

Name: _____ Date: _____

1. Dr. Adelson studies how infants form attachments to caregivers; Dr. Bryan investigates eyewitness memory accuracy among schoolchildren; and Dr. Chan researches perceptions of social support among elderly adults. Which of these scientists is a developmental psychologist?
 - A) Only Dr. Adelson is a developmental psychologist.
 - B) Only Dr. Bryan is a developmental psychologist.
 - C) Both Dr. Adelson and Dr. Bryan are developmental psychologists, but Dr. Chan is not.
 - D) All three are developmental psychologists.

2. Dr. Currie investigates personality development in middle childhood and early adolescence. Dr. Currie specializes in _____ development.
 - A) physical
 - B) biological
 - C) cognitive
 - D) socioemotional

3. Heredity vs. environment is another of way of referring to the _____ debate.
 - A) nature vs. nurture
 - B) stages vs. continuity
 - C) free will vs. determinism
 - D) stability vs. change

4. Dr. Babineaux asks a sample of 8-year-old children to complete measures of several personality traits. When the same children are 14 years old, she asks them to complete measures of the same traits. Dr. Babineaux then computes correlation coefficients between the two sets of measures. Her results are most relevant to the _____ discussion.
 - A) stages or continuity
 - B) environment or heredity
 - C) stability or change
 - D) free will or determinism

5. Mark is a graduate student who is studying identity formation. He interviews a group of 5-year-olds, a group of 10-year-olds, and a group of 15-year-olds, and asks them what they plan to be when they finish school. In this example, Mark is using a _____ research design.
- A) longitudinal
 - B) cross-sequential
 - C) factorial
 - D) cross-sectional
6. Dawn is a graduate student investigating the development of fine motor skills. She selects one group of children and assesses their fine motor skills every 6 months over a 2-year period. In this example, Dawn is using a _____ research design.
- A) cross-sectional
 - B) sequential
 - C) longitudinal
 - D) cross-sequential
7. Lily is investigating variables potentially associated with bullying among school-aged children. In 2013, she selected three samples of children: a group of 9-year-olds, a group of 11-year-olds, and a group of 13-year-olds. She interviewed the children and asked them to complete several questionnaires. Lily anticipates repeating the procedure with the same children in 2015 and in 2017. Lily's study exemplifies a _____ research design.
- A) longitudinal
 - B) cross-sectional
 - C) cross-sequential
 - D) multi-cohort
8. An individual's _____ is comprised of his or her 23 pairs of chromosomes.
- A) DNA
 - B) genotype
 - C) dominant gene
 - D) phenotype

9. The text reports the case of a girl named Genie, who was exposed to virtually no language from the age of 20 months until the age of 13. In what way does Genie's case offer support for the notion of a critical period in language acquisition?
- A) With intensive instruction, Genie acquired a sizeable vocabulary; moreover, she eventually mastered the rules of syntax.
 - B) Even with intensive instruction, Genie never mastered the complexities of language.
 - C) Once she was no longer isolated, Genie acquired a sizeable vocabulary and mastered the rules of syntax, even without intensive formal instruction.
 - D) Genie never learned to speak.
10. Compared to Piaget, Vygotsky placed _____ emphasis on the _____ foundations of cognitive development.
- A) less; social
 - B) less; linguistic
 - C) more; social
 - D) more; perceptual
11. Formal instruction in the scientific method usually begins when pupils are between 11 and 13 years of age. At this point, students are capable of the abstract thinking and deductive reasoning characteristic of Piaget's _____ stage of cognitive development.
- A) formal operational
 - B) sensorimotor
 - C) preoperational
 - D) concrete operational
12. According to the textbook, during late adulthood, the brain processes information more slowly and brain regions responsible for memory deteriorate. Based on this information, and on your knowledge of the brain, you infer that the _____ deteriorates in old age.
- A) cerebellum
 - B) hypothalamus
 - C) amygdala
 - D) hippocampus
13. Dr. Conway states that his research investigates the consistent, enduring characteristics that distinguish one person from another. Dr. Conway's research is MOST likely in the area of:
- A) motivation.
 - B) developmental psychology.
 - C) personality.
 - D) social psychology.

14. The _____ perspective on personality examines how the environment shapes personality through classical and operant conditioning, as well as through observational learning.
- A) behavioral
 - B) biological
 - C) trait
 - D) humanistic
15. Both the _____ and the _____ theories of personality have been criticized for relying on concepts that are difficult to define operationally.
- A) psychoanalytic; behavioral
 - B) psychoanalytic; humanistic
 - C) behavioral; humanistic
 - D) behavioral; biological
16. Both the _____ and the _____ theories of personality have been criticized for their narrow focus.
- A) psychoanalytic; humanistic
 - B) social-cognitive; humanistic
 - C) behavioral; humanistic
 - D) behavioral; social-cognitive
17. Which sequence BEST reflects the order in which Freud's personality structures develop during infancy and childhood, from first to last?
- A) superego > ego > id
 - B) id > superego > ego
 - C) id > ego > superego
 - D) superego > id > ego
18. Which psychologist is MOST likely to have said, "Penis envy is really power envy"?
- A) Karl Jung
 - B) Karen Horney
 - C) Abraham Maslow
 - D) Alfred Adler
19. People with an _____ locus of control believes that outcomes are determined by outside forces such as fate or luck. By contrast, people with an _____ locus of control believe that outcomes are determined by their own actions or efforts.
- A) internal; external
 - B) external; internal
 - C) intrinsic; extrinsic
 - D) extrinsic; intrinsic

20. Carlos is emotionally unstable, insecure, anxious, and moody. Quinn is disorganized, spontaneous, and impulsive. Johann is quiet, serious, and somewhat timid. Kris is imaginative, independent, and fond of variety. Which of these individuals is correctly matched with his Big Five description?
- A) Quinn – low conscientiousness
 - B) Carlos – low openness
 - C) Kris – high extraversion
 - D) Johann – high agreeableness
21. Two psychologists interpret participants' responses on a projective personality test quite differently. The test may lack _____ reliability.
- A) split-half
 - B) interrater
 - C) test-retest
 - D) internal
22. _____ tests are not always flexible, whereas _____ tests are not always reliable.
- A) Projective; subjective
 - B) Subjective; objective
 - C) Subjective; projective
 - D) Objective; subjective
23. Rhiannon is confident she can complete a difficult problem set in one of her engineering courses. Rhiannon has high:
- A) self-esteem.
 - B) self-efficacy.
 - C) self-actualization.
 - D) self-awareness.
24. As compared to the psychoanalytic and humanistic perspectives on personality, the behavioral and social-cognitive perspectives:
- A) place less emphasis on the environment.
 - B) better highlight the role of emotional processes in personality.
 - C) emphasize research and objectivity to a greater extent.
 - D) focus in greater depth on the unconscious mind.
25. Stimulus is to response as _____ is to _____.
- A) distress; eustress
 - B) eustress; distress
 - C) stressor; stress
 - D) stress; stressor

26. The notion that some degree of stress may be a good thing is MOST consistent with the _____ theory of motivation, and LEAST consistent with the _____ theory.
- A) drive; arousal
 - B) arousal; instinct
 - C) arousal; drive
 - D) instinct; drive
27. "The event's severity rating multiplied by the frequency of its occurrence" is an _____ definition of the stressfulness of a life event.
- A) operational
 - B) empirical
 - C) experimental
 - D) observational
28. The textbook states that many people with PTSD attempt to avoid the environmental cues associated with the trauma. In the language of classical conditioning, a traumatic reaction to these cues is called a(n):
- A) conditioned response.
 - B) conditioned stimuli.
 - C) unconditioned response.
 - D) unconditioned stimuli.
29. Socioeconomic status is _____ correlated with scores on measures of health.
- A) negatively
 - B) not
 - C) positively
 - D) perfectly
30. In the psychology of stress and health, the minor irritants or problems people deal with on a regular basis are called:
- A) microstressors.
 - B) life events.
 - C) annoyances.
 - D) daily hassles.

31. Which stage of the general adaptation syndrome is correctly matched with an example?
- A) alarm – Abdul drinks coffee and energy drinks to stay up late each night, writing a political science paper.
 - B) exhaustion – Abdul comes down with a bad cold the day after he submits his political science paper.
 - C) resistance – Abdul realizes that a major term paper is due in 2 weeks in his political science course.
 - D) None of these is correctly matched.
32. The interdisciplinary field that studies the relationship between behavioral and biomedical science is known as:
- A) neuroscience.
 - B) medical psychology.
 - C) health psychology.
 - D) holistic medicine.
33. The hypothalamic-pituitary-adrenal system involves a structure called the _____ in the brain, as well as a hormone called _____.
- A) hippocampus; cortisol
 - B) hippocampus; melatonin
 - C) hypothalamus; cortisol
 - D) hypothalamus; melatonin
34. Stress may impair the production of disease-fighting white blood cells called:
- A) leukocytes.
 - B) lymphocytes.
 - C) blastocytes.
 - D) hemocytes.
35. The notion that people use drugs and alcohol to reduce anxiety is called the _____ hypothesis.
- A) emotion-focused coping
 - B) stress-release
 - C) self-medication
 - D) dissonance-reduction

36. Faced with overlapping, unrealistic deadlines at work, Ira recruits his friends to perform some of the routine clerical tasks associated with the projects. Ira is engaged in _____ coping.
- A) emotion-focused
 - B) primary
 - C) secondary
 - D) problem-focused
37. Gavin is always anxious and on edge when his girlfriend is away working the late shift. When she returns, he craves reassurance from her, but sometimes drives her away by expressing his insecurity about their relationship. In Ainsworth's terms, Gavin has an avoidant attachment style.
- A) True
 - B) False
38. There is a strong correlation between moral reasoning and moral behavior.
- A) True
 - B) False
39. Family size is an independent variable in much of the research examining the link between birth order and personality.
- A) True
 - B) False
40. Empathy, tolerance, and originality are elements of the self-actualized personality.
- A) True
 - B) False
41. When test reliability is high, an assessment yields consistent results when an individual takes it more than once.
- A) True
 - B) False
42. There is a strong association between stress and ulcers.
- A) True
 - B) False
43. Prenatal exposure to extreme stress is positively correlated with birth weight.
- A) True
 - B) False

44. A choice involving two attractive options is called an approach-avoidance conflict.
A) True
B) False
45. Early in life, patterns of physical and cognitive development are generally universal.
A) True
B) False
46. Research has proven that development is primarily a product of nurture.
A) True
B) False
47. An adult who smokes, drinks, and talks excessively may be fixated at the oral stage of psychosexual development.
A) True
B) False
48. Self-efficacy is negatively related to persistence on a difficult task.
A) True
B) False
49. The idea that people use drugs or alcohol to lessen anxiety is called the self-medication hypothesis.
A) True
B) False
50. The general adaptation syndrome has three stages.
A) True
B) False