of psychology.
- **I Am Psyched! For Black History Month** (2018). American Psychological Association (51:02).
  - Three women (Dr. Allen, Dr. Malone, and Dr. Daniel) discuss their careers in psychology and the lessons for the next generation of women going into the field.
- **Integrative Reality: Future of AI and Psychology** (2025). American Psychological Association (50:05).
  - Three researchers (Dr. Thoennes, Dr. El-Kour, and Dr. Hogg) discuss AI innovations and trends, and how they are impacting the field of psychology.
- **I-O Career Paths Tool** (2017). Society for Industrial and Organizational Psychology (0:53).
  - This short video discusses common career paths in industrial-organizational psychology.
- **Paul Bloom: The Psychology of Everything** (2012). Big Think (48:15).
  - Provides an overview of psychology, the disciplines within it, and its application to life using case studies of compassion, racism, and sex.
- **Psychology: Science in Action—"I'm a Psychologist"** (2015). American Psychological Association (0:31).
  - This short video demonstrates the breadth and depth of psychology.
- **Psychology Research Methods** (2020). Rachelle Tannenbaum (11:00).
  - This video discusses the more commonly used methods to conduct research in psychology.
- **Understanding Driver Distraction** (2014). Psychology: Science in Action (3:09).
  - Illustrates how psychologists apply research methods to investigate driver distraction.
- **What is Forensic Psychology?** (2019). British Psychological Society (4:15).
  - This video by the British Psychological Society provides an introduction to the field of forensic psychology.

Internet Resources

- **American Institute of Psychoanalysis**
- **Cummings Center for the History of Psychology**
- **Evolutionary Psychology**
- **Guidelines for Ethical Conduct in the Care and Use of Nonhuman Animals in Research**
- **Human Research Protections**
- **Introductory Psychology Initiative**

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- **Office for Human Research Protections**
- **Research Methods in Psychology**
- **Society for Behavioral Neuroscience and Comparative Psychology**
- **Society for Humanistic Psychology**
- **The National Museum of Psychology**
- **The Tuskegee Timeline**
- **PsychologyDegrees.org Psychology Degree Guide**

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