Psychology Applied to Modern Life 13th edition Weiten Test Bank

SKU: 9780357798010-TEST-BANK

Name:_____ Class:_____ Date:_____

Chapter 1 - Adjusting to Modern Life

1. Societal advances have provided us the increased freedom to choose between multiple alternatives in a variety of contexts. This choice overload appears to be positively correlated with rumination, post-decision regret, and anticipated regret.

a. True

b. False

ANSWER: True

2. Choice overload is a common phenomenon, especially when the choices we have are simple, the task is easy, and there is certainty about one's preferences.

a. True

b. False

ANSWER: False

3. According to research, many commonsense notions about happiness appear to be accurate.

a. True

b. False

ANSWER: False

4. In general, women are less happy than men. This fact is evident in the statistics indicating that women are treated for depression about twice as often as men.

a. True

b. False

ANSWER: False

5. One of the criticisms of self-help books is that they tend to use psychobabble rather than empirical evidence.

a. True

b. False

ANSWER: True

6. Psychology confines itself to the study of human behavior.

a. True

b. False

ANSWER: False

7. The process of adjustment involves a person's coping with life challenges.

a. True

b. False

ANSWER: True

8. Empiricism relies on obtaining knowledge through observation.

a. True

b. False

ANSWER: True

9. The dependent variable is the variable manipulated by the researcher.

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

Chapter 1 - Adjusting to Modern Life

a. True
b. False

ANSWER: False

10. Naturalistic observations require a researcher to both observe behavior and administer interventions without engaging directly with subjects.
a. True
b. False

ANSWER: False

11. Students tend to be overconfident when making predictions about their academic performance.
a. True
b. False

ANSWER: True

12. Amari is taking a social philosophy class in her first year of college. She furiously writes down everything her professor says so that she doesn't miss a thing. "If I make sure to get it all, I'll have it when it comes time to study," she tells herself. Amari is using the best approach to taking notes in class.
a. True
b. False

ANSWER: False

13. Individuals who score high in materialism tend to report somewhat higher levels of subjective well-being than individuals who score low in materialism.
a. True
b. False

ANSWER: False

14. Any research question can be answered by conducting a true experiment.
a. True
b. False

ANSWER: False

15. The paradox of progress is the notion that:
a. for every step forward, we take two steps back.
b. despite unparalleled advances in technology, we seem to have more social and personal difficulties.
c. our biggest problems now involve making technology work properly.
d. technology has prolonged life for many people, causing environmental problems.

ANSWER: b

16. Modern Western society has made extraordinary technological progress:
a. and, therefore, has seen decreases in social problems.
b. but social and personal problems seem more prevalent and more prominent than ever before.
c. and, therefore, has seen a boom in time spent engaging in leisure activities.
d. but social and personal problems are just as prevalent as they were in the past.

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

Chapter 1 - Adjusting to Modern Life

ANSWER: b

17. According to Schwartz, increased freedom of choice available in modern societies:
    a. has resulted in improved mental health.
    b. has enhanced tranquility.
    c. has led to fewer postdecision regrets.
    d. has contributed to depression.

ANSWER: d

18. The technological advances of the past century, impressive though they may be, have not led to perceptible improvement in our collective health and happiness. This issue is known as the:
    a. approach-avoidance conflict.
    b. paradox of progress.
    c. self-realization dilemma.
    d. correlation limitation.

ANSWER: b

19. Advances in modern technology have been directly tied to a number of benefits, including:
    a. reduced spread of misinformation and polarization.
    b. increased feelings of financial well-being.
    c. the enhanced ability to access information.
    d. starkly decreased rates of depression and anxiety.

ANSWER: c

20. On the way to work, Brice went to a new coffeehouse. The barista told him that there were seven different ways that his morning cup of coffee could be prepared. According to research, it is MOST reasonable to expect that he will experience:
    a. choice overload.
    b. postdecision regret.
    c. a depletion of mental resources.
    d. irritation.

ANSWER: a

21. The range of life choices has:
    a. barely changed in the past century.
    b. made life much easier for everyone.
    c. increased in recent decades.
    d. decreased in recent decades.

ANSWER: c

22. Many social critics believe that the quality of our lives:
    a. has increased, and our sense of personal fulfillment has declined.
    b. has decreased, and our sense of personal fulfillment has increased.
    c. and our sense of personal fulfillment have declined.

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

d. and our sense of personal fulfillment have increased.

ANSWER: c

23. With an increase in the use of digital social networking, people tend to experience:
a. deeper, more fulfilling friendships.
b. increased feelings of loneliness and isolation.
c. a surplus of interpersonal intimacy.
d. a decreased dependence on superficial communication.

ANSWER: b

24. Nasir is seeking to find meaning in his life. According to one influential model of meaning making (Heintzelman & King, 2014), what are the three things required for Nasir to feel his life has meaning?
a. independence, interpersonal intimacy, and the ability to make long-term goals
b. multiple personal relationships, a sense of identity, and coping skills
c. affluence, physical health, and psychological wellbeing
d. a sense of purpose, a belief his life has value, and a feeling that his life makes sense

ANSWER: d

25. It appears people enroll in "self-realization" programs because these programs appear to provide:
a. profound enlightenment.
b. a new circle of friends.
c. countless things to do.
d. new technological advances.

ANSWER: a

26. "Psychobabble" is best defined as:
a. professional psychological terminology.
b. textbook definitions.
c. ill-defined terminology.
d. technical terminology.

ANSWER: c

27. Aditya is interested in reading a self-help book but wants to make sure he reads one that is likely to be useful to him. Which of the following criteria should Aditya use to find a self-book?
a. a book that provides general, non-specific suggestions about how to change your behavior
b. a book with an author that the best credentials listed on the cover
c. a book whose author promises drastic and immediate change
d. a book that at least briefly mentions the theoretical or research basis for its content

ANSWER: d

28. Imagine that you are looking for a book to help you lead a healthier lifestyle. Based on the suggestions from the text, which of the following self-help books would most likely be helpful to you?
a. a book that promises the reader that they will lose twenty pounds per month by following its guidelines
b. a book that offers specific suggestions on how to eat healthier and incorporate more exercise in your daily routine

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

c. a book that is marketed as a "fix-all" solution to multiple life problems, like self-esteem, career dissatisfaction, relationships with others, and weight loss
d. a book that guarantees immediate changes in your behavior

ANSWER: b

29. Surveys exploring psychotherapists' opinions of self-help books suggest that:
a. there are some excellent books that offer authentic insights and sound advice.
b. there are some good books that offer adequate insights and advice.
c. there are some excellent books that offer good general advice, but very few that offer good specific advice for particular problems.
d. psychotherapists don't endorse the use of self-help books because it's bad for business.

ANSWER: a

30. Stephen was trying to choose a good self-help book. He noticed that one book seemed touchingly human in tone, and he found himself thinking the examples of problems were just like what he was facing. Stephen is most likely to find that:
a. this book will most likely be beneficial to him.
b. this book will not provide specific suggestions for self-improvement.
c. this book will give him sound, explicit advice that is based in empiricism.
d. this book will give him specific and manageable steps toward self-improvement.

ANSWER: b

31. Many self-help books:
a. encourage a narcissistic approach to life.
b. encourage a focus on other people.
c. place others first, over the reader.
d. encourage self-effacement.

ANSWER: a

32. According to the text, which of the following recommendations is a guideline to choose a good self-help book?
a. Do not be concerned with the author or authors' credentials.
b. Look for books that promise immediate change.
c. Look for books with explanations of theories or research.
d. Look for books with general or undetailed directions on how to alter your behavior.

ANSWER: c

33. Which of the following statements is one of the underlying assumptions of this textbook?
a. Critical thinking involves closely scrutinizing ideas.
b. Knowledge of psychological principles are only useful within psychology courses.
c. Significant changes in behavior can only occur under the guidance of a psychologist.
d. This book will help the reader obtain self-realization.

ANSWER: a

34. Of the following options, which would be the most accurate definition of the field of psychology?
a. the study of states of consciousness

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

Chapter 1 - Adjusting to Modern Life

b. the study of behavior, the physiological and mental processes that underlie it, and the profession that applies knowledge of this science to solving practical problems
c. the study of abnormal behavior and the profession that applies knowledge from these studies to diagnosing and treating people with mental illness
d. the scientific study of the relationship between human beings and non-human animals

ANSWER: b

35. "Any overt response or activity by an organism" is the definition of which of the following terms?
a. behavior
b. empiricism
c. psychology
d. mental process

ANSWER: a

36. Until the 1950s, psychologists were found almost exclusively in:
a. private industry.
b. academic institutions.
c. mental health facilities.
d. psychiatric wards of hospitals.

ANSWER: b

37. Dr. Jamison is a clinical psychologist. In which of the following topics would he most likely be interested?
a. discovering the mechanisms of learning
b. studying physiological processes involved in behavior
c. conducting research on the structure of consciousness
d. diagnosing and treating psychological problems and disorders

ANSWER: d

38. The rapid growth of clinical psychology was stimulated mainly by:
a. the demands of World War II.
b. the growing interest in self-help approaches.
c. the inability of physicians to cure most psychological disorders.
d. psychological problems resulting from the Great Depression of the 1930s.

ANSWER: a

39. Dr. Salinger is primarily interested in studying overt behavior. Which of the following topics would she be most interested in studying?
a. the content of people's dreams
b. individuals' beliefs about gender roles
c. the processes involved in solving mental math problems
d. the effect of the environment on physical aggression

ANSWER: d

40. The branch of psychology concerned with the diagnosis and treatment of psychological problems and disorders is called:

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

Chapter 1 - Adjusting to Modern Life

a. social psychology.
b. clinical psychology.
c. cognitive psychology.
d. physiological psychology.

ANSWER: b

41. The process of adjustment relates to:
a. how people can prevent mental illness.
b. how people can promote their physical wellbeing.
c. how people can best engage in self-improvement.
d. how people cope with life challenges.

ANSWER: d

42. Which of the following statements is the basis of empiricism?
a. Knowledge should be acquired through controlled experimentation.
b. Knowledge should be acquired through logical reasoning.
c. Knowledge should be acquired through systemic observation.
d. Knowledge should be acquired through common sense.

ANSWER: c

43. According to your text, what are the two main types of research methods in psychology?
a. biased and unbiased
b. experimental and control
c. dependent and independent
d. experimental and correlational

ANSWER: d

44. In Sarai's experiment, which variable does she manipulate, and in which variable does she measure change?
a. parametric; nonparametric
b. nonparametric; parametric
c. independent; dependent
d. dependent; independent

ANSWER: c

45. A psychological researcher hypothesized that, after controlling for extroversion, increases in empathy would be associated with increases in helping behavior. What is the independent variable in this study?
a. participants' empathy
b. participants' extroversion scores
c. the participants themselves
d. participants' helping behaviors

ANSWER: a

46. A condition or event that an experimenter varies to see its impact on another variable is called a(n):
a. control variable.

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

b. dependent factor.
c. independent variable.
d. experimental factor.

ANSWER: c

47. An educational researcher wants to determine whether diet causes children to learn better in school. In this study, the independent variable is:
a. the children.
b. the type of diet.
c. the age of the children.
d. a measure of learning.

ANSWER: b

48. An educational researcher wants to determine whether diet causes children to learn better in school. In this study, the dependent variable is:
a. the children.
b. the type of diet.
c. the age of the children.
d. a measure of learning.

ANSWER: d

49. An experimental group consists of subjects who:
a. are unaware of the purpose of the study.
b. merely act as if they are unaware of the purpose.
c. receive some special treatment in regard to the dependent variable.
d. receive some special treatment in regard to the independent variable.

ANSWER: d

50. A control group consists of subjects who:
a. are controlled by the experimenter.
b. are allowed to control the manipulation of the variables.
c. do not receive the special treatment given to the experimental group.
d. receive some special treatment in regard to the independent variable.

ANSWER: c

51. In an experiment, the experimental and control groups should be the same in every respect except for the:
a. number of subjects in each group.
b. variation created by the manipulation of the independent variable.
c. assumptions underlying the research question.
d. method of measuring the dependent variable.

ANSWER: b

52. Dr. Prather randomly assigns 100 student volunteers who experience test anxiety to either a group that will receive training in relaxation exercises or a group that will sit in a waiting area for the same length of time as those learning relaxation. She will then measure their symptoms of test anxiety. Based on her results, Dr. Prather will have evidence of:

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

a. how well relaxation exercises work in the treatment of various mood disorders.
b. how students with test anxiety behave in a classroom setting.
c. how effective the waiting time is.
d. whether or not relaxation exercises may cause an alleviation of symptoms of test anxiety.

ANSWER: d

53. A researcher wants to know whether children who take a multivitamin have higher end-of-year test grades compared to children who do not take a multivitamin. Half of the children in the study take a multivitamin every day before going to school while the other half do not take a multivitamin. The control group consists of the children who:
a. do not take the end of year test.
b. take a multivitamin.
c. do not take a multivitamin
d. take the end of year test.

ANSWER: c

54. The experimental method rests heavily on the assumption that:
a. two variables are positively correlated.
b. experimental and control groups are alike in all important matters except for the independent variable.
c. experimental and control groups are alike in all important matters except for the dependent variable.
d. the independent variable is quantifiable and measurable.

ANSWER: b

55. Dr. Reyes wants to determine if engaging in mindfulness causes an increase in college students' academic achievement. Which of the following research methods should he use to determine this relationship?
a. distributing a survey asking about students' mindfulness practices and their GPAs to see if they are correlated
b. conducting a case study in which he studies in depth one college student who engages in mindfulness over the course of a year
c. conducting an experiment where one group of students is randomly assigned to engage in regular mindfulness exercises while another is assigned to a control condition
d. observing students in a naturalistic setting to see which students appear to engage in the most mindfulness behaviors and best study habits

ANSWER: c

56. Which of the following best describes the process underlying correlational research?
a. exerting experimental control by using both experimental and control groups
b. manipulating an independent variable to determine if it causes change in the dependent variable
c. manipulating a dependent variable to determine if it causes change in the independent variable
d. making systematic observations to determine if there is a link between variables

ANSWER: d

57. Your classmate is looking to see if a correlation exists between students' social media use and anxiety. They will know a correlation exists between these variables when these variables:
a. are related to each other.
b. have the same underlying cause.
c. are affected by a third variable.

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

d. have a cause-and-effect relationship with each other.

ANSWER: a

58. A numerical index of the degree of a relationship between two variables is known as a(n):
a. independent variable.
b. correlation coefficient.
c. survey coefficient.
d. experimental coefficient.

ANSWER: b

59. A correlation coefficient gives which of the following two pieces of information about the relationship between two variables?
a. which variable is the cause; which variable is the effect
b. which variable is controlled; which variable is manipulated
c. the strength of the relationship; the direction of the relationship
d. which variable is positive; which variable is negative

ANSWER: c

60. When two variables are positively correlated, they:
a. move in the same direction.
b. move in the opposite direction.
c. have a direct causal connection between them.
d. do not have a direct causal connection between them.

ANSWER: a

61. Mario found a 0.80 correlation coefficient between height and diet. He was able to conclude that:
a. a particular diet causes people to grow.
b. people who are taller eat more.
c. there is a strong relationship between height and diet.
d. people should be careful what they feed their children because it could stunt their growth.

ANSWER: c

62. People who score low on anxiety in childhood tend to score low on anxiety in adulthood. This is an example of a(n):
a. positive correlation.
b. negative correlation.
c. inverse correlation.
d. indirect correlation.

ANSWER: a

63. Marta finds research that suggests that the relationship between exercise and lung capacity has a .70 correlation coefficient. This indicates a:
a. weak, inverse correlation.
b. strong, inverse correlation.
c. strong, direct correlation.

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

d. nonexistent correlation.

ANSWER: c

64. Which of the following correlation coefficients indicates the strongest relationship between two variables?

a. .87
b. -.91
c. .15
d. -.38

ANSWER: b

65. A researcher finds that as temperatures increase, rates of ice cream sales also increase. Which of the following relationships did this researcher find?

a. a positive correlation
b. a negative correlation
c. cause and effect
d. an experiment

ANSWER: a

66. The difference between a correlational study and an experiment is that correlational studies:

a. seek to find a causal relationship between the variables.
b. include variables that researchers cannot control.
c. must have subjects that constitute a representative sample.
d. must include a control variable.

ANSWER: b

67. Suppose your professor reports that across all of her classes over the past ten years, she found a -.63 correlation between the number of absences and the final exam score. This statistic means that:

a. final exam scores are caused by absences.
b. students who scored highest on the final examination were not absent.
c. students who were absent more frequently tended to score lower on the final exam than those who were absent less frequently.
d. students who are absent more frequently tended to score higher on the final exam than those who are absent less frequently.

ANSWER: c

68. Dr. Suarez takes notes while watching parents and their children play together on a playground to see if differences in play behavior are associated with the children's sociability with a stranger. Dr. Suarez is using which of the following research methods?

a. survey
b. case study
c. experimentation
d. naturalistic observation

ANSWER: d

69. Alma is a researcher who is interested in conducting a case study. In this type of research, which of the following tasks

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

would she most likely perform?

a. study an individual participant in depth
b. conduct a systematic observation to see if a link exists between two variables
c. carefully observe behavior without intervening directly with subjects
d. manipulate a variable while observing another variable for changes

ANSWER: a

70. Which of the following statements are true about case studies?

a. They provide strong bases for developing laws of behavior.
b. They can provide general conclusions through consistencies between cases.
c. They are of little use when treating and diagnosing psychological problems.
d. They are considered the highest quality of research a researcher can engage in.

ANSWER: b

71. A graduate student gives you a questionnaire to fill out about your attitudes on abortion, school prayer, and drug legalization. This graduate student is using which of the following research methods?

a. experimental
b. case study
c. survey
d. naturalistic observation

ANSWER: c

72. The "third-variable problem" is associated with the:

a. experimental method.
b. correlational method.
c. multivariate model.
d. placebo effect.

ANSWER: b

73. Which of the following statements is true of correlational research methods?

a. Correlational methods allow researchers to determine that two variables are causally related when there is a strong correlation between them.
b. Correlational methods are considered to be lower-quality research than experimental research methods.
c. Correlational methods allow for exploring questions that are not possible to examine with experimental procedures.
d. Researchers who use correlational methods do not have to be concerned about the "third variable problem" as do researchers who use experimental methods.

ANSWER: c

74. Drew administered a survey to his Human Sexuality classmates. After analyzing the data, he found a strong positive correlation between relationship satisfaction and sexual satisfaction. This pattern of data:

a. indicates that high sexual satisfaction causes people to have high relationship satisfaction.
b. indicates that high relationship satisfaction causes people to have high sexual satisfaction.
c. warns that he may have biased his own study.
d. cannot determine if there is a third variable that causes both satisfaction levels.

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

Chapter 1 - Adjusting to Modern Life

ANSWER: d

75. Self-report measures consistently find that the vast majority of respondents characterize themselves as:
    a. fairly happy.
    b. very unhappy.
    c. moderately unhappy.
    d. unconcerned about their personal happiness.

ANSWER: a

76. Research results suggest that which of the following factors has been found to have a moderate impact on subjective wellbeing?
    a. parenthood
    b. age
    c. money
    d. social relations

ANSWER: d

77. Which of the following options best characterizes the correlation between attractiveness and subjective feelings of happiness?
    a. negligible
    b. negative, but weak
    c. positive, but weak
    d. positive and strong

ANSWER: a

78. Research indicates that:
    a. people with high IQs are happier than people with low IQs.
    b. people with low IQs are happier than people with high IQs.
    c. there is no association between IQ and happiness.
    d. people with really high IQs and really low IQs are not as happy as people with average IQs.

ANSWER: c

79. Santiago wants to assess participants' personal assessments of their overall happiness and life satisfaction, also known as participants':
    a. subjective well-being.
    b. delusional happiness.
    c. depression level.
    d. personality analysis.

ANSWER: a

80. Research indicates that people who have heartfelt religious convictions are:
    a. more likely to be happy than people who are non-religious.
    b. less happy than people who are non-religious.
    c. neither more nor less happy than people who are non-religious.

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

d. less happy than people who are non-religious because they have less community support.

ANSWER: a

81. Which of the following is the best description of the relationship between health and happiness?
    a. Good health may not produce happiness by itself because people tend to take good health for granted.
    b. Good health is one of the best predictors of happiness.
    c. Individuals who develop serious health problems have difficulty adjusting, and therefore are less happy than those who are healthy.
    d. People born with serious health problems are happier than others because they do not take their health for granted.

ANSWER: a

82. Which of the following factors appears to have a strong impact on subjective feelings of well-being?
    a. physical health
    b. personality
    c. religious belief
    d. culture

ANSWER: b

83. Which of the following factors is very important to overall happiness?
    a. socioeconomic status
    b. relationship satisfaction
    c. prestige
    d. physical attractiveness

ANSWER: b

84. Which of the following statements is true regarding the relationship between happiness and marital status?
    a. Married men are happier than married women.
    b. Married women are happier than married men.
    c. Both married men and women are happier than single or divorced men and women.
    d. Both single and divorced men and women are happier than married men and women.

ANSWER: c

85. The best predictor of an individual's future happiness is:
    a. IQ score.
    b. past happiness.
    c. marital status.
    d. financial status.

ANSWER: b

86. Imagine that you take a class with a new professor who says that his research interests deal with the concept of adjustment. Which of the following concepts would your professor most likely be interested in studying?
    a. the prevention of substance abuse
    b. people's resilience after traumatic events

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

c. how people cope with life's challenges
d. the diagnosis and treatment of mental illness

ANSWER: c

87. An important insight that can be drawn from the research on happiness is that:
a. money can buy happiness.
b. attractive people are generally happy.
c. objective realities are not as important as subjective feelings.
d. collectivist cultures are happier than individualistic cultures.

ANSWER: c

88. People shift their own mental scale for judging pleasantness and unpleasantness, which is also known as:
a. codependency.
b. empiricism.
c. subjectivism.
d. hedonic adaptation.

ANSWER: d

89. "Subjecting ideas to systematic, skeptical scrutiny" best describes which of the following processes?
a. self-realization
b. critical thinking
c. self-actualization
d. psychological adjustment

ANSWER: b

90. Research indicates that people are:
a. surprisingly bad at predicting what will make them happy.
b. the best ones to predict their happiness.
c. all made happy by the same things.
d. able to analyze direct measurable causes of happiness.

ANSWER: a

91. Your friend is trying to find the best location to study for an upcoming exam. Based on the suggestions provided in the text, where would be the best place for your friend to study?
a. somewhere that matches their learning style
b. a place changes occasionally, to provide variety
c. a place that is associated with pleasant activities, like eating
d. a place where distractions are likely to be minimal

ANSWER: d

92. Martin is hoping to set up a schedule for studying. Based on the suggestions provided in the text, it would be best for Martin to:
a. dedicate specific times each week to studying.
b. cram for exams so that the content is recently in his memory.

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

c. delay working on larger projects and instead focus only on smaller tasks.
d. wait until he has the motivation to study.

ANSWER: a

93. Sound study habits are:
a. good predictors of college grades.
b. better predictors of grades than college admissions tests.
c. difficult to develop.
d. of no use if your professor delivers hard-to-follow lectures.

ANSWER: a

94. Imagine that you are reading your textbook for one of your classes in preparation for an upcoming lecture. According to research, your reading will be most effective when you:
a. read while making a lot of highlights.
b. engage in active processing.
c. skip over the chapter outline.
d. skip over the textbook learning aids.

ANSWER: b

95. Which of the following practices is NOT involved in improving your reading?
a. looking at the chapter outline or summary
b. repeatedly reading the chapter straight through
c. marking as much of the text as possible
d. quickly reading the chapter during a first read through

ANSWER: a

96. Your classmate tells you that they engage in overlearning in order to better remember content from their classes. Knowing this, which of the following behaviors does your classmate most likely engage in?
a. listening to recordings of lectures prior to each exam
b. reading the associated textbook chapter before and after each class lecture
c. continuing to rehearse course material even after they first appeared to master it
d. reviewing the chapter outline before reading the chapter itself

ANSWER: c

97. Suppose that you have an upcoming Developmental Psychology exam in which you will need to match psychologists with the theories they developed. Which of the following study strategies would reflect overlearning?
a. spending more time reviewing the psychologists and the theories you know than the ones you don't know
b. spending more time reviewing the psychologists and the theories you don't know than the ones you do know
c. reviewing the psychologists and the theories they developed even after you feel you know them
d. reviewing the psychologists and the theories they developed once you feel you are starting to forget them

ANSWER: c

98. Sasha has an exam coming up in one of her classes, and she wants to know if you think it would be better for her to study for five hours the night before the exam or for one hour for five nights before the exam. Based on the information from the text, what should Sasha do?

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

Chapter 1 - Adjusting to Modern Life

a. She should only study the night before because cramming is more effective than distributed practice.
b. She should study over the five nights because distributed practice is more effective than cramming.
c. She should study over the five nights because this allows for shallower processing of information.
d. She should only study the night before because this allows for deeper processing of information.

ANSWER: b

99. A useful study technique that helps to organize information is:
a. outlining reading assignments.
b. studying with a group of students.
c. underlining important points in textbooks.
d. memorizing the order of chapter headings.

ANSWER: a

100. Mnemonic devices are techniques for:
a. enhancing memory.
b. improving class attendance.
c. developing a study plan.
d. becoming an active listener.

ANSWER: a

101. Using "Roy G Biv" to remember the order of colors in the light spectrum is an example of how memory can beaided by the use of:
a. acrostics.
b. acronyms.
c. overlearning.
d. visual imagery.

ANSWER: b

102. Using "every good boy does fine" to remember the order of musical notes is an example of which strategy for improving your studying?
a. acrostics
b. acronyms
c. overlearning
d. visual imagery

ANSWER: a

103. The method of loci is a mnemonic device that involves:
a. making a phrase in which each word acts as a cue for a term you want to remember.
b. forming a mental image of items that links them together.
c. rote memorization of terms and definitions.
d. associating images of items with certain locations.

ANSWER: d

104. When reading his textbook, Haruto thinks about the terms and concepts that he reads about and how he can make

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

them personally meaningful to him and his own experiences. Which of the following memory principles is Haruto using?

a. mnemonics
b. deep processing
c. distributed practice
d. cramming

ANSWER: b

105. The following four students are preparing for a midterm exam in one of their classes. Based on the information in the textbook, which of the students would likely perform the best on this exam?

a. Ezra, who repeatedly reads his lecture notes straight through
b. Lynn, who relates key terms back to her own life experiences
c. Milo, who reviews his flashcards right before the exam
d. Sara, who studies with a group of friends the night before the exam

ANSWER: b

106. Which of the following statements is consistent with the information presented in the textbook regarding class attendance?

a. Among successful students (grade average B or better), class attendance did not seem to matter.
b. Among unsuccessful students (grade average C- or below), class attendance did not seem to matter.
c. Even when an instructor delivers hard-to-follow lectures, it is important for all students to go to class.
d. It is only important for all students to go to class when instructors provide well-organized lectures.

ANSWER: c

107. Based on the information in the text, which of the following students is engaging in the best note-taking strategy?

a. Leia, who waits to read the textbook until she is studying for an exam
b. Arthur, who writes down lecture content in his own words
c. Emilio, who refrains from asking questions so that he can focus more on taking notes
d. Johanna, who doesn't try to anticipate what will be covered next in the lecture

ANSWER: b

108. Your friend is taking a course that they consider to be especially difficult. Which of the following strategies would likely be most helpful to them when they prepare for lectures?

a. reading ahead on the subject of the lecture
b. asking fellow classmates to explain the material to them
c. writing down questions that they can ask the instructor later
d. writing down the exact words the instructor says

ANSWER: a

109. A good reason for taking notes in your own words, rather than verbatim, is that:

a. most lecturers ramble and are difficult to follow.
b. most lecturers use words you will not understand.
c. this reduces the likelihood that you will later engage in plagiarism.
d. this forces you to organize the information in a way that makes sense to you.

ANSWER: d

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

Chapter 1 - Adjusting to Modern Life

110. It seems as though more and more students use laptops to take notes in class rather than by shorthand. Which of the following suggestions would BEST allow students to remember more information after their class lectures?

a. Type as quickly as possible.
b. Keep the professor's words accurate.
c. Type only key words and highlights of the lecture.
d. Keep a browser window open to cross-check information.

ANSWER: c

111. When a question occurs to you during a lecture, you should:

a. ask it during class.
b. ask a classmate about it after class.
c. write it down and ask the instructor after class.
d. not ask the question, since this would interrupt the lecturer.

ANSWER: a

112. Which of the following strategies does the text suggest for getting more out of lectures?

a. Write your notes verbatim as the instructor says them.
b. Read the textbook after the lecture.
c. Use passive listening skills.
d. Ask questions as you think of them during lecture.

ANSWER: d

113. Which of the following explanations is described in the textbook to explain the paradox of progress?

a. Access to technology has made people feel good about their financial well-being, although people in the middle and upper classes have lost significant wealth.
b. Technology has led us to become dependent on superficial online communication, leaving us in an intimacy deficit.
c. Individuals do not have as much choice in their daily lives as they used to, which places strain on our mental wellbeing.
d. Technology allows us to be surrounded by information, but it has led to stark declines in intelligence over the last few decades.

ANSWER: b

114. We live in an era of extraordinary affluence, thanks in large part to technological advances, and yet most people do not feel very good about their:

a. financial well-being.
b. friends and family.
c. transportation options.
d. careers.

ANSWER: a

115. As a result of an increase in technology, people in modern societies have also dealt with an increase in which of the following areas?

a. physical health
b. mental wellbeing

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank

c. interpersonal intimacy
d. life choices

ANSWER: d

116. Which of the following statements best summarizes the philosophy of the textbook?
a. Reading this textbook will be a revelatory experience that will help you achieve tranquility.
b. Accurate knowledge about the principles of psychology can be of value to you in everyday life.
c. This textbook is best described as a self-help book in that it offers do-it-yourself treatments for achieving happiness.
d. This textbook is a tool to learn to diagnose psychological problems and apply counseling skills.

ANSWER: b

117. For the most part, self-realization programs are:
a. extremely hazardous.
b. money-making schemes.
c. supported by data.
d. quite effective.

ANSWER: b

118. Psychologists form their conclusions from:
a. statements of common sense.
b. empirical observations.
c. personal beliefs.
d. logical reasoning.

ANSWER: b

119. Empiricism is the premise that knowledge should be acquired through:
a. observation.
b. speculation.
c. hypotheses.
d. experimentation.

ANSWER: a

120. Simon needs to remember to purchase baby formula, a hammer, and apples at the store. To remember this, he imagines a baby smashing an apple with a hammer. Which of the following memory techniques is Simon using?
a. link method
b. method of loci
c. an acrostic
d. an acronym

ANSWER: a

Copyright Cengage Learning. Powered by Cognero.

Psychology Applied to Modern Life 13th edition Weiten Test Bank