Psychology and Our Curious World 1st edition Goodfriend Test Bank

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Psychology and Our Curious World (1st)

ISBN 9781544380490 | Chapter 1: Introduction to Psychology

Total Questions: 147

Easy

Multiple Choice (60)

Q1. *[Multiple Choice]*

Which of these choices is an example of a mental process?

a) Decisions ✓ correct
b) Behavior
c) Physiology
d) Physical development

Q2. *[Multiple Choice]*

When did psychology become an official, separate field in science?

a) late 1600s
b) early 1700s
c) late 1800s ✓ correct
d) early 1900s

Q3. *[Multiple Choice]*

Psychology has _____ historical roots in a variety of other disciplines.

a) no
b) minimal
c) few
d) deep ✓ correct

Q4. *[Multiple Choice]*

The American Psychological Association, or APA, is a leading _____ for psychologists in North America.

a) professional association ✓ correct
b) student congress
c) Congressional committee
d) venture capital firm

Q5. *[Multiple Choice]*

The Introductory Psychology Initiative is the APA's suggested approach for high–quality introductory psychology _____.

a) afterschool programs
b) parenting seminars
c) community workshops
d) college and university courses ✓ correct

Q6. *[Multiple Choice]*

The Introductory Psychology Initiative's vision statement describes psychology as a _____ undergraduate major.

a) high–impact ✓ correct
b) low–impact
c) high–stress
d) low–stress

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Q7. *[Multiple Choice]*

What does the scientific inquiry and critical thinking topic of the introductory psychology initiative aim to have students use to evaluate research findings?

a) statistics ✓ correct
b) philosophy
c) opinions
d) intuition

Q8. *[Multiple Choice]*

The values component of the introductory psychology initiative recommends using psychological science to strengthen communities and improve _____.

a) self–regulation
b) presentation skills
c) quality of life ✓ correct
d) scientific reasoning

Q9. *[Multiple Choice]*

The personal and professional development aspect of the introductory psychology initiative includes cultivating which skills?

a) self–regulation and collaboration ✓ correct
b) scientific and logical reasoning
c) statistical and ethical skills
d) sensory and motor skills

Q10. *[Multiple Choice]*

The five pillars of the APA's introductory psychology initiative represent five major _____ of psychology.

a) ethical concerns
b) historical achievements
c) subfields ✓ correct
d) findings

Q11. *[Multiple Choice]*

Which is one of the five pillars of the APA's introductory psychology initiative?

a) biological ✓ correct
b) chemical
c) research
d) anatomical

Q12. *[Multiple Choice]*

Biological psychology most directly includes the study of _____.

a) personality
b) cultural influences
c) therapeutic techniques
d) the brain ✓ correct

Q13. *[Multiple Choice]*

Cognitive psychology is the study of _____ processes.

a) thought ✓ correct
b) social
c) physical
d) cultural

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Q14. *[Multiple Choice]*

Developmental psychology is the study of how we _____.

a) form attachments as children
b) react to therapy
c) change and grow over our lifetime ✓ correct
d) socialize with others as adults

Q15. *[Multiple Choice]*

What does social psychology focus on?

a) interpersonal interactions ✓ correct
b) therapeutic interventions
c) neurological processes
d) learning disorders

Q16. *[Multiple Choice]*

Personality psychology studies how we tend to act _____.

a) differently when we are with different people
b) consistently across different situations and over time ✓ correct
c) physiologically in response to stressors
d) abnormally in strange situations

Q17. *[Multiple Choice]*

Which pillar of the introductory psychology initiative encompasses clinical and counseling psychology?

a) biological
b) developmental
c) mental and physical health ✓ correct
d) social and personality

Q18. *[Multiple Choice]*

Positive psychology is the study of _____.

a) human misery and despair
b) happiness and fulfilling one's human potential ✓ correct
c) the physiology of behavior
d) societies' perceptions of emotions

Q19. *[Multiple Choice]*

Basing psychological science on _____ gives us more confidence in the information.

a) research ✓ correct
b) common sense
c) logic
d) the majority opinion

Q20. *[Multiple Choice]*

A recent controversy in psychology involves the inability to _____ past studies.

a) peer review
b) replicate ✓ correct
c) read about
d) improve upon

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Q21. *[Multiple Choice]*

Which author wrote, “Research is formalized curiosity. It is poking and prying with a purpose”?

a) Mary Caulkins
b) Maya Angelou
c) Zora Neale Hurston ✓ correct
d) Margaret Floy Washburn

Q22. *[Multiple Choice]*

The first integrative theme of the Introductory Psychology Initiative states that psychological science adapts as new _____ develop(s).

a) technology
b) initiatives
c) ethical standards
d) data ✓ correct

Q23. *[Multiple Choice]*

According to the introductory psychology initiative, psychological science explains _____ principles that govern behavior while recognizing _____ differences.

a) individual; general
b) general; individual ✓ correct
c) subjective; objective
d) objective; subjective

Q24. *[Multiple Choice]*

According to the introductory psychology initiative, what does psychological science foster in pursuit of a more just society?

a) empiricism
b) theorizing
c) technology
d) inclusion ✓ correct

Q25. *[Multiple Choice]*

The APA has funded scholarships for students from a variety of cultural and socioeconomic backgrounds. This fact aligns with the fourth integrative theme’s emphasis on valuing _____.

a) research
b) diversity ✓ correct
c) ethics
d) data

Q26. *[Multiple Choice]*

The sixth integrative theme states that _____.

a) applying psychological principles can change our lives, organizations, and communities in positive ways ✓ correct
b) psychology is the most important field of science
c) general principles that govern behavior are more important than individual differences
d) our perceptions of the world are objective

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Q27. *[Multiple Choice]*

According to the introductory psychology initiative, what guides research and practice in psychological science?

a) individual differences
b) cultural influences
c) perceptions and biases
d) ethical principles ✓ correct

Q28. *[Multiple Choice]*

Unlike some other academic fields, most research papers in psychology are published by _____.

a) a single author
b) multiple authors ✓ correct
c) university newspapers
d) high-circulation magazines

Q29. *[Multiple Choice]*

Though physicians and philosophers had theorized about mental processes and behavior for centuries, psychology didn't become a formal discipline until it adapted _____ as its guiding principle.

a) the Socratic method
b) the scientific method ✓ correct
c) inclusion
d) excellence

Q30. *[Multiple Choice]*

Who is widely considered to be the founder of psychology as a separate science?

a) Sigmund Freud
b) John Watson
c) Wilhelm Wundt ✓ correct
d) William James

Q31. *[Multiple Choice]*

In his 1874 textbook*Principles of* _____ *Psychology*, Wundt argued that scientific experiments should be used to understand thought and behavior.

a) Physiological ✓ correct
b) Philosophical
c) Subjective
d) Historical

Q32. *[Multiple Choice]*

What year was the first psychology lab established?

a) 1752
b) 1813
c) 1879 ✓ correct
d) 1919

Q33. *[Multiple Choice]*

What did many of Wundt's experiments measure?

a) brain activity
b) reaction time ✓ correct
c) brain mass
d) body temperature

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Q34. *[Multiple Choice]*

What is self-observation of mental experiences called?

a) introspection ✓ correct
b) behaviorism
c) functionalism
d) mentalism

Q35. *[Multiple Choice]*

Who taught the first-ever psychology course in the United States at Harvard University in 1875?

a) Wilhelm Wundt
b) William James ✓ correct
c) Kenneth Clark
d) John Watson

Q36. *[Multiple Choice]*

Which approach to psychology was developed by William James?

a) structuralism
b) functionalism ✓ correct
c) behaviorism
d) psychoanalysis

Q37. *[Multiple Choice]*

Which researcher is famous for his studies with dogs?

a) Wundt
b) James
c) Lewin
d) Pavlov ✓ correct

Q38. *[Multiple Choice]*

Which factor might the biological approach to psychology consider, in terms of its effect on behavior?

a) culture
b) politics
c) hormones ✓ correct
d) personality

Q39. *[Multiple Choice]*

Which approach to psychology investigates how childhood experiences influence thoughts, feelings, and behaviors?

a) biological
b) psychodynamic ✓ correct
c) structural
d) functional

Q40. *[Multiple Choice]*

Which psychologist pioneered talking about one's issues as a treatment technique and highlighted the importance of childhood experiences in adult mental health?

a) William James
b) Sigmund Freud ✓ correct
c) John Watson
d) Daniel Kahneman

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Q41. *[Multiple Choice]*

Which approach suggested that the only way to study psychology scientifically was to focus on observable behaviors?

a) psychodynamic
b) biological
c) behaviorist ✓ correct
d) humanistic

Q42. *[Multiple Choice]*

Who is credited with founding the behaviorist approach to psychology in 1913?

a) Kurt Lewin
b) John Watson ✓ correct
c) Edward Titchener
d) William James

Q43. *[Multiple Choice]*

Which psychologist promoted the idea that therapists should strive to be accepting and respectful of clients, no matter what they express?

a) Carl Rogers ✓ correct
b) Kurt Lewin
c) Mamie Phipps Clark
d) William James

Q44. *[Multiple Choice]*

Carl Rogers was a leader of the _____ approach to psychology.

a) sociocultural
b) humanistic ✓ correct
c) cognitive
d) behaviorist

Q45. *[Multiple Choice]*

Erik is interested in memory and problem–solving. Which approach to psychology should he use?

a) psychodynamic
b) sociocultural
c) cognitive ✓ correct
d) humanistic

Q46. *[Multiple Choice]*

Which researcher's studies on errors and biases in decision-making led to a Nobel Prize in Economics?

a) Daniel Kahneman ✓ correct
b) Kurt Lewin
c) Carl Rogers
d) William James

Q47. *[Multiple Choice]*

In 2021, the American Psychological Association published a formal apology for contributing to _____ ideas, theories, and policies.

a) homophobic
b) diverse
c) sexist
d) racist ✓ correct

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Q48. *[Multiple Choice]*

In its 2021 apology, the American Psychological Association acknowledged being “complicit in contributing to _____.”

a) systemic inequities ✓ correct
b) implicit biases
c) the replication crisis
d) intersectionality

Q49. *[Multiple Choice]*

Research finds that college students who feel like they belong within their major are more likely to graduate. This is an example of why _____ matter(s) in psychology.

a) representation ✓ correct
b) subjectivity
c) intersectionality
d) objectivity

Q50. *[Multiple Choice]*

Which psychologist’s research focused on school children who struggled with attention, describing challenges that would later be called Attention Deficit and Hyperactivity Disorder?

a) William James
b) Yujiro Motora ✓ correct
c) Martha Bernal
d) Kurt Lewin

Q51. *[Multiple Choice]*

The first scientific psychology lab in Japan was created by _____.

a) William James
b) Martha Bernal
c) Yujiro Motora ✓ correct
d) Kurt Lewin

Q52. *[Multiple Choice]*

Who was the first woman president of the APA?

a) Mary Whiton Calkins ✓ correct
b) Mamie Phipps Clark
c) Martha Bernal
d) Mahzarin Banaji

Q53. *[Multiple Choice]*

Mary Whiton Calkins established the first psychology laboratory specifically studying _____.

a) children
b) women ✓ correct
c) Black people
d) immigrants

Q54. *[Multiple Choice]*

Whose research was cited by Supreme Court justices in their *Brown v. Board of Education* decision?

a) Mary Whiton Calkins
b) G. Stanley Hall
c) Mamie Phipps Clark ✓ correct
d) Kenneth Clark

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Q55. *[Multiple Choice]*

Who was the first African American president of the APA?

a) Mary Whiton Calkins
b) Robert Lee Williams II
c) Mamie Phipps Clark
d) Kenneth Clark ✓ correct

Q56. *[Multiple Choice]*

Who was the first Latina woman to earn a Ph.D. in psychology in the United States?

a) Laura King
b) Martha Bernal ✓ correct
c) Alette Coble-Temple
d) Mary Whiton Calkins

Q57. *[Multiple Choice]*

Which researcher studies well-being within the LGBTQ+ community?

a) Laura King ✓ correct
b) Martha Bernal
c) Alette Coble-Temple
d) Philip Clark

Q58. *[Multiple Choice]*

Which psychologist with cerebral palsy advocates for the rights of women and people with disabilities?

a) Laura King
b) Martha Bernal
c) Alette Coble-Temple ✓ correct
d) Mamie Phipps Clark

Q59. *[Multiple Choice]*

In an effort to address its contributions to systemic inequities, the American Psychological Association is funding research and educational opportunities aimed at increasing _____.

a) replication
b) cultural bias
c) introspection
d) diversity ✓ correct

Q60. *[Multiple Choice]*

You can find information about statistical analyses in which special feature in this textbook?

a) Career Corner
b) What's My Score?
c) Psychology in Our Curious World
d) Spotlight on Research Methods ✓ correct

True/False (9)

Q61. *[True/False]*

Psychology developed as a separate scientific field during the 1600s.

a) True
b) False ✓ correct

Correct answer: False

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Q62. *[True/False]*

To find solutions to real-world problems, psychologists must not only work with each other but with people from other relevant fields, like biology, political science, and business.

a) True ✓ correct

b) False

Correct answer: True

Q63. *[True/False]*

Most research papers in psychology are published by a single author.

a) True

b) False ✓ correct

Correct answer: False

Q64. *[True/False]*

John Watson believed that psychology's main goal was to explain mental processes.

a) True

b) False ✓ correct

Correct answer: False

Q65. *[True/False]*

Daniel Kahneman won the Nobel Peace Prize for his work promoting racial equality.

a) True

b) False ✓ correct

Correct answer: False

Q66. *[True/False]*

The first president of the APA, G. Stanley Hall, supported programs designed to force Native Americans to change their languages and religions.

a) True ✓ correct

b) False

Correct answer: True

Q67. *[True/False]*

The culturally biased intelligence tests used by the U.S. military served as the foundation for later standardized tests like the Scholastic Aptitude Test (SAT).

a) True ✓ correct

b) False

Correct answer: True

Q68. *[True/False]*

The work of Mamie Phipps Clark was cited by Supreme Court justices in their*Brown v. Board of Education*decision.

a) True ✓ correct

b) False

Correct answer: True

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Q69. *[True/False]*

The American Psychological Association has formally apologized for its role in promoting racist ideas and funded grants supporting diversity within psychology.

a) True ✓ correct
b) False

Correct answer: True

Medium

Multiple Choice (46)

Q70. *[Multiple Choice]*

Studying psychology is beneficial for any career path, with its focus on understanding human _____.

a) anatomy and physiology
b) mental processes and behavior ✓ correct
c) society and language
d) culture and religion

Q71. *[Multiple Choice]*

Compared to other sciences, psychology _____.

a) uses experimental methods less
b) is more rigorous
c) is fairly young as a field ✓ correct
d) is more important

Q72. *[Multiple Choice]*

Before psychology became an official field, questions about human thought and behavior were addressed primarily by physiologists and _____.

a) physicists
b) philosophers ✓ correct
c) chemists
d) politicians

Q73. *[Multiple Choice]*

Mental processes include perceptions, thoughts, decisions, and _____.

a) genetics
b) feelings ✓ correct
c) physical changes
d) behavioral changes

Q74. *[Multiple Choice]*

Which topic of the APA's introductory psychology initiative aims to have students use psychological understanding to solve problems?

a) Content knowledge and applications ✓ correct
b) Scientific inquiry and critical thinking
c) Values in psychological science
d) Communication, psychological literacy, and technology skills

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Q75. *[Multiple Choice]*

Which topic of the APA's introductory psychology initiative aims for students to interact effectively with others and display effective writing and presentation abilities?

a) content knowledge and applications
b) scientific inquiry and critical thinking
c) values in psychological science
d) communication, psychological literacy, and technology skills ✓ correct

Q76. *[Multiple Choice]*

The introductory psychology initiative aims to have students find _____ themes that connect different areas of psychology.

a) literary
b) salient
c) integrative ✓ correct
d) historical

Q77. *[Multiple Choice]*

This week, Professor Vaughn is focusing on the values component of the introductory psychology initiative. What is one of the topics their class is discussing?

a) technological skills
b) professional development
c) scientific methods
d) ethical standards ✓ correct

Q78. *[Multiple Choice]*

The communication component of the introductory psychology initiative includes the ability to write and _____.

a) exhibit self–regulation
b) present effectively ✓ correct
c) use statistical analysis
d) identify integrative themes

Q79. *[Multiple Choice]*

Keola is taking a cognitive psychology class. Which topic would most likely be featured on the syllabus?

a) counseling
b) psychopathology
c) memory ✓ correct
d) genetics

Q80. *[Multiple Choice]*

Within the introductory psychology initiative's mental and physical health pillar, which subfield usually focuses on more severe or biologically–based illnesses?

a) clinical psychology ✓ correct
b) counseling psychology
c) cognitive psychology
d) social psychology

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Q81. *[Multiple Choice]*

Intersectionality highlights how different types of _____ influence individuals' experiences.

a) personality
b) emotion
c) perception
d) diversity ✓ correct

Q82. *[Multiple Choice]*

Health psychology studies how _____ influence psychological and physical health.

a) mental and behavioral processes ✓ correct
b) organic and inorganic matter
c) different kinds of research approaches
d) workplace leadership strategies

Q83. *[Multiple Choice]*

How do new theories and evidence-based therapies advance within psychology?

a) logical argument
b) subjective analysis
c) creative nonfiction
d) scientific method ✓ correct

Q84. *[Multiple Choice]*

Psychology has become a challenging science because many of the phenomena now being studied are _____.

a) easily measurable
b) abstract ✓ correct
c) mathematical
d) objective

Q85. *[Multiple Choice]*

Which organization of professional psychology notes the integrated efforts of the subfields of psychology?

a) The American Counseling Association
b) The Association of Psychological Sciences
c) The American Psychiatric Association
d) The American Psychological Association ✓ correct

Q86. *[Multiple Choice]*

The fifth introductory psychology initiative integrative theme suggests that our _____ filter our experiences of the world through an imperfect personal lens.

a) personalities
b) biases ✓ correct
c) sensations
d) attachment styles

Q87. *[Multiple Choice]*

As a structuralist, Wundt assumed that processes like sensation and perception _____.

a) were figments of the imagination that did not truly exist
b) could not be studied scientifically through observation
c) should be studied as a whole rather than in parts
d) could be broken down into smaller elements ✓ correct

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Q88. *[Multiple Choice]*

Which idea suggests that complex mental experiences can be broken down into smaller parts?

a) behaviorism
b) functionalism
c) structuralism ✓ correct
d) mentalism

Q89. *[Multiple Choice]*

What is one problem with using introspection as a method in psychology?

a) It is unverifiable. ✓ correct
b) It is too concrete.
c) It is objective.
d) It is costly and time-consuming.

Q90. *[Multiple Choice]*

Functionalists focused on the _____, rather than the structure, of mental processes and behaviors.

a) purpose ✓ correct
b) components
c) unconscious aspects
d) biological roots

Q91. *[Multiple Choice]*

Which of these options did Thorndike use in his research into functionalism?

a) introspective reports
b) dream analysis
c) puzzle boxes ✓ correct
d) operant chambers

Q92. *[Multiple Choice]*

Many early psychologists thought that the methods used in functionalism seemed more _____ than the methods used in structuralism.

a) subjective
b) scientific ✓ correct
c) cost-effective
d) ethical

Q93. *[Multiple Choice]*

Darwin's work on evolution helped inspire some psychologists to use _____ in their studies.

a) animals ✓ correct
b) humans
c) randomization
d) statistics

Q94. *[Multiple Choice]*

Regardless of what they think of his theories, many feel that the work of Freud had a great influence on _____.

a) psychotherapy ✓ correct
b) behaviorism
c) research methods
d) ethical guidelines

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Q95. *[Multiple Choice]*

What is a common criticism of Freud?

a) He did not consider individual experience.
b) He was not interested in mental health.
c) His approach was not scientific. ✓ correct
d) His training was not medical.

Q96. *[Multiple Choice]*

Behaviorists believed that psychology should predict and control _____ rather than explain _____.

a) mental processes; behavior
b) behavior; mental processes ✓ correct
c) neural processes; emotion
d) emotion; neural processes

Q97. *[Multiple Choice]*

Which psychologist's escape from anti–Semitism in WWII–era Europe influenced his interest in topics like prejudice and aggression?

a) Kurt Lewin ✓ correct
b) John Watson
c) Daniel Kahneman
d) Carl Rogers

Q98. *[Multiple Choice]*

Lewin called for _____, or the application of psychology to solving problems and improving the world.

a) content knowledge
b) puzzle boxes
c) action research ✓ correct
d) scientific inquiry

Q99. *[Multiple Choice]*

Which approach focuses on the ways in which interpersonal dynamics and norms influence people?

a) cognitive
b) biological
c) psychodynamic
d) sociocultural ✓ correct

Q100. *[Multiple Choice]*

Which topic is central to humanistic psychology?

a) brain mechanisms
b) memory techniques
c) social anxiety
d) self-esteem ✓ correct

Q101. *[Multiple Choice]*

The humanistic approach informed the _____ movement, which aims to help people thrive.

a) action research
b) behaviorist
c) positive psychology ✓ correct
d) cognitive revolution

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Q102. *[Multiple Choice]*

Researchers should strive to be aware of personal _____ which might influence their research.

a) biases ✓ correct
b) hormonal factors
c) genetic traits
d) neural influences

Q103. *[Multiple Choice]*

Which term describes racism and sexism occurring within theory development and unethical treatment of research participants?

a) explicit discrimination
b) empirical research
c) systemic prejudice ✓ correct
d) cultural relativism

Q104. *[Multiple Choice]*

A 2022 paper on psychology's problematic history identified the belief that _____ as a problematic assumption embedded in many theories.

a) race is a social construct
b) race is a biological difference ✓ correct
c) gender is a social construct
d) sex is a biological difference

Q105. *[Multiple Choice]*

A 2022 paper described _____ as producing interpretations that were biased against people of color.

a) avoiding the use of standardized tests
b) including a diverse group of participants
c) assuming race is a social construct
d) standardizing tests by using White people as the norm ✓ correct

Q106. *[Multiple Choice]*

Historically, standardized tests have included culturally biased questions which are more likely to align with the experiences of _____.

a) Black people
b) White people ✓ correct
c) homosexual individuals
d) women

Q107. *[Multiple Choice]*

In what year was the American Psychological Association founded?

a) 1892 ✓ correct
b) 1910
c) 1968
d) 1988

Q108. *[Multiple Choice]*

Historically, psychology failed to study the negative effects of _____, which can affect international policies.

a) psychotherapy
b) conformity
c) colonization ✓ correct
d) implicit bias

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Q109. *[Multiple Choice]*

In 1895, psychologists published a very racist paper referring to Black or Native American people as having _____ reflexes.

a) “superior”
b) “inattentive”
c) “undeveloped”
d) “primitive” ✓ correct

Q110. *[Multiple Choice]*

In the early twentieth century, 31 different APA presidents supported _____ organizations, which advocated for forced sterilization of those they called “unfit and inferior races.”

a) behaviorist
b) eugenics ✓ correct
c) civil rights
d) anarchist

Q111. *[Multiple Choice]*

In the early 1900s, the U.S. military started giving _____ tests with questions that were culturally biased against people of color.

a) vision
b) philosophy
c) intelligence ✓ correct
d) history

Q112. *[Multiple Choice]*

In 1968, 75 Black psychologists resigned their membership in a (failed) effort to convince the APA to stop endorsing racist _____.

a) presidential candidates
b) standardized tests ✓ correct
c) commercial advertising
d) research methods

Q113. *[Multiple Choice]*

Which psychologist coined the term "Ebonics" for a way of speaking used by some African Americans and argued that it should be considered as valid as any other regional dialect used in the country?

a) Kenneth Clark
b) Martha Bernal
c) Robert Lee Williams II ✓ correct
d) G. Stanley Hall

Q114. *[Multiple Choice]*

Robert Lee Williams II’s research helped identify the cultural biases present in _____.

a) school segregation
b) standardized tests ✓ correct
c) early childhood education
d) advertising

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Q115. *[Multiple Choice]*

Indian-born psychologist Mahzarin Banaji's research popularized the idea of _____.

a) intersectionality
b) gaslighting
c) explicit bias
d) implicit bias ✓ correct

True/False (6)

Q116. *[True/False]*

Sigmund Freud is widely considered to be the founder of psychology as a separate scientific discipline.

a) True
b) False ✓ correct

Correct answer: False

Q117. *[True/False]*

Russian physiologist Ivan Pavlov was studying digestion in dogs, when his observations unexpectedly led to important psychological discoveries.

a) True ✓ correct
b) False

Correct answer: True

Q118. *[True/False]*

Kurt Lewin called for action research, or simultaneously investigating and attempting to solve real-world problems.

a) True ✓ correct
b) False

Correct answer: True

Q119. *[True/False]*

The uncredited work of chemist Rosalind Franklin was crucial to the discovery of the double-helix structure of DNA.

a) True ✓ correct
b) False

Correct answer: True

Q120. *[True/False]*

As a practitioner of Zen Buddhism, Yujiro Motora promoted the idea that students should accept whatever their teachers said.

a) True
b) False ✓ correct

Correct answer: False

Q121. *[True/False]*

Implicit biases refer to forms of prejudice that we're consciously aware of.

a) True
b) False ✓ correct

Correct answer: False

Essay (6)

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Q122. *[Essay]*

Psychology did not become an official, separate science until the late 1800s. Why do you think it took so long for psychology to become its own discipline, compared to older sciences like physics and chemistry?

> ***Suggested answer:*** *Sample response: One of my teachers once said: "It's like a fish discovering water." I think it took so long for psychology to become an official science because we're so immersed in our own mental processes, like a fish in water. It took many centuries to realize that these mental processes could be taken as an object of scientific study, and even then, psychologists had to figure out how to study processes that are largely internal, and not directly observable from the outside.*

Q123. *[Essay]*

The chapter suggests that psychology is a particularly difficult science because (1) many concepts, such as bias or memory, are difficult to measure directly; and (2) ethics are crucial. Choose one of these considerations and explain why it may be more difficult in psychology than other sciences.

> ***Suggested answer:*** *Sample response: Ethics are crucial in psychology because most of the research must be done on living beings. Compared to other sciences like physics or chemistry, in which many research questions may be pursued by studying inanimate objects or substances, using humans and other animals as research subjects requires a much higher bar for considering what type of studies can be done. In relatively recent history, famous studies like the Milgram study put people in manipulated experimental situations which could potentially have a negative effect on their psychological well-being. Since humans can be shaped in unpredictable ways by the situations they're in, it is crucial not to put human or animal subjects at undue risk of harm, even when the results might bring us greater knowledge.*

Q124. *[Essay]*

Consider the 5 pillars of the APA's introductory psychology initiative, representing five major subfields of psychology: biological, cognitive, development, social and personality, and mental and physical health. Which subfield is most interesting to you, and why? Name at least one question within that area of study that you're curious to learn more about.

> ***Suggested answer:*** *Sample response: At this time in my life, I am most interested in biological psychology. I'm curious to learn more about the research on how body and mind influence each other, because I observe in my own life how much physical factors (like having a headache) influence my mood and thought processes. One question I'd like to know more about is how the brain and digestive system communicate and interact with each other.*

Q125. *[Essay]*

Define introspection. Consider current methods, such as surveys, which still rely on participants' introspective reports. What is one advantage and one disadvantage of using introspection in psychology?

> ***Suggested answer:*** *Sample response: Introspection is self-observation of internal processes. While the drawbacks of using introspection in science are well-known, there is some information that simply can't be obtained in any other way. To this point, an advantage of introspection is that it attempts to get at this subjective information that is only accessible by the individual. While there may be some external indicators of mood, like facial expression or body language, the only way to really know how someone is feeling is to ask them. But even then there is no way to verify that what the person reports is what they're actually experiencing (a disadvantage of introspection).*

Q126. *[Essay]*

Choose one of the diverse voices discussed in this chapter. What piqued your interest about their work, and what are you curious to know more about?

> ***Suggested answer:*** *Sample response: I was interested in the work of Mamie Phipps Clark. The methods of her doll studies were clever, and the finding of internalized racism was striking and sad. I was particularly impressed that this work was cited in the Brown v. Board of Education decision that declared segregation in schools unconstitutional. While this decision did not immediately end segregation, it is a striking example of how psychological research can influence public policy. It left me curious how frequently psychological research is cited in Supreme Court decisions, and to what ends.*

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Q127. *[Essay]*

In 2021, the American Psychological Association issued a formal apology for contributing to racist ideas and system inequity, sponsored a detailed chronology of these contributions, and is funding grants to promote diversity and inclusion within psychology. What do you think of these efforts, and are there any aspects of these efforts that you'd like to know more about?

> ***Suggested answer:*** *Sample response: I think these efforts are needed, but we must always be critical about whether such efforts are sincere and backed by action (especially since such statements by organizations became 'trendy' following the upsurge of Black Lives Matter protests in 2020). I was impressed by the level of detail in the chronology that was released, identifying racist actions specifically rather than just issuing a vague apology. More important, the APA seems to be putting its money where its mouth is by funding grants. To evaluate these programs, I would need to know more about them. I'm also curious about the demographic make-up of APA leadership, and whether it has changed since initiating these efforts.*

Hard

Multiple Choice (16)

Q128. *[Multiple Choice]*

In alignment with the scientific inquiry and critical thinking component of the introductory psychology initiative, Dr. Adeeb teaches her class how to interpret, design, and evaluate _____.

a) literary fiction
b) research ✓ correct
c) the brain
d) anatomical structures

Q129. *[Multiple Choice]*

Maya wants to work with individuals to help them find effective coping techniques for anxiety. Which subfield of psychology should she pursue?

a) Personality psychology
b) Counseling psychology ✓ correct
c) Clinical psychology
d) Biological psychology

Q130. *[Multiple Choice]*

Jamisa is a Black woman who feels that both her race and her gender affect her professional opportunities. Which concept is this an example of?

a) intersectionality ✓ correct
b) action research
c) structuralism
d) functionalism

Q131. *[Multiple Choice]*

Joon has no psychological disorders and is relatively satisfied with life but wants to explore how he can cultivate a greater sense of flourishing. Which area of psychology addresses this most directly?

a) clinical psychology
b) health psychology
c) cognitive psychology
d) positive psychology ✓ correct

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Q132. *[Multiple Choice]*

According to the introductory psychology initiative, behavior and mental processes are affected by four sets of factors; they include biological and psychological factors, as well was which other two types?

a) social and cultural ✓ correct
b) nature and nurture
c) mental and physical
d) neural and genetic

Q133. *[Multiple Choice]*

Dr. Karan hopes to improve quality of life in her neighborhood by providing free psychoeducation about managing stress in urban environments. This goal aligns with the introductory psychology initiative's sixth integrative theme, which states that applying psychological principles can _____ in positive ways.

a) rewire our brains
b) alter our biases
c) change our communities ✓ correct
d) generate empirical data

Q134. *[Multiple Choice]*

Which scenario is an example of introspection?

a) A researcher measures a participant's brain activity as they complete a memory task.
b) A researcher theorizes that adolescents have less ability for impulse control than adults.
c) A person looks up a digestive symptom they've been experiencing on WebMD.
d) A person notices the feelings and memories that emerge as they look at pictures of an old friend. ✓ correct

Q135. *[Multiple Choice]*

Behaviorists noted the inherent bias and inconsistency in the research approach of _____.

a) classical conditioning
b) animal studies
c) data analysis
d) introspection ✓ correct

Q136. *[Multiple Choice]*

Ava likes to read about topics such as conformity, altruism, and prejudice. Which approach to psychology most aligns with her interests?

a) biological
b) sociocultural ✓ correct
c) behaviorist
d) psychodynamic

Q137. *[Multiple Choice]*

Cognitive psychologists were influenced by the objective research methods of behaviorists but differed from behaviorists in wanting to study _____.

a) mental processes ✓ correct
b) observable behaviors
c) hormonal changes
d) cultural influences

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Q138. *[Multiple Choice]*

Kahneman's research suggests that we need a healthy balance of _____ in decision–making.

a) attention and memory
b) intuition and logic ✓ correct
c) social and cultural influences
d) hormones and neurotransmitters

Q139. *[Multiple Choice]*

What is a common error in the history of psychological research?

a) Researchers failed to form hypotheses before conducting their experiments.
b) Researchers did not consider their experimental results when forming theories.
c) Researchers interpreted findings to only be true of White people, even when their sample was diverse.
d) Researchers generalized their findings to all people, despite having samples that were not diverse. ✓ correct

Q140. *[Multiple Choice]*

By the year 2000, people of color made up just over 26% of the U.S. population, and nearly _____ of APA's members.

a) 1%
b) 6% ✓ correct
c) 26%
d) 45%

Q141. *[Multiple Choice]*

Kenneth and Mamie Phipps Clarks' doll studies demonstrated the harmful effects of _____.

a) internalized racism ✓ correct
b) traditional gender roles
c) environmental contaminants
d) learned helplessness

Q142. *[Multiple Choice]*

Martha Bernal studied Mexican American children with the intention of understanding their development of _____.

a) identity ✓ correct
b) attention
c) temperament
d) memory

Q143. *[Multiple Choice]*

The APA has prioritized efforts to support trauma–informed mental health care, emphasizing _____ in clinical and health practices.

a) access for those with physical disabilities
b) affordability
c) diversity ✓ correct
d) past experiences

Essay (4)

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Q144. *[Essay]*

Read through the seven integrative themes of the introductory psychology initiative. Which theme especially stands out to you and why? Give an example of that theme, either from the chapter or your own life.

> ***Suggested answer:*** *Sample response: The theme that stands out to me most is, "Psychological science explains general principles that govern behavior while recognizing individual differences." This seems to be at the heart of what it means to study psychology. Every individual is unique; yet there are clearly mental and behavioral tendencies that we see expressed similarly across many different individuals (such as a cluster of symptoms that's been labelled as a certain disorder). One example from my own life is the personality trait of introversion. It's been a relief to learn, both through research studies and social media memes, that many other people experience the love of alone time and desire to avoid small talk that I used to think was something uniquely 'wrong' with me. The introversion/extroversion spectrum can be seen as a general principle, which is expressed in a unique way in my own life.*

Q145. *[Essay]*

Choose one of the historical figures discussed in this chapter. What piqued your interest most about their work, and what are you curious to know more about?

> ***Suggested answer:*** *Sample response: Regardless of what people think of his specific theories, Freud is a pioneer of psychotherapy. This fact piqued my interest. I feel that when most people hear the name Freud, they think of the Oedipus complex and express skepticism of all of his ideas and legacy. I also disagree with a lot of his specific ideas (like most of the details, and certainly the sexual bases of the psychosexual stages), but in a general sense he contributed important ideas about the unconscious, childhood influences on adulthood, and the potential of talk therapy. I'm curious to know if the idea that Freud pioneered psychotherapy is widely accepted by therapists who don't remotely consider themselves Freudian, such as cognitive-behavioral therapists, or if his role is unrecognized or debated.*

Q146. *[Essay]*

In 2021, the American Psychological Association issued a formal apology for contributing to racist ideas and system inequity, sponsored a detailed chronology of these contributions, and is funding grants to promote diversity and inclusion within psychology. What do you think of these efforts, and are there any aspects of these efforts that you'd like to know more about?

> ***Suggested answer:*** *Sample response: I think these efforts are needed, but we must always be critical about whether such efforts are sincere and backed by action (especially since such statements by organizations became 'trendy' following the upsurge of Black Lives Matter protests in 2020). I was impressed by the level of detail in the chronology that was released, identifying racist actions specifically rather than just issuing a vague apology. More important, the APA seems to be putting its money where its mouth is by funding grants. To evaluate these programs, I would need to know more about them. I'm also curious about the demographic make-up of APA leadership, and whether it has changed since initiating these efforts.*

Q147. *[Essay]*

The chapter emphasizes how psychological insight can be applied to understand ourselves and our relationships better. What is an area of your life that you would like to have more psychological insight into? Describe at least one concept from the chapter that suggests how psychology may provide some answers.

> ***Suggested answer:*** *Sample response: My life is generally quite good now; I have no pressing psychological, health, or relationship problems. I'm grateful for this in the abstract, and yet on an everyday basis I sometimes struggle with feeling dissatisfied and wanting a greater sense of meaning in my life. The brief mention of positive psychology in this chapter piqued my interest, since it seems to discuss just such issues: finding ways for humans not only to survive and meet their basic needs but also thrive and flourish as individuals. I'm curious to learn more and see how it might apply to my own life.*

Instructor's Manual

Chapter 1: Introduction to Psychology

Assessment Correlation Grids

Learning Objective	Bloom's Taxonomy			
	Knowledge	**Comprehension**	**Application**	**Analysis**
1.1: Define psychology and explain the American Psychological Association's introductory psychology initiative.	TB 3, 4, 5, 6, 8, 9, 10, 11, 21, 22, 24, 26, 28, 31, 39, 42, 43, 46, 48, 51, 53, 54, 126, 127, 128 CQ 1, 2, 3, 4, 5, 6, 12, 13, 14 KC 1, 2, 4, 5 VA#1: 1	TB 1, 2, 7, 12, 13, 14, 16, 17, 18, 19, 20, 23, 29, 32, 34, 36, 37, 40, 44, 45, 47, 50 CQ 7, 8, 9, 11 KC 3 VA#1: 2	TB 15, 33, 35, 38, 52, 144 CQ 10, 15, 16, 17	TB 25, 27, 30, 41, 49, 141, 142, 143 CQ 18, 19, 20 CTC 1 VA#1: 3, 4
1.2: Explain important historical figures and approaches to psychological inquiry.	TB 55, 56, 57, 58, 59, 61, 65, 66, 67, 68, 71, 73, 76, 77, 78, 81, 86, 87, 91, 131, 133 CQ 26, 28, 33 KC 1, 2, 4	TB 60, 63, 64, 69, 70, 72, 74, 75, 79, 80, 82, 83, 85, 88, 92, 129, 130, 132 CQ 21, 23, 30, 32 KC 3, 5	TB 62, 84, 90, 146 CQ 24, 25, 29	TB 89, 145, 147 CQ 22, 27, 31 CTC 2
1.3: Discuss the history of prejudice in psychology and identify	TB 95, 96, 103, 104, 107, 109, 110, 111,	TB 93, 94, 97, 99, 101, 102, 105, 106, 117,	TB 100, 148 VA#2: 4	TB 98, 108, 114, 149 CQ 36

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key diverse voices in the field over time.	112, 113, 115, 116, 118, 119, 121, 122, 123, 135, 136, 138, 140 CQ 35, 37, 39 KC 2, 4 VA#2: 1	120, 124, 134, 137, 139 CQ 34, 38, 40 KC 1, 3, 5 VA#2: 2		CTC 3 VA#2: 3
1.4: Analyze how the ideas in this book can relate to you, personally.	TB 125 CQ 41, 43 KC 1	CQ 42, 44, 45 KC 2, 3, 4, 5	TB 150	CTC 4

Discussion Topics

To the Instructor: These discussion topics are designed to engage students in conversation about the content of the current chapter. The discussions may take place in a classroom or on the online platform of the course. The scenario is designed to offer structure to the discussion, so that students may focus on their understanding of the links between the major topics in the chapter. Students are encouraged to engage and share anything they think may be important, even if it may need to be corrected for accuracy. In the classroom, you may wish to divide students into breakout groups and let them discuss the topic before bringing them all together into a discussion as a larger group. Alternatively, you may assign the discussion activity before class, so that students come to class prepared to discuss. On the online platform, students should comment on the main thread and reply to at least two other posts. Should you decide to make this part of the grade, a simple and flexible grading rubric has been provided for you, and half points are possible to assign where you see fit.

Discussion Activity

The following is a discussion topic for you to consider after studying the current chapter. The purpose of this discussion is for you to share your ideas about methods in psychology. The discussion activity is designed for interaction between you and your classmates so you may help each other better understand the chapter. In this activity, it is important for you to engage with your classmates' ideas. Sharing your ideas is encouraged, even if you are not so sure about the accuracy of the content. Indeed, the conversation should help you tune into the subject matter that you may need to go over again. In your discussion, you may also pose

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questions to your classmates and instructor if you need to better understand their comments. You will be graded according to the rubric provided below. The activity is graded out of 10 points.

Topic 1

Is there any career in which a basic knowledge of psychology would *not* be helpful? As you answer, recall the definition of psychology and the many subdisciplines within the broader field. Should a psychology class be mandatory for all college students? How else can psychology help people throughout their lives? Why or why not?

Topic 2

Most psychologists consider psychology a science, but human emotions, cognitions, and behaviors are complicated and often guided by contextual, or situational, factors. If psychological research cannot or does not yield consistent behavioral principles that guide human behavior, thoughts, and emotions, can psychology be considered a science? Does this truism make you think of psychology as less of a science than chemistry or biology? Why or why not?

Fill in the Blanks

1. The scientific study of mental processes and behaviors is known as _____. (psychology)
2. The "leading scientific and professional organization representing psychology" is known as _____. (the American Psychological Association)
3. The APA's suggested approach to teaching high-quality initial general psychology courses at the college level is known as the _____. (Introductory Psychology Initiative)
4. Self-regulation, management skills, effective judgment, collaboration skills, tech skills, and a direction for life after graduation are all part of the _____ IPI learning subgoal. (personal and professional development)
5. The study of how we change and grow over our lifetime is known as _____. (developmental psychology)
6. Psychology is a science because ideas, theories, and evidence-based therapies advance through the _____. (scientific method)
7. When psychologists repeat studies, or try them again, this is known as _____. (replication)
8. The person now considered the founder of psychology was a physiologist named _____. (Wilhelm Wundt)
9. The idea that complex mental experiences can be broken down into smaller parts is known as _____. (structuralism)
10. _____, an approach developed by William James, emphasized the purpose of thought, sensation, perception, and memory. (Functionalism)

In your own words:

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1. Describe the five pillars within APA's Introductory Psychology Initiative.
2. Why is Wilhelm Wundt considered the founder of psychology?
3. What were the basic tenets of structuralism?
4. What were the basic tenets of functionalism?
5. What is the main emphasis of the biological approach to psychology?
6. What is the main emphasis of the psychodynamic approach to psychology?
7. What is the main emphasis of the behaviorist approach to psychology? Why did this approach come about?
8. What is the main emphasis of the sociocultural approach to psychology?
9. What is the main emphasis of the humanistic approach to psychology?
10. What is systematic prejudice within the field of psychology?

Critical Thinking Activities: Argue for a Point of View

To the Instructor: For this exercise, students will apply their knowledge of the chapter to defend an argument related to controversial issues in the real world. The students are required to find at least one relevant article using the library system that informs their argument. This assessment may be graded for full points upon completion and participation in class.

Critical Thinking Activities

For this activity, you are asked to carefully consider an event in the real world and use your knowledge from the current chapter to argue for a point of view. If you do not have an opinion about the issue yourself, you may list evidence in support of different points of view.

1. How much of an issue has systemic prejudice been within the discipline of psychology? If the field has been mainly developed by White males, does this have implications for the replicability of psychology studies? Does it limit study results? Does systemic prejudice within science cause irreparable harm? If so, give an example of how this might be the case.

2. Why should psychology strive to include more diverse voices within its scholarly, teaching, and practitioner ranks? How can psychology broaden its perspective to include more diverse voices? What may happen to psychology in the future if its perspective is limited to members of majority groups?

Essay and Research Paper Topics

1. What characteristics does a discipline need in order to be considered a science? Given this, why is psychology considered a science?
2. How does psychology differ from other, related disciplines such as sociology, social work, biology, etc.?

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3. Why is it important that disciplines like psychology are governed by professional organizations like the American Psychological Association? What might happen if psychology had no governing body?
4. Consider the five pillars of psychology. If you were in charge of deciding what these pillars should be, are these the five you would choose? Why or why not? Has there been any controversy surrounding the choice of these pillars?
5. How has the inclusion of intersectionality changed psychology as a discipline? Are there aspects of intersectionality that are controversial? Explain.
6. Why is it important that psychology has the scientific method as its core?
7. Why did the emphasis change from structuralism to functionalism during psychology's early years? What were the shortcomings of structuralism?
8. How was functionalism an advancement beyond structuralism during psychology's early days? What were the drawbacks of functionalism?
9. Why was Freud's psychodynamic approach controversial? Were there ways in which Freud was right about human behavior?
10. What were the historic realities that led psychology to be founded almost exclusively by White males? How do you think this might have changed the discipline and the way it began?

Career Activity

To the Instructor: The following activity has been designed to help make the content of the current chapter relevant to students on different career paths. Students should identify their career pathway and answer the related prompt. This activity may be done individually or in a group of students. The groups should be divided according to career pathway so that students with similar majors are in the same group. Some students may not have decided their area of study. They are welcome to choose any of the career-customized scenarios to consider. If this activity is graded, it could be graded upon completion as a Pass/Fail.

Career Activity

What will be your career? How does the content from this chapter relate to your program of study? Let's explore some ideas.

Identify your career pathway below and complete the activity associated with your career pathway.

1. **Arts, Humanities, Communication, and Design**—Imagine yourself in the future working in your career pathway (maybe as an artist, journalist, designer, historian, etc.). You are working with students in the field who want to understand how to interpret historic writings, artwork, and other creations. How can you use what you know about psychology to help students interpret these human-created works of art and history?
2. **Business**—Imagine yourself as the businessperson you are working toward becoming. You feel as though your office has become stagnant because of the homogenous workforce. How can you encourage your office mates to hire more diverse candidates for open positions? What would you suggest are the advantages of doing so?

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3. **Education**—Imagine you are already working as a high school teacher with a classroom full of 17-year-olds. Mikael wants to pursue psychology as a career, but his parents want him to become a "scientist." How would you help Mikael persuade his parents that psychology is a science? What aspects of psychology make it a science?
4. **Health Sciences**—Imagine you are a Health Science professional already working in the field. Your goal is to help people eat healthier foods and exercise more regularly. How can you use psychology to accomplish those goals?
5. **Industry, Manufacturing, Construction & Transportation—**Imagine a hypothetical situation in which your company is wrestling with a difficult problem, for which no proposed solutions are coming to mind. How could you use the tenets of structuralism in order to solve the problem your company faces? Would breaking the problem down into smaller parts facilitate a solution? Would having your teammates or your customers introspect about the problem possibly help develop a solution? If so, how might this work?
6. **Public Safety—**Imagine you're already working in your career in Public Safety. You are trying to emphasize what police officers and other public safety personnel can do to keep communities safer when one of the young officers asks "if people know how to stay safe, why don't they engage in safer behaviors all the time?" How can your background in psychology, in particular the behavioral or sociocultural perspectives, help you answer this question for your trainee?
7. **STEM—**Imagine you're already working as a professional in the STEM field. You have been worried that your approach to your biological research is too straightforward and ignores contextual, or situational, impact. Is Lewin's sociocultural approach to psychology relevant to other scientific disciplines? More specifically, should you, as a biologist, consider how situations might modify the results you have been seeing within your research, or is that mostly relevant to studies involving humans only?
8. **Social Behavioral Sciences and Human Services**—Imagine you are already working in the field as a social scientist. While at a conference, you introduce yourself as a psychologist, and the person you are talking to responds with, "I just cannot respect psychology as a discipline given its history of systemic prejudice." How can you use the content of this chapter to respond to your new colleague's complaint about the discipline? How is the American Psychological Association striving to reconcile the less-than-ideal way psychology has handled diversity in the past?

APA IPI Learning Activity

Hiring William James

Student Learning Outcomes

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By completing this assignment, you will be able to…
Identify the perspectives of several prominent founding fathers within psychology.
Determine how each contributed to modern day psychology.
Consider how the needs of a discipline change over time.
Strengthen your ability to both develop and evaluate job advertisement materials.

Activity Instructions

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1) Prepare a job ad that might be typical for your school inviting applications for the position of psychology instructor. Have students pair up.
2) Provide students a list of prominent psychologists from the current chapter and have each pair of students choose one of the psychologists.
3) Ask each pair to prepare an application packet as if they were the psychologist whom they have chosen (or that you have assigned them). The application should include a brief résumé, including important publications and experience, a statement of research philosophy or expertise, and a statement of teaching philosophy.
4) After students have prepared their materials, have the students form small groups, ask them to discuss each of the "applicants" represented in their group and then select the one applicant they consider the best for the job.
5) Finally, ask the best applicant from each small group to make a brief presentation (in front of the whole class) of his or her experience and credentials. The class, serving as the selection committee, then will vote to choose the candidate whom they would like to hire for the job. This is an activity that can generate some good discussion about the various points of view in psychological science as well as bring to life important figures in the field.

Post-Activity Discussion Questions

1. Have each pair report on their process for creating application materials for the prominent psychologists. What things did they consider important to showcase? What things were less important? How did they make these decisions?
2. Have the class as a whole discuss how they decided who to choose to hire from among the psychologists presented using similar questions to those noted above.
3. Lastly, discuss with students how the application materials and hiring choices might have differed if the prominent psychologists had been members of diverse groups. Why is it important that diverse voices are represented in the field?

Arts and Crafts Activity

To the Instructor: This activity may be done as a group or solo activity in class or remotely.

Arts and Crafts Activity

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Instructions: Make a map of the history of psychology. Your map should look like a series of Venn diagrams. Consult the chapter to note the various movements that comprise the history of psychology, including structuralism, functionalism, the biological approach, the psychodynamic approach, the behaviorist approach, the sociocultural approach, the humanistic approach, and the cognitive approach. As you consider your diagram, make a circle for each of these approaches. Allow your circles to overlap between approaches to show how they are similar – and label these similarities. Where approaches have unique attributes, those should be labeled too in the parts of the circles that do not overlap with other circles. When you are finished, be prepared to share your map with other members of the class and/or your instructor and discuss why you drew and labeled it as you did.

Concept Highlights

Starting Your Psychology Journey

Psychology is the scientific study of mental processes and behaviors. The American Psychological Association (APA) is the leading professional organization that governs psychology within North America. The APA has recently developed the introductory psychology initiative, which suggests that initial courses within the psychology field emphasize research methods, because psychology is a science; integrative themes; and five "pillars" or major psychological subfields: biological, cognitive, developmental, social/personality psychology, and mental/physical health.

IPI: Define and explain basic psychological concepts.

A Brief History of Psychology in Europe and the U.S.

Many people consider Wilhelm Wundt, a physiologist, to be the "founder" of psychology. In 1874, Wundt wrote a textbook called *Principles of Physiological Psychology*. In it, he argued that psychology should be a separate field of study, using scientific experiments to understand thoughts and behaviors. In addition, he started the first scientific lab devoted to human sensation and perception in Germany in the late 1800s. Other important people in the history of psychology include Edward Titchener, who founded structuralism in collaboration with Wundt; William James, the founder of functionalism; Ivan Pavlov, an early proponent of the biological approach to psychology; Sigmund Freud, the founder of the psychodynamic approach; John Watson, an early behaviorist; Kurt Lewin, an advocate for the sociocultural approach to psychology; Carl Rogers, who preferred the humanistic approach to the field; and Daniel Kahneman, who was an early cognitive psychologist.

IPI: Psychological science relies on empirical evidence and adapts as new data develop.

The Beauty of Diversity

Most of the "founding fathers" of psychology were White men. Psychology has a history of systemic prejudice in the areas of racism and sexism, which the APA has acknowledged and is trying to reconcile by including more diverse voices in the field. Examples of some of these pioneers, who have been helping to advance diversity in psychology, are Yūjirō Motora, Mary Whiton Calkins, Mamie Phipps Clark and Kenneth Clark, Robert Lee

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Williams II, Martha Bernal, Mahzarin Banaji, Laura King, and Alette Coble-Temple. Their work is very briefly summarized in this section.

IPI: Psychology values diversity, promotes equity, and fosters inclusion in pursuit of a more just society.

How To Use This Book

The APA provides grant funding to help research efforts devoted to improving the global community through scientific inquiry, ending systemic prejudice, and promoting equality. This book has the same goals, in that each chapter highlights curiosity and storytelling, including use of four special features, which include a Spotlight on Research Methods, Psychology in Your Curious World, What's My Score?, and the Career Corner. The authors of this book believe that the material will be more memorable if students apply it to their own lives.

IPI: Applying psychological principles can change our lives, organizations, and communities in positive ways.

Instructions and Grading Rubrics for Instructor Usage

Discussion Question Instructions and Grading Rubrics

To the Instructor: These discussion topics are designed to engage students in conversation about the content of the current chapter. The discussions may take place in a classroom or on the online platform of the course. The scenario is designed to offer structure to the discussion, so that students may focus on their understanding of the links between the major topics in the chapter. Students are encouraged to engage and share anything they think may be important, even if it may need to be corrected for accuracy. In the classroom, you may wish to divide students into breakout groups and let them discuss the topic before bringing them all together into a discussion as a larger group. Alternatively, you may assign the discussion activity before class so that students come to class prepared to discuss. On the online platform, students should comment on the main thread and reply to at least two other posts. Should you decide to make this part of the grade, a simple and flexible grading rubric has been provided for you at the bottom, and half points are possible to assign where you see fit.

Rubrics for Online Discussion

The main post and response will each be worth up to 5 points as per rubric below. Instructor should provide feedback to students on how to revise and repost so as to improve the quality of the submission. Each discussion activity is out of 10.

	Excellent 5	Good 4	Adequate 3	Inadequate 1–2	Missing or Unacceptable Answer 0

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Main post	The post includes a thoughtful consideration of the scenario based on the readings. APA reference(s) and in-text citation(s) provided where necessary.	The post demonstrates a good understanding of the content but needs to be revised or completed according to instructor's feedback.	The post includes a good idea but needs to be worked through and corrected. Post could improve significantly as per instructor's feedback.	The post does not show critical thinking about the scenario. Substantial improvement needs to be made based on instructor's feedback.	Student did not participate OR The post is completely irrelevant and/or unrelated to the activity.
	5 Excellent	**4 Good**	**3 Adequate**	**1-2 Inadequate**	**0 Missing or Unacceptable Answer**
Response Posts	The student has provided at least **TWO** responses to other students' posts. Responses provide a thoughtful, relevant and/or creative addition to the discussion. APA reference(s) and in-text citation(s) provided where necessary.	Two or less responses that provide an adequate addition to the discussion. Responses could improve as per instructor's feedback.	Response does not add much to the discussion or is incorrect. Simply commenting "Good post" is inadequate.	Response adds virtually nothing to the discussion and/or is incorrect and/or completely irrelevant.	Student did not provide an answer, OR Response demonstrates extreme misunderstanding (or extremely inadequate understanding) of the content.

Rubric for In Class Discussion

	Excellent 9–10	**Good 8–9**	**Adequate 7–8**	**Inadequate 6–7**	**Missing or Unacceptable Answer 0–6**
Engagement in discussion	The student has engaged and cooperated in the activity and provided a relevant, thoughtful and/or creative consideration of the scenario based on the content of the chapter.	The student engaged and showed an understanding of the content but could have engaged more or could improve as per instructor's feedback.	The student has somewhat engaged. Engagement could improve significantly as per instructor's feedback.	The student did not engage much. Substantial improvement needs to be made based on instructor's feedback.	Student did not participate OR the response was completely irrelevant and/or unrelated to the activity.

ESSAY AND RESEARCH PAPER INSTRUCTIONS AND GRADING RUBRICS

Research Paper Instructions

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To the Instructor: The provided activities have been designed to allow for students to explore some research topics they will likely find interesting. Students will conduct comprehensive literature searches and write a research paper on the current state of the question. The purpose of this writing assessment is for students to show that they are able to find proper peer-reviewed papers and disseminate the findings in a coherent manner in APA format. The process has been divided into three parts to help students break down the tasks, stay motivated and not feel overwhelmed. In grading this assignment, it is suggested that you conduct two checkpoints for students. At Checkpoint #1, students should show you at least seven relevant peer-reviewed journal articles. At Checkpoint #2, they should show you an outline of the assignment, which will include any subheadings they plan to use and a summary of the content of each section. These checkpoints will provide an opportunity for students to flesh out their ideas and receive feedback with suggestions for improvement. They will also minimize last-minute assignments. A simple, adjustable rubric has been provided below, and the checkpoints are worth 40% in the process.

Checkpoint #1	Student has: Shown seven peer-reviewed articles highlighted the important parts, provided summaries of the articles, and produced a Reference page in APA style				**/3**
Checkpoint #2	Student has: Created a plan to move forward, come up with points to be made and planned to use the articles in specific sections as in-text citations				**/1**
Content of the paper	**Excellent 4**	**Good 2–3**	**Adequate 1–2**	**Inadequate, Incomplete or Unacceptable 0–1**	**/4**
	The paper shows a clear, coherent understanding of the state of the question, and brings up important points and supports arguments.	As per instructor's feedback, the paper could improve the flow of the content, and/or the clarify segments and better explain points with better support.	As per instructor's feedback, the paper needs *significant* improvement to the flow of the content, and/or explanation of points needs to be significantly revised.	The paper is severely incomplete and/or does not show any understanding of the literature whatsoever. Student must see instructor.	
	Excellent 2	**Good 0–1**		**Inadequate 0**	**/2**

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APA format and paper mechanics	The paper contains excellent mechanics, is of appropriate length, and is in APA style with use of proper in-text citations, references and/or other important formatting features.	The paper needs to improve mechanics, length, and/or APA style according to instructor's feedback.	The paper does not use APA style and/or the mechanics are not working. Student must see instructor.	

Essay Instructions

To the Instructor: The provided essay activities have been designed to offer students an opportunity to write a paper that is not as comprehensive as a research paper. In three or so pages, students should discuss the topic.

Content of the Paper	**Excellent 5.5–6**	**Good 4.5–5.5**	**Adequate 4–4.5**	**Inadequate, Incomplete or Unacceptable 0–3.5**	**/6**
	The paper shows a clear, coherent consideration of the topic, brings up important points and supports arguments.	As per instructor's feedback, the paper could improve the flow of the content, and/or clarify segments.	As per instructor's feedback, the paper needs significant improvement to the content.	The paper is severely incomplete, and/or shows little understanding of the assignment. Student must see instructor.	
APA format and paper mechanics	**Excellent 4**	**Good 3**		**Inadequate 0-3**	**/4**
	The paper contains excellent mechanics, is of appropriate length, and is in APA style.	As per instructor's feedback, the paper needs to improve mechanics, length, and/or APA style according to instructor's feedback.		The paper does not use APA style and/or the mechanics are not working. Student must see instructor.	

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