

## Chapter 1 - The Evolution of Psychology

1. Which two disciplines provided foundations for the field of psychology?
  - a. physiology and theology
  - b. physiology and sociology
  - c. philosophy and physiology
  - d. sociology and philosophy

ANSWER: c

2. While the term “psychology” has existed since at least the early 1700s, when did psychology come to be considered a science?
  - a. the 1750s
  - b. the early 1800s
  - c. the late 1800s
  - d. the 1940s

ANSWER: c

3. Which event marked the “birth” of psychology as a science?
  - a. Wilhelm Wundt established the first laboratory for psychological research.
  - b. Sigmund Freud first described the unconscious.
  - c. Charles Darwin published the theory of natural selection.
  - d. William James published the textbook *Principles of Psychology*.

ANSWER: a

4. How did Wilhelm Wundt define psychology?
  - a. the scientific study of the unconscious
  - b. the scientific study of conscious experience
  - c. the scientific study of behaviour
  - d. the scientific study of the brain

ANSWER: b

5. Which of the following is NOT one of the major contributions of G. Stanley Hall?
  - a. He established the first research laboratory for psychology in the United States.
  - b. He was the first president of the American Psychological Association.
  - c. He received the first Ph.D. in psychology in the United States.
  - d. He established the first American psychological journal.

ANSWER: c

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6. Who was the psychologist who established the first psychology research laboratory in the United States, founded the first American psychological journal, and was the first president of the American Psychological Association?
- John Watson
  - G. Stanley Hall
  - William James
  - Wilhelm Wundt

*ANSWER:* b

7. Which school of psychology stated that the task of psychology is to analyze conscious experience into its basic elements?
- functionalism
  - psychoanalysis
  - behaviourism
  - structuralism

*ANSWER:* d

8. What did both Wilhelm Wundt and Edward Titchener believe should be the focus of psychology?
- observable behaviour
  - the function or purpose of consciousness
  - unconscious determinants of behaviour
  - basic elements of conscious experience

*ANSWER:* d

9. Which technique would you be using if you take a sip of a soft drink and concentrate on what you are experiencing (cold, bubbly, sweet, etc.)?
- empiricism
  - behaviourism
  - introspection
  - functionalism

*ANSWER:* c

10. What technique would you be using if, while watching a sunset, you stop and analyze your sensations, thoughts, and feelings?
- behaviourism
  - introspection
  - psychoanalysis
  - functionalism

*ANSWER:* b

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11. What did William James believe should be the focus of psychology?
- the function or purpose of consciousness
  - basic elements of conscious experience
  - observable behaviour
  - unconscious determinants of behaviour

*ANSWER: a*

12. Which individual is known as the founder of functionalism?
- Sigmund Freud
  - John Watson
  - Wilhelm Wundt
  - William James

*ANSWER: d*

13. Which school of psychology stated that consciousness developed in humans because it serves a useful purpose?
- humanism
  - functionalism
  - behaviourism
  - structuralism

*ANSWER: b*

14. Which individual provided a significant influence for William James's perspective on psychology?
- Sigmund Freud
  - Plato
  - Aristotle
  - Charles Darwin

*ANSWER: d*

15. Which of the following schools of thought was most influenced by Charles Darwin's theory of natural selection?
- functionalism
  - psychoanalysis
  - behaviourism
  - structuralism

*ANSWER: a*

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16. Which school of psychology had a practical focus and was interested in how people adapted their behaviour to the demands of the world?
- functionalism
  - behaviourism
  - psychoanalysis
  - structuralism

*ANSWER:* a

17. Which individual is associated with the concept of “stream of consciousness”?
- William James
  - Wilhelm Wundt
  - Sigmund Freud
  - John Watson

*ANSWER:* a

18. Two scientists from another planet, Poz and Zog, visit earth and are attempting to study our computers. Poz focuses on how the computer is used for work and for play, while Zog concentrates on the construction of each component of the computer. If you were to compare their approaches to the original schools of psychology, which of the following analogies is most accurate?
- Poz’s approach is similar to functionalism.
  - Zog’s approach is similar to behaviourism.
  - Zog’s approach is similar to psychoanalysis.
  - Poz’s approach is similar to structuralism.

*ANSWER:* a

19. Which of the following most accurately describes the enduring influence of structuralism and functionalism on psychology today?
- Neither structuralism nor functionalism exerted a long-lasting influence on psychology.
  - Both structuralism and functionalism exerted equivalent influences on psychology.
  - Structuralism has exerted the greatest influence on psychology.
  - Functionalism has exerted the greatest influence on psychology.

*ANSWER:* d

20. Who is known as the founder of behaviourism?
- John Watson
  - Carl Rogers
  - Wilhelm Wundt
  - Sigmund Freud

*ANSWER:* a

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21. How did John Watson define psychology?
- the scientific study of the brain
  - the scientific study of the unconscious
  - the scientific study of behaviour
  - the scientific study of conscious experience

*ANSWER: c*

22. Which school of psychology made a clear distinction between observable behaviours and unobservable thoughts and feelings?
- functionalism
  - behaviourism
  - psychoanalysis
  - structuralism

*ANSWER: b*

23. What did John Watson believe should be the focus of psychology?
- unconscious determinants of behaviour
  - observable behaviour
  - basic elements of conscious experience
  - the function or purpose of consciousness

*ANSWER: b*

24. Which psychological approach is often referred to as stimulus-response (S-R) psychology?
- psychoanalytic theory
  - structuralism
  - evolutionary psychology
  - behaviourism

*ANSWER: d*

25. If Dr. Meharry is a behaviourist, which of the following would he most likely say is the cause of a child's disruptive behaviour in school?
- a combination of his genetic inheritance and his prior experiences
  - his prior experiences
  - his genetic inheritance
  - a learning disability

*ANSWER: b*

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26. Which of the following schools of psychology was most influential in increasing the use of animals in psychological research?
- structuralism
  - humanism
  - behaviourism
  - animalism

*ANSWER: c*

27. Which of the following individuals would be most likely to focus on your thoughts, memories, and desires that are outside of conscious rational processes?
- B. F. Skinner
  - Sigmund Freud
  - John Watson
  - Abraham Maslow

*ANSWER: b*

28. What did Sigmund Freud believe should be the focus of studies of personality, motivation, and mental disorders?
- observable behaviour
  - basic elements of conscious experience
  - unconscious determinants of behaviour
  - the function or purpose of consciousness

*ANSWER: c*

29. Even though you know it isn't good for you, you just ate an entire large bag of chips. What would Sigmund Freud say is the cause of your behaviour?
- your unconscious mind
  - your genetic influences
  - your history of reinforcement and punishment
  - your inability to think quickly

*ANSWER: a*

30. Which of the following did NOT have a significant influence on the development of Sigmund Freud's theory?
- the results of his experimental research
  - his observation of the slips of the tongue people tend to make
  - knowledge gained from his examination of his own anxieties, conflicts, and desires
  - knowledge gained as a result of working with patients

*ANSWER: a*

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31. What did Sigmund Freud believe prevented us from being totally in control of our own minds?
- the physiological functioning of our bodies
  - environmental influences acting on us
  - the unconscious
  - introspection

*ANSWER: c*

32. Which of the following was NOT one of the reasons that psychoanalysis was controversial when it was first developed?
- its focus on the unconscious
  - its lack of experimental research
  - its emphasis on sexual issues
  - its focus on abnormal behaviour

*ANSWER: d*

33. Which of the following statements is most accurate, regarding experimental psychology's eventual reaction to psychoanalytic theory?
- Psychoanalytic theory was rejected by experimental psychologists.
  - Psychoanalytic theory was accepted by experimental psychologists.
  - Experimental psychologists began to reject behaviourism.
  - Experimental psychologists tested psychoanalytic hypotheses.

*ANSWER: d*

34. Which school of psychology is associated with B.F. Skinner?
- humanism
  - behaviourism
  - psychoanalysis
  - functionalism

*ANSWER: b*

35. Which of the following behaviourists was known for his concept of radical behaviourism?
- B. F. Skinner
  - Ivan Pavlov
  - Edward Thorndike
  - John B. Watson

*ANSWER: a*

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36. Which psychologist believed that organisms tend to repeat responses that lead to positive outcomes?
- Sigmund Freud
  - F. Skinner
  - William James
  - Carl Rogers

*ANSWER: b*

37. According to B. F. Skinner, if you study “extra hard” for your first psychology midterm and earn an “A,” what would you do for your next psychology midterm?
- reduce your study time by approximately 50 percent
  - continue to study “extra hard”
  - devote all of your study time to your other courses
  - reduce your study time by approximately 25 percent

*ANSWER: b*

38. If you wish to teach a child to pick up his toys, which of the following theorist’s principles and techniques would be most useful?
- Wilhelm Wundt
  - William James
  - B. F. Skinner
  - Abraham Maslow

*ANSWER: c*

39. Lisa taught her son to buckle his seatbelt quickly after getting into the car by allowing him to play one of his CDs on the car stereo only after he was buckled up. Which school of psychology would most endorse this method?
- cognitive psychology
  - humanism
  - biological psychology
  - behaviourism

*ANSWER: d*

40. Which of the following statements would Skinner most likely disagree with?
- Organisms tend to repeat responses that lead to positive outcomes.
  - Organisms tend not to repeat responses that lead to neutral or negative outcomes.
  - All behaviour is governed by external consequences.
  - Individuals have free will.

*ANSWER: d*

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41. Upon reflecting upon your own behaviour, you come to the conclusion that you behave in a very predictable fashion. You feel that you don't really choose your behaviours freely or consciously. Rather, you believe that your behaviour is controlled by what has happened to you in the past. Which of the following theorists would be most likely to agree with you?
- B. F. Skinner
  - Edward Titchener
  - Carl Rogers
  - Sigmund Freud

*ANSWER: a*

42. Which school of psychology first emerged in the 1950s?
- psychoanalysis
  - behaviourism
  - functionalism
  - humanism

*ANSWER: d*

43. Which school of psychology believes people have a basic need to fulfill their potential for personal growth and that we have free will?
- psychoanalysis
  - cognitive psychology
  - humanism
  - behaviourism

*ANSWER: c*

44. Which school of psychology would be least likely to compare humans to other animals?
- behaviourism
  - functionalism
  - humanism
  - evolutionary psychology

*ANSWER: c*

45. Which of the following psychologists is considered a humanistic psychologist?
- Carl Rogers
  - Wilhelm Wundt
  - B. F. Skinner
  - Sigmund Freud

*ANSWER: a*

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46. Which of the following would both Carl Rogers and Abraham Maslow agree with?
- People have a basic need to fulfill their potential for personal growth.
  - Human behaviour is entirely shaped by environmental events.
  - People are controlled by genetic forces and do not tend to change across the life span.
  - Human behaviour is largely determined by primitive sexual urges.

*ANSWER: a*

47. Imagine that you are a psychologist, and your major goal is to help people reach their potential. Which school of psychology do you endorse with that statement?
- structuralism
  - humanism
  - psychoanalysis
  - behaviourism

*ANSWER: b*

48. Where was the first experimental psychology laboratory in Canada established?
- University of Toronto
  - Dalhousie University
  - University of Alberta
  - McGill University

*ANSWER: a*

49. When did psychology become a popular subject in universities in Canada?
- 1820s
  - 1850s
  - 1920s
  - 1950s

*ANSWER: b*

50. What is the focus of applied psychology?
- pure science research
  - unique qualities of people
  - practical problems
  - mental processes involved in acquiring knowledge

*ANSWER: c*