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Name:_____ Class:_____ Date:_____

Chapter 1

1. Ravi is unable to choose the right career path after completing his college education. He plans to visit a psychologist who might help him find the right career. In this scenario, Ravi is most likely to visit a human factors psychologist.

a. True

b. False

ANSWER: False

2. Structuralists emphasized the tendency to organize perceptions into wholes and to integrate separate stimuli into meaningful patterns.

a. True

b. False

ANSWER: False

3. Psychoanalysis is the name of the theory of personality developed by Sigmund Freud.

a. True

b. False

ANSWER: True

4. Erik Erikson focused more on unconscious processes and less on conscious choice and self-direction.

a. True

b. False

ANSWER: False

5. John B. Watson developed the social-cognitive perspective, arguing for the influence of social factors over cognition

a. True

b. False

ANSWER: False

6. Gestalt psychologists claimed that one cannot explain human perceptions, emotions, or thought processes in terms of basic units.

a. True

b. False

ANSWER: True

7. Jalen wondered how many blueberries are necessary for the perfect-tasting pancake. In this example, changing the number of blueberries would be considered the dependent variable.

a. True

b. False

ANSWER: False

8. In the 1940s and 1950s, psychodynamic theory dominated the practice of psychotherapy.

a. True

b. False

ANSWER: True

9. According to structuralists, maladaptive behavior patterns tend to drop out and only the fittest behavior patterns survive.

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a. True
b. False

ANSWER: False

10. According to the ethical guidelines of the American Psychological Association, animals cannot be harmed under any circumstance while conducting research.
a. True
b. False

ANSWER: True

11. In the context of psychological research, debriefing is the process of explaining the purposes and methods of a completed procedure to a participant.
a. True
b. False

ANSWER: True

12. Many case studies are clinical; that is, they are descriptions of a person's psychological problems and how a psychologist treated them.
a. True
b. False

ANSWER: True

13. A sample consists of multiple populations.
a. True
b. False

ANSWER: False

14. In a study conducted to test the effect of a medicine, one group of participants is given the medicine while another group is not. The latter would be considered an experimental group.
a. True
b. False

ANSWER: False

15. Psychology seeks to describe, explain, predict, and control behavior and mental processes.
a. True
b. False

ANSWER: True

16. Paulina is a kindergarten teacher. Every time one of her students answers correctly during her alphabet classes, she uses phrases like "Well done" and "Keep it up." Her behavior exemplifies reinforcement.
a. True
b. False

ANSWER: True

17. Correlations allow us to determine causality.

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a. True
b. False

ANSWER: False

18. Structuralists tended to ask, "How do behavior and mental processes help people adapt to the requirements of their lives?"
a. True
b. False

ANSWER: True

19. Sociocultural psychologists study the mind.
a. True
b. False

ANSWER: False

20. As opposed to a dependent variable, an independent variable is manipulated by the experimenters so that its effects may be determined.
a. True
b. False

ANSWER: True

21. Which of the following psychologists might treat offenders with mental illness, consult with attorneys on matters such as picking a jury, and analyze offenders' behavior and mental processes?
a. forensic psychologists
b. clinical psychologists
c. personality psychologists
d. experimental psychologists

ANSWER: a

22. Which of the following statements is true of the experimental method of research?
a. In the experimental method of research, participants in control groups obtain the treatment being tested.
b. The experimental method fails to answer questions about cause and effect.
c. In the experimental method of research, participants in experimental groups do not obtain the treatment being tested.
d. The experimental method allows psychologists to control the experiences of participants and draw conclusions about cause and effect.

ANSWER: d

23. A person in which field primarily focuses on the relationships between people and work?
a. industrial psychologist
b. human factors psychologist
c. forensic psychologist
d. consumer psychologist

ANSWER: a

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24. Since 15 percent of a university is composed of Asian American students, a sample for a study was chosen in such a way that it, too, consisted of 15 percent Asian Americans. This kind of sample would be an example of a _____.
    a. random sample
    b. static sample
    c. crowd sample
    d. stratified sample

ANSWER: c

25. Which of the following is a typical characteristic of biologically-oriented psychologists?
    a. They believe that self-awareness, experience, and choice permit us to invent ourselves and our ways of relating to the world as we progress through life.
    b. They study the influences of race/ethnicity, gender, culture, and socioeconomic status on behavior and mental processes.
    c. They investigate the ways we perceive and mentally represent the world, remember the past, plan for the future, solve problems, form judgments, make decisions, and use language.
    d. They study the role of heredity in behavior and mental processes such as psychological disorders, criminal behavior, and thinking.

ANSWER: d

26. Which of the following statements is true about the different types of psychologists?
    a. Counseling psychologists deal exclusively with clients who suffer from serious psychological disorders.
    b. Clinical psychologists help clients resolve problems and change self-defeating behavior.
    c. School psychologists focus on planning instructional methods for a school system rather than on individual children.
    d. Health psychologists apply psychology to the criminal justice system.

ANSWER: b

27. Who was a founder of the school of functionalism?
    a. B. F. Skinner
    b. Wilhelm Wundt
    c. William James
    d. Kurt Koffka

ANSWER: c

28. In every experiment, what the researcher is trying to determine has changed or not is called the _____.
    a. dependent variable
    b. confounding variable
    c. correlation coefficient
    d. stratified sample

ANSWER: a

29. Which of the following is a drawback of case studies?
    a. Interviewers may influence participants to give responses that suit their expectations.
    b. Case studies are not descriptive and hence do not offer substantial information about participants.
    c. Interviewers are required to disclose personal information about clients.

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d. Case studies do not collect information about small groups.

ANSWER: a

30. Ned is feeling stressed because of his workload at the office. He is also experiencing insomnia with rapid weight loss. What kind of correlation is there between Ned's stress and the amount of sleep he gets?

a. horizontal
b. negative
c. lateral
d. positive

ANSWER: b

31. Which of the following is true of Aristotle's contribution to psychology?

a. He held that people's behavior should be analyzed subjectively and not objectively.
b. He suggested that one could think of behavior in terms of a body and a mind.
c. He argued that human behavior is subject to rules and laws.
d. He pointed out that people's behavior is solely influenced by external stimulation.

ANSWER: c

32. Brandon is a psychologist who is studying the relationship between heredity and mood disorders. He strongly believes that behavior and mental processes have a connection with the brain, hormones, heredity, and evolution. Brandon's beliefs are most consistent with which perspective?

a. psychodynamic
b. cognitive
c. biological
d. humanistic–existential

ANSWER: c

33. Identify a true statement about social–cognitive theorists.

a. They believe that people are typically good and are predisposed to exhibit ethical conduct.
b. They note that people engage in intentional learning by observing others.
c. They define psychology as the scientific study of behavior, not of behavior and mental processes.
d. They believe that human social behavior is solely based on hereditary principles.

ANSWER: b

34. Functionalism was influenced by Darwin's theory of evolution, which _____.

a. accepted the belief of random mutations
b. considered humans as another form of animal
c. believed adaptive behavior patterns are learned and maintained
d. stated it takes thousands of years for species to evolve

ANSWER: b

35. Wilhelm Wundt used which method to try to discover the basic elements of experience?

a. introspection
b. reinforcement

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c. psychoanalysis
d. existentialism

ANSWER: a

36. Famous neoanalysts such as Karen Horney and Erik Erikson differ from earlier psychodynamic practitioners in that they _____.
a. emphasized environmental influences and the learning of habits through repetition
b. focused less on unconscious processes and more on conscious choice and self-direction
c. focused on the evolution of behavior in order to understand the human psyche
d. believed that people perceive separate pieces of information as integrated wholes

ANSWER: b

37. Which of the following are different from clinical psychologists in that their clients typically have adjustment problems, such as trouble making academic or vocational decisions or making friends in college, but not serious psychological disorders?
a. personality psychologists
b. organizational psychologists
c. developmental psychologists
d. counseling psychologists

ANSWER: d

38. Julie's research work requires her to interview a sample of 200 people within 2 months. She needs to gather data about the sample group's attitude toward certain situations through a questionnaire, but she has limited time to gather the information. Which of the following methods should Julie use to gather the required information?
a. the survey method
b. the placebo method
c. naturalistic observation
d. the experimental method

ANSWER: a

39. Which of the following statements is true of William James's contribution to psychology?
a. He argued that the stream of consciousness was fluid and continuous.
b. He theorized that experience can be broken down into objective sensations and subjective feelings.
c. He pointed out that people were social creatures who influenced one another.
d. He believed that organisms learn to behave only through reinforcement.

ANSWER: a

40. In Gestalt psychology, learning, especially problem solving, is accomplished primarily by _____.
a. repetition
b. insight
c. continuous practice
d. mechanical reinforcement

ANSWER: b

41. While industrial psychologists focus on the relationships between people and work, the behavior of people in

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workplaces such as businesses is studied by which of these fields?

a. organizational psychologists
b. forensic psychologists
c. developmental psychologists
d. personality psychologists

ANSWER: a

42. According to the psychoanalytic approach, a good majority of what influences our behavior is _____.

a. an emphasis on unconscious ideas and impulses that originate in childhood conflicts
b. equally divided up between our objective sensations and subjective feelings
c. how we were reinforced as young adults, and how that affects behavior choices
d. our drive toward self-actualization and how we choose to pursue it

ANSWER: a

43. Social-cognitive theorists _____.

a. suggest that people can modify and create their environments
b. primarily emphasize environmental influences and the learning of habits through repetition
c. primarily emphasize environmental influences and the learning of habits through reinforcement
d. suggest that people cannot engage in intentional learning

ANSWER: a

44. Which of the following is the first step in the scientific method?

a. formulating a research question
b. testing a hypothesis
c. calculating correlations
d. modifying theories

ANSWER: a

45. Which of the following is a complete group of interest to researchers, from which a sample is drawn for an experiment?

a. random sample
b. segment
c. population
d. stratified sample

ANSWER: c

46. The construction of a factory near Valley Mont Elementary School adversely affected the concentration of the students in the school. In order to help the students cope with this problem, the principal of the school invited a psychologist who was experienced in dealing with humans and their interactions with their surroundings. Which field would this psychologist most likely study?

a. forensic psychology
b. social psychology
c. environmental psychology
d. industrial psychology

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ANSWER: c

47. Which of the following is true of B. F. Skinner's contribution to behaviorism?
    a. He believed that organisms learn to behave in certain ways because they have been reinforced for doing so.
    b. He focused on the relation between conscious experience and behavior in shaping the human psyche.
    c. He used introspection to try to discover the basic elements of experience that influenced human behavior.
    d. He stated that psychology should be defined as the study of behavior and mental processes.

ANSWER: a

48. Which one of the following methods has the advantage of distributing questionnaires and analyzing answers with a computer so psychologists can study many thousands of people at a time?
    a. surveys
    b. case studies
    c. interviews
    d. simulation techniques

ANSWER: a

49. People in which field of psychology believed that learning consisted of both overt behaviors and meaningful "wholes"?
    a. functionalists
    b. behaviorists
    c. humanists
    d. Gestalt

ANSWER: d

50. Erik works as a counselor. He strongly believes in an individual's capacity for self-fulfillment, self-awareness, and decision making. He follows the principle that people are responsible for choosing their conduct. Erik's beliefs best exemplify which perspective?
    a. psychodynamic
    b. humanistic-existential
    c. biological
    d. sociocultural

ANSWER: b

51. Who was the founder of behaviorism?
    a. William James
    b. Sigmund Freud
    c. John B. Watson
    d. Wilhelm Wundt

ANSWER: c

52. People in which field of psychology are particularly concerned with issues related to the design of self-driving vehicles?
    a. human factors
    b. personality

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c. forensic
d. industrial

ANSWER: a

53. Identify the neoanalyst among the following.
a. Aristotle
b. Karen Horney
c. B. F. Skinner
d. Carl Rogers

ANSWER: b

54. Someone is having trouble adjusting to the new students in their classroom. This individual does not have any serious psychological disorders but has trouble making new friends. What kind of psychologist would most likely be consulted to help this person?
a. environmental
b. human factors
c. developmental
d. counseling

ANSWER: c

55. According to the biological perspective of psychology, what interacts with inherited factors to determine specific behavior and mental processes?
a. goals set by people
b. cognitive factors
c. dreams experienced by people
d. environmental factors

ANSWER: d

56. According to the American Psychological Association's *Handbook of Ethics in Psychology*, which of the following criteria must be met for psychologists to use deception in their experiments?
a. The participants are debriefed afterward.
b. They believe the individuals might not be willing to participate.
c. Only if the names of participants are kept anonymous.
d. They collect stratified samples.

ANSWER: a

57. Which of the following statements is true of clinical psychologists?
a. They study ways to encourage people to recycle and to preserve bastions of wilderness.
b. They evaluate problems such as anxiety and depression through interviews and psychological tests.
c. They deal with clients who have minor adjustment problems but not with those who have serious psychological disorders.
d. They deal with legal matters such as whether a defendant was sane when committing a crime.

ANSWER: b

58. Erica is part of a research group that is studying a group of software executives. She is trying to determine the

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relationship between workplace stress and cancer. As part of the same study, she also advises her subjects on ways to counter workplace stress. Erica is most likely a _____.

a. forensic psychologist
b. personality psychologist
c. health psychologist
d. human factors psychologists

ANSWER: c

59. Jane is a practicing psychologist who assesses the mental status of people charged with crimes and shares her findings with the courts. Jane is most likely a(n) _____.

a. health psychologist
b. forensic psychologist
c. industrial psychologist
d. environmental psychologist

ANSWER: b

60. What similarity did Wilhelm Wundt share with Aristotle?

a. Both used introspection to try to discover the basic elements of experience.
b. Both saw the mind as a natural event that could be studied scientifically, like light and heat.
c. Both believed that physical events were not related to psychological sensation and perception.
d. Both agreed on the relation between the unconscious mind and behavior.

ANSWER: b

61. You have always wanted to know how your friend performs so well on her college exams. To find out how she studies, you decide to study with her for your next exam. This approach is most similar to _____.

a. surveys
b. experiments
c. naturalistic observation
d. case studies

ANSWER: d

62. Which method allows psychologists and other scientists to observe behavior where it happens, or "in the field"?

a. experimental observation
b. controlled observation
c. naturalistic observation
d. introspective observation

ANSWER: c

63. Which of the following statements is true of applied research?

a. It is categorized as research for its own sake.
b. It is designed to find solutions to specific personal or social problems.
c. It has no immediate application to personal or social problems.
d. It is broad and nonspecific in its approach.

ANSWER: b

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64. An association among variables is known as _____.
    a. a constant
    b. a sample
    c. volunteer bias
    d. correlation
ANSWER: d

65. Which of these is defined as a way of evaluating the claims and comments of other people that involves skepticism and examination of evidence?
    a. introspection
    b. critical thinking
    c. reinforcement
    d. conditioning
ANSWER: b

66. Kohler's pioneering work with chimpanzees revealed _____.
    a. that sometimes learning occurs suddenly
    b. that they are unable to problem-solve
    c. a slow and methodical approach to problem solving
    d. that they need to see every step involved in the problem-solving process
ANSWER: a

67. Which of the following is a goal of psychology?
    a. to establish behavioral and moral standards
    b. to explain behavior and mental processes
    c. to change social norms
    d. to ultimately control human behavior
ANSWER: b

68. Sujay is conducting research on a group of factory machinists as part of a study on workplace stress and heart disease. Before conducting his study, he explains the objective of the study to the subjects and tells them what they would need to do. He gives them the opportunity to choose if they want to participate or not. In other words, Sujay is seeking _____.
    a. reinforcement
    b. informed consent
    c. a placebo effect
    d. participant exclusion
ANSWER: b

69. When you are training a pet, you are most likely relying on which of the following psychological perspectives?
    a. functionalist
    b. cognitive
    c. behaviorist
    d. biological
ANSWER: c

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70. Amelia is a general physician. One of her patients claimed to be suffering from constant stomach aches. After running some tests, Amelia concludes that the patient is not suffering from any medical disorder. However, the patient insisted that she has stomach cancer. The patient then volunteered for a medical trial where she was given a pill with a new medication while participants in the trial were given sugar pills. This best exemplifies _____.

a. a volunteer bias
b. a placebo
c. a nocebo
d. debriefing

ANSWER: b

71. Which of the following is true of behaviorism?

a. Behaviorists define psychology as the scientific study of behavior, not of behavior and mental processes.
b. Behaviorism emphasizes the role of the unconscious mind over conscious actions and behavior.
c. Behaviorism holds that the mind functions by combining the objective and subjective elements of experience.
d. Behaviorism explains the relationship between the brain, hormones, evolution, heredity, and behavior.

ANSWER: a

72. Which perspective works on the assumption that thoughts, fantasies, and dreams—and the inborn or instinctive behavior patterns of various species—are made possible by the nervous system and especially by the brain?

a. cognitive
b. biological
c. humanistic-existential
d. psychodynamic

ANSWER: b

73. Which of the following people helped conduct pioneering research that added to the Supreme Court decision in 1954 (*Brown v. Board of Education*) to end inequalities in public schools?

a. Kenneth Clark and Mamie Clark
b. John Watson and Mary Calkins
c. William James and Mary Ainsworth
d. Jorge Sanchez and Elizabeth Loftus

ANSWER: a

74. People using which perspective were the first to believe that the mind functions by combining objective and subjective elements of experience?

a. structuralists
b. functionalists
c. behaviorists
d. psychoanalysts

ANSWER: a

75. Psychologists with which perspective are most likely to explore how individuals find meaning in their lives and seek personal growth?

a. cognitive
b. behaviorist

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c. humanistic-existential
d. sociocultural

ANSWER: b

76. Raoul is one of the best football players on the Newborn Warriors. However, he has decreased stamina and is unable to sustain an entire game due to his habit of smoking cigarettes. In order to improve his performance, Raoul is most likely to consult a _____.
a. developmental psychologist
b. human factors psychologist
c. health psychologist
d. social psychologist

ANSWER: c

77. Which of the following perspectives stresses people's capacities for self-fulfillment and the central roles of consciousness, self-awareness, and decision making?
a. behaviorism
b. humanism
c. structuralism
d. functionalism

ANSWER: b

78. Which of the following is an important factor emphasized by the sociocultural perspective in understanding behavior and mental processes?
a. superego
b. gender
c. mutation
d. ego

ANSWER: b

79. Culturally defined concepts of masculinity and femininity are described as which of the following?
a. gender
b. sexuality
c. class
d. race

ANSWER: a

80. Psychologists with which of these perspectives primarily venture into the realm of mental processes such as sensation and perception, memory, intelligence, language, thought, and problem solving to understand human nature?
a. evolutionary
b. biological
c. cognitive
d. behavioral

ANSWER: c

81. Research that is undertaken primarily because the researcher is interested in a research topic is called _____.

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a. clinical research
b. general research
c. pure research
d. applied research

ANSWER: c

82. Which of the following is a principle of critical thinking?
a. Avoid being skeptical.
b. Choose critical thinking over research ethics if required.
c. Oversimplify problems if necessary.
d. Insist on evidence.

ANSWER: d

83. Who is credited with establishing the first psychological laboratory in Leipzig, Germany?
a. Gustav Theodor Fechner
b. Sigmund Freud
c. Wilhelm Wundt
d. William James

ANSWER: c

84. The phrase "You cannot see the forest for the trees" most exemplifies which psychological perspective?
a. structuralist
b. behaviorist
c. Gestalt psychologist
d. cognitive psychologist

ANSWER: c

85. Which of the following statements is true of the scientific method?
a. The scientific method is a strict set of guidelines that psychologists must adhere to when conducting research on human behavior.
b. The scientific method of research begins by testing a hypothesis.
c. Psychologists using the scientific method of research always confuse correlations—or associations—between research findings with cause and effect.
d. Psychologists are guided by principles of critical thinking as they try to draw conclusions from research evidence collected through the scientific method.

ANSWER: d

86. Who completed all of the academic requirements for a PhD at Harvard but was never awarded it because Harvard would not grant a PhD to a woman?
a. Mary Salter Ainsworth
b. Elizabeth Loftus
c. Mary Whiton Calkins
d. Mamie Phipps Clark

ANSWER: c

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87. Which of the following statements is true of psychoanalysis?
a. It was founded by B. F. Skinner.
b. It believes that observable behavior can be changed only through reinforcement.
c. It primarily breaks conscious experience down into objective sensations and subjective feelings.
d. It aims to help patients find socially acceptable ways of expressing wishes and gratifying needs.

ANSWER: d

88. Which of the following expresses the strength and direction (positive or negative) of the relationship between two variables?
a. nonvarying constant
b. independent variable
c. correlation coefficient
d. dependent variable

ANSWER: c

89. Which of the following is true of functionalism?
a. It shows that learning is accomplished only through mechanical repetition.
b. It breaks down experience into objective sensations and subjective feelings.
c. It looks at how habits help one cope with common situations.
d. It considers observable behavior to be a result of positive reinforcement and not negative reinforcement.

ANSWER: c

90. Gustav Theodor Fechner, in his book *Elements of Psychophysics*, showed _____.
a. that conscious experience can be broken down into objective sensations and mental images
b. how people are social creatures who influence one another
c. that maladaptive behavior patterns tend to drop out and only the fittest behavior patterns survive
d. how physical events are related to psychological sensation and perception

ANSWER: d

91. Researchers in which field primarily study how we perceive and mentally represent the world, learn, remember the past, plan, problem-solve, and use language?
a. human factors psychology
b. social psychology
c. developmental psychology
d. cognitive psychology

ANSWER: d

92. A participant's agreement to take part in research after receiving information about the purposes of the study and the nature of the treatments is referred to as _____.
a. conditioning
b. debriefing
c. informed consent
d. volunteer bias

ANSWER: c

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93. Structuralists tended to ask, "What are the pieces that make up thinking and experience?" In contrast, adherents to which perspective tended to ask, "How do behavior and mental processes help people adapt to the requirements of their lives?"

a. cognitive psychology
b. behaviorism
c. functionalism
d. psychoanalytic

ANSWER: c

94. Sofia does not like eating vegetables. To ensure that she eats them, her mother offers her an extra helping of dessert every time Sofia finishes her vegetables. In the context of behaviorism, this is known as _____.

a. reinforcement
b. introspection
c. catharsis
d. psychoanalysis

ANSWER: a

95. A hypothesis is a _____.

a. frustrating state of existence
b. statement about something you are interested in
c. formal definition of an independent variable
d. statement about behavior or mental processes that is testable through research

ANSWER: d

96. An error in research reflecting the prospect that people who offer to participate in research studies differ systematically from people who do not is known as _____.

a. volunteer bias
b. random sampling
c. the correlation coefficient
d. an independent variable

ANSWER: a

97. Which of these is the school of psychology that argues that the mind consists of three basic elements—sensations, feelings, and images—that combine to form experience?

a. structuralism
b. behaviorism
c. functionalism
d. existentialism

ANSWER: a

98. Which of the following proposes reasons for relationships among events and allow us to derive explanations and predictions?

a. norms
b. samples
c. theories

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d. habits

ANSWER: c

99. Which perspective is grounded in the work of Carl Rogers and Abraham Maslow?
a. humanistic-existential
b. behaviorism
c. functionalism
d. structuralism

ANSWER: a

100. Derris is a research assistant in Dr. Smith's psychology lab. When a participant asked him what the conditions of the study were, Derris replied, "I do not know." This is an example of a _____ study.
a. blind
b. double-blind
c. correlational
d. case

ANSWER: b

101. Which of the following is true of the humanistic-existential perspective?
a. It focuses exclusively on unconscious processes.
b. It completely rejects the cognitive perspective.
c. It views people as free to choose and as being responsible for choosing their own behavior.
d. It assumes that the inborn behavior patterns of various species are made possible by the brain and cannot be adapted.

ANSWER: c

102. Caroline is a psychologist who studies how stress induces ailments such as heart problems and headaches. Some of her clients are smokers, and she is helping them quit smoking. She also suggests lifestyle changes to her clients to help them reduce and cope with stress. Caroline can best be described as a(n) _____.
a. forensic psychologist
b. educational psychologist
c. industrial psychologist
d. health psychologist

ANSWER: d

103. When a patient insists on having a medical cure but a physician does not believe that medicine is necessary, the physician may prescribe sugar pills. Such fake pills are called _____.
a. analgesics
b. nocebos
c. placebos
d. antidepressants

ANSWER: c

104. A source of bias that may occur in research findings when participants are allowed to choose for themselves a certain treatment in a scientific study is called a _____.

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a. gender bias
b. correlation
c. selection factor
d. sampling error

ANSWER: c

105. On his first day as a school psychologist, Daniel took a trip to the school grounds and quietly sat in the corner watching the children play. He noticed several patterns in the way children behave with each other, especially when they were playing games. Daniel is most likely using the method of _____.

a. naturalistic observation
b. introspection
c. reinforcement
d. mass survey

ANSWER: a

106. B. F. Skinner proposed _____.

a. the theory of psychoanalysis and that disorders are caused by repressed desires
b. that organisms learn to behave in certain ways because their behavior has a positive outcome
c. that organisms behave in certain ways because of inherited traits and not acquired traits
d. the basic theories of functionalism as it relates to major depressive disorder

ANSWER: b

107. Dr. Van Nostrand is trying to understand how messages are sent between the nervous system and endocrine system. He has no practical application in mind. What type of work is he doing?

a. applied research
b. pure research
c. developmental psychology
d. clinical psychology

ANSWER: b

108. If Yaquiline is interested in studying the psychology of sexual orientation, which field should they enter?

a. personality psychology
b. social psychology
c. environmental psychology
d. industrial psychology

ANSWER: a

109. Juan loves watching crime dramas and dreams of working to help determine whether defendants are competent for trial. What would be the best college major for Juan?

a. health psychology
b. pure research
c. forensic psychology
d. human factors psychology

ANSWER: c

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Chapter 1

110. Which early researcher published *Elements of Psychophysics*, showing how physical events can stimulate psychological experiences?

a. Aristotle
b. Wundt
c. James
d. Fechner

ANSWER: d

111. The views of which ancient Greek philosopher fit best with Wilhelm Wundt's structuralism?

a. Aristotle
b. Plato
c. Socrates
d. Democritus

ANSWER: c

112. Winnie is doing research to determine whether depression may have value as an adaptation. To which school of thought does Winnie subscribe?

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

ANSWER: a

113. Which psychologist is most likely to reject the idea that the mind can be studied objectively?

a. Wilhelm Wundt
b. William James
c. John B. Watson
d. Kurt Koffka

ANSWER: c

114. Javinder was arguing with Kurt over the best approach to studying psychology. John insisted that we should consider only what we can observe, while Kurt maintained that human perceptions cannot be explained only in terms of basic units, that it is more than the sum of its parts. To which school of thought does John subscribe?

a. Gestalt
b. functionalism
c. structuralism
d. behaviorism

ANSWER: d

115. Every morning, when Leroy entered the classroom, he would purposely pretend to trip and fall to make a big scene. His classmates laughed and Leroy got in trouble. Why did Leroy continue this behavior?

a. He enjoyed being punished.
b. The laughter of his classmates reinforced the behavior.
c. Leroy was just naturally clumsy.
d. He wants to be expelled.

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ANSWER: b

116. Liu wants to study how people see patterns in their perception. Which school of thought should he follow?
a. behaviorism
b. Gestaltism
c. functionalism
d. structuralism

ANSWER: b

117. Who of the following would be most hostile to the idea that learning is not merely mechanical and responsive?
a. Wundt
b. Kohler
c. Watson
d. Freud

ANSWER: c

118. Charlie the Chimp saw that the bananas he wanted were out of his reach. He thought for a while and quickly realized he could stack boxes to reach them. Which researcher most likely set up this test of insight?
a. Kohler
b. Freud
c. Pavlov
d. Watson

ANSWER: a

119. Which of the following pairs of psychologists are most likely to disagree?
a. Kohler and Koffka
b. Wundt and Fechner
c. Watson and Freud
d. Skinner and Watson

ANSWER: c

120. Alex is trying to overcome their shyness. The therapist asks to talk about their childhood, looking for unconscious conflicts. Alex's therapist is most likely following which school of thought?
a. behaviorism
b. Gestaltism
c. functionalism
d. psychoanalytic

ANSWER: d

121. Which two early approaches are no longer followed by psychologists today?
a. behaviorism and biological
b. structuralism and functionalism
c. Gestaltism and cognitive
d. humanistic and sociocultural

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ANSWER: b

122. Sergei is having disturbing thoughts. His therapist suggests doing bloodwork to measure hormone levels. Which perspective is Sergie's therapist using?

a. biological
b. gestalt
c. cognitive
d. sociocultural

ANSWER: a

123. Which contemporary perspective is most likely a combination of structuralism, functionalism, Gestalt, and the ideas of Socrates?

a. behavioral
b. biological
c. cognitive
d. sociocultural

ANSWER: c

124. Evelyn's therapist keeps reminding her that she must take responsibility for her thoughts and actions and reinvent herself. Which approach is her therapist most likely using?

a. biological
b. humanistic-existential
c. cognitive
d. psychodynamic

ANSWER: b

125. Karen Horney and Erik Erikson are two examples of psychologists who put their own spin on Freud's methods. They call themselves _____.

a. cognitions
b. existentialists
c. behaviorists
d. neoanalysts

ANSWER: d

126. Which of the following schools of thought holds that people can modify and create their own environments as part of learning?

a. social cognitive
b. sociocultural
c. behaviorist
d. functionalism

ANSWER: a

127. Minh wants to study the influence of gender on behavior and mental processes. Which school of thought should they pursue?

a. neoanalytical

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b. sociocultural
c. behaviorist
d. Gestalt

ANSWER: b

128. Who was among the first to show that intelligence tests are culturally biased?
a. Lillian Comas-Diaz
b. Richard Suinn
c. Mimi Clark
d. Jorge Sanchez

ANSWER: d

129. Who discovered the primacy and recency effects while pioneering the involvement of women in psychology?
a. Lillian Comas-Diaz
b. Mary Whiton Calkins
c. Elizabeth Loftus
d. Mary Salter Ainsworth

ANSWER: b

130. Efraim is interested in how parents and children make attachments to each other. Whose work was most influential on this topic?
a. Karen Horney
b. Elizabeth Loftus
c. Mary Salter Ainsworth
d. Mary Whiton Calkins

ANSWER: c

131. Miguel's eyewitness testimony was debunked by an expert witness who showed how his memory was clouded by prejudice and other factors. On which researcher's work did the expert rely?
a. Elizabeth Loftus
b. Karen Horney
c. Lillian Comas-Diaz
d. Mihaly Csikszentmihalyi

ANSWER: a

132. Kojo wants to figure out if playing violent video games causes people to choose violent behaviors. Since an experiment to prove causation would likely be unethical, what kind of conclusion would Kojo find using appropriate research methods?
a. correlation
b. causation
c. variable independence
d. variable dependence

ANSWER: a

133. Veronica wants the people in her study to reflect the proportionate demographics of her country. Which type of

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sample should she seek?

a. random
b. stratified
c. convenience
d. convergence

ANSWER: b

134. Lee-Fong is a person with a disorder that produces three distinct personalities. Which method is best suited to study Lee-Fong's disorder?

a. naturalistic observation
b. surveys
c. correlational study
d. case study

ANSWER: d

135. Dr. Han is investigating whether eating chocolate improves scores on memory tests among people 75 years or older. Which element of his planned experiment is the independent variable?

a. scores on the memory test
b. amount of chocolate consumed
c. age of the participants
d. gender identification of the participants

ANSWER: b

136. Gilberto signed up to participate in a trial for a new vaccine. If he gets to be an actual vaccine candidate, in which group must he belong?

a. control group
b. random group
c. experimental group
d. stratified group

ANSWER: c

137. Nathan is known to have moments of unnecessary drama in which he behaves as if he is having a panic attack, even though he really isn't. During these moments, his friend Agador helps him to relax by giving him two tablets that Nathan thinks are real medication. In fact, they are just compressed baking soda. If Nathan feels better after taking the tablets, stating that they help him relax, the baking soda pills are acting as a(n) _____.

a. placebo
b. nocebo
c. confound
d. dependent variable

ANSWER: a

138. Alejandro is participating in a study of a drug that is supposed to increase reaction time and foot speed. If neither he nor the researcher knows if Alejandro got the real drug or the placebo, what kind of study is it?

a. single blind
b. controlled

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c. double blind
d. correlational

ANSWER: c

139. Shayma has just listened to a political speech, but she still wants to evaluate the evidence for the claims made in the speech for herself. Which aspect of critical thinking is Shayma displaying?
a. examine assumptions
b. be skeptical
c. be cautious
d. examine definitions of terms

ANSWER: b

140. Alex uses his podcast to spread his conspiracy theory that chimpanzees set wildfires as revenge for being subject to experimentation. If Tempie demands proof, what aspect of critical thinking are they using?
a. be cautious
b. examine assumptions
c. examine definitions of terms
d. insist on evidence

ANSWER: d

141. Herbert wants to create an experiment that will prove that one sex is better at driving than the other. Mahyim rejects his premise by using which aspect of critical thinking?
a. be skeptical
b. examine definitions of terms
c. examine assumptions
d. insist on evidence

ANSWER: c

142. Breonna insists racism is only present if a person violently attacks someone of another race while spewing racial slurs, but Jacqueline believes that racism happens when someone supports policies that benefit one group over another. On which point and aspect of critical thinking do Breonna and Jacqueline disagree?
a. examine definitions of terms
b. examine assumptions
c. be skeptical
d. insist on evidence

ANSWER: a

143. Parminter read online that someone got sick from taking the measles vaccine, so he refused to have his son inoculated. Which aspect of critical thinking did Parminter forget?
a. consider alternative interpretations
b. be especially skeptical of anecdotes
c. do not oversimplify
d. do not overgeneralize

ANSWER: a

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144. Sigmund assumed from his case studies that everyone was repressing their feelings of homosexual attraction, a mistake in which aspect of critical thinking?

a. examine definitions of terms
b. do not overgeneralize
c. be skeptical
d. be especially skeptical of anecdotes

ANSWER: b

145. Tunde has concluded that the only reason Jerry chooses bullying behaviors is due to his lack of dopamine. Which aspect of critical thinking has Tunde mistaken?

a. be especially skeptical of anecdotes
b. do not overgeneralize
c. do not oversimplify
d. insist on evidence

ANSWER: c

146. Dr. Wu lets volunteers for his experiment know about possible side effects of a vaccine. In doing so, he is gaining his participants' _____.

a. informed consent
b. liability protection
c. insurance information
d. next of kin

ANSWER: a

147. Olive took part in an experiment to determine at what point a person would intervene to stop a bully. After the experiment, researchers explained their methods to Olive as part of _____.

a. limiting their liability
b. gaining informed consent
c. debriefing her
d. upgrading her clearance

ANSWER: c

148. Which condition(s) must be met before an ethics committee can approve an experiment that harms animals?

a. There must be no alternative, and the benefits justify the harm.
b. Researchers must prove the animal is not capable of feeling pain.
c. The harm must be of short duration and end as quickly as possible.
d. Researchers must show that no humans have volunteered to participate.

ANSWER: a

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Instructor Manual

Rathus, PSYCH 2027 9798214157917; Chapter 1: What is Psychology?

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Purpose and Perspective of the Chapter

Psychology is the scientific study of behavior and mental processes. The beginning of the chapter takes a look at the history of psychology and psychological study including a discussion of contributions made before psychology was formally considered an independent field of study (e.g., Aristotle and Socrates). Early subfields of psychology such as structuralism, functionalism, and psychoanalysis are discussed as well as an overview of the contemporary perspectives. This chapter introduces the discipline of psychology as a science by reviewing the scientific method, hypothesis testing, and various types of research methods. These include correlational studies, survey research, experimentation, and case studies. The final part of the chapter addresses the importance of critical thinking and standards of ethics when conducting research as well as when evaluating research findings.

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Learning Objectives

The following objectives are addressed in this chapter:

1-1 Describe the goals and activities of psychologists.

1-2 Describe the history of psychology.

1-3 Identify the theoretical perspectives from which psychologists today view behavior and mental processes.

1-4 Describe the scientific method, including the relationship between samples and populations.

1-5 Explain how psychologists engage in research—including methods of observation, correlation, and experimentation—to learn about behavior and mental processes.

1-6 Explain principles of critical thinking.

1-7 Describe the ethical standards that govern psychological research and practice with humans and animals.

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Complete List of Chapter Activities and Assessments

The following table organizes activities and assessments by objective so that you can review how all this content relates to objectives and make decisions about which content you would like to emphasize in your class based on your objectives. For additional guidance, refer to the Teaching Online Guide.

Chapter Objective	Activity/Assessment	Source	Duration
1-1	Icebreaker	PowerPoints	10 minutes
1-1	Knowledge Check 1	PowerPoints	5 minutes
1-2	Poll 1	PowerPoints	5 minutes
1-3	Discussion 1	PowerPoints	10–15 minutes
1-4	Discussion 2	PowerPoints	10–15 minutes
1-5	Knowledge Check 2	PowerPoints	5 minutes
1-6	Discussion 3	PowerPoints	10 minutes
1-7	Discussion 4	PowerPoints	10 minutes
All	Self-Assessment	PowerPoints	5–10 minutes

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All	Why Does the Field of Psychology Matter to Me?	MindTap	5 minutes
1-1	Learn It: Psychology as a Science	MindTap	10 minutes
1-2 & 1-3	Learn It: Historical Foundations of Psychology	MindTap	10 minutes
1-3	Learn It: Contemporary Perspectives in Psychology	MindTap	10 minutes
1-4	Learn It: How Psychologists Study Behavior and Mental Processes	MindTap	10 minutes
1-5	Learn It: Methods of Research	MindTap	10 minutes
1-6	Learn It: Critical Thinking	MindTap	10 minutes
1-7	Learn It: Ethics in Psychological Research	MindTap	10 minutes
All	Study It: Mastery Training: What Is Psychology?	MindTap	5–10 minutes
All	Study It: Student PowerPoint: What Is Psychology?	MindTap	5–10 minutes
1-4 & 1-5	Apply It: Research in the Real World: Psychology Myths	MindTap	10 minutes
1-5	Apply It: Research in the Real World: The Replication Crisis	MindTap	10 minutes
1-1	Apply It: In My Life: Study Habits	MindTap	10 minutes
1-4	Apply It: In My Life: Scientific Method	MindTap	10 minutes
All	Apply It: Quiz: What Is Psychology?	MindTap	10 minutes

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Key Terms

Applied research: Research conducted in an effort to find solutions to real-world problems.

Behaviorism: The school of psychology that defines psychology as the study of observable behavior and studies relationships between stimuli and responses.

Biological perspective: The approach to psychology that seeks to understand the nature of the links between biological processes and structures such as the functioning of the brain, the endocrine system, and heredity, on the one hand, and behavior and mental processes, on the other.

Blind: In experimental terminology, unaware of whether or not one has received a treatment.

Case study: A carefully drawn biography that may be obtained through interviews, questionnaires, psychological tests, and other methodologies.

Cognitive: Having to do with mental processes such as sensation and perception, memory, intelligence, language, thought, and problem solving.

Control groups: In experiments, groups whose members do not obtain the treatment, while other conditions are held constant.

Correlation: An association or relationship among variables, as we might find between height and weight or between study habits and school grades.

Correlation coefficient: A number between +1.00 and –1.00 that expresses the strength and direction (positive or negative) of the relationship between two variables.

Correlational method: A mathematical method of determining whether one variable increases or decreases as another variable increases or decreases.

Critical thinking: A way of evaluating the claims and comments of other people that involves skepticism and examination of evidence.

Debrief: To explain the purposes and methods of a completed procedure to a participant.

Dependent variables: A measure of an assumed effect of an independent variable.

Double-blind study: A study in which neither the participants nor the researchers know who has received the treatment.

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Experiment: A scientific method that seeks to confirm cause-and-effect relationships by introducing independent variables and observing their effects on dependent variables.

Experimental groups: In experiments, groups whose members obtain the treatment (also termed *treatment groups*).

Functionalism: The school of psychology that emphasizes the uses or functions of the mind rather than the elements of experience.

Gender: The socially constructed roles, behaviors, activities, and attributes that a given society considers appropriate for different genders. Sex refers to the biological status of being male, female, or intersex, whereas gender implies the psychological, behavioral, social, and cultural aspects of gender (i.e., masculinity, femininity, nonbinary, nonconforming, or other gender.

Gender diverse: An umbrella term for people whose gender identity does not conform to traditional expectations based on their assigned sex; gender-diverse people may identify as transgender, nonbinary, or another term.

Gestalt psychology: The school of psychology that emphasizes the tendency to organize perceptions into wholes and to integrate separate stimuli into meaningful patterns.

Hypothesis: In psychology, a specific statement about behavior or mental processes that is tested through research.

Independent variable: A condition in a scientific study that is manipulated so that its effects may be observed.

Informed consent: A participant's agreement to participate in research after receiving information about the purposes of the study and the nature of the treatments.

Introspection: Deliberately looking into one's own cognitive processes to examine one's thoughts and emotions.

Naturalistic observation: A scientific method in which organisms are observed in their natural environments.

Placebos: A forged treatment that has the appearance of being genuine.

Population: A complete group of interest to researchers, from which a sample is drawn.

Psychoanalysis: The school of psychology that emphasizes the importance of unconscious motives and conflicts as determinants of human behavior.

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Psychology: The science that studies behavior and mental processes.

Pure research: Exploratory research conducted without concern for immediate applications.

Random sample: A sample drawn so that each member of a population has an equal chance of being selected to participate.

Reinforcement: A stimulus that follows a response and increases the frequency of the response.

Sample: Part of a population.

Scientific method: An organized way of using experience and testing ideas to expand and refine knowledge.

Selection factor: A source of bias that may occur in research findings when participants are allowed to choose for themselves a certain treatment in a scientific study.

Social cognitive theory: The school of psychology in the behaviorist tradition that includes cognitive factors in the explanation and prediction of behavior, formerly termed *social learning theory*.

Sociocultural perspective: The view that focuses on the roles and race/ethnicity, gender, culture, and socioeconomic status in behavior and mental processes.

Stratified sample: A sample drawn so that identified subgroups in the population are represented proportionally in the sample.

Structuralism: The school of psychology that argues that the mind consists of three basic elements—sensations, feelings, and images—that combine to form experience.

Survey: A method of scientific investigation in which a large sample of people answer questions about their attitudes or behavior.

Theory: A set of hypothesized statements about the relationship among events.

Volunteer bias: A source of bias or error in research reflecting the prospect that people who offer to participate in research studies differ systematically from people who do not.

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WHAT'S NEW IN THIS CHAPTER

The following elements are improvements in this chapter from the previous edition:

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- New chapter-opening vignette on the kidnapping of the young Jean Piaget—which didn't happen
- Updated information on college and university degrees awarded in psychology
- Revised discussion of gender
- New discussion on sampling of voters before the 2024 presidential election
- New Closer Look feature: Have You Ever . . . ?: Thoughts on the Social Desirability Bias
- New Self-Assessment: Do You Say What You Really Believe? The Social Desirability Scale
- New discussion of the social role connected with drinking alcohol
- New Application: Thinking Critically about Online Advice: Whom Do You Trust?

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CHAPTER OUTLINE

The following outline organizes activities (including any existing discussion questions in PowerPoints or other supplements) and assessments by chapter (and therefore by topic), so that you can review how all the content relates to the topics covered in the text.

I. Psychology as a Science (Icebreaker Activity, 1-1, 10 minutes)
   a. What Psychologists Do
   b. Fields of Psychology
   c. (Knowledge Check Activity 1, 1-1, 5 minutes)

II. Historical Foundations of Psychology
   a. Structuralism
   b. Functionalism
   c. Behaviorism
   d. Gestalt Psychology
   e. Psychoanalysis
   f. (Polling Activity 1, 1-2, 5 minutes)

III. Contemporary Perspectives in Psychology
   a. The Biological Perspective
   b. The Cognitive Perspective
   c. The Humanistic-Existential Perspective
   d. The Psychodynamic Perspective
   e. Perspectives on Learning
   f. The Sociocultural Perspective
      I. Race and Ethnicity
      II. Gender

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g. (Discussion Activity 1, 1-3, 10–15 Minutes)

IV. How Psychologists Study Behavior and Mental Processes
  a. The Scientific Method
  b. Samples and Populations
  c. Problems in Generalizing from Psychological Research
    I. Random and Stratified Sampling
  d. (Discussion Activity 2, 1-4, 10–15 minutes)

V. Methods of Research
  a. Methods of Observation
    I. The Case Study
    II. The Survey
    III. Naturalistic Observation
  b. Correlation
  c. The Experimental Method
    I. Independent and Dependent Variables
    II. Experimental and Control Groups
    III. Blinds and Double Blinds
  d. (Knowledge Check Activity 2, 1-5, 5 minutes)

VI. Critical Thinking
  a. Principles of Critical Thinking
  b. (Discussion Activity 3, 1-6, 10 minutes)

VII. Ethics in Psychological Research
  a. Ethics of Research with Humans
  b. Ethics of Research with Animals
  c. (Discussion Activity 4, 1-7, 5–10 minutes)
  d. (Self-Assessment, 1-1–1-7, 5–10 minutes)

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Additional Discussion Questions

The following are discussion questions that do not appear in the text, PPTs, or courseware (if courseware exists); they are for you to use as you wish. You can assign these questions several ways: in a discussion forum in your learning management system, as whole-class discussions in person, or as a partner or group activity in class.

1. Discussion: Psychology as a Science (01.01, PPT Slides 5–10), 10 minutes per question
  a. Write your own definition of psychology. Compare your definition to others in your class and the definition in your textbook.

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   b. Explain the difference between pure and applied research using examples.
   c. Which field of psychology inspires you the most? Why?
   d. Do you think movies and TV shows portray psychology-related topics accurately? Why or why not?
   e. Describe the relationship between the mind and the brain, the mind and personality, the mind and memories, and the mind and behavior.

2. Discussion: Historical Foundations and Contemporary Perspectives of Psychology (01.02–01.03, PPT Slides 11–28), 10 minutes per question
   a. If you had to pick one of the historical perspectives to use to study and explain behavior, which one would it be? Why?
   b. If you had to pick one of the contemporary perspectives to use to study and explain behavior, which one would it be? Why?
   c. Aristotle was one of the first individuals to study and write about psychological topics. Which of his topics do you think is most important? What do you think he left out?

3. Discussion: How Psychologists Study Behavior and Mental Processes (01.04, PPT Slides 29–35), 10 minutes per question
   a. Someone says to you that psychology is not a "real science." Explain to them why this statement is misinformed.
   b. Why is it important that psychologists use the scientific method?
   c. Discuss how psychology research relates to the quote by Alexandre Dumas: "All generalizations are dangerous, even this one."

4. Discussion: Methods of Research and Critical Thinking (01.05–01.06, PPT Slides 36–49), 10 minutes per question
   a. Why are case studies important to the field of psychology? In your opinion, are these more or less important than the experimental method? Why do you feel that way?
   b. Explain correlational research to someone who isn't taking this class. Use an example as part of your explanation.
   c. Design an example research study that involves a double-blind situation. Why is this design a key part of the topic being studied?
   d. What is the role of critical thinking in psychology? How important is it to the field of psychology?
   e. Is critical thinking only important when studying science? Why or why not?

5. Discussion: Ethics in Psychological Research (01.07, PPT Slides 50–55), 10 minutes per question
   a. Why is it important to conduct research ethically? Why should there be standards in place?

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b. Why are informed consent and debriefing processes important?
c. Why is it important to require ethical treatment of animals in research?
d. Do you think that people who write self-help books or blogs should be held to the same ethical standards as psychology research? Why or why not?
e. One of the "goals" of psychology is to control behavior. Is that a legitimate goal for science? Should there be "controls" on the work of psychologists to control behavior?

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Additional Activities and Assignments

The following are activities and assignments developed by Cengage but not included in the text, PPTs, or courseware; they are for you to use if you wish.

1. **Classroom Activity 1:** Student Expectations
   a. Before going over the definition of psychology, break students into groups and allow them to discuss the following questions: What is psychology? What would you like to learn about regarding psychology?
   b. After giving the groups time to come up with their answers, have a member from each group report to the class. Write all of their ideas on the board and discuss each idea. This activity helps students preview the course content and discover what they will learn versus what they wish they could learn in a psychology class.

2. **Classroom Activity 2:** Your Path
   a. One of the best ways to illustrate what psychologists do is to share the instructor's personal experience in the field. Instructors could talk about how they decided to pursue psychology, their graduate school experience, and what their career has been like. This is also a great way for students to get to know their instructors better.

3. **Classroom Activity 3:** A "Modern" Approach
   a. For this lecture topic, discuss popular radio and TV shows in which psychologists discuss problems with people who either call in or come on the show. Consider showing an episode or clips from an episode.
   b. Some of the popular psychologists utilizing these formats are Dr. Phil McGraw who calls himself a "life strategist" and Dr. Laura Schlessinger who has a radio program.
   c. After viewing, students can discuss their impressions of these "modern" psychologists and anything else they experienced during the clip.

4. **Classroom Activity 4:** Hypotheses

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a. As instructors begin their discussion of the scientific method, they should discuss the meaning of hypothesis. Why is it important in research? Ask students to pick a research question of interest (e.g., Do children in nonparental childcare have more developed social skills?).
b. Have them brainstorm various ideas for a hypothesis to their question. Tell them to make sure that their hypotheses are measurable. Follow up with further discussion about why the hypothesis is an integral part of the scientific method.

5. **Classroom Activity 5:** The Correlational Method
    a. Discuss the correlational method. Ask students to give examples of studies that could be conducted using this method.
    b. Often, the limitations of correlations can be pointed out by using examples of correlations that are obviously not causational; for instance, the correlation between ice cream consumption and crime. Does eating ice cream cause criminal behavior, or could there be another factor influencing both? Another that works is the correlation between felons apprehended at home and milk in the refrigerator. These obvious examples can help students understand the correlational method and some of its limitations.

6. **Classroom Activity 6:** Know Your Fields
    a. Before class, get enough index cards for every member of the class. On each card, write one of the fields of psychology (e.g., clinical psychology). Instructors will need to repeat fields, perhaps many times, depending on the size of the class. Instructors should mix up the cards and hand them out to the students, making sure they keep their assigned field private. Tell students that they will have 15 minutes to identify as many of their peers' fields of psychology as possible. To identify the fields, they can move around and ask each peer yes-or-no questions about their field. Simultaneously, they need to answer questions that they have been assigned. This activity forces students to be knowledgeable enough about their own field to answer questions correctly and also be knowledgeable about other fields so that they can ask helpful questions.

7. **Classroom Activity 7:** Credibility of Sources
    a. To conduct this demonstration, instructors will need to obtain a psychological journal, a copy of a tabloid magazine, and a copy of the local newspaper. Take these to class and display them for students to see.
    b. Have them answer, and discuss the following questions:
        i. What types of methods do the authors of the articles use to gather their information?

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ii. Which source is most credible? Which is least? Why did you choose the order you did?
iii. Does each of the sources of information have some truth to it? If so, how can you tell?

c. These questions can initiate a class discussion and demonstrate the need for the scientific method and for critical thinking in psychology.

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ADDITIONAL RESOURCES

EXTERNAL VIDEOS

- **Association for Psychological Science**
- American Psychological Association
- **Society for the History of Psychology** provides access to Division 26, History of Psychology, of the American Psychological Association. The "History Resources" are particularly helpful.
- **Timeline of Psychology-Related Events Throughout History**
- **Various Areas of Interest in Psychology**
- **Video Interview with Dr. Dan Gilbert**, who researches affective forecasting
- **American Academy of Forensic Psychology**
- **Website of the Television Show *Biography*** provides brief written biographies of leading scholars
- **Women Who Changed Psychology**
- **Science of Psychology**
- **Careers in Psychology** as well as some of the different subfields in psychology
  - **Brain Science and Cognitive Psychology**
  - **Clinical Psychology**
  - **Counseling Psychology**
  - **Developmental Psychology**
  - **Experimental Psychology**
  - **Health Psychology**
  - **Human Factors and Engineering Psychology**
  - **Industrial and Organizational Psychology**
  - **Quantitative Psychology**
  - **Rehabilitation Psychology**
  - **Social Psychology**
  - **Sport and Performance Psychology**
- **The 10 Most Influential Psychologists of the 20th Century** contains links to further information about each individual
- **Various Resources for Teaching Psychology to Beginners**
- **American Psychological Association's Ethical Guidelines**

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- **Resources on Critical Thinking** and its importance in people's day-to-day activities
- **PsychologyDegrees.org Psychology Degree Guide**

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