

Lesson 2

■ Achievement Exam

Select the single best answer for each question or statement, then go online to community.ashworthcollege.edu and enter your answers.

1. _____ is defined as the natural loss of consciousness.

____ a. Hypnosis

____ b. Sleep

____ c. A coma

____ d. Syncope

2. Generally speaking, at what point in a twenty-four-hour period is our body temperature going to be at its peak, or highest?

____ a. Immediately after our biggest meal

____ b. When we first wake up

____ c. At midday

____ d. Right before bedtime

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3. In the hypothalamus, which area is responsible for controlling the circadian clock by sending messages to the pineal gland to increase or reduce the secretion of melatonin?

- ☐ a. The putamen body
- ☐ b. The suprachiasmatic nucleus
- ☐ c. The prefrontal sulcus
- ☐ d. The dorsolateral cortex

4. How many stages of sleep are there in human beings?

- ☐ a. Three
- ☐ b. Four
- ☐ c. Five
- ☐ d. Six

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5. Marti was having difficulties with headaches lately, so she went to a neurologist for an examination. After extensive testing and investigation, it was revealed that she had a tumor on her _____ gland. The doctor said to her, "The biggest problem with this sort of tumor is that it is going to start interrupting your sleep. That is because it is supposed to release melatonin into your bloodstream, but as the tumor grows it will be unable to do so." Which part of Marti's endocrine system is afflicted with this tumor?
- _____ a. The pancreatic gland
 - _____ b. The melatonin gland
 - _____ c. The pineal gland
 - _____ d. The pituitary gland
6. Which of the following types of brain wave activity is generally seen as one of the dominant types during stage 1 sleep?
- _____ a. Zeta waves
 - _____ b. Echo waves
 - _____ c. Delta waves
 - _____ d. Beta waves

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7. Sheri has been having difficulty sleeping lately, and the problem has gotten bad enough that it is interfering with her daily functioning. At the suggesting of her physician, she goes to a sleep laboratory to see if something treatable is going on. The sleep specialists want to study her brain activity while she sleeps, so which of the following instruments is she most likely to be connected to during the night in the lab?
- _____ a. An EMG machine
 - _____ b. An EKG machine
 - _____ c. An EEG machine
 - _____ d. An ESP machine
8. Stosh is a very deep sleeper. His college roommates know that when he is very deep into _____ sleep, it might be extremely difficult to wake him up, and if they do manage to get him awake he will be groggy and disoriented.
- _____ a. stage 1
 - _____ b. stage 2
 - _____ c. stage 4
 - _____ d. REM

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9. What has science suggested is the reason for the rapid eye movement that occurs in human beings while they are experiencing vivid dreams?
- _____ a. Dreams are visual in nature, and the eyes are responding to these intrapsychic images. This explains why even blind people experience the rapid eye movements of REM sleep.
 - _____ b. Dreams are mediated by the frontal lobes of the cerebrum, which are located just behind and above the eyes. This explains why most of the eye movements are directed upward.
 - _____ c. Rapid eye movement is a leftover reflex from an early stage of human development, when the eyelids were transparent nictitating membranes that allowed us to continue "seeing" (through our eyelids) while we slept. This allowed us to unconsciously monitor our surroundings for predators.
 - _____ d. The eye movements of REM sleep are the result of an overflow to the active nervous system.

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10. What is the reason why REM sleep is referred to as paradoxical sleep?
- ☐ a. The neurons in the central nervous system reverse polarity and thus reverse the charges of the action and resting potentials during REM sleep. This reversal is “undone” when we shift into NREM sleep.
 - ☐ b. The restorative purpose of sleep is actually reversed during REM sleep, and it drains rather than restores our energy stores.
 - ☐ c. The muscles of the body remain relaxed even though the brain is very active.
 - ☐ d. The EEG activity in the brain during REM sleep suggests that we start at stage 4 sleep and go backward to stage 1 sleep. During NREM sleep, we start at stage 1 sleep and go up to stage 4 sleep.
11. Credit for the development of the techniques of modern hypnosis goes to:
- ☐ a. Anton Mesmer.
 - ☐ b. Josef Breuer.
 - ☐ c. Sigmund Freud.
 - ☐ d. Jean Charcot.

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12. Researchers have discovered that susceptibility to hypnosis may be linked to efficiency of the _____ in the brain.
- _____ a. striate nucleus
 - _____ b. frontal system
 - _____ c. corpus callosum
 - _____ d. cerebral meninges
13. Jared is attending a comedy hypnosis show with his girlfriend, and he agrees to come up on stage and be hypnotized by the performer. While he is in a trance, he is given an instruction to flap his arms like a chicken and grunt like a gorilla as he runs through the crowd. Because Jared is usually a rather quiet and laid-back person, what do you think is most likely to happen when he "wakes up" from his trance?
- _____ a. He is going to experience a new deep-seated fear of hypnosis, comics, and nightclubs, because the experience will set up a conflict that is rooted in his unconscious.
 - _____ b. He is most likely to go back to his seat and sit quietly, because hypnosis cannot make us do things that we would not willingly do in our regular lives.
 - _____ c. He is most likely to do exactly what the performer instructed him to do, because hypnosis is effective at getting us to act in direct contravention to our own personality.
 - _____ d. He is going to have a delayed response and will start acting like animals in several hours, because it will take time for the hypnotic suggestion to overcome his personality reservations.

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14. A _____ suggestion is an instruction that is made during hypnosis that is executed by the participant when he or she is no longer hypnotized.
- _____ a. hypnotic analgesic
 - _____ b. posthypnotic
 - _____ c. post-hoc
 - _____ d. phasic
15. Dr. Petrich is a dentist who specializes in treating those with extreme anxiety of dental work. In addition to the availability of nitrous oxide (commonly referred to as laughing gas), Dr. Petrich's office offers private rooms with soothing music, televisions in the ceilings that show relaxing images like beaches and clouds, and headphones that offer supportive and calming messages. Dr. Petrich's patients are being given a form of _____ to help reduce their anxiety and actual experience of pain while receiving dental work.
- _____ a. hypnoplusia
 - _____ b. posthypnotic suggestions
 - _____ c. hypnotic analgesia
 - _____ d. guided transference

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16. What sort of changes in brain waves do people experience when they are in a deeply meditative or relaxed state?
- ☐ a. Their brain shows brain wave activity that approximates the changes associated with the ingestion of a hallucinatory drug, like marijuana or PCP.
 - ☐ b. Their brain shows brain wave activity that actually shuts down completely for brief periods of time, which explains the transcendental state associated with meditation.
 - ☐ c. Their brain shows brain wave activity that is similar to that seen during sleep.
 - ☐ d. Their brain shows unchanged brain wave activity, suggesting that the effects of meditation are more of a psychiatric illusion than a physical event.
17. While many Eastern cultures and religions value meditation as a way of directing consciousness away from worldly preoccupations, _____ meditation involves a focused awareness of everything you experience.
- ☐ a. hyper-alert
 - ☐ b. omnipresent
 - ☐ c. mindfulness
 - ☐ d. sentient

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18. Which of the following has been demonstrated by research as a skill or ability that is induced via meditation?
- ☐ a. the ability to raise metabolism
 - ☐ b. the ability to cure bacterial infections without medication
 - ☐ c. the ability to lower body temperature
 - ☐ d. the ability to decrease intelligence
19. Dissociation and selective attention are two possible explanations for the phenomenon of:
- ☐ a. hypnotic analgesia .
 - ☐ b. dissociative personality disorder.
 - ☐ c. posthypnotic suggestion.
 - ☐ d. hypnotic regression.
20. Which of the following is not a facet of the benefits hypnotic analgesia has for medical procedures?
- ☐ a. Recovering more quickly
 - ☐ b. Reduced blood loss during surgery
 - ☐ c. Requiring less medication
 - ☐ d. Leaving the hospital sooner after treatment

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1. All learning is, in some way, a result of:

- ☐ a. experience.
- ☐ b. interpretation.
- ☐ c. reflection.
- ☐ d. interaction with media.

2. The approach to studying learning that suggests an exclusive focus on overt, observable, and measurable responses and the discarding of references to inner thoughts, feelings, and motivations is called:

- ☐ a. functionalism.
- ☐ b. externalism.
- ☐ c. behaviorism.
- ☐ d. extrinsic exclusivity.

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3. Mischa bought a new gate to install at the top of his stairs so that his young son couldn't have an accident. He took the gate out of the box and studied the instructions for several minutes, before deciding that he knew all he needed to know. With tools in hand, Mischa then proceeded to get horribly lost during the installation of the gate. The difference between knowing how to install the gate and actually being able to do the installation is an example of the _____ distinction.
- _____ a. studying-doing
 - _____ b. knowledge-use
 - _____ c. theory-application
 - _____ d. learning-performance
4. The _____ distinction refers to the difference between what a person learns and its application on that particular day.
- _____ a. application-theory
 - _____ b. learning-performance
 - _____ c. diathetical
 - _____ d. qualitative-quantitative

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5. Some of the earliest psychologists to take up the challenge of studying learning were of the _____ school of thought, which suggested that we can only study that which can be seen and observed.
- _____ a. behavioral
 - _____ b. nomothetic
 - _____ c. ideographic
 - _____ d. empirical
6. _____ is the process by which experience results in a relatively permanent change in future behavior.
- _____ a. Cognition
 - _____ b. Assimilation
 - _____ c. Learning
 - _____ d. Adaptation
7. The process of learning associations between two events based on repeated exposure to those stimuli is called:
- _____ a. conditioning .
 - _____ b. instinctive drift.
 - _____ c. innate learning.
 - _____ d. associative learning.

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8. After Pavlov trained his dogs to respond to the sound of a bell by salivating, he might have decided to show the dogs a striped handkerchief each time he rang the bell. Eventually, the handkerchief would have been able to cause the dogs to salivate, even if the bell was not sounded. This is an example of _____ conditioning.

_____ a. graduated
_____ b. tertiary
_____ c. second-order
_____ d. elevated

9. Young Rachel is in her second-grade class, when the teacher announces a new challenge. "Every time you memorize a new poem and recite it before the entire class, you will get a gold star. As soon as you get twenty gold stars, you get to pick a prize out of the prize box!" The new star chart, a beautiful grid on multicolored poster board, is placed at the front of the class for all to see. Rachel immediately pulls out her reader and looks for a poem she can memorize. What type of conditioning has Rachel's teacher used to help stimulate a memory-enhancing activity?

_____ a. Reinforcing conditioning
_____ b. Classical conditioning
_____ c. Vicarious conditioning
_____ d. Operant conditioning

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10. While _____ conditioning focuses on spreading a reflexive response to a new precipitating stimulus, _____ conditioning utilizes an organism's ability to associate actions with future consequences.
- _____ a. operant; vicarious
 - _____ b. vicarious; latent
 - _____ c. latent; classical
 - _____ d. classical; operant
11. Which of the following is true about the relationship of the conditioned response (CR) to the unconditioned response (UR)?
- _____ a. The CR will be much stronger than the UR in classical condition.
 - _____ b. The CR appears before the UR in classical conditioning.
 - _____ c. The CR and the UR refer to the same action, but they are elicited by different stimuli.
 - _____ d. The UR is something that will eventually extinguish, but the CR remains permanently.

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12. When two stimuli are associated to produce a reflexive response in an organism, that animal (or person) has demonstrated _____ conditioning.
- _____ a. classical
 - _____ b. aversive
 - _____ c. operant
 - _____ d. associative
13. "The process of memory is like using one of those 'Storage USA' businesses," Professor Fisher tells her class. "You have a place to keep your stuff, but the three main processes have to work or else you're just wasting your money. _____ is like putting stuff into the locker you rented, storage is keeping it safe there over time, and retrieval is taking it out later on when you need it."
- _____ a. Integration
 - _____ b. Encoding
 - _____ c. Intake
 - _____ d. Application

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14. With regard to the three-stage model of memory suggested by Atkinson and Shiffrin, what has recent research found?
- ☐ a. There are, in fact, more than three types of memory storage.
 - ☐ b. The model is very accurate, as supported by the fact that people with sensory impairment like blindness or deafness have memory systems that are far less reliable than those without such deficits.
 - ☐ c. Encoding is a process whose importance was overestimated by Atkinson and Shiffrin, since only information to which we consciously attend is actually encoded.
 - ☐ d. It is possible for information to make it into our long-term memory without going through the first two stages of the model.
15. Dr. Heritos watches with some amusement as her students struggle to find the right answers on their midterm exam, and her mind wanders to the parts of the brain that are involved in memory. As she sits in her chair proctoring the exam, which part of her brain is most active while she retrieves long-term memories?
- ☐ a. The frontal lobe
 - ☐ b. The parietal lobe
 - ☐ c. The temporal lobe
 - ☐ d. The occipital lobe

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16. The _____ memory is a type of sensory memory that involves visual stimuli.
- _____ a. sensory
 - _____ b. iconic
 - _____ c. echoic
 - _____ d. photographic
17. Which bit of evidence suggests that eidetic memory isn't truly photographic?
- _____ a. The fact that eidetic memory can only recall concepts and not specific details.
 - _____ b. The fact that eidetic memory can also apply to auditory stimuli.
 - _____ c. The fact that eidetikers sometimes make errors.
 - _____ d. The fact that eidetikers have a much greater chance of being color-blind.

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18. Which observation of those with eidetic memory suggests that they are "seeing" their memories for longer than the usual duration of iconic memory?
- _____ a. Their eyes move as though they are looking at an image.
 - _____ b. The visual registers in the brain are more fully developed in those with eidetic memory.
 - _____ c. They do not experience REM (rapid eye movement) sleep, which suggests that their visual receptive processes are reserved exclusively for remembering.
 - _____ d. Their memories are perfectly accurate, suggesting it is not just a "remembering" experience but also a form of a cognitive "visual" experience.
19. Research has found that the _____ becomes activated during challenging working-memory tasks.
- _____ a. limbic system
 - _____ b. amygdala
 - _____ c. frontal lobe
 - _____ d. cerebellum

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20. _____ encoding is the process of encoding meaning.

- _____ a. Semantic
- _____ b. Sensory
- _____ c. Working
- _____ d. Interpretative