

Essay Questions

On the following pages, choose three of the options to answer (10 points each, 30 points total). You must TYPE OUT your responses, print, and staple to this exam. Please remember to add your name just in case. Good answers will use terms or ideas discussed in the text and/or lecture to illustrate, vs. simply stating your opinion. Please provide a solid paragraph or two for each.

Essay 1: Discuss Sternberg's ideas of consummate love, demonstrating what three things (define, don't just list) are needed and what happens when you have only 2 of each.

Essay 2: A classmate is shaken after learning about the Milgram (1963) study, in which participants were willing to obey orders to administer painful electric shocks to another human, even after he begged them to stop. Worse, the Burger (2009) study shows that it wasn't just participants "back then" who were capable of this behavior: Modern participants do the same thing. "Some people are just sheep!" she says. "I know that you and I wouldn't behave like that." Is she right? What evidence would you give her to support or oppose her claim?

Essay 3: You catch a TV interview with a celebrity who describes his difficult childhood, living with a mother who suffered from major depression. "Sometimes my mother stayed in her bed for days, not even getting up to eat," he says. "At the time, the family hushed it up. My parents were immigrants, and they came from a culture where it was considered shameful to have mental problems. You are supposed to have enough strength of will to overcome your problems, without help from anyone else. So my mother never got treatment." How might the idea of a medical model of psychiatric disorders have helped the woman and her family in the decision whether to seek treatment?

Essay 4: You are at the grocery store when you spot a crying 12-month old in a stroller. The mother picks up the child and cuddles it until it stops crying. A grocery clerk is standing next to you, stocking the shelves. He leans over and says, "Now, that's bad parenting. If you pick up and cuddle a child every time it cries, you're reinforcing the behavior, and the result will be a very spoiled child." Do you agree? What do studies of attachment tell us about the effects of picking up and holding children when they cry?

Essay 5: In the Methods in Psychology chapter you read about Louise Hay, whose bestselling book, *You Can Heal Your Life*, promotes a kind of psychotherapy: teaching readers how to change their thoughts and thereby improve not only their inner lives but also their physical health. The chapter quotes Hay as saying that scientific evidence is unnecessary to validate her claims. Is there a scientific basis for the major types of psychotherapy described in this chapter? How is scientific experimentation used to assess their effectiveness?

Extra credit (up to 10 points). Please select an article published in a newspaper (print and attach to your exam) that discusses some psychological phenomenon. Give a typed 300 word critique on the strengths and weaknesses of the research being discussed using research design terms.

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