

MULTIPLE CHOICE

1. Modern technology has provided us with many time-saving devices, but
- most of us don't use them.
  - they cost too much for most of us despite a better quality of life.
  - our sense of personal fulfillment is even greater because of them.
  - our quality of life and sense of personal fulfillment seem to have declined.

ANS: D            DIF: Easy            REF: 1            OBJ: 1  
KEY: Conceptual

2. The basic challenge of modern life has become the search for
- meaning, a sense of direction, and a personal philosophy.
  - money.
  - more rapid cultural change.
  - further time saving devices.

ANS: A            DIF: Easy            REF: 1            OBJ: 1  
KEY: Conceptual

3. \_\_\_\_\_ Americans enroll in self-realization programs.
- Mostly minority
  - Hundreds of thousands of
  - Mostly elderly
  - Eighty million

ANS: B            DIF: Moderate        REF: 1            OBJ: 1  
KEY: Factual

4. Most experts characterize self-realization programs as
- intellectually bankrupt.
  - lucrative money-making schemes.
  - led by gurus with inflated credentials.
  - all of these.

ANS: D            DIF: Moderate        REF: 1            OBJ: 1  
KEY: Conceptual

5. For the most part, self-realization programs are
- harmless.
  - effective if they are religious in nature.
  - led by people with good credentials.
  - a sign of self-confident and healthy followers.

ANS: A            DIF: Moderate        REF: 2            OBJ: 1  
KEY: Conceptual

6. Self-help books about self-improvement
- are a new phenomenon.
  - rarely promise to change the quality of the reader's life.
  - are not likely to turn the reader's life around.
  - can lead us to a nation of serene, happy, and well-adjusted people.

ANS: C            DIF: Easy            REF: 2            OBJ: 1  
KEY: Conceptual

7. Self-help books
- vary widely in quality.
  - are usually excellent.
  - offer more good than poor advice.
  - use well-defined terminology.

ANS: A            DIF: Moderate        REF: 3            OBJ: 1  
KEY: Factual

8. The term *psychobabble* applies to
- key terms in the field of psychology.
  - vague, but "hip" language.
  - well-defined, meaningful language used in self-help books.
  - clear jargon that enhances effective communication.

ANS: B            DIF: Easy            REF: 3            OBJ: 1  
KEY: Factual

9. \_\_\_\_\_ is a personality trait marked by an inflated sense of importance, a need for attention and admiration, a sense of entitlement, and a tendency to exploit others.
- Generation X
  - Neuroticism
  - Socialism
  - Narcissism

ANS: D            DIF: Easy            REF: 3            OBJ: 1  
KEY: Conceptual

10. Narcissism includes
- giving to others.
  - social consciousness.
  - an inflated sense of self-importance.
  - the inability to know right from wrong.

ANS: C            DIF: Easy            REF: 3            OBJ: 1  
KEY: Factual

11. One of the things to look for in a self-help book is a book that
- does not promise too much in the way of immediate change.
  - sets up steps for quick results that represent significant change.
  - is written by someone who has a degree in life coaching.
  - promises all of these.

ANS: A            DIF: Easy            REF: 4            OBJ: 1  
KEY: Factual

12. One way to determine that a self-help book may be legitimate is to
- read the book jacket credentials of the author.
  - ask other people in the book store.
  - do an Internet search on the author.
  - call the publisher.

ANS: C            DIF: Easy            REF: 4            OBJ: 1  
KEY: Conceptual

13. Self-help books should include
- references for published research.
  - interesting narrative.
  - knowledgeable sounding theories by the author.
  - endorsement by a famous person.

ANS: A            DIF: Moderate        REF: 4            OBJ: 1  
KEY: Conceptual

14. In order to evaluate self-help books for ourselves, which of the following is NOT an important evaluation technique?
- Examine the research and supporting evidence.
  - Consider the credentials of the author.
  - Avoid books that focus on one particular type of problem.
  - Look for details with clear directions.

ANS: C            DIF: Moderate        REF: 4            OBJ: 1  
KEY: Conceptual

15. A high-quality self-help book will
- provide a wide theoretical view over much of life.
  - focus on a particular problem.
  - have a website to show it is professional.
  - be based primarily on personal anecdotes.

ANS: B            DIF: Moderate        REF: 4            OBJ: 1  
KEY: Conceptual

16. Which of the following should you look for in self-help books?
- Clarity in communication
  - Focus on a particular kind of problem
  - Some mention of the theoretical or research basis for the advice
  - All of these

ANS: D            DIF: Easy            REF: 4            OBJ: 1  
KEY: Conceptual

17. Our textbook is about
- the challenge of living in our complex, modern world.
  - you.
  - life.
  - all of these.

ANS: D            DIF: Easy            REF: 5            OBJ: 1  
KEY: Conceptual

18. This text deals with
- different kinds of problems than self-help books.
  - different kinds of problems than self-realization programs.
  - anxiety, stress, interpersonal relationships, and self-control.
  - promises to solve your personal problems.

ANS: C            DIF: Moderate        REF: 5            OBJ: 1  
KEY: Factual

19. Which of the following is NOT one of the underlying assumptions of this textbook?
- You can only change your behavior by consulting a professional psychologist.
  - Promises about solving your personal problems are unrealistic.
  - Changing a person's behavior is a difficult challenge.
  - You should be optimistic about your potential for personal growth.

ANS: A            DIF: Moderate    REF: 5            OBJ: 1  
KEY: Conceptual

20. This textbook is written because the authors
- believe it could be potentially beneficial to their readers.
  - will unveil mysterious secrets.
  - wanted to write a self-help book.
  - believe readers need professional therapy.

ANS: A            DIF: Easy            REF: 5            OBJ: 1  
KEY: Conceptual

21. Which of the following is the best definition of psychology?
- The study of consciousness
  - The study of behavior and the profession that applies knowledge from these studies to solving practical problems
  - The study of abnormal behavior and the profession that applies knowledge from these studies to diagnosing and treating people with mental illness
  - The study of motivation, emotion, and memory

ANS: B            DIF: Moderate    REF: 5            OBJ: 2  
KEY: Factual

22. Which of the following is the best example of "overt" activity?
- Eating
  - Thinking
  - Dreaming
  - Reasoning

ANS: A            DIF: Difficult    REF: 5            OBJ: 2  
KEY: Conceptual

23. "Any overt response or activity by an organism" defines the term
- behavior.
  - empiricism.
  - psychology.
  - mental process.

ANS: A            DIF: Easy            REF: 5            OBJ: 2  
KEY: Factual

24. Some psychologists prefer to study animals rather than humans because
- animal subjects tend to be more cooperative than humans.
  - it's easier to control the factors influencing animals' behavior.
  - researchers do not have to worry about causing discomfort to animals.
  - most animals are unable to figure out the hypotheses for a particular study.

ANS: B            DIF: Moderate    REF: 5            OBJ: 2  
KEY: Conceptual

25. Psychology is interested in
- only human behavior.
  - mental processes, such as thoughts, feelings, and wishes.
  - only non-human animal behavior.
  - non-physiological processes.

ANS: B            DIF: Difficult    REF: 5            OBJ: 2  
KEY: Factual

26. Psychology includes
- genetic code manipulation.
  - mental processes because they are easier to study than behavior.
  - pseudoscience that focuses on medical processes.
  - the study of physiological processes.

ANS: D            DIF: Easy            REF: 5            OBJ: 2  
KEY: Factual

27. The profession of psychology
- developed quickly in the 1930s.
  - was primarily in education, teaching, and research prior to the 1950s.
  - is highly impractical.
  - focused on business settings prior to the 1950s.

ANS: B            DIF: Moderate    REF: 5-6            OBJ: 2  
KEY: Factual

28. The rapid growth of clinical psychology was stimulated mainly by
- the demands of World War II.
  - growing interest in self-help approaches.
  - the inability of physicians to cure most psychological disorders.
  - psychological problems resulting from the Great Depression of the 1930s.
- ANS: A            DIF: Moderate        REF: 5-6            OBJ: 2  
KEY: Factual
29. The process of adjustment relates to
- how people deal with stress.
  - behavior in groups.
  - friendship and love.
  - all of these.
- ANS: D            DIF: Moderate        REF: 6            OBJ: 2  
KEY: Factual
30. Adjustment is a term modeled after the biological term of
- global awareness.
  - impression formation.
  - adaptation.
  - environmental awareness.
- ANS: C            DIF: Easy            REF: 6            OBJ: 2  
KEY: Factual
31. When studying adjustment in psychology we cover all of the following EXCEPT
- a specific, narrow range of topics.
  - the effects of personality.
  - coping strategies to deal with stress.
  - an interpersonal context.
- ANS: A            DIF: Moderate        REF: 6            OBJ: 2  
KEY: Factual
32. Which of the following is the basis of empiricism?
- Correlation
  - Logic
  - Systematic observation
  - Common sense
- ANS: C            DIF: Easy            REF: 6            OBJ: 3  
KEY: Conceptual
33. Which of the following is NOT a basis of empiricism?
- Systematic observation
  - Testing hypotheses
  - Reasoning
  - Correlational methods
- ANS: C            DIF: Moderate        REF: 6            OBJ: 3  
KEY: Factual
34. According to your text, the two main types of research methods in psychology are \_\_\_\_\_ research methods and \_\_\_\_\_ research methods.
- biased; unbiased
  - experimental; control
  - dependent; independent
  - experimental; correlational
- ANS: D            DIF: Easy            REF: 6            OBJ: 3  
KEY: Factual
35. An experiment is a research method in which the investigator manipulates the \_\_\_\_\_ variable and observes whether any changes occur in a(n) \_\_\_\_\_ variable as a result.
- control; experimental
  - experimental; control
  - independent; dependent
  - dependent; independent
- ANS: C            DIF: Moderate        REF: 6            OBJ: 3  
KEY: Factual
36. Social psychologist Stanley Schachter hypothesized that changes in anxiety would relate to the need for affiliation. In this study, the independent variable was
- amount of anxiety.
  - desire to be with others.
  - anxious subjects.
  - need for affiliation.
- ANS: A            DIF: Moderate        REF: 6-7            OBJ: 3  
KEY: Factual

37. Social psychologist Stanley Schachter hypothesized that changes in anxiety would relate to the need for affiliation. In this study, the dependent variable was
- amount of anxiety.
  - desire to be with others.
  - anxious subjects.
  - need for affiliation.
- ANS: D            DIF: Moderate    REF: 6-7            OBJ: 3  
KEY: Factual
38. A condition or event that an experimenter varies to see its impact on another variable is called a(n) \_\_\_\_\_ variable.
- control
  - dependent
  - independent
  - experimental
- ANS: C            DIF: Moderate    REF: 7            OBJ: 3  
KEY: Factual
39. A measurement of some aspect of the subject's behavior after the experimental manipulation is called a(n) \_\_\_\_\_ variable.
- control
  - dependent
  - independent
  - experimental
- ANS: B            DIF: Moderate    REF: 7            OBJ: 3  
KEY: Factual
40. A researcher wants to determine whether students sitting in the front of the class earn higher grades than those sitting in the back of the class. In this study, the dependent variable is
- students in the front of the class.
  - grades.
  - students in the back of the class.
  - higher scores.
- ANS: B            DIF: Difficult    REF: 7            OBJ: 3  
KEY: Conceptual
41. A(n) \_\_\_\_\_ group consists of subjects who receive some special treatment in regard to the independent variable.
- independent variable
  - control
  - placebo
  - experimental
- ANS: D            DIF: Moderate    REF: 7            OBJ: 3  
KEY: Factual
42. A(n) \_\_\_\_\_ group consists of subjects who do NOT receive the special treatment given to the experimental group.
- independent variable
  - control
  - experimental
  - dependent variable
- ANS: B            DIF: Moderate    REF: 7            OBJ: 3  
KEY: Factual
43. The experimental and control groups should be the same in every respect except for
- the number of subjects in each group.
  - the variation created by the manipulation of the independent variable.
  - the assumptions underlying the research question.
  - the method of measuring the dependent variable.
- ANS: B            DIF: Moderate    REF: 7            OBJ: 3  
KEY: Factual
44. To determine if an energy drink will affect quiz results, twenty students are given an energy drink before taking a quiz. Twenty other students are given water before taking a quiz. The control group consists of the
- students given the energy drink.
  - students who did not take the quiz.
  - students given water to drink.
  - None of these options.
- ANS: C            DIF: Difficult    REF: 7            OBJ: 3  
KEY: Conceptual
45. The logic of the experimental method rests heavily on the assumption that
- two variables are positively correlated.
  - experimental and control groups are alike in all important matters except for the independent variable.
  - experimental and control groups are alike in all important matters except for the dependent variable.
  - the independent variable is quantifiable and measurable.
- ANS: B            DIF: Moderate    REF: 7            OBJ: 3  
KEY: Conceptual

46. Which of the following is the primary advantage of the experimental method?
- It allows scientists to draw cause-and-effect conclusions.
  - It allows the study of natural observation.
  - It avoids over control of a measure.
  - It has no ethical concerns compared to other methods.

ANS: A            DIF: Moderate    REF: 7            OBJ: 3  
KEY: Conceptual

47. Dr. Jones wants to determine whether women who smoke while pregnant will have children with more respiratory problems than those born to mothers who do not smoke. The reason Dr. Jones cannot conduct an experiment is because
- women in the control group might still have children with respiratory problems.
  - the placebo group needs to be given cigarettes as well.
  - women in the control group would be manipulated.
  - assignment of women to the experimental group would be unethical.

ANS: D            DIF: Difficult    REF: 7-8        OBJ: 3  
KEY: Conceptual

48. Dr. Jones wants to determine whether women who smoke while pregnant will have children with more respiratory problems than those born to mothers who do not smoke. Dr. Jones should use a(n) \_\_\_\_\_ methodology.
- experimental
  - naturalistic observation
  - case study
  - correlational

ANS: D            DIF: Moderate    REF: 8            OBJ: 3  
KEY: Conceptual

49. A correlation exists when
- two variables are related to each other.
  - two variables have the same underlying cause.
  - two variables are affected by a third variable.
  - a cause-and-effect relationship exists between two variables.

ANS: A            DIF: Easy        REF: 8            OBJ: 3  
KEY: Factual

50. A(n) \_\_\_\_\_ is a numerical index of the degree of relationship between two variables.
- independent variable
  - correlation coefficient
  - survey coefficient
  - experimental coefficient

ANS: B            DIF: Moderate    REF: 8            OBJ: 3  
KEY: Factual

51. A correlation coefficient indicates the \_\_\_\_\_ and the \_\_\_\_\_ of the relationship between two variables.
- cause; effect
  - control; manipulation
  - strength; direction
  - positive; negative

ANS: C            DIF: Moderate    REF: 8            OBJ: 3  
KEY: Factual

52. Two kinds of relationships can be described by a correlation. They are
- x and y variables.
  - positive and negative.
  - manipulation and measurement variables.
  - standardized and similar conditions.

ANS: B            DIF: Moderate    REF: 8            OBJ: 3  
KEY: Conceptual

53. A positive correlation coefficient indicates the two variables co-vary in the \_\_\_\_\_ and a negative coefficient indicates that the variables co-vary \_\_\_\_\_.
- same direction; in the opposite direction
  - opposite direction; poorly
  - same direction; without direction
  - opposite direction; in the same direction

ANS: A            DIF: Difficult    REF: 8            OBJ: 3  
KEY: Factual

54. Mario found a +0.80 correlation coefficient between temperature and ice cream consumption. He was able to conclude:
- Higher temperatures make people eat more ice cream.
  - Eating ice cream makes people hot.
  - There is a strong relationship between temperature and ice cream consumption.
  - There is a weak relationship between temperature and ice cream prices.

ANS: C            DIF: Moderate    REF: 8            OBJ: 3  
KEY: Conceptual

55. The finding that when exercise increases weight decreases is a(n)
- positive correlation.
  - negative correlation.
  - inverse correlation.
  - indirect correlation.
- ANS: B            DIF: Moderate    REF: 8            OBJ: 3  
KEY: Conceptual
56. A correlation coefficient of  $-.20$  indicates a
- mild, inverse correlation.
  - strong, inverse correlation.
  - mild, direct correlation.
  - nonexistent correlation.
- ANS: A            DIF: Moderate    REF: 8            OBJ: 3  
KEY: Conceptual
57. Which of the following correlation coefficients indicates the weakest relationship between two variables?
- $-.36$
  - $-.97$
  - $+.75$
  - $+.15$
- ANS: D            DIF: Moderate    REF: 9            OBJ: 3  
KEY: Conceptual
58. When summer temperatures rise in the desert, the amount of outdoor activity declines. This relationship is an example of
- a positive correlation.
  - a negative correlation.
  - cause and effect.
  - an experiment.
- ANS: B            DIF: Moderate    REF: 9            OBJ: 3  
KEY: Conceptual
59. Correlational research methods include
- naturalistic observation.
  - case studies.
  - surveys.
  - all of these options.
- ANS: C            DIF: Easy            REF: 9            OBJ: 3  
KEY: Factual
60. The type of research that involves no direct intervention with subjects is called
- naturalistic observation.
  - a case study.
  - a correlation method.
  - an experiment.
- ANS: A            DIF: Easy            REF: 10            OBJ: 3  
KEY: Conceptual
61. A researcher takes notes while watching children on a playground to see if boys are more assertive than girls. The researcher is using which of the following research methods?
- Survey
  - Case study
  - Experimentation
  - Naturalistic observation
- ANS: D            DIF: Moderate    REF: 10            OBJ: 3  
KEY: Conceptual
62. A researcher observes and speaks with a child to determine if that child feels more assertive than other children. The researcher is using which of the following research methods?
- Survey
  - Case study
  - Experimentation
  - Naturalistic observation
- ANS: B            DIF: Easy            REF: 10            OBJ: 3  
KEY: Conceptual
63. A researcher asks parents in a preschool whether they believe the girls are more assertive than the boys. The researcher is using which of the following research methods?
- Survey
  - Case study
  - Experimentation
  - Correlational method
- ANS: A            DIF: Easy            REF: 11            OBJ: 3  
KEY: Conceptual

64. Surveys are used to gather data that is difficult to observe directly. A problem with surveys is that
- the results will be difficult to measure.
  - the results cannot be applied across large groups.
  - the results cannot determine cause and effect.
  - All of these apply.

ANS: C            DIF: Easy            REF: 11            OBJ: 3  
KEY: Conceptual

65. Correlational research broadens the scope of phenomena beyond experimental research because it
- allows investigators to do research outside a laboratory setting.
  - provides a way to investigate variables that cannot be manipulated.
  - does not require that the variables be causally related to each other.
  - involves research that does not intrude into the subjects' natural settings.

ANS: B            DIF: Moderate            REF: 11            OBJ: 3  
KEY: Factual

66. The major disadvantage of correlational research is that it
- is costly to carry out.
  - is artificial, and it is hard to apply the results to real-life settings.
  - is time-consuming and impractical.
  - cannot demonstrate what caused what effect.

ANS: D            DIF: Easy            REF: 11            OBJ: 3  
KEY: Factual

67. Dr. Smith noticed that during the summer, an ice-cream stand extended their hours. He also noticed that temperatures were higher and that people consumed more ice cream. The variable of hours the ice-cream stand was open is an example of
- the experimental method.
  - the third-variable problem.
  - cause and effect.
  - the placebo effect.

ANS: B            DIF: Moderate            REF: 11            OBJ: 3  
KEY: Conceptual

68. Subjective well-being refers to
- personal assessment of overall happiness.
  - subjects who are happy.
  - if someone is healthy.
  - measurements of commonsense attitudes.

ANS: A            DIF: Moderate            REF: 12            OBJ: 4  
KEY: Factual

69. The results of empirical surveys about well-being indicate that
- the majority of people rate themselves as unhappy.
  - 45% of people rate themselves as unhappy.
  - a small minority of people rate themselves as unhappy.
  - minority groups are more unhappy than non-minorities.

ANS: C            DIF: Moderate            REF: 12            OBJ: 4  
KEY: Factual

70. Research results suggest that which of the following is NOT very important in determining one's happiness?
- Having children
  - Being attractive
  - Having more money
  - None of these is very important

ANS: D            DIF: Easy            REF: 13            OBJ: 4  
KEY: Factual

71. Research indicates that
- people with high IQs are happier than people with low IQs.
  - people with low IQs are happier than people with high IQs.
  - there is no association between IQ and happiness.
  - people with really high IQs and really low IQs are not as happy as people with average IQs.

ANS: C            DIF: Moderate            REF: 13            OBJ: 4  
KEY: Factual

72. According to research results, age accounts for \_\_\_\_ percent of people's happiness.
- more than 90
  - about 50
  - less than 1
  - 20

ANS: C            DIF: Moderate            REF: 13            OBJ: 4  
KEY: Factual

73. Research indicates that which of the following facet of life is somewhat important to a person's subjective well-being?
- Religion
  - Money
  - Parenthood
  - Attractiveness
- ANS: A            DIF: Moderate    REF: 13-14            OBJ: 4  
KEY: Factual
74. Which of the following is the best description of the relationship between health and happiness?
- Happiness may foster better health.
  - Good health is one of the best predictors of happiness.
  - Individuals who develop serious health problems have difficulty adjusting and therefore are less happy than those who are healthy.
  - People born with serious health problems are happier than others because they do not take their health for granted.
- ANS: A            DIF: Moderate    REF: 13            OBJ: 4  
KEY: Factual
75. All of the following appear to have a moderate impact on subjective feelings of well-being except
- health.
  - intelligence.
  - religious belief.
  - social activity.
- ANS: B            DIF: Easy            REF: 13            OBJ: 4  
KEY: Factual
76. Which of the following has been found to be very important to overall happiness?
- Religion
  - Personality
  - Money
  - Physical attractiveness
- ANS: B            DIF: Moderate    REF: 14            OBJ: 4  
KEY: Factual
77. Research indicates that romantic relationships can be stressful
- and married men are less happy than single men.
  - and love is an unimportant ingredient of happiness.
  - but both married men and women are happier than unmarried men and women.
  - but differences in happiness are cultural.
- ANS: C            DIF: Moderate    REF: 14            OBJ: 4  
KEY: Factual
78. \_\_\_\_\_ is very important to subjective well-being because causation flows both ways regarding job satisfaction.
- Work
  - Money
  - Relationship satisfaction
  - Social activity
- ANS: A            DIF: Easy            REF: 14            OBJ: 4  
KEY: Factual
79. The best predictor of someone's future happiness is
- living in a nice place.
  - having triumphs in life.
  - their past happiness.
  - avoiding religious confusion.
- ANS: C            DIF: Moderate    REF: 14            OBJ: 4  
KEY: Factual
80. The idea that genetics may be a strong predictor of happiness is
- probably due to neuroticism.
  - true for a small percentage of people.
  - highly unlikely.
  - supported due to temperament and personality.
- ANS: D            DIF: Moderate    REF: 14            OBJ: 4  
KEY: Conceptual
81. A good predictor of happiness is
- extraversion.
  - optimism.
  - self-esteem.
  - all of these.
- ANS: D            DIF: Moderate    REF: 15            OBJ: 4  
KEY: Factual

82. People are \_\_\_\_\_ at predicting what will make them happy.

- a. good
- b. mostly good
- c. surprisingly bad
- d. occasionally bad

ANS: C                    DIF: Easy                    REF: 15                    OBJ: 4  
KEY: Factual

83. When you change your study goals to make less work than you planned seem like enough to be satisfied with yourself, you are using the principle of

- a. hedonic adaptation.
- b. classical conditioning.
- c. behavior modification.
- d. systematic desensitization.

ANS: A                    DIF: Difficult                    REF: 15                    OBJ: 4  
KEY: Conceptual

84. Successful students are more effective in

- a. studying regardless of a schedule.
- b. regulating their time.
- c. cramming techniques.
- d. tackling simple tasks first and saving larger tasks for later.

ANS: B                    DIF: Easy                    REF: 16                    OBJ: 5  
KEY: Factual

85. To develop sound study habits you should

- a. write down your study schedule.
- b. figure out in advance when you can study.
- c. study when you will be awake and alert.
- d. do all of these.

ANS: D                    DIF: Moderate                    REF: 16                    OBJ: 5  
KEY: Conceptual

86. A good reward for studying is

- a. finishing a college degree.
- b. the grade at the end of the course.
- c. something immediate like calling a friend or watching a TV show.
- d. unimportant to being a successful student.

ANS: C                    DIF: Moderate                    REF: 17                    OBJ: 5  
KEY: Factual

87. To improve her reading Marianne should

- a. preview reading assignments section by section.
- b. identify key ideas in each paragraph.
- c. use chapter outlines and reviews.
- d. do all of these.

ANS: C                    DIF: Easy                    REF: 17                    OBJ: 5  
KEY: Conceptual

88. In order for highlighting to be useful, Barry should

- a. highlight everything that is unfamiliar.
- b. highlight key ideas.
- c. recognize that highlighting is not useful.
- d. highlight a few sentence here and there.

ANS: B                    DIF: Easy                    REF: 17                    OBJ: 5  
KEY: Conceptual

89. Going to class

- a. helps students anticipate exam content.
- b. is only useful if the lecture is well organized and easy to follow.
- c. earns you higher grades because instructors give more points if they know you care about the course.
- d. is overrated.

ANS: A                    DIF: Easy                    REF: 17-18                    OBJ: 5  
KEY: Factual

90. Good quality lecture notes include all but which of the following?

- a. Writing down exact transcriptions of what the instructor says.
- b. Not being distracted by asking questions.
- c. Paying attention only to what the lecturer says.
- d. Reading ahead on the scheduled subject.

ANS: D                    DIF: Easy                    REF: 18                    OBJ: 5  
KEY: Factual

91. When a question occurs to you during a lecture, you should
- ask it during class.
  - ask a classmate about it after class.
  - write it down and ask the instructor after class.
  - not ask it, since this would interrupt the lecturer.

ANS: A            DIF: Easy            REF: 18            OBJ: 5  
KEY: Conceptual

92. Which of the following is NOT one of the tips for getting more out of lectures?
- Ask questions in class.
  - Listen actively to the lecture.
  - Pay attention to the instructor's nonverbal signals.
  - Try to use the instructor's words when taking notes in class.

ANS: D            DIF: Easy            REF: 18            OBJ: 5  
KEY: Factual

93. John's professor said, "You'll run into this again." John decided that meant
- he didn't need to take notes on it right then.
  - it was time to move on to the next topic.
  - the topic was important.
  - the professor would not welcome any questions.

ANS: C            DIF: Easy            REF: 18            OBJ: 5  
KEY: Conceptual

94. Good memory principles are related to
- adequate practice.
  - cramming.
  - emphasizing memorization.
  - avoiding self-testing to keep stress levels down.

ANS: A            DIF: Easy            REF: 18            OBJ: 5  
KEY: Factual

95. Distributed practice refers to
- cramming right before an exam.
  - having study partners who are responsible for different information.
  - spreading out study time.
  - studying more hours than planned.

ANS: C            DIF: Easy            REF: 18            OBJ: 5  
KEY: Factual

96. Well organized information
- increases retention.
  - doesn't use outlines.
  - depends upon the lecturer.
  - should avoid hierarchies.

ANS: A            DIF: Moderate        REF: 18            OBJ: 5  
KEY: Factual

97. \_\_\_\_\_ refers to learning by emphasizing the personal meaningfulness of material that one has learned in a course.
- Mnemonics
  - Deep processing
  - Distributed practice
  - Cramming

ANS: B            DIF: Moderate        REF: 18            OBJ: 5  
KEY: Factual

98. Exercising deep processing means
- devoting effort to analyzing the meaning of the reading assignments.
  - engaging in maintenance rehearsal to establish rote memory.
  - using mnemonic devices.
  - rereading the assignments over the course of several different sessions.

ANS: A            DIF: Moderate        REF: 18            OBJ: 5  
KEY: Factual

99. Informally testing yourself is
- a waste of time when you should be studying.
  - ineffective because of the testing effect phenomenon.
  - less effective than studying for an equal amount of time.
  - helpful in increasing retention.

ANS: D            DIF: Easy            REF: 18            OBJ: 5  
KEY: Factual

100. Scientific studies of memory
- began only recently.
  - date back to several studies in 1885.
  - indicate that memory is biologically determined and therefore cannot be improved.
  - indicate that only rehearsal can influence memory.

ANS: B            DIF: Moderate    REF: 18            OBJ: 5  
KEY: Factual

#### TRUE/FALSE

1. Unorthodox religious groups are commonly called cults.

ANS: T            DIF: Easy            REF: 2            OBJ: 1  
KEY: Factual

2. One of the criticisms of self-help books is that they tend to use psychobabble rather than empirical evidence.

ANS: T            DIF: Moderate    REF: 7            OBJ: 1  
KEY: Factual

3. Psychology is a profession that applies the accumulated knowledge of the science of psychology to practical problems.

ANS: T            DIF: Easy            REF: 5            OBJ: 2  
KEY: Factual

4. Psychology confines itself to the study of human behavior.

ANS: F            DIF: Easy            REF: 5            OBJ: 2  
KEY: Factual

5. In the hypothesis, "Dogs have higher intelligence quotients than cats," the independent variable is intelligence quotient.

ANS: F            DIF: Difficult    REF: 7            OBJ: 3  
KEY: Conceptual

6. Psychologists have found an association between feelings of hopelessness and suicidal behavior; that is, the more hopeless a person feels the more likely that person is to engage in suicidal behavior. This is a good example of a negative correlation.

ANS: F            DIF: Difficult    REF: 9            OBJ: 3  
KEY: Conceptual

7. Genes are strongly correlated with one's happiness.

ANS: T            DIF: Moderate    REF: 14-15        OBJ: 4  
KEY: Factual

8. Causes of happiness are easy to determine through the correlational research.

ANS: F            DIF: Easy            REF: 15            OBJ: 4  
KEY: Factual

9. Cramming the night before an exam is an efficient way to study.

ANS: F            DIF: Easy            REF: 16            OBJ: 5  
KEY: Factual

10. Taking a practice test increases performance on a test even more than studying for the same amount of time.

ANS: T            DIF: Moderate    REF: 18            OBJ: 5  
KEY: Factual

#### SHORT ANSWER

1. What are the main qualities to look for in a good self-help book?

ANS:  
Answer not provided

REF: 4            OBJ: 1

2. Explain how self-help books can encourage narcissism.

ANS:  
Answer not provided

REF: 3            OBJ: 1

3. Explain why some psychologists prefer to study animals over humans.

ANS:

Answer not provided

REF: 5                    OBJ: 2

4. Describe the difference between the terms psychology and clinical psychology.

ANS:

Answer not provided

REF: 5-6                    OBJ: 2

5. Contrast correlational methods with experimental methods using examples.

ANS:

Answer not provided

REF: 6-9                    OBJ: 3

6. What are the main advantages and disadvantages of correlational methods?

ANS:

Answer not provided

REF: 11                    OBJ: 3

7. Define subjective well-being and describe three of its stronger determinants.

ANS:

Answer not provided

REF: 14-15                    OBJ: 4

8. Discuss the relationship of religion to happiness.

ANS:

Answer not provided

REF: 14                    OBJ: 4

9. List and describe at least one way to improve each of these: study habits, reading, and memory.

ANS:

Answer not provided

REF: 16-18                    OBJ: 5

10. Briefly describe the relationship of class attendance to success in a course and speculate relationships of multiple factors to improving academic performance.

ANS:

Answer not provided

REF: 16-18                    OBJ: 5