Psychology Themes and Variations (Canadian) 6th edition McCann Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 1 - The Evolution of Psychology

1. Which two disciplines provided foundations for the field of psychology?
   a. physiology and theology b. physiology and sociology
   c. philosophy and physiology d. sociology and philosophy

ANSWER: c

2. Matt was just accepted into the University of British Columbia to complete his Ph.D. in evolutionary psychology. What topics will Matt least likely be studying?
   a. aggression b. jealousy
   c. intelligence d. mating preferences

ANSWER: c

3. Which of the following aspects of human psychology is easiest to document empirically?
   a. cognition b. the unconscious mind
   c. behaviour d. emotion

ANSWER: c

4. While the term "psychology" has existed since at least the early 1700s, when did psychology come to be considered a science?
   a. the 1750s b. the early 1800s
   c. the late 1800s d. the 1940s

ANSWER: c

5. Grace was just accepted into the University of Victoria to complete her Ph.D. in positive psychology. What topics will Grace least likely be studying?
   a. happiness b. gratitude
   c. intelligence d. kindness

ANSWER: c

6. The emerging field of positive psychology has three areas of interest. Which of the following is not one of them?
   a. positive subjective experiences b. positive traits
   c. positive thoughts d. positive communities

ANSWER: c

7. Which of the following human virtues is least likely to be studied by a researcher in the field of positive psychology?
   a. positivity b. pathology
   c. perseverance d. phobias

ANSWER: b

8. Which of the following is not one of the nine main research areas in modern psychology?
   a. neuroscience b. physical fitness
   c. personality psychology d. health psychology

ANSWER: b

9. Which of the following is the primary difference between a psychologist and a psychiatrist?
   a. the type of therapy they use b. the diagnostic tools they use

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c. their education and training d. the efficacy of their treatment

ANSWER: c

10. Which individual set up the first psychological research lab in Germany and is known as the founder of psychology?
a. Sigmund Freud b. John Watson
c. Wilhelm Wundt d. William James

ANSWER: c

11. Which event marked the "birth" of psychology as a science?
a. Wilhelm Wundt established the first laboratory for psychological research.
b. Sigmund Freud first described the unconscious.
c. Charles Darwin published the theory of natural selection.
d. William James published the textbook *Principles of Psychology.*

ANSWER: a

12. How did Wilhelm Wundt define psychology?
a. the scientific study of the unconscious mind
b. the scientific study of the conscious experience of the mind
c. the scientific study of human behaviour
d. the scientific study of the human brain

ANSWER: b

13. What are the two Greek words that make up "psychology"?
a. *psyche*, meaning the brain and *logos*, referring to the study of a subject
b. *psyche*, meaning the brain and *logos*, referring to research
c. *psyche*, meaning the soul and *logos*, referring to the study of a subject
d. *psyche*, meaning the soul and *logos*, referring to the history of a subject

ANSWER: c

14. Who established the first experimental psychology lab in the British Empire at the University of Toronto in 1891?
a. James Mark Baldwin b. Donald Hebb
c. William Wundt d. Brenda Milner

ANSWER: a

15. Which school of psychology stated that the task of psychology is to analyze conscious experience into its basic elements?
a. functionalism b. psychoanalysis
c. behaviourism d. structuralism

ANSWER: d

16. What did both Wilhelm Wundt and Edward Titchener believe should be the focus of psychology?
a. observable behaviour b. the function or purpose of consciousness
c. unconscious determinants of behaviour d. basic elements of conscious experience

ANSWER: d

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17. Which technique would you be using if you take a sip of a soft drink and concentrate on what you are experiencing (cold, bubbly, sweet, etc.)?

a. empiricism b. behaviourism

c. introspection d. functionalism

ANSWER: c

18. What technique would you be using if, while watching a sunset, you stop and analyze your sensations, thoughts, and feelings?

a. behaviourism b. introspection

c. psychoanalysis d. functionalism

ANSWER: b

19. What did William James believe should be the focus of psychology?

a. the function or purpose of consciousness b. basic elements of conscious experience

c. observable behaviour d. unconscious determinants of behaviour

ANSWER: a

20. Which individual is known as the founder of functionalism?

a. Sigmund Freud b. John Watson

c. Wilhelm Wundt d. William James

ANSWER: d

21. Which female psychologist who studied under William James went on to become the first female president of the American Psychological Association?

a. Anna Freud b. Brenda Milner

c. Mary Ainsworth d. Mary Whiton Calkins

ANSWER: d

22. Which female psychologist is known as one of the founders of neuropsychology in Canada?

a. Mary Wright b. Mary Ainsworth

c. Doreen Kiruma d. Brenda Milner

ANSWER: d

23. Which statement best illustrates the difference in psychology in Canada when compared to psychology in the United States?

a. There are more psychologists per capita in Canada.

b. The nature of the impact of Canadian cultural diversity on the area of cultural psychology differs to that in the United States.

c. Psychologists in the United States receive better training.

d. Canadian psychologists tend to place less emphasis on neuroscience than American psychologists.

ANSWER: b

24. Which statement does NOT accurately describe the Canadian Psychological Association?

a. It was formed in 1939.

b. It has mostly male members.

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c. It has over 7000 members and affiliates.

d. It is Canada's largest organization for psychology.

ANSWER: b

25. Which school of psychology stated that consciousness developed in humans because it serves a useful purpose?

a. humanism b. functionalism

c. behaviourism d. structuralism

ANSWER: b

26. Which school of psychology had a practical focus and was interested in how people adapted their behaviour to the demands of the world?

a. functionalism b. behaviourism

c. psychoanalysis d. structuralism

ANSWER: a

27. Who is associated with the concept of "stream of consciousness"?

a. William James b. Wilhelm Wundt

c. Sigmund Freud d. John Watson

ANSWER: a

28. Which individual is associated with the concept of the unconscious mind?

a. Sigmund Freud b. John Watson

c. Wilhelm Wundt d. William James

ANSWER: a

29. Two scientists from another planet, Poz and Zog, visit earth and are attempting to study our computers. Poz focuses on how the computer is used for work and for play, while Zog concentrates on the construction of each component of the computer. If you were to compare their approaches to the original schools of psychology, which of the following analogies is most accurate?

a. Poz's approach is similar to functionalism.

b. Zog's approach is similar to behaviourism.

c. Zog's approach is similar to psychoanalysis.

d. Poz's approach is similar to structuralism.

ANSWER: a

30. When the personal computer industry exploded in the 1970s and consumer electronic devices were mass marketed, which perspective of psychology saw a major increase in the research being conducted in its field?

a. behaviourism b. social psychology

c. biological psychology d. cognitive

ANSWER: d

31. Which statement best describes the enduring influence of structuralism and functionalism on psychology today?

a. Neither structuralism nor functionalism exerted a long-lasting influence on psychology.

b. Both structuralism and functionalism exerted equivalent influences on psychology.

c. Structuralism has exerted the greatest influence on psychology.

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d. Functionalism has exerted the greatest influence on psychology.

ANSWER: d

32. What has been humanistic psychology's greatest contribution to psychology?
    a. the scientific examination of the unconscious mind
    b. research on psychological disorders
    c. innovations in school psychology
    d. treatment of psychological disorders

ANSWER: d

33. Who is known as the founder of behaviourism?
    a. John Watson b. Carl Rogers
    c. Wilhelm Wundt d. Sigmund Freud

ANSWER: a

34. How did John Watson define psychology?
    a. the scientific study of the brain
    b. the scientific study of the unconscious
    c. the scientific study of behaviour
    d. the scientific study of conscious experience

ANSWER: c

35. Which school of psychology made a clear distinction between observable behaviours and unobservable thoughts and feelings?
    a. functionalism b. behaviourism
    c. psychoanalysis d. structuralism

ANSWER: b

36. Which of the following was NOT one of the psychological theorists whose work impacted trends in child-rearing practices?
    a. Sigmund Freud b. John B. Watson
    c. Wilhelm Wundt d. Carl Rogers

ANSWER: c

37. What did John Watson believe should be the focus of psychology?
    a. unconscious determinants of behaviour b. observable behaviour
    c. basic elements of conscious experience d. the function or purpose of consciousness

ANSWER: b

38. Who is NOT one of the women pioneers in Canadian psychology?
    a. Mary Salter Ainsworth b. Karen Horney
    c. Doreen Kimura d. Mary Wright

ANSWER: b

39. If Dr. Meharry is a behaviourist, what would he most likely say is the cause of a child's disruptive behaviour in

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school?

a. a combination of his genetic inheritance and his prior experiences
b. his prior experiences
c. his genetic inheritance
d. a learning disability

ANSWER: b

40. Which school of psychology was most influential in increasing the use of animals in psychological research?

a. structuralism b. humanism
c. behaviourism d. animalism

ANSWER: c

41. Who would be most likely to focus on your thoughts, memories, and desires that are outside of conscious rational processes?

a. B. F. Skinner b. Sigmund Freud
c. John Watson d. Abraham Maslow

ANSWER: b

42. What did Sigmund Freud believe should be the focus of studies of personality, motivation, and mental disorders?

a. observable behaviour b. basic elements of conscious experience
c. unconscious determinants of behaviour d. the function or purpose of consciousness

ANSWER: c

43. Even though you know it isn't good for you, you just ate an entire large bag of chips. What would Sigmund Freud say is the cause of your behaviour?

a. your unconscious mind
b. your genetic influences
c. your history of reinforcement and punishment
d. your inability to think quickly

ANSWER: a

44. Which of the following did NOT have a significant influence on the development of Sigmund Freud's theory?

a. the results of his experimental research
b. his observation of the slips of the tongue people tend to make
c. knowledge gained from his examination of his own anxieties, conflicts, and desires
d. knowledge gained as a result of working with patients

ANSWER: a

45. Martha dreaded summer school but had to retake Grade 11 math, having failed it last semester. She commented to her friend that she had "decided to take a summer school curse." Her friend knew she meant "course" and not "curse," but how would Freud have interpreted Martha's statement?

a. He would say she had hysteria.
b. He would say the error was meaningless
c. He would not be able to interpret the statement as it was not in a dream
d. He would say that it was a slip of the tongue and reflected her true feelings.

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ANSWER: d

46. What did Sigmund Freud believe prevented us from being totally in control of our own minds?
    a. the physiological functioning of our bodies
    b. environmental influences acting on us
    c. the unconscious
    d. introspection

ANSWER: c

47. Which of the following was NOT one of the reasons that psychoanalysis was controversial when it was first developed?
    a. its focus on the unconscious
    b. its lack of experimental research
    c. its emphasis on sexual issues
    d. its focus on abnormal behaviour

ANSWER: d

48. Who was forced to resign from Johns Hopkins University because of a scandal related to his personal life and then went on to become successful in the business world and, ironically, the first "pop" psychologist?
    a. Carl Rogers
    b. John Watson
    c. Sigmund Freud
    d. B. F. Skinner

ANSWER: b

49. Which school of psychology is associated with B. F. Skinner?
    a. humanism
    b. behaviourism
    c. psychoanalysis
    d. functionalism

ANSWER: b

50. Which school of psychology is associated with Edward Titchener?
    a. structuralism
    b. behaviourism
    c. psychoanalysis
    d. functionalism

ANSWER: a

51. Who created controversy when he asserted that free will is an illusion?
    a. B. F. Skinner
    b. Ivan Pavlov
    c. Edward Thorndike
    d. John B. Watson

ANSWER: a

52. Who believed that organisms tend to repeat responses that lead to positive outcomes?
    a. Sigmund Freud
    b. B. F. Skinner
    c. William James
    d. Carl Rogers

ANSWER: b

53. According to B. F. Skinner, if you study "extra hard" for your first psychology midterm and earn an "A," what would you do for your next psychology midterm?
    a. reduce your study time by approximately 50 percent
    b. continue to study "extra hard"
    c. devote all of your study time to your other courses
    d. reduce your study time by approximately 25 percent

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ANSWER: b

54. If you wish to teach a child to pick up his toys, whose principles and techniques would be most useful?
a. Wilhelm Wundt b. William James
c. B. F. Skinner d. Abraham Maslow
ANSWER: c

55. Lisa taught her son to buckle his seatbelt quickly after getting into the car by allowing him to play one of his CDs on the car stereo only after he was buckled up. Which school of psychology would most endorse this method?
a. cognitive psychology b. humanism
c. biological psychology d. behaviourism
ANSWER: d

56. Which statement would B. F. Skinner most likely disagree with?
a. Organisms tend to repeat responses that lead to positive outcomes.
b. Organisms tend not to repeat responses that lead to neutral or negative outcomes.
c. All behaviour is governed by external consequences.
d. Individuals have free will.
ANSWER: d

57. Upon reflecting upon your own behaviour, you conclude that you behave in a very predictable fashion. You feel that you don't really choose your behaviours freely or consciously. Rather, you believe that your behaviour is controlled by what has happened to you in the past. Which theorist would be most likely to agree with you?
a. B. F. Skinner b. Edward Titchener
c. Carl Rogers d. Sigmund Freud
ANSWER: a

58. Who was NOT one of the founders of the positive psychology movement?
a. Mihaly Csikszentmihalyi b. John B. Watson
c. Martin Seligman d. Barbara Fredrickson
ANSWER: b

59. Which school of psychology believes people have a basic need to fulfill their potential for personal growth and that we have free will?
a. psychoanalysis b. cognitive psychology
c. humanism d. behaviourism
ANSWER: c

60. Which school of psychology would be least likely to compare humans to other animals?
a. behaviourism b. functionalism
c. humanism d. evolutionary psychology
ANSWER: c

61. Which school of psychology is associated with Abraham Maslow?
a. structuralism b. behaviourism

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c. psychoanalysis d. humanism

ANSWER: d

62. Who is considered a humanistic psychologist?

a. Carl Rogers b. Wilhelm Wundt

c. B. F. Skinner d. Sigmund Freud

ANSWER: a

63. Which of the following would both Carl Rogers and Abraham Maslow agree with?

a. People have a basic need to fulfill their potential for personal growth.

b. Human behaviour is entirely shaped by environmental events.

c. People are controlled by genetic forces and do not tend to change across the life span.

d. Human behaviour is largely determined by primitive sexual urges.

ANSWER: a

64. Imagine that you are a psychologist, and your major goal is to help people reach their potential. Which school of psychology do you endorse with that statement?

a. structuralism b. humanism

c. psychoanalysis d. behaviourism

ANSWER: b

65. Where was the first experimental psychology laboratory in Canada established in 1891?

a. University of Toronto b. Dalhousie University

c. University of Alberta d. McGill University

ANSWER: a

66. Where was the first psychology course offered at a Canadian university in 1838?

a. Saint Mary's University b. Dalhousie University

c. Western University d. McGill University

ANSWER: b

67. What is the focus of applied psychology?

a. pure science research

b. unique qualities of people

c. practical problems

d. mental processes involved in acquiring knowledge

ANSWER: c

68. Tracey is conducting research on children's learning styles, and her research is used to help create new teaching activities in daycare centres. Which category would Tracey's research fit into best?

a. clinical psychology b. applied psychology

c. Behaviourism d. functionalism

ANSWER: b

69. Which area of psychology is concerned with the diagnosis and treatment of psychological problems and disorders?

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a. applied psychology b. clinical psychology
c. medical psychology d. research psychology

ANSWER: b

70. Which area of medicine is concerned with the diagnosis and treatment of psychological problems and disorders?
a. applied psychology b. psychiatry
c. medical psychology d. neurology

ANSWER: b

71. Which American theorist studied the Indigenous culture of the Blackfoot First Nations in Alberta, Canada, by way of living there for a time?
a. Carl Rogers b. Abraham Maslow
c. B. F. Skinner d. Marty Seligman

ANSWER: b

72. Which of the following is most important to consider when evaluating the impact of culture on human behavior?
a. Culture is a narrow construct.
b. Culture is the only determinant of behaviour.
c. There is great diversity within a culture.
d. People of one culture are basically all the same.

ANSWER: c

73. Which major historical event influenced the development of applied psychology as a profession?
a. World War II b. the Cold War of the 1950s
c. World War I d. the Great Depression of the 1930s

ANSWER: a

74. What did many psychologists begin to specialize in after World War II?
a. clinical psychology b. experimental psychology
c. industrial psychology d. research psychology

ANSWER: a

75. What is NOT one of the three areas of interest in positive psychology?
a. the study of positive subjective experiences
b. psychological treatment for depression and anxiety
c. the study of positive individual traits
d. positive institutions and communities

ANSWER: b

76. Dr. LeBlanc is a psychologist in Canada. What organization does she most likely belong to?
a. North American Psychological Association (NAPA)
b. Canadian Psychological Association (CPA)
c. International Psychological Association (IPA)
d. American Psychological Association (APA)

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ANSWER: b

77. In Canada, what level of education do psychologists usually have?
a. a bachelors in psychology
b. at least a Ph.D. in psychology
c. a Ph.D. in either psychology or psychiatry
d. usually a Ph.D. but sometimes a masters in psychology

ANSWER: d

78. In a classic psychological study conducted by Hastorf and Cantril (1954), Princeton and Dartmouth students were asked to watch some footage of a recent football game between the two schools and identify the number of rule infractions committed by the Dartmouth team. What were the results?
a. Princeton students reported fewer infractions than Dartmouth students did.
b. Both groups of students reported the same number of infractions.
c. Dartmouth students reported fewer infractions than Princeton students did.
d. The Dartmouth team did not break any rules of the game.

ANSWER: c

79. Which of the following themes related to psychology's subject matter does the statement that "people see what they want to see" refer to?
a. People's behaviour is shaped by cultural views.
b. People's behaviour is jointly influenced by their genes and the world they live in.
c. People's experience of the world is highly subjective.
d. Behavior is determined by multiple causes.

ANSWER: c

80. What data suggest that the evolutionary explanation for modern gender differences in spatial skills may be flawed?
a. results from studies that show that women outperform men in a lab setting more often than in a natural setting
b. results from studies that prove that males outperform women because of genetic superiority
c. results from studies that show that traditional lab measures of spatial skills may not be reflected in a natural setting
d. results from studies that prove the evolutionary explanation is wrong

ANSWER: c

81. Which pair of terms reflects the observation that "psychology returned to its roots" in the latter part of the 20th century?
a. cognitive perspective and humanism
b. cognitive perspective and biological perspective
c. biological perspective and humanism
d. cultural perspective and biological perspective

ANSWER: b

82. Which psychological perspective emerged in the 1950s and 1960s, and reflected a renewed interest in the study of the mind or consciousness?
a. the mental perspective b. the philosophical perspective

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c. the biological perspective d. the cognitive perspective

ANSWER: d

83. What does the evolutionary explanation for gender differences in spatial skills say about how those differences came about in the first place?

a. Females were raised in the 1950s to become housewives and mothers.

b. Males and females engaged in gender-typed activities in ancient societies, which resulted in those skills being passed on.

c. Males are more physically fit than females from an evolutionary standpoint. d. Males tend to think differently than females, which results in differences in their performance.

ANSWER: b

84. If you were to ask a cognitive psychologist about her current research, which of the following is most likely to be the topic?

a. unconscious emotional conflicts b. problem solving

c. the influence of hormones on behaviour d. common attitudes across cultures

ANSWER: b

85. Which type of psychologist is most likely to study decision making, reasoning, problem solving, and language?

a. an evolutionary psychologist b. a cognitive psychologist

c. a behavioural psychologist d. a biological psychologist

ANSWER: b

86. Which of the following happens when evidence is presented that is contradictory to the explanation or theory you have constructed to explain a particular behaviour?

a. It weakens the explanation. b. It proves that the theory is wrong.

c. It has no effect on the explanation. d. It means the study will not be published.

ANSWER: a

87. Which psychological perspective emerged in the 1950s and 1960s and reflected a renewed interest in the study of the physiological bases of behaviour?

a. the philosophical perspective b. the biological perspective

c. the mental perspective d. the cognitive perspective

ANSWER: b

88. Which of the following is an accurate explanation for why many students enter university with poor study skills and habits?

a. They tend not to be confident in predicting how they will do in a course.

b. They received minimal instruction on good study techniques in school.

c. They received adequate instruction on study skills in school but they did not apply what they learned.

d. They plan and schedule their study sessions as opposed to going with the flow.

ANSWER: b

89. Which psychological perspective is most likely to focus on the interrelations among the mind, body, and behaviour?

a. the biological perspective b. the cognitive perspective

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c. the behavioural perspective d. the evolutionary perspective

ANSWER: a

90. According to the biological perspective, what must psychologists focus on to fully understand behaviour?
a. the interrelations among the mind, body, and behaviour
b. internal mental events
c. the adaptive value of a behaviour
d. the role of the unconscious

ANSWER: a

91. Which of the following is NOT an example of a positive subjective experience or emotion?
a. gratitude b. surprise
c. hope d. happiness

ANSWER: b

92. Imagine that you are a graduate student in Montreal in the 1940s. You work under the supervision of a very influential researcher who published *The Organization of Behavior,* which provided an integrative approach to psychology. Which of the following are you likely to be researching?
a. history and systems of psychology b. child development
c. brain mechanisms of behaviour d. memory and problem solving

ANSWER: c

93. Which of the following represents a major focus of psychology in both the 19th century and now?
a. the role of unconscious conflicts
b. a focus on biological bases for behaviour
c. identifying the smallest units of conscious experience
d. striving for self-actualization

ANSWER: b

94. Which term refers to the study of ethics in neuroscience?
a. psychoneuroimmunology b. neurotheology
c. neuroethics d. social justice

ANSWER: c

95. What has become the most recent focus of attention for psychologists?
a. unconscious mechanisms b. intelligence
c. emotions d. culture

ANSWER: d

96. What is a psychologist who focuses attention on cultural diversity least likely to do?
a. document differences among varying cultures
b. work to increase knowledge of how culture is transmitted through socialization
c. document similarities among varying cultures
d. identify deficiencies in other cultures

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ANSWER: d

97. According to a 2016 study by Statistics Canada, what percentage of Canadians were born outside of Canada?
a. 6 percent b. 10 percent
c. 15 percent d. 22 percent

ANSWER: d

98. What do evolutionary psychologists focus on when they study behavioural processes?
a. adaptive value of the behaviour b. influence on intelligence
c. hormonal substrate d. cognitive correlates

ANSWER: a

99. Which area of psychology is consistent with the following hypothesis: "We learn quickly about dangerous situations because we have inherited traits that keep us safe and increase the likelihood that we will survive to reproduce."
a. humanism b. cultural psychology
c. biological psychology d. evolutionary psychology

ANSWER: d

100. Dr. Tanaka hypothesizes that men and women have subtle differences in cognition because historically men and women have had different roles and challenges. This led to different traits and abilities being adaptive for men and women. What type of psychologist is Dr. Tanaka?
a. a behaviourist b. a cognitive psychologist
c. a humanist d. an evolutionary psychologist

ANSWER: d

101. Terry is interested in doing research on creativity. She really wants to be able to help people develop their creativity, so that they can improve their own lives. Which type of psychology is Terry interested in?
a. educational psychology b. positive psychology
c. functional psychology d. clinical psychology

ANSWER: b

102. In promoting positive psychology, what did Seligman suggest had been the historical focus of the field of psychology?
a. pathology, weakness, and damage b. genetic and physiological influences
c. animal, child, and disordered behaviour d. behaviourism and psychoanalysis

ANSWER: a

103. In addition to being a science, what is the other aspect of the field of psychology, according to your textbook's definition?
a. career b. profession
c. philosophy d. art

ANSWER: b

104. Which of the following is NOT included in your textbook's definition of psychology?
a. Psychology is a profession that solves practical problems.

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b. Psychology is a science.
c. Psychology studies behaviour including physiological and cognitive processes.
d. Psychology primarily studies the unconscious mind.

ANSWER: d

105. Approximately what percentage of North American psychologists work in colleges and universities?
a. 17 percent b. 27 percent
c. 57 percent d. 77 percent

ANSWER: b

106. What is NOT a major area of specialization in research psychology?
a. counselling psychology b. social psychology
c. personality psychology d. psychometrics

ANSWER: a

107. What are currently the two largest areas of specialization in research-oriented psychology?
a. clinical and counselling psychology b. developmental and clinical psychology
c. social and counselling psychology d. developmental and social psychology

ANSWER: d

108. Which type of psychologist is concerned with changes in behaviour throughout the life span?
a. a social psychologist b. a developmental psychologist
c. a personality psychologist d. a cognitive psychologist

ANSWER: b

109. A newspaper article reported a study by a psychologist in which the attitudes of men and women toward traditional sex roles were studied. Which type of psychologist most likely conducted the study?
a. a developmental psychologist b. a cognitive psychologist
c. a social psychologist d. a counselling psychologist

ANSWER: c

110. Which area of research specialization in psychology studies many of the traditional topics in psychology (such as sensation, learning, and motivation)?
a. psychometrics b. experimental psychology
c. cognitive psychology d. educational psychology

ANSWER: b

111. What is NOT an example of a positive individual trait, such as a personal strength or virtue?
a. kindness b. spatial skills and abilities
c. moral integrity d. Courage

ANSWER: b

112. What would be most interesting to a psychologist who specializes in psychometrics?
a. the development of techniques to monitor the functioning of the nervous system
b. explaining development across the life span

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c. the development of psychological tests to measure intelligence or personality traits
d. conducting psychotherapy in a clinical setting

ANSWER: c

113. What is NOT a major area of specialization of professional psychology?
a. industrial and organizational psychology b. counselling psychology
c. school psychology d. personality psychology

ANSWER: d

114. What is the largest specialization in professional psychology?
a. counselling psychology b. industrial/organizational psychology
c. clinical psychology d. developmental psychology

ANSWER: c

115. Which specialization in applied psychology is primarily involved in the treatment of less severe problems of everyday life?
a. social psychology b. counselling psychology
c. cognitive psychology d. clinical psychology

ANSWER: b

116. Which area of specialization in psychology is involved with the development of curricula and the training of teachers?
a. school psychology b. experimental psychology
c. industrial/organizational psychology d. educational psychology

ANSWER: d

117. Which psychologists work in schools and primarily help individual children having difficulties in school, or aid parents and teachers in solving school-related problems?
a. educational psychologists b. counselling psychologists
c. school psychologists d. social psychologists

ANSWER: c

118. As the result of a breakdown in communication, morale is low among employees in a local factory. Which type of psychologist would be most likely to be helpful in restoring communication and improving morale?
a. a clinical psychologist b. a social psychologist
c. an educational psychologist d. an industrial/organizational psychologist

ANSWER: d

119. Which of the following professionals is a medical doctor?
a. a physiological psychologist b. a clinical psychologist
c. a psychiatrist d. a counselling psychologist

ANSWER: c

120. Which of the following professionals could provide a prescription for antidepressant medication?
a. a physiological psychologist b. a clinical psychologist

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c. a psychiatrist d. a counselling psychologist

ANSWER: c

121. Your textbook describes seven unifying themes that provide continuity throughout psychology. What are the two primary divisions of those themes?

a. psychology as a way of studying behaviour; the things that influence behaviour

b. psychology as a science; psychology uses theories

c. psychology as a science; psychology as a profession

d. psychology studies behaviour; people are subjective

ANSWER: a

122. Consider your textbook's unifying theme that "psychology is empirical." What does this theme imply that psychologists base their conclusions on?

a. logical reasoning b. direct observations

c. speculation d. common sense

ANSWER: b

123. Which of the following premises means that knowledge should be acquired through observation?

a. philosophy b. empiricism

c. subjectivity d. introspection

ANSWER: b

124. Which of your text's unifying themes is emphasized by John Watson's proposal that psychology should study only observable behaviours and not consciousness?

a. Behaviour is influenced by multiple causes.

b. Psychology should use theories.

c. Psychology should be empirical.

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

ANSWER: c

125. What is a theory?

a. the premise that knowledge should be acquired through logical reasoning

b. a statement of fact that describes a set of observations

c. the premise that knowledge should be acquired through observation

d. a system of interrelated ideas used to explain a set of observations

ANSWER: d

126. What does a scientist use to explain a set of observations?

a. introspection b. a theory

c. common sense d. empiricism

ANSWER: b

127. What is implied by your textbook's unifying theme that "psychology is theoretically diverse"?

a. Psychology has not, as yet, focused on empirical observations.

b. Psychology values all opinions and treats different views as equally valid.

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c. Psychology can only be described as a social science, rather than a pure science.

d. There are often several ways to interpret a set of observations.

ANSWER: d

128. While Sigmund Freud might explain an individual's depression by focusing on the person's unconscious thoughts, a physiological psychologist might focus instead on a chemical imbalance in the brain. Which of your textbook's unifying themes is illustrated by this example?

a. Heredity and environment jointly influence behaviour.

b. Psychology evolves in a sociohistorical context.

c. Psychology is empirical.

d. Psychology is theoretically diverse.

ANSWER: d

129. What is one of your text's unifying themes related to psychology as a field of study?

a. Heredity and environment jointly influence behaviour.

b. Psychology evolves in a sociohistorical context.

c. Behaviour is determined by multiple causes.

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

ANSWER: b

130. What is NOT one of the text's unifying themes related to psychology as a field of study?

a. Psychology is empirical.

b. Heredity and environment jointly influence behaviour.

c. Psychology is theoretically diverse.

d. Psychology evolves in a sociohistorical context.

ANSWER: b

131. What is implied by your text's unifying theme that "psychology evolves in a sociohistorical context"?

a. Knowledge should be acquired through observation.

b. Dense interconnections exist between what happens in psychology and in society at large.

c. Shared customs, beliefs, and values are transmitted socially across generations.

d. There are often several ways to interpret a set of observations.

ANSWER: b

132. Which statement best describes the unifying theme that "psychology evolves in a sociohistorical context"?

a. Social trends and values have an impact on personal behaviour.

b. Social trends and values have an impact on psychology.

c. Psychology and society both influence each other.

d. Psychological research and theories have an impact on society.

ANSWER: c

133. During the last few decades, people have become more aware of the sexual abuse of children by adults, and psychologists have devoted more research attention to the long-term effects of childhood sexual abuse. These observations best reflect which unifying theme in psychology?

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a. People's experience of the world is highly subjective.
b. Psychology is theoretically diverse.
c. Behaviour is determined by multiple causes.
d. Psychology evolves in a sociohistorical context.

ANSWER: d

134. Taken as a whole, your text's review of the early schools of psychology best reflects which one unifying theme in psychology?

a. Behaviour is shaped by cultural heritage.
b. Heredity and environment jointly influence behaviour.
c. Psychology is theoretically diverse.
d. People's experience of the world is highly subjective.

ANSWER: c

135. Which statement is one of your text's unifying themes related to the subject matter of psychology?

a. Psychology is empirical.
b. Psychology evolves in a sociohistorical context.
c. Heredity and environment jointly influence behaviour.
d. Psychology is theoretically diverse.

ANSWER: c

136. Which statement is NOT one of your text's unifying themes related to the subject matter of psychology?

a. Psychology is theoretically consistent.
b. Heredity and environment jointly influence behaviour.
c. Behaviour is determined by multiple causes.
d. People's experience of the world is highly subjective.

ANSWER: a

137. Which statement reflects psychology's view of behaviour?

a. It has an objective cause.
b. It has a single cause.
c. It has subjective causes.
d. It has multiple causes.

ANSWER: d

138. Your text's two unifying themes of "our behaviour is shaped by our cultural heritage" and "heredity and environment jointly influence behaviour" both describe more specialized statements of which other theme?

a. Psychology evolves in a sociohistorical context.
b. Psychology is theoretically diverse.
c. People's experience of the world is highly subjective.
d. Behaviour is determined by multiple causes.

ANSWER: d

139. Which of the following includes the widely shared customs, beliefs, values, norms, institutions, and other products of a community that are transmitted socially across generations?

a. cultural heritage
b. legal heritage

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c. religious heritage d. sociohistorical heritage

ANSWER: a

140. If you normally use a knife, fork, and spoon to eat dinner, what does that reflect?

a. adaptation

b. subjective thoughts concerning proper behaviour

c. objective thoughts concerning proper behaviour

d. cultural heritage

ANSWER: d

141. Which phrase reflects your textbook's unifying theme of "heredity and environment jointly influence behaviour"?

a. man versus nature b. nature versus nurture

c. parent versus child d. biology versus psychology

ANSWER: b

142. When John Watson said, "Give me a dozen healthy infants ...," what was he arguing that behaviour is strongly influenced by?

a. environmental factors b. heredity factors

c. cultural factors d. subjective factors

ANSWER: a

143. Which of your textbook's unifying themes is reflected in the fact that people sometimes see what they either "want to see" or "expect to see"?

a. Heredity and environment jointly influence behaviour.

b. People's experience of the world is highly subjective.

c. Behaviour is shaped by cultural heritage.

d. People's experience of the world is empirical.

ANSWER: b

144. The unifying theme "people's experience of the world is highly subjective" most directly impacts which other unifying theme?

a. Psychology is empirical.

b. Psychology evolves in a sociohistorical context.

c. Behaviour is shaped by cultural heritage.

d. Heredity and environment jointly influence behaviour.

ANSWER: a

145. What 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. Reward yourself for studying.

d. Avoid taking study breaks while studying.

ANSWER: d

146. How would you describe cramming for an exam as a study strategy for most students?

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a. ineffective b. effective
c. beneficial d. time efficient

ANSWER: a

147. What is the best advice when faced with a major assignment such as a term paper?
a. Set aside a large block of time (e.g., an entire weekend) to devote to the assignment.
b. Break the assignment down into smaller components.
c. Start the assignment with a clear idea of your conclusion in mind.
d. Postpone beginning the assignment until shortly before the due date to incorporate information from the instructor's lectures into the project.

ANSWER: b

148. Which pioneering female psychologist did important work on children's intelligence and was influential in debunking some of the theories which explained why women were "inferior" to men?
a. Mary Ainsworth b. Leta Hollingworth
c. Brenda Milner d. Karen Horney

ANSWER: b

149. Who wrote the book *Beyond Freedom and Dignity*?
a. Ivan Pavlov b. B. F. Skinner
c. John Watson d. Sigmund Freud

ANSWER: b

150. Which term describes the humanistic view of human nature?
a. pessimistic b. optimistic
c. deterministic d. predictable

ANSWER: b

151. Based on empirical studies, which of the following students would you expect to have the poorest attendance during the semester?
a. Tom, who earned an A b. Sue, who earned a B
c. Ashley, who earned a C+ d. Steve, who earned a D

ANSWER: d

152. What is good advice for getting more out of class lectures?
a. Concentrate on writing down the definitions of terms.
b. Read along in the text as the instructor is lecturing.
c. Read the relevant pages in the text before the lecture.
d. Avoid interrupting the instructor by asking questions.

ANSWER: c

153. Which behaviour will NOT enhance your ability to get the most information out of your lectures?
a. reading ahead b. recording verbatim what the lecturer says
c. asking questions d. actively listening

ANSWER: b

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154. Which of the following is NOT part of critical thinking?
a. working systematically toward a desired goal
b. originally believing that the stated position on a topic is incorrect
c. generating multiple solutions to problems
d. using principles of likelihood when dealing with probabilistic events
ANSWER: b

155. Which statement best describes the skills and attitudes involved in critical thinking?
a. They naturally develop during early adulthood.
b. They develop only in individuals trained in scientific disciplines.
c. They need to be specifically taught to individuals.
d. They naturally develop during adolescence.
ANSWER: c

156. What is consistent with your textbook's suggestions for improving academic performance by improving your reading and getting more out of lectures?
a. subjective thinking skills b. accepted thinking skills
c. critical thinking skills d. objective thinking skills
ANSWER: c

157. Which observation weakens the evolutionary explanation of gender differences in spatial abilities?
a. There frequently was a sex-based division of labour in ancient hunting and gathering societies.
b. Males are encouraged to engage in activities that provide more practice with spatial tasks.
c. Males frequently perform slightly better than females on tasks involving mental rotation of images and navigation in space.
d. Females perform slightly better than males on tasks involving memory for locations.
ANSWER: b

158. Which of the following observation strengthens the evolutionary explanation of gender differences in spatial abilities?
a. Ancient hunting and gathering societies frequently had a sex-based division of labour.
b. Males are encouraged to engage in activities that provide more practice with spatial tasks.
c. Females frequently perform slightly better than males on tasks involving mental rotation of images and navigation in space.
d. Males perform slightly better than females on tasks involving memory for locations.
ANSWER: a

159. What do your text authors recommend that researchers do to interpret data and results in psychological research with a critical eye?
a. They recommend considering alternative explanations and contradictory evidence.
b. They suggest researchers get someone else to interpret the data for them.
c. They recommend meta-analyses of the data.
d. They suggest researchers adjust the interpretation if it does not line up with their worldview or philosophy.
ANSWER: a

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160. What would you find if you were to compare and contrast the six contemporary theoretical perspectives in psychology described in your text?

a. Psychoanalytic theory is the only approach that examines the role of thoughts and feelings.
b. The earlier approaches (pre-1950s) are very similar to one another, whereas the later approaches are dramatically different from one another.
c. The structuralist approach permeates all contemporary theoretical perspectives.
d. The psychoanalytic, humanistic, and cognitive perspectives are very different from the others with regard to focus on the human species.

ANSWER: d

161. Which of the following perspectives in psychology has seen a decline in the psychological literature since 1970?

a. behavioural b. neuroscience
c. cognitive d. psychoanalytic

ANSWER: a

162. Which of the following perspectives in psychology has dominated the psychological literature since 1975?

a. behavioural b. neuroscience
c. cognitive d. psychoanalytic

ANSWER: c

163. Which of the following psychologists was NOT Canadian?

a. James Olds b. Brenda Milner
c. Martin Seligman d. Donald Hebb

ANSWER: c

164. When Alex trains raccoons to respond to symbols, with whom are his methods most consistent?

a. Brenda Milner b. Donald Hebb
c. B. F. Skinner d. William James

ANSWER: c

165. Which type of psychologist would be least interested in Alex's research?

a. a cognitive psychologist b. a humanist
c. a functionalist d. a behaviourist

ANSWER: b

166. Which type of psychologist would be most interested in Alex's research?

a. a clinical psychologist b. a structuralist
c. an evolutionary psychologist d. a humanist

ANSWER: c

167. Which of your textbook's themes is illustrated when Alex collects data to evaluate his ideas?

a. Psychology is theoretically diverse.
b. Psychology is empirical.
c. Psychology evolves in a sociohistorical context.

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d. Behaviour is determined by multiple causes.

ANSWER: b

168. When Alex trains his students, which skill is he emphasizing?

a. critical thinking b. structuralism

c. positive psychology d. statistical training

ANSWER: a

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Name:_____ Class:_____ Date:_____

Chapter 1 - The Evolution of Psychology

1. The term “psychology” comes from the Greek words *psyche* and *logos*. What does *logos* mean?
   a. the study of a subject
   b. the soul
   c. logic
   d. discipline

ANSWER: a

2. Psychological research is sometimes distorted or grossly simplified in media coverage, leading to misinformation or misconceptions. Which of the following statements is NOT one of the popular myths or misconceptions related to psychology, according to your textbook?
   a. Most people use only 10 percent of their brain.
   b. Hypnosis is useful for retrieving memories of forgotten events.
   c. The polygraph (“lie detector”) test is an accurate means of detecting dishonesty.
   d. The titles “psychologist” and “psychiatrist” refer to different professions.

ANSWER: d

3. According to historians, when and where did the “birth” of psychology occur?
   a. 1859 in England
   b. 1879 in Germany
   c. 1883 in the United States
   d. 1909 in Austria

ANSWER: b

4. Which of the following people is credited as being the “founder of psychology”?
   a. Edward Titchener
   b. William James
   c. Sigmund Freud
   d. Wilhelm Wundt

ANSWER: d

5. According to Wilhelm Wundt, what was the focus of psychology?
   a. to understand functions of behaviour
   b. to understand unconscious motivation
   c. the scientific study of observable behaviour
   d. the scientific study of conscious experience

ANSWER: d

6. What did Wilhelm Wundt believe the focus of psychology should be?
   a. studying stimulus-response associations
   b. questioning the nature of existence
   c. examining people’s awareness of their immediate experience

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d. determining people's unconscious motivation for behaviour

ANSWER: c

7. Edward Titchener, who established one of the first psychological research laboratories in the United States, is associated with which of the following schools of psychology?

a. functionalism
b. behaviourism
c. humanism
d. structuralism

ANSWER: d

8. What were the first two major schools of psychology?

a. functionalism and behaviourism
b. behaviourism and psychoanalytic theory
c. behaviourism and Gestalt psychology
d. structuralism and functionalism

ANSWER: d

9. Which of the following individuals would be most likely to use the technique of introspection in psychological research?

a. Sigmund Freud
b. Abraham Maslow
c. John Watson
d. Edward Titchener

ANSWER: d

10. Which school of psychology focused on identifying and examining the fundamental components of conscious experience, such as sensations, feelings, and images?

a. humanism
b. structuralism
c. functionalism
d. behaviourism

ANSWER: b

11. Which of the following types of psychologist was most likely to use the technique of introspection?

a. structuralist
b. behaviourist
c. cognitive
d. humanist

ANSWER: a

12. Mariska is participating in a study in which she is asked to carefully observe and report her conscious

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reactions to several stimuli. Which type of psychologist is most likely to conduct a study like this?

a. structuralist
b. humanist
c. behaviourist
d. psychoanalytic

ANSWER: a

13. Isabel is listening to a piece of classical music and recording all her feelings and impressions as she experiences them. Which school of psychology was most well-known for using this sort of technique?

a. humanism
b. structuralism
c. functionalism
d. behaviourism

ANSWER: b

14. To learn something about his conscious experience, William looked at an abstract painting and wrote down all of his impressions as they came to him. What is the biggest limitation to this method?

a. It relies on sensation and perception.
b. It is overly objective and empirical.
c. The experiences cannot be verified.
d. There is no test-retest reliability.

ANSWER: c

15. Dr. Asgaard believes that to fully understand complex processes, such as auditory processing, it is first necessary to understand all the separate component parts. Which psychologist would be most likely to share Dr. Asgaard's views?

a. Ivan Pavlov
b. Carl Rogers
c. William James
d. Edward Titchener

ANSWER: d

16. Which field in psychology is closest to the school of psychology known as structuralism?

a. sensation and perception
b. evolutionary psychology
c. clinical psychology
d. social psychology

ANSWER: a

17. Which school of psychology focused on understanding the purpose of behaviour?

a. structuralism
b. functionalism

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c. neodynamism
d. behaviourism

ANSWER: b

18. Which of the following pioneers of psychology is most associated with the school of psychology known as functionalism?
a. Margo Wilson
b. Elizabeth Loftus
c. Mary Whiton Calkins
d. Doreen Kimura

ANSWER: c

19. Which statement is most likely to be made by a researcher who studies pain perception from a functionalist perspective?
a. We can understand pain perception only if we understand the unconscious processes that initiate the sensation of pain.
b. We can study pain only by observing the outward expression of pain in response to different stimuli.
c. We can study pain only if all the component parts that make up the experience of pain are understood.
d. We can understand pain perception only if we understand the role of pain in human survival and adaptation.

ANSWER: d

20. Which school of psychology stressed that psychology should study the purpose of consciousness rather than the individual components of consciousness?
a. psychoanalysis
b. structuralism
c. Gestalt psychology
d. functionalism

ANSWER: d

21. Dr. Smythe believes that to fully understand complex processes, such as taste, it is necessary to understand the role that taste plays in survival, not the elementary components that combine to produce taste sensations. With which school of thought are Dr. Smythe's views most consistent?
a. structuralist approach
b. behaviourist approach
c. functionalist approach
d. psychoanalytic approach

ANSWER: c

22. Dr. Ramos believes that it is not possible to fully understand emotions unless we understand the role that emotions play in survival and adaptation. With which theorist are Dr. Ramos's views most consistent with?
a. Ivan Pavlov

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b. Carl Rogers
c. Edward Titchener
d. William James

ANSWER: d

23. What is the term used by William James to describe a continuous flow of thoughts?
a. phenomenological flow
b. stream of consciousness
c. transcendental meditation
d. existential awareness

ANSWER: b

24. What was an early approach in psychology that fostered the development of modern-day applied psychology and behaviourism?
a. Gestalt psychology
b. functionalism
c. pragmatism
d. structuralism

ANSWER: b

25. Who was the first woman in the United States to receive a Ph.D. in psychology?
a. Mary Calkins
b. Anna Freud
c. Margaret Floy Washburn
d. Leta Hollingworth

ANSWER: c

26. Which of the following is Leta Hollingworth best known for?
a. her research on intelligence and the psychology of women
b. founding one of the early psychology laboratories in the United States
c. being the first woman to receive a Ph.D. in psychology
d. being the first female president of the American Psychological Association

ANSWER: a

27. _____ is considered the founder of functionalism, while _____ is considered the founder of behaviourism.
a. William James; B. F. Skinner
b. Wilhelm Wundt; B. F. Skinner
c. Wilhelm Wundt; John Watson
d. William James; John Watson

ANSWER: d

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28. Which psychologist proposed that the study of consciousness should be replaced by the study of behaviour?
    a. G. Stanley Hall
    b. John B. Watson
    c. Sigmund Freud
    d. Abraham Maslow

ANSWER: b

29. Which theoretical orientation insisted that observations be verifiable?
    a. behaviourism
    b. functionalism
    c. psychoanalysis
    d. structuralism

ANSWER: a

30. What did John B. Watson argue that psychologists should do?
    a. confine their work to people who are diagnosed as mentally ill
    b. use the method of introspection to establish the structural aspects of consciousness
    c. abandon the study of consciousness
    d. concern themselves with the intentionality of behaviour

ANSWER: c

31. According to John Watson, what primarily governs behaviour?
    a. personal motives
    b. heredity
    c. environment
    d. unconscious desires

ANSWER: c

32. Which statement would a strict behaviourist most likely agree with?
    a. The primary causes for human behaviour are unknown.
    b. Human behaviour is caused primarily by environmental factors.
    c. Human behaviour is caused primarily by inherited factors.
    d. Human behaviour is caused primarily by equal contributions of inherited and environmental factors.

ANSWER: b

33. What did Watson state that psychologists should study?
    a. only the things that people, because those are observable behaviours
    b. only the things that people do as a result of experience, because reflexes are not valid behaviours
    c. things that people do, think, and feel
    d. only the things that people think and feel, because those are psychological processes

ANSWER: a

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34. Ariadne believes that individuals learn to be either aggressive or non-aggressive as a result of the experiences they have. With which type of psychology are Ariadne's views most consistent?

a. functionalist
b. structuralist
c. psychoanalytic
d. behaviourist

ANSWER: d

35. Which of the following statements best reflects the past and current status of behaviourism?

a. Behaviourism exerted and continues to exert a tremendous influence on other disciplines, but not on psychology.
b. Behaviourism was highly influential in psychology's history, but has been largely abandoned; it exerts little, if any, influence on current mainstream psychology.
c. Behaviourism profoundly affected the course of psychology, and although its influence has diminished, it continues to impact the field today.
d. Behaviourism was never highly influential in any discipline, being a fringe perspective within psychology.

ANSWER: c

36. Lynelle teases her brother and then he starts crying. If you describe the teasing as a stimulus, and the crying as a response to that stimulus, what type of analysis are you conducting?

a. structuralist
b. behaviourist
c. psychoanalytic
d. functionalist

ANSWER: b

37. Which of the following early scientists most heavily influenced the later school of behaviourism?

a. Ivan Pavlov
b. Charles Darwin
c. John Locke
d. Sir Francis Galton

ANSWER: a

38. Which of the following pioneers of psychology was also a major pioneer of the advertising industry, developing techniques still used today, such as fear appeals, testimonials, the selling of prestige, and the promotion of style over substance?

a. Wilhelm Wundt
b. John Watson
c. Edward Titchener
d. William James

ANSWER: b

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39. In an interview with a parenting magazine, an expert suggests that parents with troublesome children need to change the environmental patterns in which the children are being raised. Suggestions include consistently praising the types of behaviour that parents want to see in their children and avoiding accidentally rewarding children (by giving them attention) for less desirable actions. The expert's views are most closely aligned with which of the following psychological approaches?

a. positive psychology
b. humanist
c. psychoanalytic
d. behaviourist

ANSWER: d

40. Which school of psychology was most responsible for the rise of animal research in psychology?

a. structuralism
b. psychoanalysis
c. behaviourism
d. Gestaltism

ANSWER: c

41. If Dr. Scott chooses to conduct experiments with animals to exert more experimental control over the study, which type of researcher is Dr. Scott?

a. psychoanalytic
b. behaviourist
c. structuralist
d. Gestaltist

ANSWER: b

42. Dr. Tsang is a psychologist who conducts research on the effects of reward on maze learning in rats. Which type of psychologist is Dr. Tsang?

a. behaviourist
b. structuralist
c. Gestaltist
d. psychoanalytic

ANSWER: a

43. Which statement best reflects the main advantage of conducting psychological research with animals?

a. With research on animals, there are no ethical issues to be concerned with.
b. In their biological makeup, animals are fundamentally similar to humans.
c. A researcher can exert more control over an animal than over a human subject.
d. It is much cheaper to conduct research on animals than on humans.

ANSWER: c

44. Sigmund Freud developed an innovative procedure for treating people with psychological problems. What

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did he call this procedure?

a. rational-emotive therapy
b. behaviour modification
c. primal therapy
d. psychoanalysis

ANSWER: d

45. According to Sigmund Freud, what determines an individual's personality?

a. strivings for superiority
b. forces in the unconscious
c. self-actualizing tendencies
d. forces in the environment

ANSWER: b

46. You are interviewing a new member of the psychology department for the university newspaper. The faculty member states: "Many times people are unaware of the unconscious motivations that drive their overt actions." Which theorist is this faculty member's view most similar to?

a. Wilhelm Wundt
b. Carl Rogers
c. Ivan Pavlov
d. Sigmund Freud

ANSWER: d

47. What did Freud conclude are the dominant causes of psychological disturbances?

a. conflicts between conscious desires and environmental constraints
b. personal conflicts existing at an unconscious level
c. unrealistic demands from family and friends
d. genetic predispositions to behave in a particular way

ANSWER: b

48. How did Freud's theories about human behaviour differ from prevailing viewpoints in the early 1900s?

a. He proposed the existence of free will.
b. He saw people as not fully aware of the forces that control their behaviour.
c. He emphasized environmental forces on behaviour.
d. He saw abnormal behaviour as resulting from biological causes.

ANSWER: b

49. In which of the following ways was Freud's psychoanalytic theory a major departure from the prevailing beliefs of the time?

a. because of its use of introspection
b. because of its emphasis on unconscious motivation
c. because of its focus on the role of heredity

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d. because of its explanations in terms of stimulus-response associations

ANSWER: b

50. Liserel is a graduate student who believes that the best approach to the study of psychology is to focus exclusively on the unconscious determinants of behaviour. Which perspective matches Liserel's views toward the study of psychology?

a. humanistic
b. psychoanalytic
c. structuralist
d. cognitive

ANSWER: b

51. What do behaviourism and psychoanalytic theory have in common?

a. an emphasis on the role of sexuality in behaviour
b. the implication that people are not necessarily in complete control of behaviour
c. the notion that unconscious motives have a major influence on behaviour
d. a resistance to the use of animal subjects in psychological research

ANSWER: b

52. Much like Freud, Skinner's views on human behaviour were controversial and often criticized. Which controversies were predominant for each of Freud and Skinner?

a. Freud's focus on sexual motivation and Skinner's suggestion that free will was an illusion
b. Freud's focus on sexual motivation and Skinner's belief that maladaptive behaviour was biological in origin
c. Freud's insensitive treatment of patients and Skinner's violation of existing animal ethics rules
d. Freud's focus on conscious processes and Skinner's focus on unconscious processes

ANSWER: a

53. Which statement best reflects the current status of Freud's psychoanalytic theory?

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

ANSWER: c

54. Who took the position that organisms tend to repeat responses that lead to positive outcomes and tend not to repeat responses that lead to neutral or negative outcomes?

a. Abraham Maslow
b. Carl Rogers
c. B. F. Skinner

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d. Sigmund Freud

ANSWER: c

55. With which individual is B. F. Skinner most in agreement on the issue of internal mental events?

a. Abraham Maslow
b. Sigmund Freud
c. John Watson
d. Wilhelm Wundt

ANSWER: c

56. Janet trained her dog to sit on command by rewarding the dog's behaviour of sitting with a dog biscuit and praise. Which psychological perspective's methods did Janet use?

a. psychoanalysis
b. humanism
c. functionalism
d. behaviourism

ANSWER: d

57. A study determines that rats can be trained to press a lever if lever pressing is followed by the presentation of food. Of the following theorists, who would be most likely to have devised this study?

a. Wilhelm Wundt
b. Abraham Maslow
c. B. F. Skinner
d. William James

ANSWER: c

58. You are interviewing a new member of the psychology department for the university newspaper. The faculty member states, "Sure, people have emotions and thoughts and dreams, but you don't have to study those things in order to predict behaviour." Which theorist's views are most similar to the views held by this faculty member?

a. Sigmund Freud
b. B. F. Skinner
c. William James
d. Carl Rogers

ANSWER: b

59. What is most likely to be studied by a behaviourist?

a. animal training methods
b. emotional reactions to trauma
c. reaction time in response to complex words
d. how children develop humour

ANSWER: a

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60. Marissa wants to study people's emotional reactions to increases in temperature. Her classmate, Bernard, tells her that her study should focus on observable behaviours, rather than thoughts or feelings. Which psychological perspective is consistent with Bernard's advice?

a. evolutionary
b. psychodynamic
c. humanist
d. behavioural

ANSWER: d

61. Caroline conducts research in which she systematically changes some aspect of the environment and then measures changes in observable behaviour. Which psychological perspective is most consistent with Caroline's method?

a. cognitive
b. humanist
c. behaviourist
d. psychoanalytic

ANSWER: c

62. Which statement best reflects Skinner's view of behaviourism?

a. It focused on the importance of free will.
b. It focused on the study of behaviour and its consequences.
c. It encouraged speculative statements about consciousness.
d. It included hypotheses about motives and goals.

ANSWER: b

63. Who would have been most likely to say, "You think that you're in control of your own behaviour, but you're not truly in control"?

a. B. F. Skinner
b. Abraham Maslow
c. Wilhelm Wundt
d. Carl Rogers

ANSWER: a

64. What was the dominant school of thought in psychology during the 1950s and 1960s?

a. behaviourism
b. structuralism
c. Gestaltism
d. functionalism

ANSWER: a

65. Which group would be most likely to suggest that people can have complete control over their own

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destinies?

a. psychoanalysts
b. humanists
c. behaviourists
d. Gestaltists

ANSWER: b

66. Which school of psychology takes the most optimistic view of human nature?

a. structuralism
b. behaviourism
c. humanism
d. functionalism

ANSWER: c

67. Which type of psychologist would NOT generalize from studies of animal subjects to human behaviour?

a. evolutionary psychologist
b. humanist
c. cognitive psychologist
d. behaviourist

ANSWER: b

68. Oliver is studying motivation in chimpanzees. His roommate believes that Oliver's research is only useful for understanding chimpanzees and cannot generalize to humans. Which perspective does Oliver's roommate apparently take?

a. cognitive
b. biological
c. humanistic
d. evolutionary

ANSWER: c

69. Which theoretical viewpoint is most closely associated with Carl Rogers and Abraham Maslow?

a. cognitive approach
b. humanism
c. structuralism
d. biological approach

ANSWER: b

70. Which statement would NOT be made by a humanist?

a. Research on animals has no relevance to understanding human behaviour.
b. Humans have a basic need to fulfil their potential.
c. The behaviour of humans tends to be dictated by environmental circumstances.

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d. Humans are unique.

ANSWER: c

71. What do humanists believe governs people's behaviour?
a. unconscious sexual urges
b. outcomes of an individual's responses
c. biochemical processes
d. self-concepts

ANSWER: d

72. Which of the following is the largest organization devoted to the advancement of psychology in Canada?
a. The Structuralists
b. Western Psychological Society
c. World Psychology Organization
d. Canadian Psychological Association

ANSWER: d

73. In 1939, Canada's largest organization for psychology was founded. What is it called?
a. Association for Applied Psychologists in Canada
b. American Psychological Association
c. Association of Psychologists of Canada
d. Canadian Psychological Association

ANSWER: d

74. Micha tends to be very passive and allows people to take advantage of him. What would a humanist most likely say about Micha?
a. Micha simply needs to take an assertiveness training class in which he can learn and practise assertive behaviours.
b. Micha should undergo analysis so that he can begin to resolve whatever unconscious conflict is at the root of his passivity.
c. Micha will find it difficult to change because he probably has deep-seated feelings of inferiority.
d. Micha can become more assertive once he begins to feel better about himself and recognizes that he has the ability to fulfil his potential.

ANSWER: d

75. Who would be most likely to state that people have a drive to grow and fulfil their potential?
a. Sigmund Freud
b. B. F. Skinner
c. G. Stanley Hall
d. Abraham Maslow

ANSWER: d

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76. Imagine that the editor of your local newspaper writes a column supporting a reduction in government intervention with more rights for individual citizens. The editor bases this argument on the assumption that people are rational beings who will fulfill their maximum potential as long as others do not infringe on their basic human needs. Which psychological perspective do this editor's views reflect?

a. evolutionary
b. humanistic
c. behavioural
d. psychodynamic

ANSWER: b

77. Makayla has come to therapy because she is experiencing symptoms of depression. She is also upset because her dream of going to art school is in danger because of her financial situation. Her therapist explains to Makayla that all people have an innate desire to grow and reach their full potential, but that when events conspire to block us from reaching that potential, our mental health suffers. So art school and her symptoms are related. Her therapist is a clinical psychologist whose broader perspective or approach to psychology is closest to which of the following?

a. the behavioural perspective
b. the psychoanalytic perspective
c. the humanistic perspective
d. the cognitive perspective

ANSWER: c

78. According to humanists, why are animal studies of little relevance to understanding humans?

a. Animals do not develop mental disorders.
b. Animals do not have a self-concept.
c. Animals have a much shorter period of development.
d. Animals cannot communicate their thoughts to us.

ANSWER: b

79. What has been humanism's most important contribution to psychology?

a. the concept of free will
b. the method of introspection
c. innovative treatments for psychological problems
d. a focus on the measurable and verifiable aspects of behaviour

ANSWER: c

80. Which of the following perspectives in psychology would be most closely associated with *person-centred therapy*?

a. psychoanalytic
b. behaviourist
c. humanist
d. cognitive

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ANSWER: c

81. Which of the following psychological researchers' experiences living with the Blackfoot First Nations in Alberta shaped his views on human nature?

a. Abraham Maslow
b. Sigmund Freud
c. James Olds
d. David Buss

ANSWER: a

82. The psychoanalytic perspective believes that psychological disturbances are caused by _____, whereas the humanistic perspective believes that they are caused by _____.

a. unconscious conflict; obstacles that interfere with personal growth
b. unrealistic demands from others; maladaptive reinforcement contingencies
c. unconscious conflict; unrealistic demands from others
d. maladaptive reinforcement contingencies; unrealistic demands from others

ANSWER: a

83. Which of the following people established the first experimental laboratory in Canada in 1891?

a. G. Stanley Hall
b. James Mark Baldwin
c. Brenda Milner
d. Wilder Penfield

ANSWER: b

84. Which of the following universities was the first in Canada to offer a psychology course in 1838?

a. McGill
b. Dalhousie
c. Concordia
d. Simon Fraser

ANSWER: b

85. Which organization was established in 1939 to advance psychology as a science in Canada, and continues to play a vital role in the field?

a. APA–Canada
b. Canadian Psychological Association (CPA)
c. Association of Canadian Experimental Psychologists (ACEP)
d. Canadian Society of Psychologists (CSP)

ANSWER: b

86. Which of the following people was one of the founders of neuropsychology in Canada and was well known for her pioneering work with the patient known as H.M.?

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a. Mary Ainsworth
b. Brenda Milner
c. Mary Wright
d. Doreen Kimura

ANSWER: b

87. Which of the following is NOT one of the stated objectives of the Canadian Psychological Association?
a. to improve the health and welfare of all Canadians
b. to promote excellence and innovation in psychological research
c. to improve research into all aspects of mental illness, including causes, prevention, and treatment of psychiatric disorders
d. to promote the advancement, development, dissemination, and application of psychological knowledge

ANSWER: c

88. Traditionally, women and their history have been underrepresented in psychology. In recent decades, this trend has begun to shift. In a recent survey of the members of the Canadian Psychological Association, what percentage identified as women?
a. 25 percent
b. 33 percent
c. 45 percent
d. more than 50 percent

ANSWER: d

89. What is NOT an area of specialization in applied psychology?
a. industrial and organizational psychology
b. counselling psychology
c. educational psychology
d. cognitive psychology

ANSWER: d

90. Which type of psychology is the most prominent and widely practiced professional specialty in the field of applied psychology?
a. school
b. developmental
c. cognitive
d. clinical

ANSWER: d

91. In addition to clinical psychologists, which other professionals also assess and treat psychological disorders?
a. nurses b. occupational therapists
c. teachers d. psychiatrists

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ANSWER: d

92. Which of the following branches of psychology is concerned with the diagnosis and treatment of psychological disorders?

a. counselling psychology
b. developmental psychology
c. clinical psychology
d. humanistic psychology

ANSWER: c

93. Which type of psychologist would be the greatest help to you if you were having problems with depression?

a. social psychologist
b. motivational psychologist
c. developmental psychologist
d. clinical psychologist

ANSWER: d

94. Michael is having problems relating to other people because he is very paranoid and experiences hallucinations. Which type of psychologist should Michael contact for help?

a. physiological psychologist
b. clinical psychologist
c. developmental psychologist
d. experimental psychologist

ANSWER: b

95. Which type of applied psychology was most stimulated by World War II?

a. industrial psychology
b. clinical psychology
c. educational psychology
d. neurological psychology

ANSWER: b

96. What was one of the first areas of clinical psychology to develop?

a. personnel psychology
b. counselling psychology
c. psychological testing
d. sports psychology

ANSWER: c

97. What contributed most to the development of clinical psychology?

a. the advent of high-speed computers
b. an increase in the number of people earning advanced degrees in psychology

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c. high demand for the screening of military recruits and treatment of traumatized war veterans
d. an increase in public awareness of the symptoms of psychological disorders, and the rise of behaviourism

ANSWER: c

98. Which statement best describes clinical psychologists?
a. Clinical psychologists have Ph.Ds.
b. Clinical psychologists do research.
c. Clinical psychologists are behaviourists.
d. Clinical psychologists are licensed.

ANSWER: d

99. Which of the following is NOT included under the umbrella of applied psychology?
a. cognitive psychology
b. school psychology
c. counselling psychology
d. industrial/organizational psychology

ANSWER: a

100. Which term refers to the mental processes involved in acquiring knowledge?
a. introspection
b. application
c. empiricism
d. cognition

ANSWER: d

101. What is a relatively recent movement in psychology that has revived the old interest in mental and conscious events?
a. psychoanalysis
b. cognitive psychology
c. physiological psychology
d. behavioural psychology

ANSWER: b

102. Which of the following researchers was among the first to draw attention to the parallels between computer and human information processing?
a. Noam Chomsky
b. Herbert Simon
c. Jean Piaget
d. Donald Hebb

ANSWER: b

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103. Who is most closely associated with the cognitive perspective on language?
a. Noam Chomsky
b. B. F. Skinner
c. Abraham Maslow
d. David Buss
ANSWER: a

104. Which of the following was NOT listed in the textbook as being influential in starting the shift in psychological research away from focusing purely on observable behaviour back to studying the mind and consciousness?
a. Jean Piaget's studies on children's thinking and development
b. Noam Chomsky's research on the psychological underpinnings of language
c. the development of the computer
d. Wilder Penfield's work on mapping speech, memory, and sensory areas
ANSWER: d

105. Which psychological approach contends that psychology must study internal mental events in order to fully understand behaviour?
a. cognitive psychology b. clinical psychology
c. developmental psychology d. behaviourism
ANSWER: a

106. Dr. Webb is a clinical psychologist who treats patients with depression, often focusing on the effects of negative thought processes and hopeless attitude that many patients hold about the world, the future, and themselves. Which of the following is Dr. Webb's broader perspective or approach to psychology closest to?
a. the behavioural perspective b. the psychoanalytic perspective
c. the humanistic perspective d. the cognitive perspective
ANSWER: d

107. Desmond has just had an epiphany that computers and the human mind are both highly similar: they both can process only so much at one time, they both can store information in memory, and they both are capable of performing complex calculations. This observation was actually first made in the 1950s by which of the following psychologists?
a. Noam Chomsky b. Donald Hebb
c. Herbert Simon d. Jean Piaget
ANSWER: c

108. What is most likely to be studied by a cognitive psychologist?
a. factors that determine group cohesiveness
b. whether a job incentive program is effective
c. play behaviour in preschool children
d. strategies used by students to solve puzzles
ANSWER: d

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109. Which of the following researchers is most closely associated with the study of cognitive development?
a. Noam Chomsky b. Donald Hebb
c. Herbert Simon d. Jean Piaget
ANSWER: d

110. Programmers who were working on a chess-playing supercomputer asked a psychologist from their university for some help in working out the problem-solving algorithms they would be using. Which type of psychologist would be most likely to help with this project?
a. structural b. educational
c. behavioural d. cognitive
ANSWER: d

111. Darnell is working on a computer system that will have full language-recognition capabilities. Which type of psychologist could probably give Darnell the most help in developing this computer system?
a. clinical b. cognitive
c. humanistic d. behavioural
ANSWER: b

112. When did the cognitive perspective surpass the behavioural perspective in influence, according to results from a recent study?
a. 1925 b. 1955
c. 1975 d. 1995
ANSWER: c

113. Who demonstrated that electrical stimulation of the brain could evoke emotional responses such as pleasure and rage in animals?
a. Roger Sperry b. James Olds
c. B.F. Skinner d. Abraham Maslow
ANSWER: b

114. Annabel wants to investigate differences in the way language is processed by the brain hemispheres. Whose research should Annabel read?
a. Roger Sperry b. Carl Rogers
c. Alfred Adler d. John B. Watson
ANSWER: a

115. Which type of psychologist would be most likely to have a copy of Hebb's *The Organization of Behavior* on her bookshelf?
a. a psychoanalyst b. an industrial/organizational psychologist
c. a humanistic psychologist d. a neuroscientist
ANSWER: d

116. Which of the following theoretical perspectives are most likely to be associated with studies using animals?

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a. behavioural and biological b. psychoanalytic and cognitive
c. clinical and psychoanalytic d. biological and clinical

ANSWER: a

117. Professor Vasquez believes that nearly all psychological disorders can ultimately be traced to abnormalities in brain chemistry. With which perspective are Professor Vasquez's beliefs most consistent?

a. behavioural b. biological
c. cognitive d. clinical

ANSWER: b

118. According to Donald Hebb, what is the key to understanding the organization of behaviour?

a. measurement of observable behaviour b. introspection
c. analysis of unconscious conflicts d. activity at the neuronal level

ANSWER: d

119. Research in neuroscience owes a great deal of its inspiration to Donald Hebb, who wrote the book *The Organization of Behavior: A Neuropsychological Theory.* What did Hebb theorize about?

a. the importance of behaviourist models of learning for understanding how neurons work
b. the concept of cell assemblies, and the importance of neuronal processes for behaviour
c. the importance of unconscious experiences, and the role of cell assemblies for the execution of behaviour
d. the role of social interaction for the organization of the cortex during childhood

ANSWER: b

120. What was demonstrated by Hastorf and Cantril's classic study (1954) on rule infraction in football games?

a. the impact of gender-typed activities on self-esteem
b. the onset of antisocial personality disorder
c. the impact of concussion on the mental health of athletes
d. the subjectivity of perception

ANSWER: d

121. The effects of institutions and events such as Canada's Residential Schools system and the Sixties Scoop in terms of the (intergenerational) trauma experienced by Indigenous Peoples are most closely associated with which of the following perspectives in psychology?

a. psychoanalytical b. humanist
c. behavioural d. cultural

ANSWER: d

122. A major similarity between the cultural and behavioural perspectives in psychology is that they both highlight which of the following?

a. the importance of consciousness and thought processes
b. the importance of personal growth and free will

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c. the importance of the environment in influencing individuals
d. the importance of studying only observable behaviours

ANSWER: c

123. Approximately what percentage of Canada's population was born in another country?
a. 5 percent b. 10 percent
c. 15 percent d. 20 percent

ANSWER: d

124. Several factors have contributed to the recent increased interest in research dealing with "cultural" variables in psychology. Which of the following is NOT one of these contributing factors?
a. depersonalization of human beings by modern psychology
b. recognition by researchers that neglecting cultural variables has diminished the value of their work
c. increased ethnic diversity in North America
d. increased contact with non-Western cultures due to advances in communication and travel

ANSWER: a

125. What is most likely a topic of study for a cultural psychologist?
a. how travel affects openness to experience in children
b. how cognitive errors lead to racism
c. determining the genes associated with skin colour
d. whether people in different cultures solve puzzles in the same way, or differently

ANSWER: d

126. Which psychological approach examines behavioural processes in terms of their adaptive value for a species?
a. physiological b. humanist
c. clinical d. evolutionary

ANSWER: d

127. Mark is constantly lifting weights and exercising. He believes that thousands of years ago, women who preferred a muscular mate might have had more children survive because of their father's protection. Even with less danger today, he assumes that the preference for a muscular mate has been passed down for generations to today's women. Mark's reasoning was most likely influenced by which of the following individuals?
a. David Buss b. Martin Seligman
c. Noam Chomsky d. Donald Hebb

ANSWER: a

128. Professor Immel conducts research that examines whether people with particular personality traits have greater success with dating and reproduction. What type of psychological research is Professor Immel conducting?
a. humanistic b. evolutionary
c. cognitive d. behavioural

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ANSWER: b

129. A speaker at a conference has just stated that genetics influence our behaviours, which in turn influence our survival. As such, behaviours might be genetically transmitted from generation to generation, with more successful behaviours becoming more common within a group. The speaker is most likely a proponent of which of the following approaches to psychology?

a. humanistic
b. evolutionary
c. behavioural neuroscience
d. behavioural

ANSWER: b

130. What is the most important aspect of natural selection?

a. aggressive interactions with members of other species
b. passing on genes to the next generation
c. locating a source of food
d. establishing a territory

ANSWER: b

131. Which early psychologist would be most likely to endorse the tenets of evolutionary psychology?

a. Edward Titchener
b. John Watson
c. William James
d. Wilhelm Wundt

ANSWER: c

132. In 1954, which of the following movements did Abraham Maslow's book *Motivation and Personality* help fuel?

a. functionalism
b. humanistic psychology
c. individual psychology
d. self-help

ANSWER: b

133. When did evolutionary psychology emerge as a modern discipline?

a. 1960s
b. 1970s
c. 1980s
d. 1990s

ANSWER: c

134. Damion wants to investigate whether specific dating patterns among young adults are the result of evolved predispositions. With whom would Damion most likely choose to work with if he could work with a psychologist who has made a significant contribution in this area of research?

a. David Buss
b. B.F. Skinner
c. Herbert Simon
d. Carl Jung

ANSWER: a

135. If Dr. Laker is an evolutionary psychologist who studies nutrition and hunger, what is a likely topic of study for Dr. Laker?

a. hunger in response to specific times of day when meals normally occur

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b. cravings associated with foods that are necessary for survival
c. the relationship between eating and depression
d. body image associated with exposure to TV and magazine advertisements

ANSWER: b

136. Researchers are planning a study in which they will present an image that induces fear and then ask participants to solve problems. They consult with a colleague about which stimulus they should use to induce fear. If the colleague is an evolutionary psychologist, which of the following would they be most likely to recommend as the fear stimulus?

a. a scene of a car accident
b. a gun
c. a syringe
d. a spider

ANSWER: d

137. If an evolutionary psychologist were studying sleep and dreams, what would be a likely topic?

a. What is the symbolic meaning of dreams?
b. Do sleep patterns change across the life span?
c. Are sleep disorders controlled by environmental influences?
d. Does sleep benefit health and survival?

ANSWER: d

138. What is the basic goal for the approach of positive psychology?

a. to have a positive impact on scientific fields outside psychology
b. to create a more positive experience for psychologists' patients
c. to treat all patients with positive or progressive methods
d. to study the positive aspects of human behaviour and experience

ANSWER: d

139. Which of the following areas of study would NOT be an area of interest for positive psychology?

a. the personal, subjective experiences of happiness, gratitude, and love
b. the origins of traits such as courage, perseverance, and integrity
c. societal supports for civil discourse, healthy work environments, and supportive neighborhood communities
d. techniques for treating patients using positive or progressive methods

ANSWER: d

140. What is one of the main areas of interest for positive psychologists?

a. situations that facilitate health and well-being
b. symptoms of common disorders
c. acquisition of wealth and social status
d. factors involved in making first impressions

ANSWER: a

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Chapter 1 - The Evolution of Psychology

141. Which of the following statements best reflects the current status of positive psychology?
a. It was an interesting idea, but more of a fad with little current impact in psychology.
b. It gained momentum for several years in the early 2000s but its impact has begun to fade in the past decade.
c. It is still in its infancy as an approach but is showing tremendous promise for the future.
d. It has matured over the past two to three decades into a vibrant area of innovative research.

ANSWER: d

142. Seligman believed that psychology was too focused on negative aspects of human behaviour, including pathology, weakness, damage, and suffering. Which new perspective within psychology did this inspire him to initiate?
a. Gestalt psychology b. positive psychology
c. optimistic psychology d. humanistic psychology

ANSWER: b

143. Which of the following approaches to psychology, introduced in the late 1990s by Martin Seligman, has quickly matured into a vibrant area of innovative scientific research?
a. cultural psychology b. behavioural neuroscience
c. positive psychology d. evolutionary psychology

ANSWER: c

144. Dr. Andrus studies the factors that predict good sleep habits and the ability to relax. She believes that both sleep and relaxation are key to living a balanced life, as well as being happy and productive. Which psychological approach does Dr. Andrus appear to take?
a. positive b. psychoanalytic
c. behaviourist d. cognitive

ANSWER: a

145. According to your text, what is psychology?
a. a school of thought and an occupation b. a science and a profession
c. a theory and an academic discipline d. a cognitive process and a philosophy

ANSWER: b

146. According to the results of a recent survey, which of the following is the most common work setting for individuals in Canada who have a graduate degree in psychology?
a. independent practice b. hospitals/health care
c. school/education d. academia

ANSWER: a

147. Which of the following statements about psychology is TRUE?
a. Since the beginning, psychologists have been involved in diagnosing and treating mental illness.
b. Modern psychology is the study of the mind.
c. Psychology and psychiatry are largely the same.

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d. Psychology is a scientific discipline.

ANSWER: d

148. What is a key change that has occurred in psychology over the past few decades?

a. Fewer psychologists now work in colleges and universities.

b. Psychologists have gone from being specialists to being generalists.

c. The number of clinicians is decreasing.

d. Psychology has become less applied in its focus.

ANSWER: a

149. Which area is considered an experimental area of psychology?

a. clinical b. perception

c. organizational d. education

ANSWER: b

150. What kind of psychologist would focus on how aggressive behaviour changes as a function of age?

a. social psychologist b. behavioural psychologist

c. developmental psychologist d. physiological psychologist

ANSWER: c

151. What is likely to be of most interest to a developmental psychologist?

a. effects on children of being raised in a single-parent home

b. dynamics of small-group decision making

c. use of physical exercise as a means of combating depression

d. effect of anxiety on problem-solving behaviour

ANSWER: a

152. What area of psychology includes a specific focus on people who are elderly?

a. developmental psychology b. psychometrics

c. experimental psychology d. cognitive psychology

ANSWER: a

153. Chiwe is a graduate student whose major area of interest is social psychology. In which of the following would you expect that Chiwe is most interested?

a. how people relate to each other and influence each other

b. the internal factors that lead people to act consistently across a variety of situations

c. the ways in which physical or genetic factors influence and determine behaviour

d. the ways in which behaviour and mental processes change over a lifetime

ANSWER: a

154. Which question would a social psychologist be most likely to ask?

a. How stable is personality over the life span?

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b. Why do we like some people and not others?
c. What effect does anxiety have on test performance?
d. Do people who are depressed think differently than other people do?

ANSWER: b

155. Dr. Evoy does research that has examined the behaviour of individuals when they are in groups, as well as when they are alone. She has found that people tend to conform to the opinion of a dominant person within a group, and that this opinion tends to be much different than the opinion that would form if the individual were alone. Based on this information, which sort of psychologist do you think Dr. Evoy is?

a. social psychologist b. developmental psychologist
c. cognitive psychologist d. psychometrist

ANSWER: a

156. Which of the following is NOT likely to conduct experiments?

a. a social psychologist b. a psychometrist
c. a psychiatrist d. a developmental psychologist

ANSWER: c

157. Which area of research in psychology is concerned with understanding the role of the endocrine system in the regulation of behaviour?

a. cognitive psychology b. behavioural neuroscience
c. developmental psychology d. psychometrics

ANSWER: b

158. Phillip is a graduate student whose major area of interest is behavioural neuroscience. What would Phillip be most interested in?

a. the ways in which genetic factors influence and determine behaviour
b. the internal factors that lead people to act consistently across a variety of situations
c. how people relate to each other and influence each other
d. the ways in which behaviour and mental processes change over a lifetime

ANSWER: a

159. What would an experimental psychologist be most likely to ask?

a. What effect does reward have on learning?
b. How do hormones affect behaviour?
c. What are the stages of problem solving?
d. Why do we like some people and not others?

ANSWER: a

160. What type of psychologist studies information processing and decision making?

a. social b. psychometric
c. cognitive d. educational

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ANSWER: c

161. What would be of greatest interest to a cognitive psychologist?

a. information processing b. adolescent identity crisis
c. behaviour in small groups d. interpersonal attraction

ANSWER: a

162. Ramon is a graduate student whose major area of interest is cognitive psychology. What would Ramon be most interested in?

a. short-term and long-term memory disruptions
b. the internal factors that lead people to act consistently across a variety of situations
c. brain regions associated with language
d. how people relate to each other and influence each other

ANSWER: a

163. Marie is a graduate student whose major area of interest is personality psychology. What would Marie be most interested in?

a. the internal factors that lead people to act consistently across a variety of situations
b. how people relate to each other and influence each other
c. the ways in which behaviour and mental processes change over a lifetime
d. the ways in which physical or genetic factors influence and determine behaviour

ANSWER: a

164. Which type of psychologist would most likely be interested in developing a test that would allow them to predict how someone would respond across a variety of situations?

a. cognitive psychologist b. developmental psychologist
c. physiological psychologist d. personality psychologist

ANSWER: d

165. Which area of research in psychology is concerned with assessing individual differences, developing tests, and developing new statistical techniques?

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

ANSWER: a

166. What would a psychologist who specializes in psychometrics most likely be concerned with?

a. counselling
b. animal experimentation
c. relationship between brain chemistry and behaviour
d. developing intelligence tests

ANSWER: d

167. Which term refers to a medical doctor who specializes in diagnosing and treating mental disorders?

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a. clinician b. psychiatrist
c. clinical psychologist d. psychometrist

ANSWER: b

168. Of the nine specializations in modern psychology outlined in the textbook, which of the following specializations has the greatest percentage of academic and research psychologists, according to a recent survey of the American Psychological Association?

a. social psychology b. developmental psychology
c. experimental psychology d. educational psychology

ANSWER: b

169. Which statement best describes the difference between a clinical psychologist and a psychiatrist?

a. Both clinical psychologists and psychiatrists receive medical training.
b. Clinical psychologists tend to take a non-medical approach to the treatment of psychological disorders.
c. Psychiatrists cannot prescribe drugs.
d. A clinical psychologist has a medical degree.

ANSWER: b

170. What degree does a psychiatrist typically have?

a. master's in psychology b. medical degree
c. Ph.D. in pharmacology d. doctorate in physiology

ANSWER: b

171. Which area is most likely to be classified as an applied area of specialization in psychology?

a. counselling psychology b. personality psychology
c. developmental psychology d. experimental psychology

ANSWER: a

172. Which area is most similar to clinical psychology?

a. personality psychology b. social psychology
c. psychometrics d. counselling psychology

ANSWER: d

173. What is primarily an applied area of psychology?

a. social psychology b. industrial/organizational psychology
c. cognitive psychology d. physiological psychology

ANSWER: b

174. In which type of psychology would a psychologist work on trying to increase job satisfaction and productivity in a large company?

a. counselling psychology b. industrial and organizational psychology
c. clinical psychology d. psychometrics

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ANSWER: b

175. What would be expected of an industrial/organizational psychologist?
a. providing group or individual psychotherapy
b. providing assistance to people struggling with everyday problems
c. testing and counselling children who are having difficulty in school
d. working to improve employee morale and attitudes

ANSWER: d

176. What would be expected of a clinical psychologist?
a. study the effects of reward on learning
b. conduct psychotherapy
c. study the factors that motivate behaviour
d. examine the relationship between sleep deprivation and task performance

ANSWER: b

177. Psychology is based on systematic observation rather than pure reasoning or common sense. What is another way of saying this?
a. Psychology is rational. b. Psychology is empirical.
c. Psychology is behavioural. d. Psychology is speculative.

ANSWER: b

178. Researchers in psychology have to "see it to believe it." Which approach to knowledge is this orientation most consistent with?
a. empiricism b. humanism
c. structuralism d. functionalism

ANSWER: a

179. Which of the early fields in psychology most emphasized the principle of empiricism?
a. psychoanalysis b. behaviourism
c. humanism d. functionalism

ANSWER: b

180. What is the difference between the common-sense approach to human behaviour and the psychological approach?
a. empiricism b. the use of logic
c. the focus on neurological explanations d. the rigour of peer review

ANSWER: a

181. Which principle requires data and documentation?
a. subjectivity b. multifactorial causation
c. empiricism d. theoretical diversity

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ANSWER: c

182. Which of the following qualifies as empirically based knowledge?
a. logically consistent knowledge
b. intuitive knowledge
c. knowledge acquired through observation
d. knowledge acquired through insight

ANSWER: c

183. Which of the following is NOT characteristic of empiricism?
a. observation
b. documentation
c. speculation
d. skepticism

ANSWER: c

184. Which statement is consistent with the idea that psychology is empirical?
a. Conclusions should be guided by theories.
b. Conclusions should be based on direct observation.
c. Research should focus on underlying internal events.
d. Reason and logic are primary to psychology.

ANSWER: b

185. John Watson's rejection of introspection and insistence upon laboratory methods is consistent with which of your text's unifying themes?
a. Psychology is empirical.
b. Heredity and environment jointly influence behaviour.
c. People's experience of the world is highly subjective.
d. Psychology evolves in a sociohistorical context.

ANSWER: a

186. Which term refers to a system of interrelated ideas used to explain a set of observations?
a. empirical set
b. theory
c. hypothesis
d. sociohistorical context

ANSWER: b

187. Which of the following best defines a theory?
a. explanation of unobservable phenomena
b. related speculations that are based on common sense
c. system of interrelated ideas used to explain some observation
d. string of unrelated observations

ANSWER: c

188. Dr. Kline takes an eclectic approach to treating psychological disorders. She often prescribes medications that influence neurotransmitter levels, but she also works with her clients to change their behaviour and help them understand the impact of social factors in their problems. Which underlying theme does Dr. Kline's approach to therapy illustrate?

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a. Differing theoretical perspectives can provide a more complete understanding of behaviour.
b. Motives and expectations can colour our experiences.
c. Unconscious motivation has little impact on overt behaviour.
d. Our cultural backgrounds exert a considerable influence over our behaviour.

ANSWER: a

189. 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 behaviour, and Dr. Wenkle focuses on the cognitive processes that people use in choosing their actions. Which underlying theme does the different perspectives of these three professionals help to illustrate?

a. People's experience of the world is highly subjective.
b. Psychology evolves in a sociohistorical context.
c. Psychology is empirical.
d. Psychology is theoretically diverse.

ANSWER: d

190. What is NOT a reason for psychology's theoretical diversity?

a. Data can often be interpreted in several different ways.
b. Psychology lacks adequate objective data to support theory.
c. We need more than one theory to cover the variety of data available today.
d. Different theories focus on different aspects of behaviour.

ANSWER: b

191. One psychologist explains a phobia in terms of learning principles, whereas another looks to the unconscious for an explanation. What is most likely happening in this scenario?

a. The two psychologists are using different theoretical perspectives.
b. The two psychologists are probably using different sociohistorical contexts.
c. Insufficient data have been collected to support either explanation.
d. One of the two psychologists is mistaken.

ANSWER: a

192. In the 1920s, there were many fundamental disputes between competing schools of thought in psychology. Which unifying theme from your text do these disputes illustrate?

a. Psychology evolves in a sociohistorical context.
b. Psychology is empirical.
c. People's experience of the world is highly subjective.
d. Psychology is theoretically diverse.

ANSWER: d

193. Freud's theory was based, in part, on prevailing values during his lifetime. Based on this idea, which context influences psychology's development?

a. hypothetical b. empirical

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c. multifactorial d. sociohistorical

ANSWER: d

194. In the 19th century, Wilhelm Wundt attempted to shape the new discipline of psychology along the lines of physics, because in his era, physics was admired as a "model" science. Which unifying theme from your text does Wundt's attempt to imitate physics illustrate?

a. Behaviour is determined by multiple causes.
b. Psychology evolves in a sociohistorical context.
c. People's experience of the world is highly subjective.
d. Psychology is theoretically diverse.

ANSWER: b

195. World War I and World War II stimulated the growth of psychology as a profession. Which unifying theme from your text does this influence illustrate?

a. Psychology is empirical.
b. People's experience of the world is highly subjective.
c. Psychology is theoretically diverse.
d. Psychology evolves in a sociohistorical context.

ANSWER: d

196. 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. Which underlying theme does this change in practice illustrate?

a. Motives and expectations can colour our experiences.
b. Science evolves in a sociohistorical context.
c. Theoretical diversity is an important component in science.
d. Behaviour is determined by multiple causes.

ANSWER: b

197. Which of the following is best supported by the fact that your performance in this course will be affected by both personal and situational factors?

a. a multifactorial causation of behaviour approach
b. a psychoanalytic approach to explaining behaviour
c. an empirical explanation of behaviour
d. a sociohistorical explanation of behaviour

ANSWER: a

198. Lily believes that if all violent media programming were banned, aggressive behaviour would almost completely disappear. Which statement suggests that many psychologists would disagree with Lily?

a. Behaviour is determined by multiple causes.
b. Psychology evolves in a sociohistorical context.

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c. Perception is often subjective.
d. Behaviour is shaped by cultural heritage.

ANSWER: a

199. What would you focus on if you were using a multifactorial approach to explain your performance in a course?
a. overt, observable behaviours
b. the complex, neurological underpinnings of learning and memory
c. both personal factors such as motivation and situational factors such as home environment
d. the relationship between you and your professor

ANSWER: c

200. What does the concept of culture refer to?
a. individuals' collective unconscious
b. demographic characteristics of a population
c. widely shared customs, beliefs, and values among members of a group
d. genetic predisposition to behave in a particular way

ANSWER: c

201. Which term refers to widely shared customs, beliefs, values, and norms?
a. ethnicity b. sociohistoric context
c. culture d. psychometrics

ANSWER: c

202. Sunlin prepared a meal for his new girlfriend, and she enjoyed it so much that she ate everything on her plate. Later she was surprised that he had found her behaviour somewhat rude because he had been taught that clearing your plate meant that the host did not provide enough food; she had been taught that clearing your plate showed appreciation for the food. Which underlying theme does the couple's miscommunication illustrate in this case?
a. Behaviour is determined by multiple causes.
b. Heredity and environment jointly influence behaviour.
c. Psychology evolves in a sociohistorical context.
d. Behaviour is shaped by our cultural heritage.

ANSWER: d

203. What are researchers attempting to describe when they talk about the distinction between nature and nurture?
a. personality and preference b. heredity and experience
c. behaviour and attitude d. experience and environment

ANSWER: b

204. Zoe believes that Samantha has trouble forming long-term relationships because her parents were overly strict and because Samantha inherited a very stubborn personality. Which view is this type of explanation for

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Chapter 1 - The Evolution of Psychology

Samantha's current behaviour most consistent with?

a. Heredity and the environment jointly influence behaviour.
b. Perception is often subjective.
c. Psychology is empirical.
d. Behaviour is shaped by cultural heritage.

ANSWER: a

205. Dr. Escher believes that individuals may have a predisposition for some psychological disorders, but that the disorders will not develop unless there is some stressful event that acts as a trigger. Which underlying theme do Dr. Escher's views reflect?

a. Psychology is theoretically diverse.
b. Behaviour is shaped by cultural heritage.
c. People's experience of the world is highly subjective.
d. Heredity and environment jointly influence behaviour.

ANSWER: d

206. Which statement best characterizes people's understanding of reality?

a. It is culturally determined.
b. It is highly objective.
c. It is highly subjective.
d. It is genetically determined.

ANSWER: c

207. Which theme is most consistent with 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?

a. reliance on empirical evidence
b. unconscious motivation
c. multifactorial causation of behaviour
d. subjectivity of perception

ANSWER: d

208. In criticizing the structuralists' reliance on the method of introspection, William James argued that two people could view the same stimulus quite differently. Which unifying theme from your text does James's argument illustrate?

a. People's experience of the world is highly subjective.
b. Psychology is empirical.
c. Psychology evolves in a sociohistorical context.
d. Heredity and environment jointly influence behaviour.

ANSWER: a

209. Rafael and Lydia met for a blind date. Rafael had been told by his best friend that Lydia was charismatic and vivacious. During their date, Lydia was friendly, but she was quite shy and didn't initiate much of the conversation. Still, Rafael thinks that Lydia is one of the most exciting people he has met, and he can't wait to see her again. Which theme does Rafael's reaction to his date with Lydia illustrate?

a. Behaviour is determined by multiple causes.
b. Cultural heritage has a large impact on behaviour.
c. People's experience of the world is highly subjective.

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d. Unconscious motivation has little impact on overt behaviour.

ANSWER: c

210. The scientific approach to psychology is important because it helps to overcome the fact that different people can see the same thing very differently. This example best illustrates that the scientific approach helps to overcome which of the following unifying themes from the textbook?

a. Behaviour is determined by multiple causes.

b. Psychology is theoretically diverse.

c. People's experience of the world is highly subjective.

d. Psychology evolves in a sociohistorical context.

ANSWER: c

211. Which of the following is the scientific method designed to do?

a. counteract subjectivity b. utilize subjectivity

c. enhance subjectivity d. ignore subjectivity

ANSWER: a

212. Which statement is the best advice for developing sound study habits?

a. Make yourself comfortable in your study area by having your favourite music playing.

b. Try to avoid interrupting your study time with breaks.

c. Tackle simple, routine tasks before taking on larger tasks.

d. Plan your study schedule in advance.

ANSWER: d

213. Before studying, Erika looks at the textbook chapter for the major headings. After she reads each section in the chapter, she takes a small break or a short walk. Which of the following does breaking down the chapter into pieces in this manner accomplish?

a. It causes a distraction that will ultimately disrupt Erika's learning.

b. It causes interruptions in studying that should be avoided.

c. It helps revive flagging concentration.

d. It increases fatigue and leads to poorer retention of the material.

ANSWER: c

214. Diane has a cup of chocolate chips on her desk while she is studying, and she eats one each time she finishes a page of notes. What does this tactic accomplish?

a. It provides necessary glucose for Diane's brain.

b. It causes a distraction that will ultimately disrupt Diane's learning.

c. It leads Diane to rush through her studying.

d. It provides an immediate reward to make up for the distant reward of a good grade.

ANSWER: d

215. Which type of psychology is consistent with the systematic use of rewards in developing effective study

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habits?

a. functionalism b. humanism
c. structuralism d. behaviourism

ANSWER: d

216. It is almost midnight, and both Janae and Brooke are still preparing for the final exam in chemistry the following morning. Janae decides to go to sleep while Brooke decides to continue studying for a few more hours. Assuming all else is equal between the two, what would you predict about their performance on the chemistry exam?

a. Janae will likely score higher because of getting a full night's sleep.
b. Brooke will likely score higher due to the extra study time.
c. Janae and Brooke will likely score similarly as the sleep and study time cancel out.
d. Brooke will likely score higher because of being less groggy (because of less sleep).

ANSWER: a

217. Which of the following statements about study habits is FALSE?

a. Many students underestimate the distractions caused by music, texting, or social media.
b. Sacrificing sleep to fit in additional study time may cause lower grades than simply sleeping.
c. It is helpful to tackle other routine, simple tasks first so that you can concentrate on studying.
d. Cramming is an ineffective study strategy for most students.

ANSWER: c

218. Which conclusion is supported by research comparing "successful" to "unsuccessful" students?

a. Successful students and unsuccessful students attended class equally often.
b. Successful students attended class more often than unsuccessful students.
c. Successful students used an instructor's office hours more than unsuccessful students.
d. Successful students made better use of the textbook than did unsuccessful students.

ANSWER: b

219. Which of the following is most likely to be associated with poor grades, according to research findings?

a. being absent from class
b. changing answers on a multiple-choice test
c. rewarding yourself for studying
d. overlearning the material

ANSWER: a

220. According to research findings, what has been found to be associated with higher grades?

a. writing down everything your instructor says
b. attending class regularly
c. putting off studying until just before an exam
d. not changing answers on tests

ANSWER: b

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221. Which statement is good advice for getting more out of lectures?
    a. Look for hints or common clues from the instructor about what is important.
    b. Resist the temptation to anticipate what is coming next.
    c. Wait until after class for questions, rather than interrupting the lecture.
    d. When you take notes, try to be a "human tape recorder."

ANSWER: a

222. Which suggestion is most likely to help you get more out of lectures?
    a. reading the text material after hearing the lecture
    b. avoiding the temptation to anticipate what the lecturer will say next
    c. trying to write down everything the lecturer says
    d. asking questions as soon as you think of them

ANSWER: d

223. What is a counterproductive strategy for note taking?
    a. Trying to record the lecturer's comments verbatim.
    b. During the lecture, trying to anticipate what's coming next and searching for deeper meanings.
    c. Asking questions during the lecture.
    d. When the material is especially complex, reading ahead on the topic to be covered in class.

ANSWER: a

224. What is suggested by the word "critical" in the term "critical thinking"?
    a. Effective critical thinkers tend to be judgmental of others' views.
    b. Thinking is essential to success in our culture.
    c. Critical thinkers are vigilant about their thinking.
    d. The skills of effective thinking are learned early in life.

ANSWER: c

225. Why are critical thinking skills sometimes called transcontextual skills?
    a. If you have critical thinking skills, you can teach them to others.
    b. Context determines when these skills are necessary.
    c. The skills allow you to determine the role of context in a given problem.
    d. These skills are useful in a wide variety of situations.

ANSWER: d

226. Which skill is generally involved in the spatial tasks that males tend to do better than females?
    a. processing verbal directions to a specific location
    b. identifying objects in a visual field
    c. remembering locations
    d. mentally rotating objects

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ANSWER: d

227. Which explanation is most likely to be used by an evolutionary psychologist to explain gender differences in spatial abilities?

a. When they are young, males are more likely than females to be encouraged to engage in spatially oriented activities.
b. The principles of natural selection tend to operate differently in males and females.
c. Through evolution, males were classically conditioned to develop certain kinds of spatial abilities.
d. Division of labour between the sexes in hunting and gathering societies created different adaptations for males and females.

ANSWER: d

228. In which of the following visual-spatial task do females tend to perform somewhat better than males, on average?

a. map reading b. memory for locations
c. maze learning d. mental rotation of images

ANSWER: b

229. Which question should you ask if you wish to critically evaluate evolutionary hypotheses regarding gender differences in spatial abilities?

a. Are there alternative explanations for the results, such as differences in experience between males and females?
b. Are there other differences between males and females that are more important, such as differences in intelligence?
c. Are there other data that confirm this difference, such as performance among professional athletes?
d. Are there ethical reasons that we should not conduct this research, such as the risk of stereotyping females?

ANSWER: a

230. Suppose that there is evidence that ancestral females travelled long distances to acquire food, or that males required good memory for locations to find their way home. Why would this evidence be important for the critical evaluation of hypotheses about evolved sex differences in spatial ability?

a. This evidence runs counter to the hypothesized selective pressures that would have created existing sex differences.
b. This evidence supports the notion that these sex differences are learned.
c. This evidence is irrelevant because ancestral gender roles have no importance for understanding modern socialization processes.
d. This evidence is important for predicting what people in primitive societies will be able to do if they are tested for spatial abilities.

ANSWER: a

Rhianna

Rhianna has decided to major in psychology. She is very interested in human behaviour and would like to have

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a career where she could help people. Rhianna takes the approach that people are very much influenced by their experiences. In fact, she's working with one of her professors on a research project in which they are looking at the effects of self-reward on study habits. Rhianna believes that she can take this knowledge and use it in other settings, like the workplace, in order to help people improve their productivity.

231. Which psychological approach is consistent with Rhianna's perspective that people are influenced by their experiences?

a. cognitive b. psychodynamic
c. behaviourist d. sociocultural

ANSWER: c

232. Which concept is consistent with the research project that Rhianna is working on?

a. Skinner's behaviour modification b. Titchener's introspection
c. Rogers's humanism d. Pavlov's stimulus-response learning

ANSWER: a

233. Which type of psychologist is Rhianna's professor most likely to be?

a. clinical b. structuralist
c. biological d. educational

ANSWER: d

234. What sort of psychologist will Rhianna be if she uses her ideas to help people improve their productivity in the workplace?

a. experimental b. clinical
c. industrial/organizational d. career

ANSWER: c

235. Which unifying theme is reflected by Rhianna's use of research to investigate her ideas about human behaviour?

a. Psychology is theoretically diverse.
b. Psychology is empirical.
c. Behaviour is shaped by cultural heritage.
d. People's experience of the world is highly subjective.

ANSWER: b

236. Who is most closely associated with the notion that the subject matter of psychology should be the scientific study of conscious experience?

a. William James b. Wilhelm Wundt
c. Sigmund Freud d. John B. Watson

ANSWER: b

237. Which of the following reflects the main focus of the school of psychology known as functionalism?

a. understanding the purpose of consciousness

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b. understanding the basic elements of consciousness
c. deriving general principles of learning
d. deriving general principles of the unconscious mind

ANSWER: a

238. Which school of psychology suggests psychologists should study only what can be objectively observed?
a. humanism b. behaviourism
c. structuralism d. functionalism

ANSWER: b

239. Who is most closely associated with the concept that unconscious motivations influence our overt behaviour?
a. Carl Rogers b. Wilhelm Wundt
c. B.F. Skinner d. Sigmund Freud

ANSWER: d

240. Who stated that people do not have free will, because behaviour is fully controlled by external stimuli?
a. B.F. Skinner b. Sigmund Freud
c. Wilhelm Wundt d. Carl Rogers

ANSWER: a

241. Which school of psychology emphasizes the unique qualities of individual people and suggests that we have a drive for personal growth?
a. humanism b. psychoanalysis
c. behaviourism d. functionalism

ANSWER: a

242. During World War II, many academic psychologists were needed to serve other roles. Which role was most likely for a psychologist at that time?
a. clinician b. physician
c. teacher d. military leader

ANSWER: a

243. What would NOT likely be studied by a cognitive psychologist?
a. how we remember things b. how children develop language
c. how we perceive colour d. how people reason to solve problems

ANSWER: c

244. In using the scientific approach, what do psychologists NOT attempt to do?
a. overcome human subjectivity
b. make their observations as objective as possible
c. seek knowledge via the most reliable route possible

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d. overcome human empathy

ANSWER: d

245. Which "newer" area of psychology is most similar to the "older" school of thought known as functionalism?

a. applied psychology b. humanistic psychology
c. clinical psychology d. positive psychology

ANSWER: a

246. Which career setting is most common for a psychologist?

a. elementary schools b. colleges or universities
c. hospitals or clinics d. independent practice

ANSWER: d

247. Which approach do researchers in psychology take to address the fact that our experiences of the world are highly subjective?

a. They also try to remain somewhat subjective.
b. They try to simplify their research problems.
c. They consistently apply the scientific method.
d. They emphasize the study of internal mechanisms.

ANSWER: c

248. If you reward yourself for achieving study goals, which concept are you applying?

a. empiricism b. positive psychology
c. unconscious motivation d. behaviour modification

ANSWER: d

249. According to research, what proportion of crucial ideas from a lecture are found in the average student's notes?

a. no more than 25% b. less than 40%
c. approximately 50% d. nearly 80%

ANSWER: b

250. Briefly compare and contrast the similarities and differences between the psychoanalytic and behavioural approaches to psychology, and identify the major figures for each of these approaches.

ANSWER: The psychoanalytic approach was founded by Sigmund Freud while behaviourism was founded by John Watson. In addition, B. F. Skinner was a major proponent of behaviourism. Freud's psychoanalytic approach attempted to explain personality, motivation, and behaviour as the result of unconscious conflicts. Behaviourism rejected the idea of the unconscious, saying that it was unscientific since it could not be observed. Instead, behaviourism emphasized observable behaviour as the subject matter of psychology. Specifically, behaviourism was interested in the effects of the environment (e.g., in setting up rewards and punishments for specific behaviours). One similarity of these approaches is that both were criticized by humanism for being too deterministic. That is, both the psychoanalytic and the behavioural approaches state that human behaviour is caused by

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something other than free will (i.e., unconscious conflict and the environment, respectively).

251. Briefly contrast the ideas of structuralism and functionalism, and identify the major figures for each of these approaches.

ANSWER: Structuralism emerged under Edward Titchener, who had trained under Wilhelm Wundt. As an approach, it was concerned with identifying the basic elements of the mind or consciousness and investigating how these elements related to one another. A major method used in functionalism was introspection, which was the observation of one's own conscious experience. Functionalism, on the other hand, sought to investigate the function or purpose of consciousness. William James was a major figure of functionalism.

252. Briefly contrast the approaches of humanism and behaviourism to psychology and their beliefs with respect to free will and the study of animals.

ANSWER: Behaviourism was based on the idea that observable behaviour was the only acceptable subject of psychology, as behaviourists believed that this was the only way for psychology to truly be scientific. Behaviourism also emphasized the role of the environment in determining behaviour (e.g., through reinforcement and punishment) and used animals in many studies to demonstrate fundamental principles of behaviour believed to apply to both humans and animals. Indeed, B. F. Skinner argued that because our behaviour is determined by the environment, free will is an illusion. Humanism, on the other hand, rejected this approach as dehumanizing. Humanists argued that humans are unique, especially in terms of their freedom and free will, as well as their potential for personal growth. Because of this, humanists believed that animal research could not tell a researcher much about the human experience.

253. Which influential psychologist launched the positive psychology movement? What is positive psychology? According to its proponents, how does it differ from historical approaches to psychology? What are some examples of subject areas of interest to positive psychology?

ANSWER: Martin Seligman launched the positive psychology movement. Seligman believed that psychology as a field had devoted much of its time and resources to pathology, weakness, damage, and mental illness without also focusing on the so-called positive aspects of the human experience. Positive psychology therefore also attempts to study positive aspects of humanity such as positive subjective experiences (e.g., positive emotions such as hope or love), positive individual traits (e.g., courage, perseverance), and positive institutions (e.g., strong families, healthy work environments, or civil societies). There has also been something of an emphasis on developing interventions and exercises that promote wellbeing.

254. Briefly describe (in a few words) the research focus for five of the major research areas within modern psychology.

ANSWER: Answers will vary.
Developmental psychology: human development across the lifespan
Social psychology: interpersonal behaviour and social influences on behaviour
Educational psychology: best practices in both teaching and learning
Health psychology: promotion and maintenance of physical health
Behavioural neuroscience: role of the nervous system, genetics, endocrine system, neurotransmitters, and the brain
Experimental psychology: sensation and perception, basic principles of learning, conditioning,

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motivation
Cognitive psychology: higher mental processes such as memory, reasoning, language, problem-solving
Psychometrics: measurement and testing of behaviours/capacities (e.g., IQ)
Personality psychology: describe and understand personality, factors shaping personality, and personality assessment

255. Briefly contrast clinical psychology, counselling psychology, and psychiatry.

ANSWER: Both clinical psychology and counselling are specialties of applied psychology. Clinical psychology is primarily concerned with the evaluation, diagnosis, and treatment of individuals with psychological disorders. Counselling psychology, on the other hand, primarily deals with everyday problems of moderate severity such as in family, marital, or career counselling. Both of these are aspects of psychology, and practitioners will often have a graduate degree in psychology (typically a Ph.D.) to enjoy full status in their profession. Psychiatry is similar to clinical psychology in that both involve analyzing and treating psychological disorders. However, psychiatry is a specialization within medicine, and so psychiatrists will have an M.D. As a result of their different educational backgrounds, psychiatrists and psychologists also tend to differ in their approach to the treatment of psychological disorders.

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Name:_____ Class:_____ Date:_____

Chapter 1 - The Evolution of Psychology

1. Imagine that you have gone to visit your PSYC 1001 professor during his office hours and find out that he has a time machine in his office. He explains that the time machine works, except for a programming glitch that restricts the destination of the machine. This particular time machine can only travel to the laboratories of past psychology researchers. Seeing as you are an avid first-year psychology student, you boldly ask your professor if you can take a ride to a past laboratory. Surprisingly, he agrees, so you hop in, ready to travel back in time. You choose to travel back to Vienna in the early 1900s to talk to Sigmund Freud. You enter his office when he is in a session with a patient. Which of the following would you NOT expect to hear?

a. The patient describing the dream she had last night in great detail.
b. Freud asking his patient why she believes she dreamed about her cat eating a mouse.
c. Freud asking the patient to describe the behaviours of the characters in her dream.
d. The patient asking Freud what he thinks of her dream about her cat eating a mouse.

ANSWER: b

2. You travel to the office of B. F. Skinner. You ask him how he thinks you can stop your bad habit of biting your nails. What does he suggest you do?

a. Scare yourself with stories about terrible illnesses and infections caused by nail-biting.
b. Paint a vomit-inducing polish on your nails so you will learn to associate nail-biting with vomiting.
c. Reward yourself every time you make it a week without biting your nails.
d. Think about the reason why you bite your nails and work to correct that instead.

ANSWER: c

3. When you visit _____, he explains that your roommate is most likely stealing your food because _____.

a. Abraham Maslow; his physiological needs are greater than his need for self-esteem
b. Carl Rogers; his physiological needs are greater than his need to be accepted
c. Carl Rogers; his need for achievement is greater than his need to be accepted
d. Abraham Maslow; he has met the steps of the needs hierarchy before his need to be accepted

ANSWER: a

4. You (and most other individuals) are under the impression that humans have the power to choose their own beliefs and behaviours. When you mention this to _____, he disagrees and you get into a heated argument about your beliefs and his controversial theories.

a. Abraham Maslow b. B.F. Skinner
c. Wilhelm Wundt d. Sigmund Freud

ANSWER: b

5. Raphael and Paxton are roommates. Because they're both psychology majors, they choose to dress up as their favourite early psychologists for a Halloween party in their building. They also challenge one another to act like these psychologists all night, and the first one to break character has to take out the trash until the end of semester. Raphael's friend Samantha says that her best friend just started dating the guy Samantha had a crush on. Raphael asks Samantha, "And how did that make you feel?" Who is Raphael dressed as?

a. Rene Descartes b. Wilhelm Wundt
c. Max Wertheimer d. William James

ANSWER: b

6. Paxton is listening to his friend Nadav who is telling him about how worried he is that he will fail his physics class.

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Chapter 1 - The Evolution of Psychology

Paxton reassures him by saying, “Our mind expands to accommodate new information. So, keep studying as hard as you can, and you’ll learn the material!” Who is Paxton dressed as?

a. Rene Descartes b. E.B. Titchener

c. G. Stanley Hall d. William James

ANSWER: d

7. Imagine that Paxton is dressed as Wilhelm Wundt and supports the theory of structuralism all evening. Whereas Raphael is dressed as William James and supports functionalism. They get into a few arguments. When their friend Nadav asks them if they agree on anything, how do they respond?

a. “No. We are forever doomed to trying to prove each other wrong.”

b. “Yes, introspection.”

c. “Yes, systematic observation.”

d. “Yes, stream of consciousness.”

ANSWER: c

8. Lucas is a 4th year student at Carleton studying psychology and is now considering more seriously his future and the career options he has. He is currently completing his undergraduate thesis (a big research project many psychology majors complete before they graduate). Lucas’ research is investigating how subjective feelings of fear activate the autonomic nervous system. If Lucas decides to get a Ph.D. in psychology after he graduates, he is most likely going to be employed in _____.

a. the private sector b. a college or a university

c. a hospital or a clinic d. the government

ANSWER: a

9. Lucas is not sure about what to do after graduation, so he decides to book an appointment for career counselling. Lucas is going to be meeting with a psychologist specializing in _____.

a. clinical psychology b. counselling psychology

c. educational and school psychology d. industrial and organizational psychology

ANSWER: b

10. Which major area of contemporary psychology does Lucas’ thesis belong to?

a. Social psychology b. Psychometrics

c. Physiological psychology d. Cognitive psychology

ANSWER: c

11. While conducting his thesis, Lucas made sure that all his research methods were empirical in nature. This means that the conclusions he reached were based on _____.

a. reasoning b. traditional beliefs

c. speculation d. observation

ANSWER: d

12. Dean, Sam, and Cas are all best friends and decided to dress up as famous psychologists for Halloween. Dean dressed up as Sigmund Freud, Sam dressed as Carl Rogers, and Cas dressed as B.F. Skinner. They decided to not only dress up as those famous psychologists but also adapt their beliefs about psychology for the night. At some point, Dean, Cas, and Sam spend some time talking to their friend Alia who aspires to be a famous singer. What is Cas most likely to say about Alia’s aspiration to become a singer?

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Chapter 1 - The Evolution of Psychology

a. Alia wants to be a singer because she unconsciously craves the attention she didn't receive from her mother as a child.
b. Alia wants to be a singer because she wants to reach her full potential and grow as a person.
c. The positive feedback Alia receives from other people when she sings has reinforced her habit of singing.
d. Alia was born with an innate talent and passion for music and singing.

ANSWER: c

13. At some point, Dean, Cas, and Sam spend some time talking to their friend Alia who aspires to be a famous singer. What is Dean most likely to say about Alia's aspiration to become a singer?

a. Alia wants to be a singer because she unconsciously craves the attention she didn't receive from her mother as a child.
b. Alia wants to be a singer because she wants to fulfill her full potential and grow as a person.
c. The positive feedback Alia receives from other people after she sings has reinforced her habit of singing.
d. Alia was born with an innate talent and passion for music and singing.

ANSWER: a

14. At some point, Dean, Cas, and Sam spend some time talking to their friend Alia who aspires to be a famous singer. What is Sam most likely to say about Alia's aspiration to become a singer?

a. Alia wants to be a singer because she unconsciously craves the attention she didn't receive from her mother.
b. Alia wants to be a singer because she wants to fulfill her full potential and grow as a person.
c. The positive feedback Alia receives from other people after she sings has reinforced her habit of singing.
d. Alia was born with an innate talent and passion for music and singing.

ANSWER: b

15. Later in the night, Sam gets into an argument with Dean. What are they most likely going to argue about?

a. Sam is going to accuse Dean of being too negative and only seeing the worst in people.
b. Dean is going to accuse Sam of being too negative and only seeing the worst in people.
c. Dean thinks nature has a bigger impact on behaviour than nurture and Sam thinks the opposite.
d. Sam thinks nature has a bigger impact on behaviour than nurture and Dean thinks the opposite.

ANSWER: a

16. Sam, Dean, and Cas get into a philosophical argument about freedom. Which of the three friends is most likely to say that humans do not have free will and that we are all products of our environment?

a. Sam, who is dressed up as Carl Rogers.
b. Dean, who is dressed up as Sigmund Freud.
c. Cas, who is dressed up as B.F. Skinner.
d. All three of them are equally likely to say this.

ANSWER: c

17. During the party, Jason tries to light up a candle with a match and burns his finger in front of Sam, Dean, and Cas. Which of the three friends is most likely to predict that Jason will not use another match ever again out of fear of burning his finger again?

a. Sam, who is dressed up as Carl Rogers.
b. Cas, who is dressed up as B.F. Skinner.
c. Dean, who is dressed up as Sigmund Freud.

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d. All three of them are equally likely to predict this.

ANSWER: b

18. During the party, Sarah gets upset and ends up sobbing uncontrollably in the bathroom. Which of the three friends is most likely to go to her, empathetically listen to her and treat her with unconditional positive regard?

a. Sam, who is dressed up as Carl Rogers.

b. Cas, who is dressed up as B.F. Skinner.

c. Dean, who is dressed up as Sigmund Freud

d. None of them is likely to do this.

ANSWER: a

19. The three friends get into an argument about what drives human behaviour. Which of them is most likely to say that in order to fully understand someone's behaviour, we need to consider that person's fundamental drive towards personal growth?

a. Sam, who is dressed up as Carl Rogers.

b. Cas, who is dressed up as B.F. Skinner.

c. Dean, who is dressed up as Sigmund Freud.

d. All three of them are equally likely to say this.

ANSWER: a

20. During the party, Adam walks over to where Sam, Dean, and Cas are talking. He notices that Sam has finished his drink and asks, "Can I kill your cup? I mean, fill your cup!" Which of the three friends is most likely to come up to the conclusion that Adam secretly hates Sam?

a. Sam, who is dressed up as Carl Rogers.

b. Cas, who is dressed up as B.F. Skinner.

c. Dean, who is dressed up as Sigmund Freud.

d. All three of them are equally likely to reach this conclusion.

ANSWER: c

21. Presho is a first-year psychology student at Carleton University. She moved to Ottawa from Calgary and has not yet made many friends in her classes. She decides to attend a games night meet-and-greet organized by the Psychology Society of Carleton University (PSCU) to connect with other Carleton psychology undergraduates. It just so happens that members of the Psychology Graduate Student Association (PGSA), are also attending. Presho decides to chat with as many students as possible to figure out what they like and dislike about their programs so far. Presho meets a fourth-year undergraduate named Chelsie. Chelsie is volunteering on a project that is exploring the difference between transformational leadership and ethical leadership on the well-being of employees in the workplace. Chelsie's study is related to which stream of psychology research?

a. Health b. Applied social

c. Industrial/Organizational d. Forensic

ANSWER: c

22. Presho recognizes Vasia, her PSYC1001 teaching assistant, at the event. Vasia mentions she is completing a degree in neuroscience, but will also finish with a minor in psychology. She is most interested in studying the action of neurotransmitters in the pleasure centre of the brain. Vasia is fascinated by _____ psychology.

a. biological b. evolutionary

c. sociocultural d. psychodynamic

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ANSWER: a

23. Presho meets Matt, who is a Ph.D. candidate who is studying the mental processes that students of varying ability (children, high schoolers, and university students) use to learn new math problems. Matt studies are related to which psychological approach?

a. Behaviourism b. Cognitive

c. Sociocultural d. Evolutionary

ANSWER: b

24. Presho recognizes a girl who lives in her residence named Erin. Erin is a Masters candidate who is looking at the psychological effects of skinny- and fat-shaming both when the individual hears it in person and experiences it via social media communication. Erin's study is focused in the _____ stream of psychology.

a. evolutionary b. human-computer interaction

c. applied social d. biological

ANSWER: c

25. Keltie is the president of the PGSA. She mentions to Presho that she is almost finished with her Ph.D. and is currently writing up the results of her final project, which explored the effects of child eyewitness testimony on jury decision-making. Keltie is studying _____ psychology.

a. sociocultural b. evolutionary

c. forensic d. cognitive

ANSWER: c

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