Personality Theories A Global View 1st edition Shiraev Test Bank

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Chapter 2: Scientific Foundations

Test Bank

Multiple Choice

1. What were the marshmallow experiments?
A. a series of studies about how soft objects are perceived
B. a series of studies examining delay of gratification among children
C. a series of studies investigating perception of fairness
D. a series of studies about conditioning principles
Ans: B
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Comprehension
Answer Location: Introduction
Difficulty Level: Medium

2. Studies showed that those who can delay gratification as children turn to adults who
A. had better grades, made more money, and showed greater psychological well-being.
B. had lower grades, made less money, and showed poor psychological well-being.
C. had mediocre grades, made adequate money, and showed deficient psychological well-being.
D. had average grades, made adequate money, and showed poor psychological well-being.
Ans: A
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Analysis
Answer Location: Introduction
Difficulty Level: Hard

3. Which of the following is a part of the brain that has been found to be associated with impulse control?
A. parietal lobe
B. ventral striatum
C. temporal lobe
D. hippocampus
Ans: B
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Comprehension
Answer Location: Introduction
Difficulty Level: Medium

4. Emma experienced economic hardships more than Lourdes. According to the research about impulse gratification, who of the two would more likely be more impulsive?
A. Emma
B. Lourdes
C. both Emma and Lourdes
D. there is no relationship between impulse gratification and economic hardships
Ans: A
Learning Objective: 2-1 Explain the Role of the Scientific Method In Studying Personality
Cognitive Domain: Application
Answer Location: Introduction
Difficulty Level: Hard

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5. Which of the following uses careful research procedures designed to provide reliable and verifiable evidence?
A. natural science
B. basic science
C. socials science
D. scientific method
Ans: D
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

6. What uses careful research procedures designed to provide reliable and verifiable evidence?
A. social science
B. natural science
C. scientific method
D. basic science
Ans: C
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

7. The source of knowledge that is concerned with the description, prediction, and understanding of natural phenomenon is called
A. basic science.
B. social science.
C. natural science.
D. humanities.
Ans: C
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

8. Natural science has two key branches. One is biological science which is often called _____.
A. humanities
B. life science
C. geological science
D. evolutionary science
Ans: B
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Medium

9. Which of the following is one of the two branches of naturals science?
A. evolutionary science
B. humanities
C. social science
D. physical science
Ans: D
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge

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Answer Location: Science and the Scientific Method
Difficulty Level: Easy

10. What is the scientific study of the nervous system?
A. physical science
B. neuroscience
C. evolutionary science
D. social science
Ans: B
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

11. Neuroscience is the scientific study of what part of the body?
A. nervous system
B. visual system
C. hippocampus
D. ventral stratum
Ans: A
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

12. Sean's research involves investigating genetic transmissions in animals. Sean is in the field of
A. evolutionary science.
B. social science.
C. sociology.
D. genetics.
Ans: D
Learning Objective: 2-3: Apply these foundations to propose particular traditions and domains in the study of personality.
Cognitive Domain: Application
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

13. What field of science examines the brain mechanisms that support the individual's mental functions and subsequent behaviors?
A. social science
B. evolutionary science
C. cognitive neuroscience
D. genetics
Ans: C
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Comprehension
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

14. What is the transformation of heritable traits of species and humans over successive generations?
A. neuroscience
B. basic science
C. social science
D. evolution
Ans: D
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.

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Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

15. Eddie examines gender biases in religious rituals. Eddie is more likely a(n)
A. philosopher.
B. sociologist.
C. anthropologist.
D. humanities.
Ans: C
Learning Objective: 2-3: Apply these foundations to propose particular traditions and domains in the study of personality.
Cognitive Domain: Application
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

16. What is a set of beliefs, behaviors, and symbols that are shared by a large group of people and usually communicated from one generation to the next?
A. humanities
B. culture
C. philosophy
D. sociology
Ans : B
Learning Objective: 2-1: –Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

17. What is sometimes called the “love of wisdom”?
A. philosophy
B. art
C. humanism
D. behavioral economics
Ans: A
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

18. Beliefs, practices, and prescriptions relevant to the supernatural and the relationships between the individual and the supernatural are called _____.
A. philosophy
B. knowledge
C. religion
D. art
Ans: C
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

19. Personality psychology is also rooted in what tradition in science that emphasizes the subjective side of the individual?
A. religion
B. genetics
C. clinical

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D. humanism
Ans: D
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Comprehension
Answer Location: Science and the Scientific Method
Difficulty Level: Medium

20. Shakespeare in England wrote literary characters that millions of people continue to study today. His works cover the _____ tradition in which the subjective side of the individual is emphasized.
A. humanistic
B. behavioral
C. philosophical
D. sociological
Ans: A
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Analysis
Answer Location: Science and the Scientific Method
Difficulty Level: Medium

21. What refers to how certain traits in living organisms are handed down from parents to offsprings?
A. genetics
B. inheritance
C. gene
D. temperament
Ans: B
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Influences on the Study of Personality
Difficulty Level: Easy

22. What is the study of heredity through genetic transmission and genetic variations.
A. genetics
B. behavioral learning
C. neuroscience
D. evolutionary psychology
Ans: A
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities
Cognitive Domain: Knowledge
Answer Location: Influences on the Study of Personality
Difficulty Level: Easy

23. In the 20th century, science turned to _____ to explain hereditary processes and patterns.
A. genetics
B. classical learning
C. molecular biology
D. temperament
Ans: C
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Influences on the Study of Personality
Difficulty Level: Medium

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24. What is a segment or a portion of the DNA that contains the codes as biological information about how to build new protein structures?
A. neuron
B. traits
C. molecules
D. gene
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Influences on the Study of Personality
Difficulty Level: Medium

25. What can help explain many variations in personality traits and behaviors, including similarities and differences among individuals?
A. genetic factors
B. environment
C. neuroscience
D. evolutionary psychology
Ans: A
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Some Personality Features are Inherited
Difficulty Level: Medium

26. A child's activity, emotionality, and sociability are components of _____.
A. emotions
B. cognitions and beliefs
C. neuroscience
D. temperament
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Some Personality Features are Inherited
Difficulty Level: Easy

27. What are the three foundations of personality?
A. genes, environment, behaviors
B. activity, emotionality, and sociability
C. genetic factors, activity, slumber
D. traits, emotions, behaviors
Ans: B
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Some Personality Features are Inherited
Difficulty Level: Medium

28. What determines which genes are activated?
A. traits
B. emotionality
C. environment
D. cognitions
Ans: C

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Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Analysis
Answer Location: Some Personality Features are Inherited
Difficulty Level: Medium

29. What is one of the three areas in neuroscience that contribute to the understanding of personality?
A. clinical pathology
B. genetics
C. inheritance
D. behavioral learning
Ans: A
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Neuroscience
Difficulty Level: Medium

30. Using which method, clinical observations of a patient's abnormal symptoms are compared with reliable data of brain pathology?
A. neurotransmission
B. electrophysiological measures
C. computerized tomography
D. clinical-pathological method
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Neuroscience
Difficulty Level: Medium

31. Which method allows scientists to study the dynamic aspects of brain activity under changing functional conditions?
A. the EEG
B. the computerized tomography
C. magnetic resonance imaging
D. functional neuroimaging
Ans: A
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Neuroscience
Difficulty Level: Hard

32. Which is an almond shaped part of the brain and is also for processing emotions?
A. frontal lobes
B. hypothalamus
C. parietal lobe
D. amygdala
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Brain Activities are Associated with Specific Behaviors
Difficulty Level: Hard

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33. Which part of brain is associated with decision-making behaviors?
A. amygdala
B. frontal lobes
C. hypothalamus
D. hippocampus
Ans: B
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Brain Activities are Associated with Specific Behaviors
Difficulty Level: Medium

34. What are endogenous chemicals that enable neurotransmission between two cells and are associated with psychological functions such as depression and anxiety?
A. genes
B. neurotransmitters
C. brain imaging
D. cortisol
Ans: B
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Brain Activities are Associated with Specific Behaviors
Difficulty Level: Medium

35. Which of the following has the most cortical neurons of any species on Earth?
A. chimpanzees
B. dolphins
C. parrots and crows
D. humans
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: The Nervous System Interacts with the Environment
Difficulty Level: Medium

36. What is the transformation in the heritable traits of species over successive generations?
A. neuroscience
B. literature
C. evolutionary psychology
D. collectiveness
Ans: C
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Evolutionary Science
Difficulty Level: Easy

37. The biggest lion in the den was aggressing to the other relatively smaller in size lions. That big lion must be the _____ male.
A. alpha
B. beta
C. smart
D. hungry
Ans: A

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Learning Objective 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Application
Answer Location: Evolutionary Factors
Difficulty Level: Easy

38. Infants show an early tendency to be wary of plants and certain animals. This makes good sense from which perspective?
A. sociological
B. humanistic
C. cultural
D. evolutionary
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Application
Answer Location: Evolutionary Factors
Difficulty Level: Medium

39. Men's evolutionary strategies involve
A. seeking and selecting partners who have reliable resources
B. have a variety of partners and try to multiply the number of offsprings
C. seek one committed partner
D. date a girlfriend who cheated them with another man
Ans: B
Learning Objective: 2-3: Apply these foundations to propose particular traditions and domains in the study of personality.
Cognitive Domain: Comprehension
Answer Location: Evolutionary Factors
Difficulty Level: Medium

40. Evolutionary theories also attempt to explain stable patterns of social behavior. What is one of these patterns?
A. need for assimilation
B. need for cognition
C. social anxiety
D. self-confidence
Ans: A
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Social Behavior
Difficulty Level: Easy

41. The need for differentiation from others is opposite of what need?
A. need for cognition
B. need for esteem
C. need for immersion
D. need for stability
Ans: C
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Social Behavior
Difficulty Level: Medium

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42. Which need could lead to prejudice and intolerance?
A. need for cognition
B. need for inclusion
C. need for stability
D. need for efficacy
Ans: B
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Analysis
Answer Location: Social Behavior
Difficulty Level: Medium

43. Evolutionary theories suggest that altruism should be biologically useful for what purpose?
A. to act on behalf of one's family or community
B. to decrease greediness
C. to make it easier to rob others of their resources
D. to promote collective goodwill
Ans: A
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Analysis
Answer Location: Social Behavior
Difficulty Level: Hard

44. Which science suggest that individuals transform themselves into dynamic beings who interact with their environment?
A. neuroscience
B. evolutionary science
C. social sciences
D. philosophy
Ans: C
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Social Sciences
Difficulty Level: Medium

45. People who live in places with harsh climates tend to
A. develop immune systems that protect them from disease.
B. face greater risks and so develop traits that help them tackle these challenges.
C. tend to be protective.
D. are attracted to the physical unattractive.
Ans: B
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Analysis
Answer Location: Social Sciences
Difficulty Level: Hard

46. Social scientists suggest that particular personality features develop in historic conditions. For example, farmers who grew rice before mechanization of agriculture tend to
A. engage in cooperative instead of competitive behavior.
B. Adjust to the mechanization of agriculture faster.
C. grow rice faster if the social situation had ideal conditions.
D. displayed competitive behavior.
Ans: A

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Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Analysis
Answer Location: Social Sciences
Difficulty Level: Medium

47. What is referred to as a set of core beliefs and perceptions about individuals' life and the world around them based on their social position in society?
A. philosophy
B. super rich
C. social status
D. class consciousness
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Social Sciences
Difficulty Level: Easy

48. What is the generalization of others' behaviors and traits based on their social status or membership in a particular gender, age, ethnic, or professional group?
A. extension
B. social status
C. stereotyping
D. collectivism
Ans: C
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Social Science and Typology
Difficulty Level: Medium

49. What is the position in society called that can be a measure of an individual's access to resources and power?
A. stereotyping
B. class consciousness
C. virtuous
D. social status
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Social Science and Typology
Difficulty Level: Easy

50. Who said that an individual should develop the capacity for virtues?
A. Plato
B. Shakespeare
C. Aristotle
D. Freud
Ans: C
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Philosophy
Difficulty Level: Medium

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51. What is enlightenment?
A. it is the view of validating knowledge and education based on science and reason rather than on religious dogmas.
B. it refers to the spiritual, nonphysical side of the human experience
C. it is the universal law to follow each other
D. it refers to philosophical creativity and imagination
Ans: A
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Philosophy
Difficulty Level: Easy

52. David Hume described four personality types. The Epicurean type
A. regards philosophical devotion.
B. is the critical thinker.
C. is a person of action and virtue.
D. displays elegance and seeks pleasure.
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Philosophy
Difficulty Level: Easy

53. David Hume described four personality types. The Stoic type
A. regards philosophical devotion.
B. is a person of action and virtue.
C. displays elegance and seeks pleasure.
D. is the critical thinker.
Ans: B
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Philosophy
Difficulty Level: Easy

54. In philosophies, the vertical hierarchical typologies
A. contain loose clusters of types of personality assembled by the philosopher's creative imagination.
B. types are placed in rank order to indicate strength, purity, skills, or other features of the individual.
C. emphasize that the it is important to be educated to be an efficient member of society.
D. contain a rich source of knowledge about the individual's inner world, behavior, and personality.
Ans: B
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Philosophy
Difficulty Level: Medium

55. What is transcendental?
A. a view of validating knowledge and education
B. loose clusters of personality types
C. the spiritual, nonphysical side of human experience
D. the propensity to learn and reason
Ans: C

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Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Philosophy
Difficulty Level: Easy

56. How is religious knowledge and values descriptive about personality?
A. Religious knowledge and values describe various individual's features and explains the individual's inner world.
B. Religious knowledge and values suggest that individuals are not in control.
C. Religious knowledge and values prescribe behavior.
D. Religious knowledge and values inform how individuals are going to be punished for transgressions.
Ans: A
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Analysis
Answer Location: Personality Psychology Learns from Studying Religion
Difficulty Level: Hard

57. When Sonia is confused about what to do in a specific situation, she looks at her set of religious values as guidance. Here, religious knowledge and values are
A. strict and demanding.
B. enforced.
C. descriptive.
D. prescriptive.
Ans: D
Learning Objective: Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Analysis
Answer Location: Personality Psychology Learns from Studying Religion
Difficulty Level: Hard

58. How are religious teachings also related to personality?
A. they dictate rules of appropriate behavior that can be applied to every situation
B. they suggest the norms of the situation
C. they urge the development of certain desirable personality traits
D. they teach how to be enlightened
Ans: C
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Analysis
Answer Location: Personality Psychology Learns from Studying Religion
Difficulty Level: Hard

59. What is one of the two interconnected types of action that religious teachings introduce?
A. individual engagement
B. wealth and greed
C. asceticism
D. mediation
Ans: A
Learning Objective: Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Analysis
Answer Location: Personality Psychology Learns from Studying Religion
Difficulty Level: Hard

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60. Religious prescriptions of engagement and disengagement can lead to
A. disappointment and hopelessness.
B. apathy.
C. altruism.
D. moral behavior and happiness.
Ans: D
Learning Objective: Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Analysis
Answer Location: Personality Psychology Learns from Studying Religion
Difficulty Level: Hard

61. What is the belief in the existence of realities beyond rational reflection or scientific scrutiny but accessible by feelings?
A. action
B. mysticism
C. harmony
D. engagement
Ans: B
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Personality Psychology Learns from Studying Religion
Difficulty Level: Easy

62. If a religious prescription for behaving is to pursue a simple life, that would be an example of what?
A. action and engagement
B. mysticism
C. inaction and disengagement
D. happiness
Ans: C
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Personality Psychology Learns from Studying Religion
Difficulty Level: Medium

63. Two interconnected types of action are associated with religious teachings. Which of the following below is NOT one of them?
A. harmony
B. action
C. engagement
D. inaction
Ans: A
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Analysis
Answer Location: Personality Psychology Learns from Studying Religion
Difficulty Level: Medium

64. How does art help us in our study of personality?
A. Art portrays what should be desirable personality traits.
B. Art shows the characteristics contained in every single trait that exists.
C. Art falsely shows how we are like the fictitious characters of fiction stories.

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D. Art is often a window into the artist's mind and personality.
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Application
Answer Location: The Arts
Difficulty Level: Hard

65. Which of the following is an example of literary works impacting on scientists who have contributed to personality psychology?
A. books about religious facts
B. self-help books
C. tragedies by Sophocles and Shakespeare
D. scientific books
Ans: C
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Application
Answer Location: Affecting an Individual's Personality
Difficulty Level: Medium

66. A way to improve oneself is through
A. punishing oneself for not trying hard
B. improve one's decision-making skills
C. practice expressing positive emotions
D. compartmentalize parts of one's life
Ans: B
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Comprehension
Answer Location: Improve Yourself
Difficulty Level: Medium

67. What is a system of beliefs and practices that facilitate the transformation of the body and consciousness?
A. happiness
B. religions
C. exercise
D. Yoga
Ans: D
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Comprehension
Answer Location: Know Yourself
Difficulty Level: Easy

68. What is a therapeutic procedure that is based on the scientific premise that the human mind is capable of changing itself through behavior?
A. nativism
B. positive psychotherapy
C. behavioral learning
D. social procedure
Ans: B
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge

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Answer Location: Strive for Happiness
Difficulty Level: Easy

69. Which of the following individual features refer to daily habits?
A. height, weight, body shape
B. friends and family
C. income, living conditions
D. brush teeth, take shower
Ans: D
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Application
Answer Location: Improve Yourself
Difficulty Level: Easy

70. Which of the following individual features refer to personal relationships?
A. describing friends and relatives
B. describing things one does regularly
C. describing one's social status
D. describing satisfaction with one's state of health
Ans: A
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Application
Answer Location: Improve Yourself
Difficulty Level: Easy

71. According to Veenhoven, happiness is built on which of the three factors?
A. harmony, tasks, closure
B. positive emotion, engagement, and meaning
C. satisfaction, health, hygiene
D. goodness, mentality, religiosity
Ans: B
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Comprehension
Answer Location: Strive for Happiness
Difficulty Level: Medium

72. What is one of the three factors Veenhoven stated builds happiness?
A. health
B. engagement
C. spirituality
D. kindness
Ans: B
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Comprehension
Answer Location: Strive for Happiness
Difficulty Level: Medium

73. Self-improvement starts with what factor?
A. knowledge
B. health
C. self-knowledge
D. meaning

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Ans: C
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Analysis
Answer Location: Strive for Happiness
Difficulty Level: Medium

74. What is a therapeutic practice that is based on the scientific premise that the human mind is capable of changing itself through behavior?
A. philosophy
B. positive psychotherapy
C. behavioral intervention therapy
D. self-knowledge
Ans: B
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Knowledge
Answer Location: Strive for Happiness
Difficulty Level: Easy

75. What involves using mental shortcuts or heuristics that reduce complex and time-consuming tasks of describing and analyzing into more simple, manageable, practical, and efficient labeling strategies?
A. positive psychotherapy
B. progressivism
C. categorization
D. positive psychotherapy
Ans: C
Learning Objective: 2-3: Apply these foundations to propose particular traditions and domains in the study of personality.
Cognitive Domain: Knowledge
Answer Location: Help people understand the sources of their problems
Difficulty Level: Easy

76. What is a strategy of using mental shortcuts called?
A. cognitive shortcut
B. cognitive load
C. progressivism
D. representative heuristic
Ans: D
Learning Objective: 2-3: Apply these foundations to propose particular traditions and domains in the study of personality.
Cognitive Domain: Knowledge
Answer Location: Help people understand the sources of their problems
Difficulty Level: Easy

77. Todd thinks that Andy is gay because Andy behaves like a typical member of that social group called gays. What is Todd engaging in?
A. heuristic thinking
B. progressivism
C. logical decision making steps
D. explanation
Ans: A
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Application

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Answer Location: Help people understand the sources of their problems
Difficulty Level: Medium

78. What is a general way of thinking and a social movement based on the deep belief that human beings and their society can be improved through social reform, education, and opportunity available to all people?
A. categorization
B. heuristics
C. progressivism
D. positive psychotherapy
Ans: C
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Knowledge
Answer Location: Help people understand the sources of their problems
Difficulty Level: Easy

79. How is progressivism applied to personality psychology?
A. It is a way to categorize personality traits.
B. It is an opportunity to apply scientific knowledge to social issues.
C. It provides some mental heuristics to use for understanding personality traits.
D. It focuses on emotional aspects of personality.
Ans: B
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Analysis
Answer Location: Help people understand the sources of their problems
Difficulty Level: Hard

80. Progressivism emphasizes the importance of applied psychological knowledge to what three areas?
A. health care, education, and social services
B. science, religion, philosophy
C. theory, data, findings
D. economics, business, trade
Ans: A
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Application
Answer Location: Applying Knowledge to the World
Difficulty Level: Hard

True/False

1. Impulse control is determined by biology alone.
Ans: F
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Comprehension
Answer Location: Introduction
Difficulty Level: Medium

2. The scientific method uses careful research procedures designed to provide reliable and verifiable evidence.
Ans: T
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.

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Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

3. Personality psychology constantly receives new empirical data from life sciences.
Ans: T
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Comprehension
Answer Location: Science and the Scientific Method
Difficulty Level: Medium

4. Without science, personality psychology would certainly lose the power of the scientific method.
Ans: T
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Comprehension
Answer Location: Science and the Scientific Method
Difficulty Level: Medium

5. An individual's personality features do not develop in a complex and constant interaction between genetic and environmental factors.
Ans: F
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Some Personality Features are Inherited
Difficulty Level: Medium

6. An individual's personality features, including traits, subsequent behaviors, and psychological experiences are not influenced by genetic factors.
Ans: F
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Some Personality Features are Inherited
Difficulty Level: Medium

7. Electrophysiology is a discipline in neuroscience.
Ans: T
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Neuroscience
Difficulty Level: Easy

8. A mental function is more than a combination of billions of neurons firing.
Ans: T
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: The Nervous System Interacts with the Environment
Difficulty Level: Medium

9. Friendliness as a behavioral feature is correlated with physical appearance.
Ans: T
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.

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Cognitive Domain: Comprehension
Answer Location: Social Behavior
Difficulty Level: Medium

10. The social context of an individual's behavior does not affect the expression of traits.
Ans: F
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Social Sciences
Difficulty Level: Hard

11. Poverty is linked to a shorter life span and poorer health.
Ans: T
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Social Sciences
Difficulty Level: Medium

12. Enlightenment refers to the spiritual, nonphysical side of human experience.
Ans: F
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Philosophy
Difficulty Level: Medium

13. Religious values are a rich source of knowledge about the individual's inner world, behavior, and personality.
Ans: T
Learning Objective: 2-3: Apply these foundations to propose particular traditions and domains in the study of personality.
Cognitive Domain: Comprehension
Answer Location: Personality Psychology Learns From Studying Religion
Difficulty Level: Easy

14. Religious teachings do not prescribe particular behaviors and urge the development of certain personality traits such as kindness, humility, and self-control.
Ans: F
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Personality Psychology Learns From Studying Religion
Difficulty Level: Easy

15. Self-improvement starts with self-knowledge.
Ans: T
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Strive for Happiness
Difficulty Level: Medium

Fill in the Blank

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1. Research shows that _____ can significantly affect impulse gratification.
Ans: economic problems
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Comprehension
Answer Location: Introduction
Difficulty Level: Medium

2. _____ uses careful research procedures designed to provide reliable and verifiable evidence.
Ans: Scientific method
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

3. _____ is concerned with the description, prediction, and understanding of natural phenomenon.
Ans: Natural Science
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

4. _____ and biological science are two key branches of natural science.
Ans: Physical science
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

5. Neuroscience is the scientific study of _____.
Ans: nervous system
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

6. _____ is a set of beliefs, behaviors, and symbols that are shared by a large group of people and usually communicated from one generation to the next
Ans: Culture
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Knowledge
Answer Location: Science and the Scientific Method
Difficulty Level: Easy

7. _____ is a belief in the existence of realities beyond rational reflection or scientific scrutiny but accessible by feelings.
Ans: Mysticism
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Knowledge
Answer Location: Personality Psychology Learns From Studying Religion
Difficulty Level: Easy

8. _____ is a therapeutic practice that is based on the scientific premise that the human mind is capable of changing itself through behavior.
Ans: positive psychotherapy

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Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Knowledge
Answer Location: Strive for Happiness
Difficulty Level: Easy

9. _____ is a strategy of a mental shortcut.
Ans: representative heuristic
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Knowledge
Answer Location: Help people understand the sources of their problems
Difficulty Level: Easy

10. _____ is a general way of thinking and a social movement based on the deep belief that human beings and their society can be improved through social reform, education, and opportunity available to all people.
Ans: Progressivism
Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Knowledge
Answer Location: Help people understand the sources of their problems
Difficulty Level: Easy

Essay

1. Explain the difference between a scientific theory and an assumption in personality?
Ans: A theory is scientific if and only if it is falsifiable—it is testable to show it is correct or wrong.
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Comprehension
Answer Location: Science and the Scientific Method
Difficulty Level: Medium

2. Discuss how humanism and philosophy contribute to the scientific study of personality.
Ans: Humanism emphasizes the subjective side of the individual and encourages openness and sharing of skills and experience. Philosophy embraces critical thinking and reasoning.
Learning Objective: 2-1: Identify the scientific foundation as they apply to the study of personality.
Cognitive Domain: Comprehension
Answer Location: Science and the Scientific Method
Difficulty Level: Medium

3. How do genes influence personality? Name several ways.
Ans: Genes affect our life expectancy, affect the predisposition to psychological illness, triggers intellectual abilities and disabilities, affect the stability of traits during development, and contribute to physiological variations among large groups.
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Comprehension
Answer Location: Some Personality Features are Inherited
Difficulty Level: Hard

4. How do brain imaging studies contribute to the understanding of personality?
Ans: It allows examining individuals' brain that are normal and dysfunctional. It also helps study those with brain damage so we can see how personality is affected by damage to parts of the brain.

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Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Analysis
Answer Location: Neuroscience
Difficulty Level: Hard

5. What are ways in which neuroscience is relevant to personality psychology?
Ans: 1. Identifiable brain structures that contribute to behavioral, cognitive, and emotional functions of the individual and his or her personality traits. 2.brain centers do not operate separately and are influenced by activities in other parts of the brain. 3. Understand human physiology in its continuing interaction with the environment.
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Analysis
Answer Location: Neuroscience
Difficulty Level: Hard

6. Discuss some of the assumptions of evolutionary science that are most suited for the study of personality.
Ans: 1. Personality features have useful and adaptive function in the individual interacting with the physical and social world. 2. Natural selection principles can explain similarities and differences in personality traits between groups of people. 3. Can understand personality not only through evolutionary science but also through genetics, physiological mechanisms, and specific social situations
Learning Objective: 2-2: Describe the foundations, focusing on science, social science, and the humanities.
Cognitive Domain: Analysis
Answer Location: Evolutionary Science
Difficulty Level: Hard

7. What are the three assumptions personality psychology hold regarding individuals in their social environment?
Ans: 1. Quantity and quality of resources available to the individual and the quality of surrounding physical and social conditions all affect the individual's personality. 2. Specific interactions of the individual with the environment affect that person's specific traits which develop as a result of these interactions. 3. Individual differences and group differences can be explained to a significant degree, by the variations in their social environments.
Learning Objective: 2-3: Apply these foundations to propose particular traditions and domains in the study of personality.
Cognitive Domain: Analysis
Answer Location: Social Sciences
Difficulty Level: Hard

8. Discuss some of the ways in which one can know his or her own individual features.
Ans: 1. Physical features involve height, weight, body shape, and so on, 2. health issues or concerns, 3. social status like income, standard of living, education, 4. personal relationship concerns involving family, friends, and other people who one is close to, and 5. daily habits such as things done everyday.
Learning Objective: 2-3: Apply these foundations to propose particular traditions and domains in the study of personality.
Cognitive Domain: Comprehension
Answer Location: Improve Yourself
Difficulty Level: Medium

9. How is progressivism related to personality psychology?
Ans: Progressivism is a way to apply scientific knowledge to social issues. It emphasizes the importance of applied psychological knowledge in health care, education, and social services.

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Learning Objective: 2-3: Apply these foundation to propose particular traditions and domains in the study of personality.
Cognitive Domain: Comprehension
Answer Location: Applying Knowledge to the World
Difficulty Level: Medium

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