

Name: \_\_\_\_\_ PSU ID# \_\_\_\_\_ Section: \_\_\_\_\_

1. A student can feel angry or depressed after getting a low exam grade. The student's reaction depends on what he thinks the low grade is caused by. If he thinks it is an unfair exam he may get angry. If he thinks he was lazy in studying, he may get depressed. This shows that emotions are influenced by...
  - A) cognitive appraisals.
  - B) genetic predispositions.
  - C) drive reduction.
  - D) physical arousal.
2. Health psychology uses the term \_\_\_\_\_ to describe a person that uses emotional, behavioral, or cognitive methods to help reduce his stress.
  - A) Type A behavior.
  - B) the adaptation-level phenomenon.
  - C) coping.
  - D) self-control.
3. The \_\_\_\_\_ of a neuron transmits a wave of electric charge (neural impulse) that will cause release of a neurotransmitter which activates other neurons.
  - A) cell body
  - B) axon
  - C) synapse
  - D) dendrite
4. The textbook describes Kohlberg's research on the development of children's moral judgments. Using Piagetian theory, Kohlberg focused on the importance of \_\_\_\_\_ in determining how people make moral judgments.
  - A) physical development
  - B) economic development
  - C) social development
  - D) cognitive development
5. In a subliminal experiment words were flashed on a screen too quickly for people to be aware of. The word "bread" was flashed too quickly for people to be aware of. But if the word "butter" was displayed next, people recognized it much faster than the word "bubble." This result shows the effect of subliminal...
  - A) prosopagnosia.
  - B) hunger.
  - C) sensory adaptation.
  - D) priming.
6. Dr. Trumple analyzes data from brain scans of religious extremists and compares it with normal people. Suppose the data indicates that there is a strong positive correlation between religious extremism and neural activity in the temporal lobe. Which statement is most correct?
  - A) Dr. Trumple has proved that religious extremism causes activity in the temporal lobe.
  - B) There is a high probability that religious extremism is somehow related to activity in the temporal lobe.
  - C) Dr. Trumple has proved that activity in the temporal lobe causes religious extremism.
  - D) All three statements (a, b, c) are correct.
  - E) None of the other statements is correct.

7. Two-year-old Rami experienced pain from being clawed by the neighbor's cat. After that experience Rami started being afraid of small animals. This is an example of the \_\_\_\_\_ of behavioral conditioning.
- A) discrimination
  - B) conditioned reinforcement
  - C) generalization
  - D) spontaneous recovery
8. Erikson's theory asserts that the process of forming \_\_\_\_\_ in adolescence involves trying out different selves and roles. And when this process is completed the adolescent is better able to form close relationships.
- A) role
  - B) secondary sexual characteristics
  - C) an identity
  - D) formal operations
9. Sensation is the
- A) organization and interpretation of environmental events.
  - B) transformation of sound and light into meaningful words and images.
  - C) conscious awareness of a familiar stimulus.
  - D) detection and encoding of stimulus energies by the nervous system.
10. The mechanical system or chain reaction of vibrations triggered by sound waves entering the ear is transformed into neural impulses by...
- A) the oval window in the ear canal.
  - B) hair cells in the cochlea.
  - C) the auditory area of the cortex.
  - D) the eardrum in the semicircular canals
11. More intelligent animals have more areas in the brain's cortex that are NOT directly involved in sensory or motor functions. These areas which are necessary for intelligence are known as...
- A) parietal lobes.
  - B) the limbic system.
  - C) frontal lobes.
  - D) association areas.
12. Cognitive dissonance refers to the discomfort we feel when two of our thoughts are
- A) inconsistent.
  - B) implicit.
  - C) reciprocated.
  - D) conciliatory.
13. When you look at a vertical line, you are probably activating different \_\_\_\_\_ than when you look at a horizontal line.
- A) sensory thresholds
  - B) feature detectors
  - C) hair cells
  - D) opponent processes

14. Which personality theory emphasizes the importance of our capacity for healthy growth and self-realization?
- A) trait
  - B) humanistic
  - C) psychoanalytic
  - D) social-cognitive
15. *Personality* is best defined as an individual's
- A) most noticeable characteristics.
  - B) hidden thoughts and emotions.
  - C) characteristic pattern of thinking, feeling, and acting.
  - D) biologically inherited temperament.
16. Biological growth processes that are automatic (not changed by experience) are referred to as \_\_\_\_\_. These growth processes determine orderly changes in body and behavior for all humans as they develop.
- A) accommodation.
  - B) maturation.
  - C) attachments.
  - D) conservation.
17. Compared with pessimists, optimists are more likely to
- A) experience emotion-focused catharsis.
  - B) have an external locus of control.
  - C) have high blood sugar levels.
  - D) perceive that they are in control of things.
18. Social psychology defines \_\_\_\_\_ as unjustifiable and usually negative attitude toward a group and its members.
- A) prejudice
  - B) scapegoating
  - C) coerciveness against women
  - D) discrimination
19. The hippocampus, hypothalamus, and amygdala are parts of the limbic system which is involved in emotional function. Which concept is the limbic system also closely involved with?
- A) spatial processing
  - B) memory
  - C) IQ and planning
  - D) brain stem
20. Faisal has just heard that his neighbor Amina was involved in an automobile accident. The human cognitive tendency to make the fundamental attribution error may lead Faisal to conclude that:
- A) "The road must have been wet and slippery."
  - B) "Amina's children probably distracted her."
  - C) "Amina's brakes must have failed."
  - D) "Amina's recklessness has finally gotten her into trouble."

21. Circle the choice that was NOT given as part of the scientific definition of instinct:
- A) is rigidly patterned (almost exactly the same for all individuals).
  - B) is common to an entire species.
  - C) an unconscious intuition a person gets that something is wrong.
  - D) is unlearned.
22. Psychodynamic theorists emphasize the importance of
- A) unconscious mental processes.
  - B) unconditional positive regard.
  - C) the collective unconscious.
  - D) an inferiority complex.
23. A stressor is a(n)
- A) environmental event that threatens or challenges us.
  - B) exercise program designed to increase our ability to handle normal stress.
  - C) hormone released by the adrenal glands during periods of stress.
  - D) lower back muscle that frequently produces a feeling of physical tension.
24. In their classic nine-year study, Friedman and Rosenman found that Type A men are especially susceptible to
- A) heart attacks.
  - B) stomach ulcers.
  - C) lupus.
  - D) cancer.
25. The *Big Five* is the term currently used to refer to basic
- A) trait dimensions.
  - B) reciprocal influences.
  - C) sensory modalities.
  - D) defense mechanisms.
26. In Pavlov's experiments on the salivary conditioning of dogs, a CR was
- A) the taste of food.
  - B) salivation to the sound of a tone.
  - C) salivation to the taste of food.
  - D) the sound of a tone.
27. During which phase of the general adaptation syndrome are organisms best able to physically cope with stress?
- A) adjustment
  - B) resistance
  - C) resolution
  - D) appraisal
28. Who is the best example of a Type A personality?
- A) Hamza, a fun-loving, self-indulgent university student
  - B) Rashida, an irritable, impatient teacher
  - C) Ibrahim, a highly intelligent, introverted librarian
  - D) Ruaa, a friendly, altruistic social worker

29. A drive refers to
- A) arousal / motivation caused by tension (discomfort) related to a physiological need.
  - B) a rigidly patterned and unlearned behavior characteristic of a species.
  - C) the body's steady internal state.
  - D) anything that is perceived as having positive or negative value in motivating behavior.
30. The term *catharsis* refers to emotional
- A) inhibition.
  - B) release.
  - C) adaptation.
  - D) disturbance.
31. Prolonged daily hassles such as unemployment and overcrowding are likely to promote
- A) reduced release of lymphocytes.
  - B) reduced production of glucocorticoids.
  - C) increased production of oxytocin.
  - D) increased production of NK cells.
32. Although Eduardo has repressed his own homosexual desires, he is often upset by a suspicion that many men frequently stare at his body in a sexual way. According to psychoanalytic theory, Eduardo's thinking best illustrates
- A) projection.
  - B) denial.
  - C) rationalization.
  - D) displacement.
33. The tendency for children to imitate behaviors seen on television best illustrates the importance of
- A) cognitive maps.
  - B) immediate reinforcement.
  - C) modeling.
  - D) latent learning.
34. Suppose that a team of psychologists is funded to do research on the psychology of Bonobo apes. One of the researchers, Dr. Abdullah, is a(n) \_\_\_\_\_ who wants to scan the Bonobo brain to find out its parts and biological functions. Another researcher, Dr. Ahmed, is a(n) \_\_\_\_\_ who wants to observe how the apes interact and how they survive in the wild..
- A) behaviorist / psychoanalyst
  - B) structuralist / functionalist
  - C) functionalist / structuralist
  - D) psychoanalyst / behaviorist
35. Most children believe their school is better than the other schools in town. This best illustrates
- A) hindsight bias.
  - B) scapegoating.
  - C) ingroup bias.
  - D) the just-world phenomenon.

36. Which of the following is NOT one of the basic components of how emotion is defined in psychological theory?
- A) expressive behavior
  - B) physiological arousal
  - C) drive reduction
  - D) conscious experience
37. In behaviorism theory, reinforcement in operant conditioning is any event that...
- A) triggers feelings of pleasure.
  - B) increases frequency of a response.
  - C) satisfies a biological need.
  - D) elicits a conditioned response.
38. The cognitive arousal theory of motivation would be most useful for explaining an infant's urge (desire) to...
- A) explore.
  - B) cry.
  - C) sleep.
  - D) eat.
39. After suffering stroke damage to specific areas of her brain, Mrs. M. cannot visually perceive the motion of objects, but she can visually perceive their form, color, and depth. Her ability to perceive everything about an object but its motion is evidence for the role of \_\_\_\_\_ in visual perception.
- A) retinal disparity
  - B) parallel processing
  - C) opponent processes
  - D) adaptation
40. Self-esteem refers to
- A) our concept of what we would like to be.
  - B) our feelings of high or low self-worth.
  - C) the sum total of all our thoughts about ourselves.
  - D) all of these characteristics.

## Answer Key

1. A
2. C
3. B
4. D
5. D
6. B
7. C
8. C
9. D
10. B
11. D
12. A
13. B
14. B
15. C
16. B
17. D
18. A
19. B
20. D
21. C
22. A
23. A
24. A
25. A
26. B
27. B
28. B
29. A
30. B
31. A
32. A
33. C
34. B
35. C
36. C
37. B
38. A
39. B
40. B