

Chapter 1 - The Evolution of Psychology

1. What can we conclude from the case of Reena Virk, described at the beginning of Chapter 1, and the information about bullying by females presented in the Featured Study on bullying behaviour?
 - a. Bullying refers to only minor, non-violent behaviours, and the case of Reena Virk is about murder rather than bullying.
 - b. Although the rate of bullying by females is lower, it is increasing at a faster rate for girls than for boys, and females may use different “styles” of bullying.
 - c. Violent bullying is done by males and non-violent bullying is done by females.
 - d. Bullying is mainly a female behaviour, but males tend to get caught more often.

ANSWER: b

2. The term “psychology” comes from the Greek words *psyche* and *logos*. What does *logos* mean?
 - a. the study of a subject
 - b. the soul
 - c. logic
 - d. discipline

ANSWER: a

3. According to historians, when and where did the “birth” of psychology occur?
 - a. 1859 in England
 - b. 1879 in Germany
 - c. 1883 in the United States
 - d. 1909 in Austria

ANSWER: b

4. According to Wilhelm Wundt, what was the focus of psychology?
 - a. to understand functions of behaviour
 - b. to understand unconscious motivation
 - c. the scientific study of observable behaviour
 - d. the scientific study of conscious experience

ANSWER: d

5. What did Wilhelm Wundt believe the focus of psychology should be?
 - a. studying stimulus-response associations
 - b. questioning the nature of existence
 - c. examining people’s awareness of their immediate experience
 - d. determining people’s unconscious motivation for behaviour

ANSWER: c

Chapter 1 - The Evolution of Psychology

6. Who established the first psychological research laboratory in the United States and launched that country's first psychology journal?
- William James
 - G. Stanley Hall
 - John Watson
 - Edward Titchener

ANSWER: b

7. Who was the first president of the American Psychological Association (APA)?
- G. Stanley Hall
 - John Watson
 - William James
 - Sigmund Freud

ANSWER: a

8. What is the world's largest organization devoted to the advancement of psychology?
- The Structuralists
 - Western Psychological Society
 - World Psychology Organization
 - American Psychological Association

ANSWER: d

9. What were the first two major schools of psychology?
- functionalism and behaviourism
 - behaviourism and psychoanalytic theory
 - behaviourism and Gestalt psychology
 - structuralism and functionalism

ANSWER: d

10. Which school of psychology focused on identifying and examining the fundamental components of conscious experience, such as sensations, feelings, and images?
- humanism
 - structuralism
 - functionalism
 - behaviourism

ANSWER: b

Chapter 1 - The Evolution of Psychology

11. Which type of psychologist was most likely to use the technique of introspection?
- a. structuralist
 - b. behaviourist
 - c. cognitive
 - d. humanist

ANSWER: a

12. Mariska is participating in a study in which she is asked to carefully observe and report her conscious reactions to several stimuli. Which type of psychologist is most likely to conduct a study like this?
- a. structuralist
 - b. humanist
 - c. behaviourist
 - d. psychoanalytic

ANSWER: a

13. Isabel is listening to a piece of classical music and recording all her feelings and impressions as she experiences them. Which school of psychology was most well-known for using this sort of technique?
- a. humanism
 - b. structuralism
 - c. functionalism
 - d. behaviourism

ANSWER: b

14. In an attempt to learn something about his conscious experience, William looked at an abstract painting and wrote down all of his impressions as they came to him. What is the biggest limitation to this method?
- a. It relies on sensation and perception.
 - b. It is overly objective and empirical.
 - c. The experiences cannot be verified.
 - d. There is no test-retest reliability.

ANSWER: c

Chapter 1 - The Evolution of Psychology

15. Dr. Asgaard believes that in order to fully understand complex processes, such as auditory processing, it is first necessary to understand all the separate component parts. Which of the following psychologists would be most likely to share Dr. Asgaard's views?
- Ivan Pavlov
 - Carl Rogers
 - William James
 - Edward Titchener

ANSWER: d

16. Which of the following modern fields in psychology is closest to the school of psychology known as structuralism?
- sensation and perception
 - evolutionary psychology
 - clinical psychology
 - social psychology

ANSWER: a

17. Which of the following schools of psychology focused on understanding the purpose of behaviour?
- structuralism
 - functionalism
 - neodynamism
 - behaviourism

ANSWER: b

18. Which of the following statements is most likely to be made by a researcher who studies pain perception from a functionalist perspective?
- We can understand pain perception only if we understand the unconscious processes that initiate the sensation of pain.
 - We can study pain only by observing the outward expression of pain in response to different stimuli.
 - We can study pain only if all the component parts that make up the experience of pain are understood.
 - We can understand pain perception only if we understand the role of pain in human survival and adaptation.

ANSWER: d

Chapter 1 - The Evolution of Psychology

19. Which of the following theorists most heavily influenced the functionalist pioneer, William James?

- a. Charles Darwin.
- b. Sigmund Freud
- c. B.F. Skinner
- d. John Watson

ANSWER: a

20. Which school of psychology stressed that psychology should study the purpose of consciousness rather than the individual components of consciousness?

- a. psychoanalysis
- b. structuralism
- c. Gestalt psychology
- d. functionalism

ANSWER: d

21. Dr. Smythe believes that in order to fully understand complex processes, such as taste, it is necessary to understand the role that taste plays in survival, not the elementary components that combine to produce taste sensations. With which school of thought are Dr. Smythe's views most consistent?

- a. structuralist approach
- b. behaviourist approach
- c. functionalist approach
- d. psychoanalytic approach

ANSWER: c

22. Dr. Ramos believes that it is not possible to fully understand emotions unless we understand the role that emotions play in survival and adaptation. With which theorist are Dr. Ramos's views most consistent with?

- a. Ivan Pavlov
- b. Carl Rogers
- c. Edward Titchener
- d. William James

ANSWER: d

Chapter 1 - The Evolution of Psychology

23. What is the term used by William James to describe a continuous flow of thoughts?
- phenomenological flow
 - stream of consciousness
 - transcendental meditation
 - existential awareness

ANSWER: b

24. Which of the following is a concept that is LEAST associated with functionalism?
- mental testing
 - elements of consciousness
 - stream of consciousness
 - adapting to the environment

ANSWER: b

25. Which of the following was an early approach in psychology that fostered the development of modern-day applied psychology?
- behaviourism
 - functionalism
 - pragmatism
 - structuralism

ANSWER: b

26. Which of the following areas of study was pioneered by functionalists?
- psychophysics
 - sensation and perception
 - introspective analysis
 - mental testing

ANSWER: d

27. Who was the first woman to receive a Ph.D. in psychology?
- Mary Calkins
 - Anna Freud
 - Margaret Washburn
 - Leta Stetter Hollingworth

ANSWER: c

Chapter 1 - The Evolution of Psychology

28. What is Leta Stetter Hollingworth most well-known for?
- debunking theories that proposed that women are inferior to men
 - founding one of the early psychology laboratories in America
 - being the first woman to receive a Ph.D. in psychology
 - being the first woman president of the American Psychological Association

ANSWER: a

29. Which psychologist proposed that the study of consciousness should be replaced by the study of behaviour?
- G. Stanley Hall
 - John B. Watson
 - Sigmund Freud
 - Abraham Maslow

ANSWER: b

30. Which theoretical orientation insisted that observations be verifiable?
- behaviourism
 - functionalism
 - psychoanalysis
 - structuralism

ANSWER: a

31. With which of the following statements would a behaviourist agree?
- Psychology should be the science of observable behaviour.
 - Behaviour can be explained only in terms of phenomenology, that is, an individual's interpretation of experience.
 - In order to understand behaviour, one must understand the motives behind the behaviour.
 - Conscious experiences can be studied in an objective, precise way.

ANSWER: a

32. Which of the following did John B. Watson argue that psychologists should do?
- confine their work to people who are diagnosed as mentally ill
 - use the method of introspection to establish the structural aspects of consciousness
 - abandon the study of consciousness
 - concern themselves with the intentionality of behaviour

ANSWER: c

Chapter 1 - The Evolution of Psychology

33. According to John Watson, by which of the following is behaviour governed, primarily?

- a. personal motives
- b. heredity
- c. environment
- d. unconscious desires

ANSWER: c

34. With which of the following statements would strict behaviourists most likely agree?

- a. The primary causes for human behaviour are unknown.
- b. Human behaviour is caused primarily by environmental factors.
- c. Human behaviour is caused primarily by inherited factors.
- d. Human behaviour is caused primarily by equal contributions of inherited and environmental factors.

ANSWER: b

35. What did Watson state that psychologists should study?

- a. only the things that people or other animals do, because those are observable behaviours
- b. only the things that people do as a result of experience, because reflexes are not valid behaviours
- c. things that people do, think, and feel
- d. only the things that people think and feel, because those are psychological processes

ANSWER: a

36. What is another name for the behavioural approach in psychology?

- a. structuralism
- b. applied psychology
- c. Gestalt psychology
- d. stimulus-response psychology

ANSWER: d

37. Ariadne believes that individuals learn to be either aggressive or non-aggressive as a result of the experiences they have. With which type of psychology are Ariadne's views most consistent?

- a. functionalist
- b. structuralist
- c. psychoanalytic
- d. behaviourist

ANSWER: d

Chapter 1 - The Evolution of Psychology

38. Lynelle teases her brother and then he starts crying. If you describe the teasing as a stimulus, and the crying as a response to that stimulus, what type of analysis are you conducting?

- a. structuralist
- b. behaviourist
- c. psychoanalytic
- d. functionalist

ANSWER: b

39. Which school of psychology was most responsible for the rise of animal research in psychology?

- a. structuralism
- b. psychoanalysis
- c. behaviourism
- d. Gestaltism

ANSWER: c

40. If Dr. Scott chooses to conduct experiments with animals in order to exert more experimental control over the study, which type of researcher is Dr. Scott?

- a. psychoanalytic
- b. behaviourist
- c. structuralist
- d. Gestaltist

ANSWER: b

41. Dr. Tsang is a psychologist who conducts research on the effects of reward on maze learning in rats. Which type of psychologist is Dr. Tsang?

- a. behaviourist
- b. structuralist
- c. Gestaltist
- d. psychoanalytic

ANSWER: a

Chapter 1 - The Evolution of Psychology

42. Which of the following statements best reflects the main advantage of conducting psychological research with animals?
- a. With research on animals, there are no ethical issues to be concerned with.
 - b. In their biological makeup, animals are fundamentally similar to humans.
 - c. A researcher can exert more control over an animal than over a human subject.
 - d. It is much cheaper to conduct research on animals than on humans.

ANSWER: c

43. Sigmund Freud developed an innovative procedure for treating people with psychological problems. What did he call this procedure?
- a. rational-emotive therapy
 - b. behaviour modification
 - c. primal therapy
 - d. psychoanalysis

ANSWER: d

44. According to Sigmund Freud, what determines an individual's personality?
- a. strivings for superiority
 - b. forces in the unconscious
 - c. self-actualizing tendencies
 - d. forces in the environment

ANSWER: b

45. You are interviewing a new member of the psychology department for the university newspaper. The faculty member states: "Many times people are unaware of the unconscious motivations that drive their overt actions." Which theorist is this faculty member's view most similar to?
- a. Wilhelm Wundt
 - b. Carl Rogers
 - c. Ivan Pavlov
 - d. Sigmund Freud

ANSWER: d

Chapter 1 - The Evolution of Psychology

46. What did Freud conclude are the dominant causes of psychological disturbances?
- conflicts between conscious desires and environmental constraints
 - personal conflicts existing at an unconscious level
 - unrealistic demands from family and friends
 - genetic predispositions to behave in a particular way

ANSWER: b

47. How did Freud's theories about human behaviour differ from prevailing viewpoints in the early 1900s?
- He proposed the existence of free will.
 - He saw people as not fully aware of the forces that control their behaviour.
 - He emphasized environmental forces on behaviour.
 - He saw abnormal behaviour as resulting from biological causes.

ANSWER: b

48. Why did many psychologists resist psychoanalysis?
- due to its use of introspection
 - due to its emphasis on unconscious motivation
 - due to its focus on the role of heredity
 - due to its explanations in terms of stimulus-response associations

ANSWER: b

49. Liserel is a graduate student who believes that the best approach to the study of psychology is to focus exclusively on the unconscious determinants of behaviour. Which perspective matches Liserel's views toward the study of psychology?
- humanistic
 - psychoanalytic
 - structuralist
 - cognitive

ANSWER: b

50. Which of the following do behaviourism and psychoanalytic theory have in common?
- an emphasis on the role of sexuality in behaviour
 - the implication that people are not necessarily in complete control of behaviour
 - the notion that unconscious motives have a major influence on behaviour
 - a resistance to the use of animal subjects in psychological research

ANSWER: b

Chapter 1 - The Evolution of Psychology

51. Much like Freud, Skinner's views on human behaviour were controversial and often criticized. Which controversies were predominant for each of Freud and Skinner?
- Freud's focus on sexual motivation and Skinner's suggestion that free will was an illusion
 - Freud's focus on sexual motivation and Skinner's belief that maladaptive behaviour was biological in origin
 - Freud's insensitive treatment of patients and Skinner's violation of existing animal ethics rules
 - Freud's focus on conscious processes and Skinner's focus on unconscious processes

ANSWER: a

52. Which of the following statements about the current status of Freud's psychoanalytic theory is most accurate?
- Freud's views exert a tremendous influence on other disciplines, but not on psychology.
 - Freud's views have been largely abandoned and they exert relatively little, if any, influence on current mainstream psychology.
 - Many psychoanalytic concepts have filtered into the mainstream of psychology.
 - Freud's views exert a tremendous influence on developmental and abnormal psychology, but not on other areas of mainstream psychology.

ANSWER: c

53. Which psychologist took the position that organisms tend to repeat responses that lead to positive outcomes and tend not to repeat responses that lead to neutral or negative outcomes?
- Abraham Maslow
 - Carl Rogers
 - F. Skinner
 - Sigmund Freud

ANSWER: d

54. With which individual is B. F. Skinner most in agreement on the issue of internal mental events?
- Abraham Maslow
 - Sigmund Freud
 - John Watson
 - Wilhelm Wundt

ANSWER: c

Chapter 1 - The Evolution of Psychology

55. Janet trained her dog to sit on command by rewarding the dog's behaviour of sitting with a dog biscuit and praise. Which psychological perspective's methods did Janet use?

- a. psychoanalysis
- b. humanism
- c. functionalism
- d. behaviourism

ANSWER: d

56. A study determines that rats can be trained to press a lever if lever pressing is followed by the presentation of food. Of the following theorists, who would be most likely to have devised this study?

- a. Wilhelm Wundt
- b. Abraham Maslow
- c. F. Skinner
- d. William James

ANSWER: c

57. You are interviewing a new member of the psychology department for the university newspaper. The faculty member states, "Sure, people have emotions and thoughts and dreams, but you don't have to study those things in order to predict behaviour." Which theorist's views are most similar to the views held by this faculty member?

- a. Sigmund Freud
- b. B. F. Skinner
- c. William James
- d. Carl Rogers

ANSWER: b

58. Which of the following is most likely to be studied by a behaviourist?

- a. animal training methods
- b. emotional reactions to trauma
- c. reaction time in response to complex words
- d. how children develop humour

ANSWER: a

Chapter 1 - The Evolution of Psychology

59. Marissa wants to study people's emotional reactions to increases in temperature. Her classmate, Bernard, tells her that her study should focus on observable behaviours, rather than thoughts or feelings. Which psychological perspective is consistent with Bernard's advice?

- a. evolutionary
- b. psychodynamic
- c. humanist
- d. behavioural

ANSWER: d

60. Caroline conducts research in which she systematically changes some aspect of the environment and then measures changes in observable behaviour. Which psychological perspective is most consistent with Caroline's method?

- a. cognitive
- b. humanist
- c. behaviourist
- d. psychoanalytic

ANSWER: c

61. Which of the following is characteristic of Skinner's view of behaviourism?

- a. It focused on the importance of free will.
- b. It focused on the study of behaviour and its consequences.
- c. It encouraged speculative statements about consciousness.
- d. It included hypotheses about motives and goals.

ANSWER: b

62. Which of the following psychologists would have been most likely to say, "You think that you're in control of your own behaviour, but you're not truly in control."?

- a. B. F. Skinner
- b. Abraham Maslow
- c. Wilhelm Wundt
- d. Carl Rogers

ANSWER: a

Chapter 1 - The Evolution of Psychology

63. What was the dominant school of thought in psychology during the 1950s and 1960s?

- a. behaviourism
- b. structuralism
- c. Gestaltism
- d. functionalism

ANSWER: a

64. Which of the following groups would be most likely to suggest that people can have complete control over their own destinies?

- a. psychoanalysts
- b. humanists
- c. behaviourists
- d. Gestaltists

ANSWER: b

65. Which school of psychology takes the most optimistic view of human nature?

- a. structuralism
- b. behaviourism
- c. humanism
- d. functionalism

ANSWER: c

66. Which type of psychologist would be LEAST likely to generalize from studies of animal subjects to human behaviour?

- a. evolutionary psychologist
- b. humanist
- c. cognitive psychologist
- d. behaviourist

ANSWER: b

Chapter 1 - The Evolution of Psychology

67. Oliver is studying motivation in chimpanzees. His roommate believes that Oliver's research is only useful for understanding chimpanzees, and cannot generalize to humans. Which perspective does Oliver's roommate apparently take?
- a. cognitive
 - b. biological
 - c. humanistic
 - d. evolutionary

ANSWER: c

68. Which theoretical viewpoint is most closely associated with Carl Rogers and Abraham Maslow?
- a. cognitive approach
 - b. humanism
 - c. structuralism
 - d. biological approach

ANSWER: b

69. Which of the following statements is LEAST likely to be made by a humanist?
- a. Research on animals has no relevance to understanding human behaviour.
 - b. Humans have a basic need to fulfill their potential.
 - c. The behaviour of humans tends to be dictated by environmental circumstances.
 - d. Humans are unique.

ANSWER: c

70. What do humanists believe governs people's behaviour?
- a. unconscious sexual urges
 - b. outcomes of an individual's responses
 - c. biochemical processes
 - d. self-concepts

ANSWER: d

Chapter 1 - The Evolution of Psychology

71. Micha tends to be very passive and allows people to take advantage of him. What would a humanist most likely say about Micha?
- Micha simply needs to take an assertiveness training class in which he can learn and practise assertive behaviours.
 - Micha should undergo analysis so that he can begin to resolve whatever unconscious conflict is at the root of his passivity.
 - Micha will find it difficult to change because he probably has deep-seated feelings of inferiority.
 - Micha can become more assertive once he begins to feel better about himself and recognizes that he has the ability to fulfill his potential.

ANSWER: d

72. Which of the following psychologists would be most likely to state that each person has a drive to grow and fulfill his or her potential?
- Sigmund Freud
 - B. F. Skinner
 - G. Stanley Hall
 - Abraham Maslow

ANSWER: d

73. Imagine that the editor of your local newspaper writes a column supporting a reduction in government intervention with more rights for individual citizens. The editor bases this argument on the assumption that people are rational beings who will fulfill their maximum potential as long as others do not infringe on their basic human needs. Which psychological perspective do this editor's views reflect?
- evolutionary
 - humanistic
 - behavioural
 - psychodynamic

ANSWER: b

74. According to humanists, why are animal studies of little relevance to understanding humans?
- Animals do not develop mental disorders.
 - Animals do not have a self-concept.
 - Animals have a much shorter period of development.
 - Animals cannot communicate their thoughts to us.

ANSWER: b

Chapter 1 - The Evolution of Psychology

75. What has been humanism's most important contribution to psychology?
- a. the concept of free will
 - b. the method of introspection
 - c. innovative treatments for psychological problems
 - d. a focus on the measurable and verifiable aspects of behaviour

ANSWER: c

76. Which organization was established in 1939 to advance psychology as a science in Canada, and continues to play a vital role in the field?
- a. APA–Canada
 - b. Canadian Psychological Association (CPA)
 - c. Association of Canadian Experimental Psychologists (ACEP)
 - d. Canadian Society of Psychologists (CSP)

ANSWER: b

77. Which branch of psychology is concerned with everyday, practical problems?
- a. cognitive
 - b. developmental
 - c. applied
 - d. abnormal

ANSWER: c

78. Which of the following would be the focus of an applied psychologist?
- a. practical problems
 - b. construction of theory
 - c. development of imaging technology
 - d. experimental methods

ANSWER: a

79. Which of the following sounds LEAST like the work of an applied psychologist?
- a. finding ways to teach learning-disabled children
 - b. looking for ways to increase efficiency in an organization
 - c. treating someone with a phobia
 - d. studying basic learning processes in rats

ANSWER: d

Chapter 1 - The Evolution of Psychology

80. Which of the following is most likely to be a clinical psychologist?
- a. Alrick, who treats patients with eye disorders
 - b. Beth, who helps organizations hire the best managers
 - c. Callum, who studies drugs that treat anxiety
 - d. Della, who leads group therapy sessions for survivors of trauma

ANSWER: d

81. Which branch of psychology is concerned with the diagnosis and treatment of psychological disorders?
- a. counselling psychology
 - b. developmental psychology
 - c. clinical psychology
 - d. humanistic psychology

ANSWER: c

82. Which type of psychologist would be the greatest help to you if you were having problems with depression?
- a. social psychologist
 - b. motivational psychologist
 - c. developmental psychologist
 - d. clinical psychologist

ANSWER: d

83. Michael is having problems relating to other people because he is very paranoid and experiences hallucinations. Which type of psychologist should Michael contact for help?
- a. physiological psychologist
 - b. clinical psychologist
 - c. developmental psychologist
 - d. experimental psychologist

ANSWER: b

84. Which type of applied psychology was most stimulated by World War II?
- a. industrial psychology
 - b. clinical psychology
 - c. educational psychology
 - d. neurological psychology

ANSWER: b

Chapter 1 - The Evolution of Psychology

85. Which of the following was one of the first areas of applied psychology to develop?

- a. personnel psychology
- b. counselling psychology
- c. psychological testing
- d. sports psychology

ANSWER: c

86. Which of the following contributed most to the development of applied psychology?

- a. the advent of high-speed computers
- b. an increase in the number of people earning advanced degrees in psychology
- c. high demand for the screening of military recruits and treatment of traumatized war veterans
- d. an increase in public awareness of the symptoms of psychological disorders, and the rise of behaviourism

ANSWER: c

87. Which of the following applies to clinical psychologists but not academic psychologists?

- a. Clinical psychologists have Ph.Ds.
- b. Clinical psychologists do research.
- c. Clinical psychologists are behaviourists.
- d. Clinical psychologists are licensed.

ANSWER: d

88. Which of the following is LEAST likely to be included under the umbrella of applied psychology?

- a. cognitive psychology
- b. school psychology
- c. counselling psychology
- d. industrial/organizational psychology

ANSWER: a

89. Which of the following terms refers to the mental processes involved in acquiring knowledge?

- a. introspection
- b. application
- c. empiricism
- d. cognition

ANSWER: d

Chapter 1 - The Evolution of Psychology

90. Which of the following is a relatively recent movement in psychology that has revived the old interest in mental and conscious events?
- a. psychoanalysis
 - b. cognitive psychology
 - c. physiological psychology
 - d. behavioural psychology

ANSWER: b

91. Which of the following individuals is most closely associated with the cognitive perspective on language?
- a. Noam Chomsky
 - b. B. F. Skinner
 - c. Abraham Maslow
 - d. David Buss

ANSWER: a

92. Which psychological approach contends that psychology must study internal mental events in order to fully understand behaviour?
- a. cognitive psychology
 - b. clinical psychology
 - c. developmental psychology
 - d. behaviourism

ANSWER: a

93. Which of the following is most likely to be studied by a cognitive psychologist?
- a. factors that determine group cohesiveness
 - b. whether a job incentive program is effective
 - c. play behaviour in preschool children
 - d. strategies used by students to solve puzzles

ANSWER: d

Chapter 1 - The Evolution of Psychology

94. Programmers who were working on a chess-playing supercomputer asked a psychologist from their university for some help in working out the problem-solving algorithms they would be using. Which type of psychologist would be most likely to help with this project?
- structural psychologist
 - educational psychologist
 - behavioural psychologist
 - cognitive psychologist

ANSWER: d

95. Darnell is working on a computer system that will have full language-recognition capabilities. Which type of psychologist could probably give Darnell the most help in developing this computer system?
- clinical psychologist
 - cognitive psychologist
 - humanistic psychologist
 - behavioural psychologist

ANSWER: b

96. In approximately what year did the cognitive perspective surpass the behavioural perspective in influence, according to results from a recent study?
- 1920
 - 1950
 - 1970
 - 1990

ANSWER: c

97. Which of the following psychologists demonstrated that electrical stimulation of the brain could evoke emotional responses such as pleasure and rage in animals?
- Roger Sperry
 - James Olds
 - B.F. Skinner
 - Abraham Maslow

ANSWER: b

Chapter 1 - The Evolution of Psychology

98. Annabel wants to investigate differences in the way language is processed by the brain hemispheres. Whose research should Annabel read?

- a. Roger Sperry
- b. Carl Rogers
- c. Alfred Adler
- d. John B. Watson

ANSWER: a

99. The Human Genome Project involves a large number of scientists who are trying to determine the biochemical nature of all the genes on each chromosome in the human body. These scientists come from a variety of areas, including psychology. Which type of psychologist is most likely to work on this project?

- a. behavioural
- b. biological
- c. clinical
- d. applied

ANSWER: b

100. Which of the following types of psychologist would be most likely to have a copy of Hebb's *The Organization of Behavior* on her bookshelf?

- a. a psychoanalyst
- b. an industrial/organizational psychologist
- c. a humanistic psychologist
- d. a neuroscientist

ANSWER: d

101. Which of the following pairs of theoretical perspectives is most likely to be associated with studies using animals?

- a. behavioural and biological
- b. psychoanalytic and cognitive
- c. clinical and psychoanalytic
- d. biological and clinical

ANSWER: a

Chapter 1 - The Evolution of Psychology

102. Professor Vasquez believes that nearly all psychological disorders can ultimately be traced to abnormalities in brain chemistry. With which perspective are Professor Vasquez's beliefs most consistent?
- a. behavioural
 - b. biological
 - c. cognitive
 - d. clinical

ANSWER: b

103. What is the key to understanding the organization of behaviour, according to Donald Hebb?
- a. measurement of observable behaviour
 - b. introspection
 - c. analysis of unconscious conflicts
 - d. activity at the neuronal level

ANSWER: d

104. Research in neuroscience owes a great deal of its inspiration to Donald Hebb, who wrote the book *The Organization of Behavior: A Neuropsychological Theory*. What did Hebb theorize about?
- a. the importance of behaviourist models of learning for understanding how neurons work
 - b. the concept of cell assemblies, and the importance of neuronal processes for behaviour
 - c. the importance of unconscious experiences, and the role of cell assemblies for the execution of behaviour
 - d. the role of social interaction for the organization of the cortex during childhood

ANSWER: b

105. In which country has most of psychology's research historically been conducted?
- a. United States
 - b. Germany
 - c. England
 - d. Japan

ANSWER: a

106. Historically, which of the following groups has been used most often as subjects for psychological research?
- a. middle- and upper-class white males
 - b. lower-class males
 - c. lower-class males and females
 - d. middle- and upper-class white females

ANSWER: a

Chapter 1 - The Evolution of Psychology

107. Approximately what percentage of Canada's population was born in another country?

- a. 5%
- b. 10%
- c. 15%
- d. 20%

ANSWER: d

108. A number of factors have contributed to the recent increased interest in research dealing with "cultural" variables in psychology. Which of the following is NOT one of these contributing factors?

- a. depersonalization of human beings by modern psychology
- b. various groups (such as civil rights groups and women's groups) arguing that society has paid little attention to human diversity
- c. increased ethnic diversity in North America
- d. increased contact with non-Western cultures due to advances in communication and travel

ANSWER: a

109. Which of the following is most likely a topic of study for a cross-cultural psychologist?

- a. how travel affects openness to experience in children
- b. how cognitive errors lead to racism
- c. determining the genes associated with skin colour
- d. whether people in different cultures solve puzzles in the same way, or differently

ANSWER: d

110. Which psychology approach examines behavioural processes in terms of their adaptive value for a species?

- a. physiological
- b. humanist
- c. clinical
- d. evolutionary

ANSWER: d

111. Professor Immel conducts research that examines whether people with particular personality traits have greater success with dating and reproduction. What type of psychological research does Professor Immel conduct?

- a. humanistic
- b. evolutionary
- c. cognitive
- d. behavioural

ANSWER: b

Chapter 1 - The Evolution of Psychology

112. Which of the following is the most important aspect of natural selection?

- a. aggressive interactions with members of other species
- b. passing on genes to the next generation
- c. locating a source of food
- d. establishing a territory

ANSWER: b

113. In which of the following visual-spatial tasks do females tend to perform somewhat better than males, on average?

- a. map reading
- b. memory for locations
- c. maze learning
- d. mental rotation of images

ANSWER: b

114. Which early psychologist would be most likely to endorse the tenets of evolutionary psychology?

- a. Edward Titchener
- b. John Watson
- c. William James
- d. Wilhelm Wundt

ANSWER: c

115. When did evolutionary psychology emerge as a modern discipline?

- a. 1960s
- b. 1970s
- c. 1980s
- d. 1990s

ANSWER: c

116. Damion wants to investigate whether specific dating patterns among young adults are the result of evolved predispositions. With whom would Damion most likely choose to work with if he could work with a psychologist who has made a significant contribution in this area of research?

- a. David Buss
- b. B.F. Skinner
- c. Herbert Simon
- d. Carl Jung

ANSWER: a

Chapter 1 - The Evolution of Psychology

117. If Dr. Laker is an evolutionary psychologist who studies nutrition and hunger, which of the following is a likely topic of study for Dr. Laker?
- Hunger in response to specific times of day when meals normally occur
 - Cravings associated with foods that are necessary for survival
 - The relationship between eating and depression
 - Body image associated with exposure to TV and magazine advertisements

ANSWER: b

118. Females tend to place more emphasis on potential mates' economic resources than do males. What would an evolutionary psychologist suggest is the main reason for this preference among modern females?
- Ancestral females with this preference got a larger territory.
 - Ancestral females with this preference could acquire more food.
 - Ancestral females with this preference had more mates.
 - Ancestral females with this preference had more offspring.

ANSWER: d

119. If an evolutionary psychologist were studying sleep and dreams, which of the following would be a likely topic?
- What is the symbolic meaning of dreams?
 - Do sleep patterns change across the life span?
 - Are sleep disorders controlled by environmental influences?
 - Does sleep benefit health and survival?

ANSWER: d

120. Which of the following statements best reflects the current thinking about evolutionary psychology?
- It is a simplistic rehash of ideas proposed by Charles Darwin over 140 years ago.
 - It is a widely accepted approach to the study of human behaviour.
 - It is a radical perspective supported by a small group of fringe scientists.
 - It is a thought-provoking, innovative perspective that is rapidly gaining influence.

ANSWER: d

121. What is the basic goal for the approach of positive psychology?
- have a positive impact on scientific fields outside psychology
 - create a more positive experience for psychologists' patients
 - treat all patients with positive or progressive methods
 - study the positive aspects of human behaviour and experience

ANSWER: d

Chapter 1 - The Evolution of Psychology

122. Which of the following is one of the main areas of interest for positive psychologists?

- a. situations that facilitate health and well-being
- b. symptoms of common disorders
- c. acquisition of wealth and social status
- d. factors involved in making first impressions

ANSWER: a

123. Seligman believed that psychology was too focused on negative aspects of human behaviour, including pathology, weakness, damage, and suffering. Which new perspective within psychology did this inspire him to initiate?

- a. Gestalt psychology
- b. positive psychology
- c. optimistic psychology
- d. humanistic psychology

ANSWER: b

124. Which of the following is a criticism of the recent positive psychology approach?

- a. Although it claims to be positive, it is actually focused on very damaging aspects of human behaviour.
- b. Dividing human experience into “positive” and “negative” is oversimplified.
- c. The approach is just a restatement of behaviourist principles from decades ago.
- d. Positive psychologists refuse to acknowledge that negative traits exist, and this is counterproductive to progress.

ANSWER: b

125. Dr. Andrus studies the factors that predict good sleep habits and the ability to relax. She believes that both sleep and relaxation are key to living a balanced life, as well as being happy and productive. Which psychological approach does Dr. Andrus appear to take?

- a. positive
- b. psychoanalytic
- c. behaviourist
- d. cognitive

ANSWER: a

Chapter 1 - The Evolution of Psychology

126. What is psychology, according to the definition that appears in your text?
- a. a school of thought and an occupation
 - b. a science and a profession
 - c. a theory and an academic discipline
 - d. a cognitive process and a philosophy

ANSWER: b

127. What is a key change that has occurred in psychology over the past few decades?
- a. Fewer psychologists now work in colleges and universities.
 - b. Psychologists have gone from being specialists to being generalists.
 - c. The number of clinicians is decreasing.
 - d. Psychology has become less applied in its focus.

ANSWER: a

128. Which of the following areas is considered an experimental area of psychology?
- a. clinical
 - b. perception
 - c. organizational
 - d. education

ANSWER: b

129. What kind of psychologist would focus on how aggressive behaviour changes as a function of age?
- a. social psychologist
 - b. behavioural psychologist
 - c. developmental psychologist
 - d. physiological psychologist

ANSWER: c

130. Which of the following is likely to be of most interest to a developmental psychologist?
- a. effects on children of being raised in a single-parent home
 - b. dynamics of small-group decision making
 - c. use of physical exercise as a means of combating depression
 - d. effect of anxiety on problem-solving behaviour

ANSWER: a

Chapter 1 - The Evolution of Psychology

131. What area of psychology includes a specific focus on people who are elderly?

- a. developmental psychology
- b. psychometrics
- c. experimental psychology
- d. cognitive psychology

ANSWER: a

132. Chiwe is a graduate student whose major area of interest is social psychology. In which of the following would you expect that Chiwe is most interested?

- a. how people relate to each other and influence each other
- b. the internal factors that lead people to act consistently across a variety of situations
- c. the ways in which physical or genetic factors influence and determine behaviour
- d. the ways in which behaviour and mental processes change over a lifetime

ANSWER: a

133. Which of the following questions would a social psychologist be most likely to ask?

- a. How stable is personality over the life span?
- b. Why do we like some people and not others?
- c. What effect does anxiety have on test performance?
- d. Do people who are antisocial think differently than other people?

ANSWER: b

134. Dr. Evoy does research that has examined the behaviour of individuals when they are in groups, as well as when they are alone. She has found that people tend to conform to the opinion of a dominant person within a group, and that this opinion tends to be much different than the opinion that would form if the individual were alone.

Based on this information, which sort of psychologist do you think Dr. Evoy is?

- a. social psychologist
- b. developmental psychologist
- c. cognitive psychologist
- d. psychometrist

ANSWER: a

Chapter 1 - The Evolution of Psychology

135. Which of the following is LEAST likely to conduct experiments?

- a. a social psychologist
- b. a psychometrist
- c. a psychiatrist
- d. a developmental psychologist

ANSWER: c

136. Which of the following areas of research in psychology is concerned with understanding the role of the endocrine system in the regulation of behaviour?

- a. cognitive psychology
- b. physiological psychology
- c. developmental psychology
- d. psychometrics

ANSWER: b

137. Phillip is a graduate student whose major area of interest is physiological psychology. What would Phillip be most interested in?

- a. the ways in which genetic factors influence and determine behaviour
- b. the internal factors that lead people to act consistently across a variety of situations
- c. how people relate to each other and influence each other
- d. the ways in which behaviour and mental processes change over a lifetime

ANSWER: a

138. Which of the following would an experimental psychologist be most likely to ask?

- a. What effect does reward have on learning?
- b. How do hormones affect behaviour?
- c. What are the stages of problem solving?
- d. Why do we like some people and not others?

ANSWER: a

139. What type of psychologist studies information processing and decision making?

- a. social
- b. psychometric
- c. cognitive
- d. educational

ANSWER: c

Chapter 1 - The Evolution of Psychology

140. What would be of greatest interest to a cognitive psychologist?

- a. information processing
- b. adolescent identity crisis
- c. behaviour in small groups
- d. interpersonal attraction

ANSWER: a

141. Ramon is a graduate student whose major area of interest is cognitive psychology. What would Ramon be most interested in?

- a. short-term and long-term memory disruptions
- b. the internal factors that lead people to act consistently across a variety of situations
- c. brain regions associated with language
- d. how people relate to each other and influence each other

ANSWER: a

142. Marie is a graduate student whose major area of interest is personality psychology. What would Marie be most interested in?

- a. the internal factors that lead people to act consistently across a variety of situations
- b. how people relate to each other and influence each other
- c. the ways in which behaviour and mental processes change over a lifetime
- d. the ways in which physical or genetic factors influence and determine behaviour

ANSWER: a

143. Which type of psychologist would most likely be interested in developing a test that would allow him or her to predict how someone would respond across a variety of situations?

- a. cognitive psychologist
- b. developmental psychologist
- c. physiological psychologist
- d. personality psychologist

ANSWER: d

Chapter 1 - The Evolution of Psychology

144. Which of the following areas of research in psychology is concerned with assessing individual differences, developing tests, and developing new statistical techniques?
- a. psychometrics
 - b. social psychology
 - c. cognitive psychology
 - d. educational psychology

ANSWER: a

145. Which of the following would a psychologist who specializes in psychometrics most likely be concerned with?
- a. counselling
 - b. animal experimentation
 - c. relationship between brain chemistry and behaviour
 - d. developing intelligence tests

ANSWER: d

146. Which of the following is a medical doctor who specializes in diagnosing and treating mental disorders?
- a. clinician
 - b. psychiatrist
 - c. clinical psychologist
 - d. psychometrist

ANSWER: b

147. Which of the following statements regarding the difference between a clinical psychologist and a psychiatrist is most accurate?
- a. Both clinical psychologists and psychiatrists receive medical training.
 - b. Clinical psychologists tend to take a non-medical approach to the treatment of psychological disorders.
 - c. Psychiatrists cannot prescribe drugs.
 - d. A clinical psychologist has a medical degree.

ANSWER: b

148. What degree does a psychiatrist typically have?
- a. MSc in psychology
 - b. medical degree
 - c. Ph.D. in pharmacology
 - d. doctorate in physiology

ANSWER: b

Chapter 1 - The Evolution of Psychology

149. Which of the following areas is most likely to be classified as an applied area of specialization in psychology?
- a. counselling psychology
 - b. personality psychology
 - c. developmental psychology
 - d. experimental psychology

ANSWER: a

150. Which of the following areas is most similar to clinical psychology?
- a. personality psychology
 - b. social psychology
 - c. psychometrics
 - d. counselling psychology

ANSWER: d

151. Which of the following is primarily an applied area of psychology?
- a. social psychology
 - b. industrial/organizational psychology
 - c. cognitive psychology
 - d. physiological psychology

ANSWER: b

152. In which type of psychology would a psychologist work on trying to increase job satisfaction and productivity in a large company?
- a. counselling psychology
 - b. industrial and organizational psychology
 - c. clinical psychology
 - d. psychometrics

ANSWER: b

153. Which of the following would be expected of an industrial/organizational psychologist?
- a. providing group or individual psychotherapy
 - b. providing assistance to people struggling with everyday problems
 - c. testing and counselling children who are having difficulty in school
 - d. working to improve employee morale and attitudes

ANSWER: d

Chapter 1 - The Evolution of Psychology

154. Which of the following would be expected of a clinical psychologist?
- study the effects of reward on learning
 - conduct psychotherapy
 - study the factors that motivate behaviour
 - examine the relationship between sleep deprivation and task performance

ANSWER: b

155. Psychology is based on systematic observation rather than pure reasoning or common sense. What is another way of saying this?
- Psychology is rational.
 - Psychology is empirical.
 - Psychology is behavioural.
 - Psychology is speculative.

ANSWER: b

156. Researchers in psychology have to “see it to believe it.” Which approach to knowledge is this orientation most consistent with?
- empiricism
 - humanism
 - structuralism
 - functionalism

ANSWER: a

157. Which of the early fields in psychology MOST emphasized the principle of empiricism?
- psychoanalysis
 - behaviourism
 - humanism
 - functionalism

ANSWER: b

158. What is the difference between the common-sense approach to human behaviour and the psychological approach?
- empiricism
 - the use of logic
 - the focus on neurological explanations
 - the rigour of peer review

ANSWER: a

Chapter 1 - The Evolution of Psychology

159. Which of the following principles requires data and documentation?

- a. subjectivity
- b. multifactorial causation
- c. empiricism
- d. theoretical diversity

ANSWER: c

160. Which of the following qualifies as empirically based knowledge?

- a. logical consistency
- b. intuition
- c. observed actions
- d. insight

ANSWER: c

161. Which of the following is NOT characteristic of empiricism?

- a. observation
- b. documentation
- c. speculation
- d. skepticism

ANSWER: c

162. Which of the following statements is consistent with the idea that psychology is empirical?

- a. Conclusions should be guided by theories.
- b. Conclusions should be based on direct observation.
- c. Research should focus on underlying internal events.
- d. Reason and logic are primary to psychology.

ANSWER: b

163. Psychologists need to use agreed-upon measurement tools so that other researchers can objectively evaluate the results of the research. Which underlying theme does this aspect of psychology illustrate?

- a. Behaviour is determined by multiple causes.
- b. People's experience of the world is highly subjective.
- c. Psychology evolves in a sociohistorical context.
- d. Psychology is empirical.

ANSWER: d

Chapter 1 - The Evolution of Psychology

164. Liam is reading a magazine article about a new “wonder drug” and finds himself wondering who participated in the study and what evidence the claims are based on. Which of the following ideas does Liam’s thinking illustrate?
- Sciences do not exist in a cultural vacuum.
 - Single-cause explanations are often inaccurate.
 - Motives and expectations can colour our experiences.
 - Information needs to be viewed with a certain degree of skepticism.

ANSWER: d

165. John Watson’s rejection of introspection and insistence upon laboratory methods is consistent with which of your text’s unifying themes?
- Psychology is empirical.
 - Heredity and environment jointly influence behaviour.
 - People’s experience of the world is highly subjective.
 - Psychology evolves in a sociohistorical context.

ANSWER: a

166. What is the term for a system of interrelated ideas used to explain a set of observations?
- empirical set
 - theory
 - hypothesis
 - sociohistorical context

ANSWER: b

167. Which of the following best describes what a theory is?
- explanation of unobservable phenomena
 - related speculations that are based on common sense
 - system of interrelated ideas used to explain some observation
 - string of unrelated observations

ANSWER: c

Chapter 1 - The Evolution of Psychology

168. Dr. Kline takes an eclectic approach to treating psychological disorders. She often prescribes medications that influence neurotransmitter levels, but she also works with her clients to change their behaviour and help them understand the impact of social factors in their problems. Which underlying theme does Dr. Kline's approach to therapy illustrate?
- Differing theoretical perspectives can provide a more complete understanding of behaviour.
 - Motives and expectations can colour our experiences.
 - Unconscious motivation has little impact on overt behaviour.
 - Our cultural backgrounds exert a considerable influence over our behaviour.

ANSWER: a

169. In trying to understand the psychology of addiction, Dr. Jackson focuses on the neurochemical changes that occur, Dr. Fong focuses on the consequences that people experience for their behaviour, and Dr. Wenkle focuses on the cognitive processes that people use in choosing their actions. Which underlying theme does the different perspectives of these three professionals help to illustrate?
- People's experience of the world is highly subjective.
 - Psychology evolves in a sociohistorical context.
 - Psychology is empirical.
 - Psychology is theoretically diverse.

ANSWER: d

170. Which of the following is NOT a reason for psychology's theoretical diversity?
- Data can often be interpreted in several different ways.
 - Psychology lacks adequate objective data to support theory.
 - We need more than one theory to cover the variety of data available today.
 - Different theories focus on different aspects of behaviour.

ANSWER: b

171. One psychologist explains a phobia in terms of learning principles, whereas another looks to the unconscious for an explanation. What is most likely happening in this scenario?
- The two psychologists are using different theoretical perspectives.
 - The two psychologists are probably using different sociohistorical contexts.
 - Insufficient data have been collected to support either explanation.
 - One of the two psychologists is mistaken.

ANSWER: a

Chapter 1 - The Evolution of Psychology

172. In the 1920s, there were many fundamental disputes between competing schools of thought in psychology.

Which unifying theme from your text do these disputes illustrate?

- a. Psychology evolves in a sociohistorical context.
- b. Psychology is empirical.
- c. People's experience of the world is highly subjective.
- d. Psychology is theoretically diverse.

ANSWER: d

173. In the late 19th century, psychology's rapid growth as a laboratory science was due, in part, to its fascination with which model discipline?

- a. sociology
- b. philosophy
- c. zoology
- d. physics

ANSWER: d

174. Freud's theory was based, in part, on prevailing values during his lifetime. Based on this idea, which of the following contexts influences psychology's development?

- a. hypothetical
- b. empirical
- c. multifactorial
- d. sociohistorical

ANSWER: d

175. In the 19th century, Wilhelm Wundt attempted to shape the new discipline of psychology along the lines of physics, because in his era, physics was admired as a "model" science. Which unifying theme from your text does Wundt's attempt to imitate physics illustrate?

- a. Behaviour is determined by multiple causes.
- b. Psychology evolves in a sociohistorical context.
- c. People's experience of the world is highly subjective.
- d. Psychology is theoretically diverse.

ANSWER: b

Chapter 1 - The Evolution of Psychology

176. World War I and World War II stimulated the growth of psychology as a profession. Which unifying theme from your text does this influence illustrate?
- Psychology is empirical.
 - People's experience of the world is highly subjective.
 - Psychology is theoretically diverse.
 - Psychology evolves in a sociohistorical context.

ANSWER: d

177. The civil rights movement and the women's movement raised concerns about whether basic psychological principles could be applied to groups other than white males. Consequently, psychologists began to select samples of subjects that were more diverse for research studies. Which underlying theme does this change in practice illustrate?
- Motives and expectations can colour our experiences.
 - Science evolves in a sociohistorical context.
 - Theoretical diversity is an important component in science.
 - Behaviour is determined by multiple causes.

ANSWER: b

178. Which of the following is best supported by the fact that your performance in this course will be affected by both personal and situational factors?
- a multifactorial causation of behaviour approach
 - a psychoanalytic approach to explaining behaviour
 - an empirical explanation of behaviour
 - a sociohistorical explanation of behaviour

ANSWER: a

179. Lily believes that if all violent media programming were banned, aggressive behaviour would almost completely disappear. Which of the following themes suggests that many psychologists would disagree with Lily?
- Behaviour is determined by multiple causes.
 - Psychology evolves in a sociohistorical context.
 - Perception is often subjective.
 - Behaviour is shaped by cultural heritage.

ANSWER: a

Chapter 1 - The Evolution of Psychology

180. Which of the following would you focus on if you were using a multifactorial approach to explaining your performance in a course?

- a. only those factors that you can measure objectively
- b. the features of your environment that control your reactions to stimuli
- c. both personal and situational factors
- d. the relationship between you and your professor

ANSWER: c

181. Zoe believes that Samantha has trouble forming long-term relationships because her parents were overly strict and because Samantha inherited a very stubborn personality. Which of the following views is this type of explanation for Samantha's current behaviour most consistent with?

- a. Heredity and the environment jointly influence behaviour.
- b. Perception is often subjective.
- c. Psychology is empirical.
- d. Behaviour is shaped by cultural heritage.

ANSWER: a

182. What does the concept of culture refer to?

- a. individuals' collective unconscious
- b. demographic characteristics of a population
- c. widely shared customs, beliefs, and values among members of a group
- d. genetic predisposition to behave in a particular way

ANSWER: c

183. Which of the following refers to widely shared customs, beliefs, values, and norms?

- a. ethnicity
- b. sociohistoric context
- c. culture
- d. psychometrics

ANSWER: c

Chapter 1 - The Evolution of Psychology

184. Sunlin prepared a meal for his new girlfriend and she enjoyed it so much that she ate everything on her plate. Later she was surprised that he had found her behaviour somewhat insulting; she thought she was showing her appreciation. Which underlying theme does the couple's miscommunication illustrate in this case?
- Behaviour is determined by multiple causes.
 - Heredity and environment jointly influence behaviour.
 - Psychology evolves in a sociohistorical context.
 - Behaviour is shaped by our cultural heritage.

ANSWER: d

185. What are researchers attempting to describe when they talk about the distinction between nature and nurture?
- personality and preference
 - heredity and experience
 - behaviour and attitude
 - experience and environment

ANSWER: b

186. Dr. Escher believes that individuals may have a predisposition for some psychological disorders, but that the disorders will not develop unless there is some stressful event that acts as a trigger. Which underlying theme do Dr. Escher's views reflect?
- Psychology is theoretically diverse.
 - Behaviour is shaped by cultural heritage.
 - People's experience of the world is highly subjective.
 - Heredity and environment jointly influence behaviour.

ANSWER: d

187. Which of the following best characterizes people's understanding of reality?
- It is culturally determined.
 - It is highly objective.
 - It is highly subjective.
 - It is genetically determined.

ANSWER: c

Chapter 1 - The Evolution of Psychology

188. Which theme is most consistent with the fact that Princeton students “saw” Dartmouth students engage in twice as many infractions as the Dartmouth students did in a Princeton-Dartmouth football game?
- a. reliance on empirical evidence
 - b. unconscious motivation
 - c. multifactorial causation of behaviour
 - d. subjectivity of perception

ANSWER: d

189. In criticizing the structuralists’ reliance on the method of introspection, William James argued that two people could view the same stimulus quite differently. Which unifying theme from your text does James’s argument illustrate?
- a. People’s experience of the world is highly subjective.
 - b. Psychology is empirical.
 - c. Psychology evolves in a sociohistorical context.
 - d. Heredity and environment jointly influence behaviour.

ANSWER: a

190. Rafael and Lydia met for a blind date. Rafael had been told by his best friend that Lydia was charismatic and vivacious. During their date, Lydia was friendly but she was quite shy and didn’t initiate much of the conversation. Still, Rafael thinks that Lydia is one of the most exciting people he has met, and he can’t wait to see her again. Which theme does Rafael’s reaction to his date with Lydia illustrate?
- a. Behaviour is determined by multiple causes.
 - b. Cultural heritage has a large impact on behaviour.
 - c. People’s experience of the world is highly subjective.
 - d. Unconscious motivation has little impact on overt behaviour.

ANSWER: c

191. Carly was in favour of the proposed convention centre; Colin was against the project. When Carly surveyed people she found that 70 percent of those she questioned were in favour of the project. Colin’s survey found that 75 percent of those he surveyed were against building the convention centre. Which idea does these differing survey results support?
- a. Motives and expectations can colour our experiences.
 - b. Sciences do not exist in a cultural vacuum.
 - c. Theoretical diversity is an important component in science.
 - d. Single-cause explanations are often inaccurate.

ANSWER: a

Chapter 1 - The Evolution of Psychology

192. What is the scientific method designed to do?

- a. counteract subjectivity
- b. utilize subjectivity
- c. enhance subjectivity
- d. ignore subjectivity

ANSWER: a

193. Which of the following is the best advice for developing sound study habits?

- a. Make yourself comfortable in your study area by having your favourite music playing.
- b. Try to avoid interrupting your study time with breaks.
- c. Tackle simple, routine tasks before taking on larger tasks.
- d. Plan your study schedule in advance.

ANSWER: d

194. Diane has a cup of chocolate chips on her desk while she is studying and she eats one each time she finishes a page of notes. What does this tactic accomplish?

- a. It provides necessary glucose for Diane's brain.
- b. It causes a distraction that will ultimately disrupt Diane's learning.
- c. It leads Diane to rush through her studying.
- d. It provides an immediate reward to make up for the distant reward of a good grade.

ANSWER: d

195. Which type of psychology is consistent with the systematic use of rewards in developing effective study habits?

- a. functionalism
- b. humanism
- c. structuralism
- d. behaviourism

ANSWER: d

196. What is SQ3R?

- a. a study system designed to promote effective reading
- b. a technique designed to reduce test anxiety
- c. a method of preparing a study schedule
- d. a mnemonic device used to recall key information

ANSWER: a

Chapter 1 - The Evolution of Psychology

197. Which of the following does the “Q” in the SQ3R method of studying refer to?

- a. quiet
- b. quiz
- c. question
- d. quantify

ANSWER: c

198. Which of the following is one of the “Rs” in the SQ3R method of studying?

- a. review
- b. retain
- c. remember
- d. reduce

ANSWER: a

199. Which of the following steps in the SQ3R method constitutes saying out loud the answers to key questions in your text?

- a. question
- b. recite
- c. survey
- d. review

ANSWER: b

200. Which of the following conclusions is supported by research comparing “successful” to “unsuccessful” students?

- a. Successful students and unsuccessful students attended class equally often.
- b. Successful students attended class more often than unsuccessful students.
- c. Successful students used an instructor’s office hours more than unsuccessful students.
- d. Successful students made better use of the textbook than did unsuccessful students.

ANSWER: b

201. Which of the following is most likely to be associated with poor grades, according to research findings?

- a. being absent from class
- b. changing answers on a multiple-choice test
- c. rewarding yourself for studying
- d. overlearning the material

ANSWER: a

Chapter 1 - The Evolution of Psychology

202. According to research findings, which of the following has been found to be associated with higher grades?
- writing down everything your instructor says
 - attending class regularly
 - putting off studying until just before an exam
 - not changing answers on tests

ANSWER: b

203. Which of the following is good advice for getting more out of lectures?
- Look for hints or common clues from the instructor about what is important.
 - Resist the temptation to anticipate what is coming next.
 - Wait until after class for questions, rather than interrupting the lecture.
 - When you take notes, try to be a “human tape recorder.”

ANSWER: a

204. Which of the following is most likely to help you get more out of lectures?
- reading the text material after hearing the lecture
 - avoiding the temptation to anticipate what the lecturer will say next
 - trying to write down everything the lecturer says
 - asking questions as soon as you think of them

ANSWER: d

205. Which of the following is a counterproductive strategy for note taking?
- Trying to record the lecturer’s comments verbatim.
 - During the lecture, trying to anticipate what’s coming next and searching for deeper meanings.
 - Asking questions during the lecture.
 - When the material is especially complex, reading ahead on the topic to be covered in class.

ANSWER: a

206. Which of the following is typical of “testwise” students?
- a knack for identifying “trick” questions
 - being skilled at using clues contained within a test to improve their scores
 - being particularly knowledgeable about the subject matter being tested
 - tendency to score high on standardized tests

ANSWER: b

Chapter 1 - The Evolution of Psychology

207. What do most people tend to do when changing answers on a multiple-choice test, according to research findings?
- a. change a right answer to a wrong answer
 - b. change a wrong answer to a right answer
 - c. change a right answer to a wrong answer and back again to the right answer
 - d. change a wrong answer to another wrong answer

ANSWER: b

208. Which of the following is good advice for someone about to take a multiple-choice test?
- a. Do the most difficult and time-consuming questions first.
 - b. Stick with your first answer.
 - c. Always read each question completely.
 - d. As you read the question, try to avoid the temptation to anticipate the answer.

ANSWER: c

209. What is suggested by the word “critical” in the term “critical thinking”?
- a. Effective critical thinkers tend to be judgmental of others’ views.
 - b. Thinking is essential to success in our culture.
 - c. Critical thinkers are vigilant about their thinking.
 - d. The skills of effective thinking are learned early in life.

ANSWER: c

210. Why are critical thinking skills sometimes called transcontextual skills?
- a. If you have critical thinking skills, you can teach them to others.
 - b. Context determines when these skills are necessary.
 - c. The skills allow you to determine the role of context in a given problem.
 - d. These skills are useful in a wide variety of situations.

ANSWER: d

211. Which skill is generally involved in the spatial tasks that males tend to do better than females?
- a. processing verbal directions to a specific location
 - b. identifying objects in a visual field
 - c. remembering locations
 - d. mentally rotating objects

ANSWER: d

Chapter 1 - The Evolution of Psychology

212. Which of the following explanations is most likely to be used by an evolutionary psychologist to explain gender differences in spatial abilities?
- When they are young, males are more likely than females to be encouraged to engage in spatially oriented activities.
 - The principles of natural selection tend to operate differently in males and females.
 - Through evolution, males were classically conditioned to develop certain kinds of spatial abilities.
 - Division of labour between the sexes in hunting and gathering societies created different adaptations for males and females.

ANSWER: d

213. Which of the following questions should you ask if you wish to critically evaluate evolutionary hypotheses regarding gender differences in spatial abilities?
- Are there alternative explanations for the results, such as differences in experience between males and females?
 - Are there other differences between males and females that are more important, such as differences in intelligence?
 - Are there other data that confirm this difference, such as performance among professional athletes?
 - Are there ethical reasons that we should not conduct this research, such as the risk of stereotyping females?

ANSWER: a

214. Suppose that there is evidence that ancestral females travelled long distances to acquire food, or that males required good memory for locations in order to find their way home. Why would this evidence be important for the critical evaluation of hypotheses about evolved sex differences in spatial ability?
- This evidence runs counter to the hypothesized selective pressures that would have created existing sex differences.
 - This evidence supports the notion that these sex differences are learned.
 - This evidence is irrelevant because ancestral gender roles have no importance for understanding modern socialization processes.
 - This evidence is important for predicting what people in primitive societies will be able to do if they are tested for spatial abilities.

ANSWER: a

Chapter 1 - The Evolution of Psychology

Rhianna

Rhianna has decided to major in psychology. She is very interested in human behaviour and would like to have a career where she could help people. Rhianna takes the approach that people are very much influenced by their experiences. In fact, she's working with one of her professors on a research project in which they are looking at the effects of self-reward on study habits. Rhianna believes that she can take this knowledge and use it in other settings, like the workplace, in order to help people improve their productivity.

215. Which psychological approach is consistent with Rhianna's perspective that people are influenced by their experiences?
- a. cognitive
 - b. psychodynamic
 - c. behaviourist
 - d. sociocultural

ANSWER: c

216. Which of the following concepts is consistent with the research project that Rhianna is working on?
- a. Skinner's behaviour modification
 - b. Titchener's introspection
 - c. Rogers's humanism
 - d. Pavlov's stimulus-response learning

ANSWER: a

217. Which type of psychologist is Rhianna's professor most likely to be?
- a. clinical
 - b. structuralist
 - c. biological
 - d. educational

ANSWER: d

218. What sort of psychologist will Rhianna be if she uses her ideas to help people improve their productivity in the workplace?
- a. experimental
 - b. clinical
 - c. industrial/organizational
 - d. career

ANSWER: c

Chapter 1 - The Evolution of Psychology

219. Which unifying theme is reflected by Rhianna's use of research to investigate her ideas about human behaviour?
- Psychology is theoretically diverse.
 - Psychology is empirical.
 - Behaviour is shaped by cultural heritage.
 - People's experience of the world is highly subjective.

ANSWER: b

220. Which of the following theorists is most closely associated with the notion that the subject matter of psychology should be the scientific study of conscious experience?
- William James
 - Wilhelm Wundt
 - Sigmund Freud
 - John B. Watson

ANSWER: b

221. Which of the following reflects the main focus of the school of psychology known as functionalism?
- understanding the purpose of behaviour
 - understanding the basic elements of consciousness
 - deriving general principles of learning
 - deriving general principles of the unconscious mind

ANSWER: a

222. Which school of psychology suggests psychologists should study ONLY what can be objectively observed?
- humanism
 - behaviourism
 - structuralism
 - functionalism

ANSWER: b

223. Which of the following theorists is most closely associated with the concept that unconscious motivations influence our overt behaviour?
- Carl Rogers
 - Wilhelm Wundt
 - B.F. Skinner
 - Sigmund Freud

ANSWER: d

Chapter 1 - The Evolution of Psychology

224. Which of the following theorists stated that people do not have free will, because behaviour is fully controlled by external stimuli?
- a. B.F. Skinner
 - b. Sigmund Freud
 - c. Wilhelm Wundt
 - d. Carl Rogers

ANSWER: a

225. Which school of psychology emphasizes the unique qualities of individual people and suggests that we have a drive for personal growth?
- a. humanism
 - b. psychoanalysis
 - c. behaviourism
 - d. functionalism

ANSWER: a

226. During World War II, many academic psychologists were needed to serve other roles. Which of the following roles was most likely for a psychologist at that time?
- a. clinician
 - b. physician
 - c. teacher
 - d. military leader

ANSWER: a

227. Which of the following would LEAST likely be studied by a cognitive psychologist?
- a. how we remember things
 - b. how children develop language
 - c. how we perceive colour
 - d. how people reason to solve problems

ANSWER: c

228. Which of the following groups has traditionally been overrepresented in psychological research?
- a. upper-class women
 - b. ethnic minorities in Western society
 - c. white men
 - d. people from the urban working class

ANSWER: c

Chapter 1 - The Evolution of Psychology

229. Which of the following “newer” areas of psychology is MOST similar to the “older” school of thought known as functionalism?
- a. evolutionary psychology
 - b. humanistic psychology
 - c. clinical psychology
 - d. positive psychology

ANSWER: a

230. Which of the following career settings is MOST common for a psychologist?
- a. elementary schools
 - b. colleges or universities
 - c. hospitals or clinics
 - d. private practice

ANSWER: d

231. Which of the following approaches do researchers in psychology take to address the fact that our experiences of the world are highly subjective?
- a. They also try to remain somewhat subjective.
 - b. They try to simplify their research problems.
 - c. They consistently apply the scientific method.
 - d. They emphasize the study of internal mechanisms.

ANSWER: c

232. If you reward yourself for achieving study goals, which of the following concepts are you applying?
- a. empiricism
 - b. positive psychology
 - c. unconscious motivation
 - d. behaviour modification

ANSWER: d

233. According to research, what proportion of crucial ideas from a lecture are found in the average student’s notes?
- a. nearly 80%
 - b. approximately 50%
 - c. less than 40%
 - d. no more than 25%

ANSWER: c

Chapter 1 - The Evolution of Psychology

234. Discuss the contributions of structuralism and functionalism to the evolution of psychology as a discipline.

ANSWER:

Both perspectives reflect the early view that consciousness is the appropriate subject matter for the new science, but they differed in regard to how consciousness should be studied. With Wilhelm Wundt, the structuralists believed that consciousness should be broken down into its basic elements through introspection. This approach generated numerous laboratory studies of sensory and perceptual phenomena. Structuralism eventually died out due to the inconsistent results of introspective studies. Along with William James, the functionalists emphasized the adaptive purposes of consciousness, arguing that psychologists should look at the continuous flow of thought rather than its static elements. Its practical and applied focus generated advances in the study of mental testing, child development, and gender differences. Functionalism, too, gradually faded away, but left applied psychology and behaviourism as its enduring descendants.

235. Compare and contrast the psychoanalytic, behaviourist, and humanist assumptions about human nature.

ANSWER:

Psychoanalysts view humans as essentially “bad” (primitive, animalistic, sexual, and irrational) and unconsciously driven to behave in certain ways. This is a pessimistic view of humanity. Behaviourists view human nature as nonexistent. Rather, behaviour develops under the control of the environment. Since behaviour is regarded as conditioned reactions to observable stimuli, the implication is that there is no such thing as free will. Humanists view humans as essentially “good” and unique among species because they have free will (conscious and rational), a natural potential for growth, and a basic need to fulfill this potential. This is an optimistic view of humanity.

Chapter 1 - The Evolution of Psychology

236. Provide a definition for “psychology,” and then describe the field of psychology by referring to at least three different areas of research and two different areas of applied psychology.

ANSWER:

Definition: Psychology is the scientific study of behaviour and the physiological and cognitive processes that underlie it, and it is also the profession that applies the accumulated knowledge of this science to practical problems. (This portion of the answer should probably be graded in terms of understanding the concept, rather than a word-for-word repetition of the text’s definition.)

Three distinct areas of research: (must describe three of the seven available)

Developmental: human development across the life span

Social: interpersonal behaviour and the influence of social forces on behaviour

Experimental: traditional core topics, sensation, perception, learning, motivation, and emotion

Physiological: examines the role of genetics, the nervous system, and biochemistry for behaviour

Cognitive: focus on higher mental processes like memory, reasoning, language, and information processing

Personality: consistency of behaviour across situations as a result of “personality”

Psychometrics: measurement of behaviour, mental testing, statistics

Two areas of applied psychology: (must describe two of the four available)

Clinical: evaluation, diagnosis, and treatment of serious mental disorders as well as less severe problems

Counselling: focus on assessment and treatment of people dealing with everyday problems such as difficulties with the family, marital difficulties, or problems with careers

Educational/School: creating, assessing, and training within the educational system; may provide some counselling for students

Industrial/Organizational: focus is on business or work environment, improving efficiency, morale, job satisfaction, and productivity

237. Your text identifies three unifying themes that relate to psychology as a field of study. Identify each of these themes and show how each theme might be relevant in investigating clinical depression.

ANSWER:

Psychology is empirical, is theoretically diverse, and develops in a sociohistorical context.

Answers to the remainder of this question will require students to come up with applications of these themes that go beyond the information in the text. Some points that might be covered include clearly defining depression and specifying the population to be observed and studied (empirical); looking for possible biological, social, and environmental causes of, or treatments for, depression (theoretically diverse); and changing perceptions of depression from a hidden disorder to one that has advertisements for treatments in magazines and on television (sociohistorical context).

Chapter 1 - The Evolution of Psychology

238. Imagine that you have been asked to speak to a group of Grade 10 students who have signed up for a study skills seminar offered by a local youth group. Based on the information provided in the Personal Application, what are ten concrete points that you would make in your presentation?

ANSWER:

Good answers to this question should include positive advice (such as setting up a study schedule, rewarding studying and regular classroom attendance) and some “myth clarification” (such as “never changing answers on multiple-choice tests”).

239. The Critical Thinking Application in your text lists four skills that are exhibited by critical thinkers. Identify these four skills and show how they might be used by someone who was trying to decide whether to use a new miracle diet that is advertised on TV.

ANSWER: Critical thinkers

- understand and use the principles of scientific investigation. (How can the risks and benefits, or the effectiveness of the diet be determined?)
- apply the rules of formal and informal logic. (If this diet is effective, then why don't more people know about it?)
- carefully evaluate the quality of information. (What are the qualifications of the people promoting the diet? Are they trustworthy?)
- analyze arguments for the soundness of the conclusions. (Are the claims of the diet proponents supported by the evidence?)

240. According to Wilhelm Wundt, psychology's primary focus should be the scientific study of mental processes.

- a. True
- b. False

ANSWER: True

241. Functionalists relied heavily on the method of introspection to understand the nature and function of conscious processes.

- a. True
- b. False

ANSWER: False

242. A strict behaviourist would view nature as more important than nurture in determining an individual's observable responses to a given stimulus.

- a. True
- b. False

ANSWER: False

Chapter 1 - The Evolution of Psychology

243. One of the main criticisms raised concerning both behaviourism and psychoanalytic theory is that these views are dehumanizing.

- a. True
- b. False

ANSWER: True

244. Cultural psychologists have determined that basic social and perceptual processes are identical across ethnic groups.

- a. True
- b. False

ANSWER: False

245. The goal of positive psychology is to better understand the adaptive, creative, and fulfilling aspects of life.

- a. True
- b. False

ANSWER: True

246. Psychiatrists typically have both a Ph.D. in psychology and an M.D. degree.

- a. True
- b. False

ANSWER: False

247. Empiricism means scientists draw conclusions based on documented observations.

- a. True
- b. False

ANSWER: True

248. The SQ3R method tends to be most beneficial for students who have below-average or average reading skills.

- a. True
- b. False

ANSWER: True

249. Empirical studies consistently indicate that, in the long run, changing answers on multiple-choice tests results in a lower overall test score.

- a. True
- b. False

ANSWER: False

Chapter 1 - The Evolution of Psychology

250. The task of psychology, according to _____, is to investigate how the elements of consciousness are related to each other.

ANSWER: structuralism

251. The idea that psychology should only study observable events is the cornerstone of the school of psychology known as _____.

ANSWER: behaviourism

252. B. F. Skinner's conclusion that "free will is an illusion" was based on his belief that people are under the control of their _____.

ANSWER: environment
external stimuli

253. The first applied arm of psychology to emerge was _____ psychology.

ANSWER: clinical

254. Noam Chomsky's work on language was part of a surge of interest in the _____ perspective that occurred in the 1950s and 1960s.

ANSWER: cognitive

255. Examining behaviour in terms of its adaptive value for a given species over a number of generations is consistent with the _____ approach to psychology.

ANSWER: evolutionary

256. A psychologist who studies attitude formation and change would probably be considered a _____ psychologist.

ANSWER: social

257. Apparently unrelated observations can sometimes be linked together and explained through the use of a well-constructed _____.

ANSWER: theory

258. Socially shared values and norms that are transmitted across generations are components of _____.

ANSWER: culture

259. According to modern cognitive psychologists, critical thinking has two main components: the cognitive component and the _____ component.

ANSWER: emotional
affective