

Introductory Psychology (PSY100H1F)

Test Strategies

1. View the lecture recordings and the slide pdfs.
2. Don't simply re-read lectures. There are other ways to learn!
 - a. Take detailed notes, representing the information in another way/space (e.g. diagrams).
 - b. Reorganize the information in a way that is personal for you.
 - c. Be able to define all bolded terms in the lectures.
 - d. Assemble a 'brain structure-function' chart as suggested in lecture 3. In any question involving the brain or its function, you can use this list. You'll have to work in both directions (from structure to function, from function to structure). Keep in mind that one brain area can do many things...and any one behavior involves many brain areas. For example, anxiety involves the hippocampus and amygdala! Around ~10 – 20% of test questions might involve understanding the brain.
 - e. Testing yourself on the material, and explaining the material to someone else, are particularly effective strategies.
3. Prior to the test, complete your study guide. Do not use a completed guide from someone else.
 - a. If you cannot answer a study guide question, or don't like your answer, ask your teaching assistants and/or the professor for more direction. The earlier, the better.
4. Do your practice question packages (including this package here).
5. In any question that involves understanding an experiment, make sure to:
 - a. Identify the independent variable (IV) + dependent variable (DV)
 - b. Ensure there is a valid control/comparison group
 - c. Identify the design (between, within, mixed, quasi-experimental...)
 - d. Try to find any confounding variables (CVs)
 - e. Try to find any other issues (external validity, reliability, reproducibility, placebo effect...)
 - f. Sometimes, you may actually want to draw a bar graph out showing the groups.
6. In written answer questions:
 - a. make sure to refer to material covered in class. You will only be tested on material covered in class. The test would not be fair otherwise! You will never have to 'google' (i.e. internet search) anything and you should not google anything.
 - b. provide sufficient detail. A good rule of thumb is to write about one or two sentences per mark in the question.
7. Confused about...
 - a. ...a word on the test? You can try asking (e.g. via the board). We can explain uncommon words for you (latency, feasibility, prominent...). We cannot, however, explain terms that are psychological concepts (construct, validity, statistical significance...).
 - b. ...what a question on the test is saying? You can try asking for direction from myself or a teaching assistant. Ask during the test! We can help you during the test, but not after.

PRACTICE QUESTIONS (Lectures 1 - 4)

Multiple Choice Questions (30); Answers Provided

1. An experimenter is examining the effects of different diets on stress levels in University students. In this study, people are randomly placed in one of four diet groups. Stress levels are measured by the experimenter before and after the diet. Here, stress level would be considered a(n):
 - a. Independent variable
 - b. Dependent variable
 - c. Confounding variable
 - d. All of the above
 - e. None of the above
2. An experimenter is examining the effects of drugs on memory. In this study, people are placed into one of two groups (drug group or control group). The drug group does their memory test in a classroom while the control group does their memory test in a noisy cafeteria. Here, the testing room would be considered a(n):
 - a. Independent variable
 - b. Dependent variable
 - c. Confounding variable
 - d. All of the above
 - e. None of the above
3. From the birth of Psychology to the present day, we have seen the emergence of numerous psychological disciplines. Which of the following options represents a correct chronology (i.e. order in time) of some of these disciplines:
 - a. Functionalism, Structuralism, Behaviorism, Psychodynamics
 - b. Structuralism, Psychodynamics, Behaviorism, Cognitive Psychology
 - c. Structuralism, Behaviorism, Psychodynamics, Cognitive Psychology
 - d. Psychodynamics, Structuralism, Functionalism, Behaviorism
 - e. Behaviorism, Psychodynamics, Cognitive Psychology, Structuralism
4. Which individual (or individuals) is (or are) known for their contributions to Behaviorism in Psychology:
 - a. William James
 - b. Wundt
 - c. Watson
 - d. A) and B)
 - e. A) and C)
5. Which individual is known for their contributions to Cognitive Psychology:
 - a. Freud
 - b. Skinner
 - c. Watson
 - d. James
 - e. None of the above
6. According to the social psychology theories reviewed in class, individualist societies:
 - a. Value self-expression over group harmony
 - b. Emphasize the completion of tasks over relationships
 - c. Have high privacy and do not stress the need to belong
 - d. Are typically more common in Western cultures than in Eastern Cultures
 - e. All of the above
7. A good hypothesis in Psychology should be:
 - a. Complex and accommodates all the intricate details of living systems
 - b. Testable
 - c. 100% correct and always supported by data

- d. All of the above
 - e. None of the above
8. The statements “correlation equals causation” and “causation implies correlation” are:
- a. Both true
 - b. Both false
 - c. True and false, respectively
 - d. False and true, respectively
 - e. Not possible to evaluate
9. Which of the following research designs would allow us to determine causation:
- a. Survey
 - b. Case study
 - c. Naturalistic observation
 - d. All of the above
 - e. None of the above
10. Shira has a son, Ryan. At breakfast, Ryan tells a very inappropriate joke. Shira cannot help but laugh even though she disapproves. That night, at a very important dinner party, Ryan repeats the offensive joke. Shira’s affect on Ryan’s behavior is consistent with:
- a. Positive Punishment
 - b. Negative Punishment
 - c. Positive Reinforcement
 - d. Negative Reinforcement
 - e. None of the above
11. A bathroom scale that is consistently inaccurate by 20 pounds is:
- a. Reliable
 - b. Valid
 - c. Both of the above
 - d. None of the above
 - e. ---DO NOT SELECT THIS OPTION---
12. Which of the following could be considered an operational definition of cognitive ability in a scientific study?
- a. An IQ test
 - b. The grade point average on your University transcript
 - c. Your final mark in a mathematics class
 - d. All of the above
 - e. None of the above
13. Which of the following statements is **TRUE**:
- a. A construct has only one good operational definition
 - b. If a study has sampling bias to any degree, it is worthless and should be discarded
 - c. Naturalistic observation allows us to infer causation
 - d. Experimenters are immune to bias
 - e. None of the above
14. A standard for deciding whether an observed experimental result is due to chance is termed _____.
- a. The null hypothesis
 - b. The alternative hypothesis
 - c. Statistical significance
 - d. Randomization
 - e. Reasonable doubt
15. Which of the following senses is **NOT** routed through the thalamus?
- a. Vision
 - b. Hearing
 - c. Smell
 - d. Taste

- e. Actually, all these senses are routed through the thalamus
16. Which of the following statements about the temporal lobe is **TRUE**:
- a. It is linked to creativity
 - b. It is linked to religiosity
 - c. It is linked to language
 - d. It is linked to auditory processing
 - e. All of the above
17. Which of the following statements is **TRUE**:
- a. Genetic factors explain 50% of the variability in most behaviors
 - b. Genetic factors explain 80% of the variability in intelligence
 - c. Genetics factors determine our attraction to, access to and response to environments
 - d. All of the above
 - e. None of the above
18. Which of the following statements is **FALSE**:
- a. Humans can learn scent-tracking, though they are not as effective as dogs
 - b. Men and women both lose the ability to hear high frequency sounds with aging
 - c. Parietal lobe damage can cause language/reading deficits
 - d. All of the above
 - e. None of the above
19. According to some theorists in social psychology, collectivist societies:
- a. Value self-expression over group harmony
 - b. Emphasize the completion of tasks over relationships
 - c. Have high privacy and do not stress the need to belong
 - d. Are typically more common in Eastern cultures than in Western Cultures
 - e. All of the above
20. In a population, the case that separates the top 50% of the population from the bottom 50% is:
- a. Mean
 - b. Median
 - c. Mode
 - d. Standard Deviation
 - e. None of the above
21. Rods are to the _____ of the retina, as cones are to the _____ of the retina.
- a. center; periphery
 - b. left side; right side
 - c. right side; the left side
 - d. periphery; center
 - e. None of the above
22. An experimenter is examining the effects of different diets on stress levels in University students. In this study, people are randomly placed into **one of four** diet groups. Stress levels are measured by the experimenter **once**, after the diet is completed. This study uses a:
- a. Between-subject experimental design
 - b. Within-subject experimental design
 - c. Mixed experimental design (both between- and within-subject factors)
 - d. None of the above
 - e. -DO NOT SELECT THIS OPTION-
23. Information collected by specialized receptors in the skin travels first to the _____.
- a. cerebellum
 - b. somatosensory cortex
 - c. spinal cord
 - d. thalamus
 - e. insula
24. Increasing sample size will probably:

- a. increase effect size
 - b. increase likelihood of statistical significance
 - c. increase effect size and likelihood of statistical significance
 - d. have no effect whatsoever
 - e. it is not possible to tell
25. Many axons in the central nervous system are surrounded by a sheath of thick, fatty material called:
- a. Serotonin
 - b. Acetylcholine
 - c. Myelin
 - d. Brie
 - e. None of the above
26. June suffers an injury to the left side of her parietal lobe. You might expect that:
- a. She loses feeling on the left side of her body
 - b. She loses feeling on the right side of her body
 - c. She loses feeling on both sides of her body
 - d. She starts experiencing visual disturbances
 - e. She starts experiencing problems with behavioral inhibition
27. Afif has a hypothesis that episodes of depression result in reduced mathematics ability. From a sample of first year students, he recruits 40 students suffering from depression and 40 non-depressed students. He administers a mathematics test and then compares scores in the depressed and non-depressed groups. This is an example of a:
- a. Longitudinal Design
 - b. Qualitative Design
 - c. Experimental Design
 - d. Quasi-Experimental Design
 - e. B) and C)
28. You are looking at the distribution of IQ scores in a population (Group X). The mean of the distribution of IQ in Group X is 120. The standard deviation of the distribution is 10. Erin is in Group X and has an IQ of 99. Stephanie is in Group X and has an IQ of 150. Which of the following is true:
- a. Erin is an outlier
 - b. Stephanie is an outlier
 - c. Both are outliers
 - d. The distribution of IQ in Group X is definitely not normal
 - e. Findings in Group X can be applied to the rest of the population
29. Christopher suffered a traumatic brain injury in an automobile accident. Since the accident, he has great difficulty in forming new memories but remembers his childhood well, which suggests that his _____ was damaged.
- a. hypothalamus
 - b. hippocampus
 - c. basal ganglia
 - d. amygdala
 - e. All of the above
30. The motor cortex initiates all voluntary movements and is found in _____.
- a. the frontal lobe
 - b. Broca's area
 - c. the limbic system
 - d. the parietal lobe
 - e. the occipital lobe

Short Written Answer Questions (5); No Answers Provided

1. You are a scientist trying to develop a drug to treat a depression. Describe the study that you would design for this purpose. (5 marks)
2. Describe the Weber-Fechner law and give its central prediction. (5 marks)
3. Comment on the role that 'nature' and 'nurture' play in behavior, with specific reference to the material covered in class. (5 marks)
4. Describe all the steps in a neuron firing an action potential. (5 marks)
5. Describe all forms of descriptive research, highlighting strengths and weaknesses. (5 marks)

Multiple Choice Question Answers

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See lectures 1 + 2
2. An experimenter is examining the effects of drugs on memory. In this study, people are placed into one of two groups (drug group or control group). The drug group does their memory test in a classroom while the control group does their memory test in a noisy cafeteria. Here, the testing room would be considered a(n):
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 - e. Behaviorism, Psychodynamics, Cognitive Psychology, Structuralism

Behaviorism and Psychodynamics do overlap in time, making this an annoying question. However, Behaviorism's influence was stronger for longer. We also covered them in the B) order during Lecture. In any accepted order, structuralism goes first.
4. Which individual (or individuals) is (or are) known for their contributions to Behaviorism in Psychology:
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