**Chapter 1 NON-Multiple Choice**

**COMPLETION**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, meaning soul, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, referring to the study of a subject, are the two Greek roots that were put together to define this discipline.

ANS: Psyche; logos

PTS: 1 REF: 1.1 Psychology’s Early History

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ was based on the notion that the task of psychology is to investigate how the elements of consciousness are related to each other.

ANS: Structuralism

PTS: 1 REF: 1.1 Psychology’s Early History

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is based on the belief that psychology should investigate the purpose of consciousness.

ANS: Functionalism

PTS: 1 REF: 1.1 Psychology’s Early History

4. The idea that psychology should only study observable events is the cornerstone of the school of psychology known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

ANS: behaviorism

PTS: 1 REF: 1.1 Psychology’s Early History

5. B. F. Skinner’s conclusion that “free will is an illusion” was based on his belief that people are under the control of their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

ANS: environment

PTS: 1 REF: 1.1 Psychology’s Early History

6. Unlike the behaviorists, Abraham Maslow and other humanists take a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ view of human nature and maintain that people are not pawns of their animal heritage or environmental nature.

ANS: optimistic

PTS: 1 REF: 1.1 Psychology’s Early History

7. The first applied arm of psychology to emerge was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ psychology.

ANS: clinical

PTS: 1 REF: 1.2 Psychology’s Modern History

8. Advocates of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ perspective maintain that much of human and animal behavior can be explained in terms of the bodily structures and biochemical processes that allow organisms to behave.

ANS: biological

PTS: 1 REF: 1.2 Psychology’s Modern History

9. Advocates of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ perspective argue that people’s manipulations of mental images surely influence how they behave.

ANS: cognitive

PTS: 1 REF: 1.2 Psychology’s Modern History

10. Examining behavior in terms of its adaptive value for a given species over a number of generations is consistent with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach to psychology.

ANS: evolutionary

PTS: 1 REF: 1.2 Psychology’s Modern History

11. Psychology is both the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that studies behavior and the physiological and cognitive processes that underlie it, and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that applies the accumulated knowledge to practical problems.

ANS: science; profession

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

12. A psychologist who studies attitude formation and change would probably be considered a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ psychologist.

ANS: social

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

13. A psychologist who studies higher mental processes such as memory, reasoning, and problem-solving, would probably be considered a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ psychologist.

ANS: cognitive

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a branch of medicine that is concerned with the diagnosis and treatment of psychological problems.

ANS: Psychiatry

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

15. Industrial/organizational psychologists can often be found running \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ departments.

ANS: human resources

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

16. When we say that psychology is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, we refer to the fact that its conclusions are based on direct observation rather than on reasoning and speculation.

ANS: empirical

PTS: 1 REF: 1.4 Seven Unifying Themes

17. Apparently unrelated observations can sometimes be linked together and explained through the use of a well-constructed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

ANS: theory

PTS: 1 REF: 1.4 Seven Unifying Themes

18. The fact that trends, issues, and values in society have influenced psychology’s evolution illustrates that psychology develops in a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ context.

ANS: sociohistorical

PTS: 1 REF: 1.4 Seven Unifying Themes

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ includes shared values and norms that are transmitted across generations.

ANS: Culture

PTS: 1 REF: 1.4 Seven Unifying Themes

20. Contemporary psychologists generally find that behavior is governed by a complex network of interacting factors, illustrating the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ causation of behavior.

ANS: multifactorial

PTS: 1 REF: 1.4 Seven Unifying Themes

21. According to modern cognitive psychologists, critical thinking has two main components: the cognitive component and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ component.

ANS: emotional

PTS: 1 REF: 1.6 Critical Thinking Application: Developing Critical Thinking Skills

**SHORT ANSWER**

1. Who is Wilhelm Wundt? Why is he important to modern-day psychology?

ANS:

Wilhelm Wundt is considered the founder of the scientific discipline of psychology. He established the first psychological research laboratory in 1879 in Leipzig, Germany, and argued that psychology should be the study of consciousness.

PTS: 1 REF: 1.1 Psychology’s Early History

DIF: Understand

2. Name three significant individuals in the early development of psychology as a discipline, and describe their major contributions to the field.

ANS:

Answers to this question could vary. Individuals who could be discussed include Wilhelm Wundt, William James, John Watson, B.F. Skinner, Abraham Maslow, and Carl Rogers..

PTS: 1 REF: 1.1 Psychology’s Early History

DIF: Understand

3. Briefly discuss and contrast the five schools of psychological thought that were developed after Freud’s psychodynamic theory.

ANS:

Behaviorismfocuses on observable events that can be studied scientifically

Humanismfocuses on the human potential for personal growth

Cognitivefocuses on the importance of mental processes and how individuals acquire, store, and process information

Biologicalfocuses on the role of bodily and biochemical processes that underlie behavior

Evolutionaryexamines the role of natural selection via adaptation to the environment

PTS: 1 REF: 1.1 Psychology’s Early History; 1.2 Psychology’s Modern History

DIF: Understand

4. Briefly describe the advances and changes that occurred in psychological thinking after World War II.

ANS:

As a result of the demands of the war, psychology became a profession as well as a science. In addition, in the 1950s and 1960s, advances in the study of cognition and the physiological basis of behavior led psychology to an increased interest in the relationships between bodily structures and biochemical processes and helped it to return to its roots through a return to an interest in mental processes. In the 1980s, Western psychology developed a greater interest in how cultural factors influence behavior. The 1990s saw the emergence of the evolutionary psychology, and in the beginning of the twenty-first century, positive psychology became an influential force in psychology.

PTS: 1 REF: 1.2 Psychology’s Modern History

DIF: Understand

5. Briefly summarize the basic tenets of evolutionary psychology.

ANS:

The central premise of the evolutionary viewpoint in psychology is that natural selection favors behaviors that enhance reproductive success.

PTS: 1 REF: 1.2 Psychology’s Modern History

DIF: Understand

6. How is psychology defined today?

ANS:

Psychology is the science that studies behavior and the physiological and cognitive processes that underlie it AND the profession that applies the accumulated knowledge of the science to practical problems.

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

DIF: Understand

7. Briefly describe the differences between research psychology and applied psychology, and describe two types of applied psychology specializations.

ANS:

Although research psychologists often work in higher education settings, some work as consultants, therapists, and counselors and generally focus on researching one of nine broad areas of specialization. Applied psychologists generally are those who deliver professional services to the public. Applied specializations include clinical, counseling, industrial-organizational, and school.

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

DIF: Apply

8. Identify two different types of research psychologists and briefly compare the types of issues they study.

ANS:

Answers to this question could vary. Research areas that could be discussed include developmental, social, educational, health, experimental, physiological, cognitive, personality, and psychometrics.

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

DIF: Apply

9. How do a psychologist and psychiatrist differ? How are they the same?

ANS:

Psychiatry is a branch of medicine concerned with the diagnosis and treatment of psychological disorders and is practiced by medical doctors. Psychiatrists earn an M.D. degree after which they do residencies in psychiatry.

Psychologists will earn a PhD., Ed.D., or PsyD. degree. Psychologists generally take a nonmedical approach to treating psychological problems. Clinical psychology is only one area of specialization in psychologya discipline that has a much broader scope than psychiatry.

Both psychologists and psychiatrists deal with the diagnosis and treatment of disorders.

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

DIF: Apply

10. Briefly summarize the advice provided in the text on how to develop sound study habits and get more out of lectures.

ANS:

Effective studying is crucial to success in college, and most students need to set up an organized program to promote adequate study. The program could include setting up a schedule for studying, studying in a place where you can concentrate, and rewarding your studying. To get more out of lectures, students should attend class on a regular basis, stay attentive during class, engage in active listening, read ahead in the textbook to prepare for class, take comprehensive and organized notes, and ask questions during class.

PTS: 1 REF: 1.5 Personal Application: Improving Academic Performance

DIF: Apply

11. What is critical thinking and why is it important in psychology?

ANS:

Critical thinking is purposeful, reasoned thinking that increases the probability of a desirable outcome. Since psychology is theoretically diverse and assumes that behavior is complex and determined by multiple causes, psychologists must be systematic yet flexible and persistent in their thinking. They must be able to distinguish between facts, opinions and reasoned judgments, understand probability, generate multiple solutions, and understand how causality is determined.

PTS: 1 REF: 1.6 Critical Thinking Application: Developing Critical Thinking Skills

DIF: Apply

**ESSAY**

1. Discuss the contributions of structuralism and functionalism to the evolution of psychology as a discipline.

ANS:

Both perspectives reflect the early view that consciousness is the appropriate subject matter for the new science, but they differed in regard to how consciousness should be studied. With Wilhelm Wundt and Edward Titchener, the structuralists believed that consciousness should be broken down into its basic elements through introspection. Led by William James, the functionalists emphasized the adaptive purposes of consciousness, arguing that psychologists should look at the continuous flow of thought rather than its static elements. Functionalism helped generate advances in the study of mental testing, child development, and gender differences. Functionalism gradually faded away, but left applied psychology and behaviorism as its enduring descendants.

PTS: 1 REF: 1.1 Psychology’s Early History

DIF: Understand

2. Compare and contrast the psychoanalytic, behaviorist, and humanist assumptions about psychology and human behavior.

ANS:

Psychoanalysts focus on unconscious drives when trying to explain human personality, motivation, and behavior. This rather pessimistic view of humanity places people at the mercy of primitive drives of which they are often unaware. Behaviorists argued that psychologists should only study what can be directly observed (i.e. behavior) and should abandon any attempt to study consciousness. Behaviorists argue that behavior develops under the control of the environment and that humans therefore do not have free will. Humanists emphasize unique human qualities such as self-concept, freedom, and potential for personal growth. This is an optimistic view of humanity.

PTS: 1 REF: 1.1 Psychology’s Early History

DIF: Apply

3. Compare and contrast the research interests of a developmental psychologist, a physiological psychologist, a social psychologist, and a cognitive psychologist on the topic of love.

ANS:

Developmental psychologists look at human development across the lifespan; they would likely focus on how people of various ages might experience or define love. Physiological psychologists would focus on the biological and genetic aspects of behavior and thus would be likely to focus on hormone levels and other biological aspects of behavior. Social psychologists focus on the role of social forces in governing behavior and might look at the roles that attitudes, prejudices, and group memberships play in people’s experience of love. Cognitive psychologists focus on mental processes such as memory, reasoning, language, and creativity and thus would be likely to examine how these would influence an individual’s experience of love.

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

DIF: Apply

4. Imagine that you are the president of a large corporation that designs different products for the home. Your company designs everything from cleaning products to furniture. What type of applied psychologist would you hire to work in your company? Explain how having this person on staff would benefit your company.

ANS:

Industrial/organizational psychologists work in the world of business and industry. Their tasks could include running human resources departments, working to improve staff morale and attitudes, striving to increase job satisfaction and productivity, examining organizational structures and procedures, and making other recommendations for improvements in the work environment.

PTS: 1 REF: 1.3 Psychology Today: Vigorous and Diversified

DIF: Apply

5. Your text identifies three unifying themes that relate to psychology as a field of study. Identify each of these themes and show how each theme might be relevant in investigating clinical depression.

ANS:

Psychology is empirical, theoretically diverse, and evolves in a sociohistorical context.

Answers to the remainder of this question will require students to come up with applications of these themes that go beyond the information in the text. Some points that might be covered include clearly defining depression and specifying the population to be observed and studied (empirical); looking for possible biological, social, and environmental causes of, or treatments for, depression (theoretically diverse); and changing perceptions of depression from a hidden disorder to one that has advertisements for treatments in magazines and on television (sociohistorical context).

PTS: 1 REF: 1.4 Seven Unifying Themes

DIF: Think Critically

6. Your text identifies four unifying themes that relate to psychology’s subject matter. Identify each of these themes and show how each theme might be relevant in investigating clinical depression.

ANS:

Behavior is determined by multiple causes, is shaped by cultural heritage, is influenced jointly by heredity and environment, and people’s experience of the world is highly subjective.

Answers to the remainder of this question will require students to come up with applications of these themes that go beyond the information in the text. Some points that might be covered include the fact that depression involves complex behavior that has multiple causes (multifactorial causation); a discussion of cross-cultural views on depression (cultural heritage); a discussion of the question as to whether depression may be situational or biological; and a discussion as to the subjectivity in defining and describing depression.

PTS: 1 REF: 1.4 Seven Unifying Themes

DIF: Think Critically

7. Imagine that you have been asked to speak to a group of tenth-grade students who have signed up for a study skills seminar offered by a local youth group. Based on the information provided in the Personal Application, what are 5 concrete points that you would make in your presentation?

ANS:

Good answers to this question should include positive advice (such as setting up a study schedule, finding a place to concentrate, rewarding studying, regular classroom attendance, listening actively during lectures, asking questions in class, etc.).

PTS: 1 REF: 1.5 Personal Application: Improving Academic Performance

DIF: Apply

8. The Critical Thinking Application in your text lists five skills that are exhibited by critical thinkers. Identify three of these skills and show how they might be used by a college student trying to decide whether or not to take antidepressant medication.

ANS:

Critical thinkers

1. understand and use the principles of scientific investigation. (How can the effectiveness of the medication be determined?)

2. apply the rules of formal and informal logic. (Why might antidepressants be so commonly prescribed?)

3. think effectively in terms of probabilities. (What is the likelihood that the medication will work?)

4. carefully evaluate the quality of information. (What is the source of the research on antidepressant medications?)

5. analyze arguments for the soundness of the conclusions. (Do the assertions about drug effectiveness follow appropriately from the research findings?)

PTS: 1 REF: 1.6 Critical Thinking Application: Developing Critical Thinking Skills

DIF: Apply