

Practice final #1 PSY1101 with answers

1. REM sleep is called paradoxical sleep because
 - A) our heart rate is slow and steady, while our breathing is highly irregular.
 - B) we are deeply asleep but can be awakened easily.
 - C) our nervous system is highly active, while our voluntary muscles hardly move.
 - D) it leads to highly imaginative dreams that are perceived as colorless images.

2. The activation of light-sensitive retinal proteins in our eyes signals our brains to decrease production of
 - A) melatonin.
 - B) serotonin.
 - C) acetylcholine.
 - D) dopamine.

3. In Alan Baddeley's model of working memory, the hypothetical central executive engages in
 - A) repression.
 - B) focusing attention.
 - C) automatic processing.
 - D) long-term potentiation.

4. Sensory receptors that detect hurtful temperatures, pressure, or chemicals are called
 - A) vestibular sacs.
 - B) hair cells.
 - C) nociceptors.
 - D) fovea.

5. Which part of the brain plays a key role in forming and storing the implicit memories created by classical conditioning?
 - A) hippocampus
 - B) cerebellum
 - C) hypothalamus
 - D) amygdala

6. The two-factor theory of emotion would have difficulty explaining why a
 - A) person comes to fear snakes after he sees someone else bitten by one.
 - B) person's fear of snakes is reduced after she receives a calming tranquilizer.
 - C) person automatically fears snakes even though he thinks they are attractive and harmless.
 - D) person's fear of snakes is reduced after she learns that most snakes are harmless.

7. A polygraph examination of a suspected murderer included an assessment of his reaction to a detailed description of the victim's clothing and death wounds—details that would be known only to a person at the scene of the crime. The investigators were using the
 - A) catharsis hypothesis.
 - B) facial feedback effect.
 - C) guilty knowledge test.
 - D) adaptation-level phenomenon.

8. Which research method provides the best way of assessing whether cigarette smoking boosts mental alertness?
 - A) the case study
 - B) the survey
 - C) naturalistic observation
 - D) the experiment

9. Sea slugs, mice, and fruit flies have displayed enhanced learning following enhanced production of the protein
 - A) LTP.
 - B) CREB.
 - C) GABA.
 - D) THC.

10. Maslow referred to the needs for purpose and meaning that lie beyond the self as
 - A) belongingness needs.
 - B) self-esteem needs.
 - C) self-transcendence needs.
 - D) self-actualization needs.

11. The speed at which a neural impulse travels is increased when the axon is encased by a(n)
- A) association area.
 - B) myelin sheath.
 - C) glial cell.
 - D) synaptic vesicle.
12. Reduced feelings of tension following aggressive outbursts contribute to
- A) spontaneous remission.
 - B) adaptation-level phenomenon.
 - C) the spillover effect.
 - D) the reinforcement of aggression.
13. The blind spot is located in the area of the retina
- A) called the fovea.
 - B) that contains rods but no cones.
 - C) where the optic nerve leaves the eye.
 - D) where bipolar cells connect with ganglion cells.
14. Which cells for visual processing are located closest to the back of the retina?
- A) ganglion cells
 - B) bipolar cells
 - C) rods and cones
 - D) feature detectors
15. Noticing that his heart was pounding and that his palms were sweaty while he was taking a difficult test, Harley concluded that he was “anxious.” Noticing that his heart was pounding and that his palms were sweaty when an attractive woman asked him to dance, Harley concluded that he was “falling in love.” The differing emotions experienced by Harley can best be explained by the
- A) relative deprivation principle.
 - B) James-Lange theory.
 - C) two-factor theory.
 - D) catharsis hypothesis.

16. Chemical substances that alter perceptions and moods are called _____ drugs.
- A) neuroadaptive
 - B) narcoleptic
 - C) psychoactive
 - D) hypnagogic
17. The influence of schemas on our interpretations of ambiguous sensations best illustrates
- A) shape constancy.
 - B) top-down processing.
 - C) psychokinesis.
 - D) the phi phenomenon.
18. Financial satisfaction is more strongly predictive of subjective well-being in poor nations than in wealthy ones. This fact would most clearly be anticipated by
- A) instinct theory.
 - B) arousal theory.
 - C) evolutionary theory.
 - D) hierarchy of needs theory.
19. The motor cortex is located in the _____ lobes.
- A) occipital
 - B) temporal
 - C) frontal
 - D) parietal
20. The basic components of emotion are
- A) sympathetic arousal, parasympathetic inhibition, and cognitive labeling.
 - B) physical gestures, facial expressions, and psychological drives.
 - C) expressive behaviors, physiological arousal, and conscious experience.
 - D) cognition, affect, and behavior.
21. The title of a song is on the tip of Gerard's tongue, but he cannot recall it until someone mentions the songwriter's name. Gerard's initial inability to recall the title was most likely caused by
- A) encoding failure.
 - B) automatic processing.
 - C) retrieval failure.
 - D) repression.

22. The relative risk of death among healthy nonsmokers is highest for
- A) overweight men.
 - B) overweight women.
 - C) underweight men.
 - D) underweight women.
23. According to B. F. Skinner, human behavior is controlled primarily by
- A) external influences.
 - B) emotions.
 - C) unconscious motives.
 - D) conscious thoughts.
24. It's easier to train a pigeon to peck a disk for a food reward than to flap its wings for a food reward. This illustrates the importance of _____ in learning.
- A) primary reinforcers
 - B) generalization
 - C) spontaneous recovery
 - D) biological predispositions
25. To minimize the extent to which outcome differences between experimental and control groups can be attributed to placebo effects, researchers make use of
- A) random sampling.
 - B) the double-blind procedure.
 - C) random assignment.
 - D) operational definitions.

Answer Key - practice final 1

1. C
2. A
3. B
4. C
5. B
6. C
7. C
8. D
9. B
10. C
11. B
12. D
13. C
14. C
15. C
16. C
17. B
18. D
19. C
20. C
21. C
22. A
23. A
24. D
25. B