Practice Test #1

Multiple-choice Portion

Time—1 hour and 10 minutes
100 Questions

Directions: Each of the questions or incomplete statements below is followed by five suggested answers or completions. Select the one that is best in each case.

1. In a famous experiment, a group of factory workers was put into a special room so researchers could investigate the effects of increased lighting on productivity. Interestingly, the workers' performance was found to improve both under conditions of more and less light. This finding, that special treatment, regardless of type, can affect a group's performance, illustrates the need for a control group and is known as
   (A) the Barnum effect.
   (B) the Hawthorne effect.
   (C) the self-fulfilling prophecy effect.
   (D) confirmation bias.
   (E) sampling error.

2. The part(s) of the body with the most sensory receptors is (are) the
   (A) lips.
   (B) feet.
   (C) thighs.
   (D) neck.
   (E) wrists.

3. When Tray walked out of his algebra final, he could remember only the first question and the last few questions. Tray's recollection can best be explained by
   (A) anterograde amnesia.
   (B) retrograde amnesia.
   (C) the stress of the exam.
   (D) the serial position effect.
   (E) interference.

4. What process did researchers use to come up with the theory that five main personality traits exist?
   (A) inferential statistics
   (B) factor analysis
   (C) means-end analysis
   (D) hypothesis testing
   (E) applied research

5. Experiments differ from other types of research in that
   (A) only an experiment can prove a hypothesis.
   (B) experiments utilize both dependent and independent variables.
   (C) experiments attempt to show a cause-and-effect relationship.
   (D) an experiment minimizes ethical concerns.
   (E) experiments involve the collection of qualitative data.

6. Charities that send free return-address labels in the mail are hoping people will contribute money because of
   (A) social facilitation.
   (B) norms of reciprocity.
   (C) door-in-the-face.
   (D) foot-in-the-door.
   (E) deindividuation.
7. When Celie looks at the carpet directly beneath her feet, she can see that it has a black-and-white speckled pattern. When she looks at the carpet on the far side of the room, though, it looks gray. The difference in appearance of the carpet is explained by
(A) the law of Pragnanz.
(B) texture gradient.
(C) summation.
(D) binocular disparity.
(E) motion parallax.

8. A shortage of which neurotransmitter has been linked to depression?
(A) dopamine
(B) epinephrine
(C) acetylcholine
(D) serotonin
(E) GABA

9. The capacity of our working memories is approximately _________ items.
(A) three
(B) five
(C) seven
(D) nine
(E) unlimited

10. Claire sat on the windy prairie contemplating how to keep her hair out of her face. She never considered using a piece of grass. This common obstacle to problem solving is known as
(A) an algorithm.
(B) functional fixedness.
(C) a heuristic.
(D) mental set.
(E) convergent thinking.

11. REM sleep is also known as
(A) quiet sleep.
(B) deep sleep.
(C) paradoxical sleep.
(D) slow-wave sleep.
(E) beta sleep.

12. Kohler's work with apes had to do with what type of learning?
(A) insight
(B) abstract
(C) latent
(D) observational
(E) classical conditioning

13. In high school, Stefan could balance chemical equations faster than anyone he knew. Now when he helps his granddaughter, it takes him a little longer. This slowing of Stefan's problem-solving ability is due to a decrease in
(A) IQ.
(B) fluid intelligence.
(C) creativity.
(D) practical intelligence.
(E) crystallized intelligence.

14. Which of the following kinds of graphs would be used to plot the correlation between people's height and weight?
(A) frequency histogram
(B) bar graph
(C) frequency polygraph
(D) pie chart
(E) scatter plot

15. Juanita is 12 and has a mentality of 15. Her IQ is
(A) 75
(B) 80
(C) 100
(D) 125
(E) 150

16. Siblings that are close in age are more similar in intelligence than siblings of disparate ages. The only possible conclusion to draw from this finding is that
(A) genetics influences intelligence.
(B) environment influences intelligence.
(C) genetics and environment exert equally strong influences on intelligence.
(D) older siblings tend to be smarter than younger ones.
(E) younger siblings tend to outperform their older siblings in school.
17. A man who reports that he is seeing things that, in fact, are not there is experiencing
   (A) hallucinations.
   (B) delusions.
   (C) sensory confusion.
   (D) inappropriate adaptation.
   (E) compulsions.

18. When Jeb was rejected from the University of Michigan, his first choice, he told everyone that he did not really want to go there because Michigan is too cold. Jeb is most likely using which of the following defense mechanisms?
   (A) intellectualization
   (B) rationalization
   (C) denial
   (D) projection
   (E) reaction formation

19. What kind of psychologist would be most likely to use the TAT?
   (A) psychoanalyst
   (B) behaviorist
   (C) biomedical
   (D) humanistic
   (E) trait theorist

20. When Bobby kicks his little sister Tammy’s doll under the bed, she tries to retrieve it. In Piagetian terms, Tammy has
   (A) egocentrism.
   (B) concrete operations.
   (C) animism.
   (D) object permanence.
   (E) conservation.

21. According to Erikson, a two-year-old is most likely to try to resolve which of the following conflicts?
   (A) industry versus inferiority
   (B) autonomy versus shame and doubt
   (C) initiative versus guilt
   (D) intimacy versus isolation
   (E) trust versus mistrust

22. Humanistic psychologists emphasize the importance of
   (A) free will.
   (B) observable behavior.
   (C) unconscious thoughts.
   (D) neurotransmitter levels.
   (E) attributional style.

23. At rest, the charge inside a neuron is approximately _______ millivolts.
   (A) –70
   (B) –50
   (C) 0
   (D) +50
   (E) +70

24. After confronting an emergency situation, which part of the nervous system returns the body to homeostasis?
   (A) somatic
   (B) central
   (C) sympathetic
   (D) parasympathetic
   (E) automatic

25. A negative side effect of ECT is
   (A) violent outbursts.
   (B) phobic disorders.
   (C) memory loss.
   (D) sleeplessness.
   (E) motor tremors.

26. Fredo wants to go to Craig’s party because he thinks it will be fun. However, he does not want to see his ex-girlfriend, Anna, who he knows will be at the party. Fredo is experiencing
   (A) an approach-approach conflict.
   (B) an approach-avoidance conflict.
   (C) an avoidance-avoidance conflict.
   (D) a double approach-avoidance conflict.
   (E) a multiple approach-avoidance conflict.

27. Whenever Eddie goes a few hours without smoking a cigarette, he gets irritable and nervous. Eddie’s need to smoke illustrates which theory of motivation?
   (A) drive reduction
   (B) cognitive consistency
   (C) evolutionary
   (D) ethology
   (E) Maslow’s hierarchy of needs

28. Which is the highest level in Maslow’s hierarchy of needs?
   (A) physiological needs
   (B) need for belongingness
   (C) esteem needs
   (D) self-actualization
   (E) safety needs
29. People classified as Type A are most susceptible to which of the following health problems?
   (A) cancer
   (B) heart disease
   (C) schizophrenic disorders
   (D) addictions
   (E) pulmonary disorders

30. Over which of the following functions does the right hemisphere of the brain have the most control?
   (A) language
   (B) logical reasoning
   (C) movement of the right side of the body
   (D) algebra
   (E) art and music appreciation

31. Greta wants to teach her pet bulldog, Spike, a new trick. Which schedule of reinforcement would result in the quickest learning?
   (A) variable interval
   (B) variable ratio
   (C) continuous
   (D) fixed interval
   (E) fixed ratio

32. Taking medicine to relieve a headache is an example of
   (A) positive reinforcement.
   (B) classical conditioning.
   (C) latent learning.
   (D) punishment.
   (E) negative reinforcement.

33. How many people did Asch find were necessary to achieve maximum conformity?
   (A) three
   (B) four
   (C) five
   (D) seven
   (E) the more people, the more conformity

34. The school psychologist mistakenly tells Mikey’s parents that their average son is off-the-charts brilliant. Mikey’s parents enroll him in extra classes, buy him a chemistry set, and take him to lots of museums. Mikey ends up valedictorian of his high school class and gets into Yale. This situation illustrates
   (A) the power of observational learning.
   (B) the self-fulfilling prophecy effect.
   (C) the fundamental attribution error.
   (D) the false-consensus effect.
   (E) the just-world bias.

35. If Ramon scored 100 on a test with a standard deviation of 10 and a mean of 80, his z score is
   (A) −2
   (B) −0.8
   (C) 0
   (D) +0.8
   (E) +2

36. A valid test of artistic ability
   (A) is normed based on the performance of a standardization sample.
   (B) yields identical results on subsequent administrations.
   (C) identifies those people who have had the best artistic training.
   (D) rewards the people who have studied art the longest.
   (E) is meant to show aptitude rather than achievement.

37. One important contribution of contemporary researchers on intelligence has been to
   (A) de-emphasize the importance of traditional components of intelligence such as mathematical and verbal abilities.
   (B) utilize more sophisticated statistical methods to identify the basic components of intelligence.
   (C) reaffirm the belief that intelligence is fixed, not changeable.
   (D) suggest that intelligence is context-free.
   (E) dismiss the study of intelligence as meaningless and counterproductive due to its susceptibility to bias.
38. The brain scan that is essentially a series of X rays is the
   (A) MRI scan.
   (B) CAT scan.
   (C) PET scan.
   (D) EEG scan.
   (E) EKG scan.

39. Which of the following chemicals would be most likely found in the synaptic cleft?
   (A) norepinephrine
   (B) insulin
   (C) estrogen
   (D) glucagon
   (E) thyroxin

40. All of the following are hallucinogens except for
   (A) angel dust.
   (B) marijuana.
   (C) LSD.
   (D) cocaine.
   (E) MDMA.

41. Billy saw the word *magazine* but read the word *magazine*. What can explain Billy's error?
   (A) prototype-matching theory
   (B) template-matching theory
   (C) complexity
   (D) bottom-up processing
   (E) top-down processing

42. Motion pictures are actually a series of still pictures presented in rapid succession to produce the illusion of movement. This illusion of movement is called
   (A) the autokinetic effect.
   (B) the phi phenomenon.
   (C) stroboscopic motion.
   (D) light adaptation.
   (E) the false-motion effect.

43. The first step in the information-processing theory of memory is
   (A) storage.
   (B) retrieval.
   (C) interference.
   (D) encoding.
   (E) attention.

44. Loss of interest in one's daily activities is a symptom of
   (A) hypochondriasis.
   (B) depression.
   (C) borderline personality disorder.
   (D) panic disorder.
   (E) ADHD.

45. Psychogenic amnesia is classified as a
   (A) somatoform disorder.
   (B) mood disorder.
   (C) dissociative disorder.
   (D) schizophrenic disorder.
   (E) developmental disorder.

46. Groups often take more extreme positions on issues than the individuals comprising the groups. This phenomenon is known as
   (A) deindividuation.
   (B) in-group bias.
   (C) groupthink.
   (D) group polarization.
   (E) group extremism.

47. Social psychologists are the most likely group of psychologists to study
   (A) ways to increase workplace efficiency.
   (B) how memory works.
   (C) attitude formation.
   (D) the biology of learning.
   (E) the use of heuristics.

48. Kohlberg posited that the lowest level of moral development involved
   (A) consistently hurting others.
   (B) focusing on the consequences of one's action to oneself.
   (C) blindly following the law.
   (D) breaking the rules whenever one feels they are unjust.
   (E) doing whatever one's peer group advised.

49. Parents who set and enforce strict rules for their children without allowing any questioning or discussion are following what parenting style?
   (A) democratic
   (B) authoritative
   (C) totalitarian
   (D) authoritarian
   (E) neglectful
50. Gestalt psychologists emphasize the importance of
   (A) behavior.
   (B) attention.
   (C) hormones.
   (D) the whole.
   (E) projective tests.

51. Taking a random sample from a population ensures that
   (A) the sample will contain an equal number of males and females.
   (B) each member of the population has an equal chance of being selected.
   (C) the impact of confounding variables will be minimized.
   (D) experimenter bias will be eliminated.
   (E) replication will be unnecessary.

52. The most commonly employed measures of personality ask people to
   (A) keep logs of their thoughts and actions over extended periods of time.
   (B) interpret ambiguous shapes and pictures.
   (C) monitor their blood pressure, glucose levels, and other physical characteristics for several weeks.
   (D) put themselves under the surveillance of a “blind” observer for several days.
   (E) fill out questionnaires about their own personality.

53. This practice test that you are in the process of taking is an example of a(n)
   (A) standardized test.
   (B) achievement test.
   (C) power test.
   (D) speed test.
   (E) aptitude test.

54. What kind of memory is Misty using when she thinks back to the day she won the state spelling bee?
   (A) procedural
   (B) episodic
   (C) declarative
   (D) eidetic
   (E) semantic

55. “I went to the circus” is an example of
   (A) telegraphic speech.
   (B) holophrastic speech.
   (C) babbling.
   (D) syntax.
   (E) overgeneralization.

56. Trait theorists are mainly criticized for
   (A) overemphasizing the importance of behavior.
   (B) overlooking important gender differences.
   (C) asserting that personality is fixed at birth.
   (D) underestimating the importance of situational factors.
   (E) focusing too much on negative rather than positive traits.

57. In Pavlov’s classical conditioning experiments, salivation was
   I. the US.
   II. the CR.
   III. the UR.
   (A) I only
   (B) II only
   (C) III only
   (D) I and III
   (E) II and III

58. Bandura’s Bobo doll experiment is most closely associated with which of the following terms?
   (A) instincts
   (B) maturation
   (C) modeling
   (D) abstract learning
   (E) operant conditioning

59. People who suffer from antisocial personality disorder are most likely to
   (A) experience a change in their eating and sleeping habits.
   (B) view themselves as loners.
   (C) suffer from delusions.
   (D) evidence a lack of sensitivity to others.
   (E) become excessively dependent upon the opinion of others.
60. One theorized cause of eating disorders is
   (A) hypothalamic failure.
   (B) unstable set point.
   (C) the rapidly rising rate of divorce.
   (D) the societal emphasis on thinness.
   (E) dopamine levels.

61. According to the James-Lange theory of emotion, what immediately precedes recognition of the emotion?
   (A) a physiological change
   (B) cognitive appraisal
   (C) memories of similar situations
   (D) observing the stimulus
   (E) thalamic stimulation

62. What is the first stage of Hans Seyle's general adaptation syndrome?
   (A) activation
   (B) resistance
   (C) exhaustion
   (D) alarm
   (E) observation

63. Systematic desensitization is based on which principle?
   (A) counterconditioning
   (B) modeling
   (C) free will
   (D) aversive conditioning
   (E) the use of a token economy

64. What kind of therapy might involve the analysis of transference?
   (A) learning
   (B) humanistic
   (C) flooding
   (D) psychoanalysis
   (E) cognitive behavioral

65. Which of the following is a primary reinforcer?
   (A) money
   (B) water
   (C) praise
   (D) music
   (E) dolls

66. For some children, getting sent to their rooms may be a terrible punishment while others actually may see it as an opportunity to hone their video game-playing skills. That the reinforcement often depends on the individual in question is expressed by
   (A) the partial-reinforcement effect.
   (B) chaining.
   (C) the Premack principle.
   (D) outshining.
   (E) latent learning.

67. People tend to be more fearful of airplane crashes than a statistical analysis would indicate they should be due to
   (A) the availability heuristic.
   (B) the recency effect.
   (C) confirmation bias.
   (D) the framing effect.
   (E) cognitive dissonance.

68. With regard to language, Noam Chomsky proposed that
   (A) some apes can be taught to use language.
   (B) humans have a language acquisition device.
   (C) children essentially learn language through shaping.
   (D) people cannot learn new languages after a critical period has passed.
   (E) nurture has a far greater influence than nature.

69. Photoreceptors synapse with
   (A) the optic nerve.
   (B) the blind spot.
   (C) ganglion cells.
   (D) bipolar cells.
   (E) rods and cones.

70. Transduction in the ear takes place in the
   (A) ossicles.
   (B) cochlea.
   (C) tympanic membrane.
   (D) semicircular canals.
   (E) auditory canal.
71. The fatty tissue that speeds up neural transmission is known as
(A) myelin.
(B) astrocytes.
(C) adipose.
(D) nodes of Ranvier.
(E) axolation.

72. Damage to which part of the brain would most likely result in auditory difficulties?
(A) cerebellum
(B) parietal lobe
(C) amygdala
(D) Broca’s area
(E) temporal lobe

73. Mary Ainsworth and John Bowlby are best known for their work on
(A) parenting styles.
(B) adult development.
(C) attachment.
(D) intelligence.
(E) creativity.

74. According to Freud, an obsession with neatness and order might have its origin in which of the following psychosexual stages?
(A) oral
(B) anal
(C) phallic
(D) latency
(E) adult genital

75. A common somatic treatment for depression is
(A) RET.
(B) prefrontal lobotomy.
(C) MAO inhibitors.
(D) benzodiazepines.
(E) implosive therapy.

76. The intensity of light that needs to exist for you to first notice that the house lights are being turned on following the end of the movie is called your
(A) just-noticeable difference.
(B) light quotient.
(C) absolute threshold.
(D) stimulation tolerance.
(E) sensitivity.

77. Which of the following is cited as evidence that hypnosis is a form of divided consciousness?
(A) somnambulism
(B) the hidden observer
(C) lucid dreaming
(D) hypnotics
(E) free-running rhythms

78. The order of the sexual response cycle stages as described by Masters and Johnson is
(A) excitement, plateau, orgasm, and resolution.
(B) arousal, orgasm, plateau, and refraction.
(C) resolution, excitement, orgasm, and plateau.
(D) arousal, orgasm, plateau, and refraction.
(E) plateau, excitement, orgasm, and resolution.

79. Which of the following would not characterize a person in the concrete operational stage?
(A) using operations
(B) understanding reversibility
(C) believing in artificialism
(D) appreciating conservation
(E) solving class inclusion problems

80. In the formation of personality, humanistic psychologists are most likely to emphasize the importance of
(A) self-esteem and self-concept.
(B) neurochemical levels.
(C) unconscious motivations.
(D) attributional style.
(E) childhood contingencies of reinforcement.

81. Ling scored 92 on a standardized test with a mean of 78 and a standard deviation of 7. At approximately what percentile did she score?
(A) 47.5th
(B) 50th
(C) 68th
(D) 95th
(E) 97.5th
82. Interviewing 22-year-old Karen about her psychological problems is difficult because her speech lacks coherence and includes a number of made-up words. One possible cause of Karen’s difficulties is (A) bipolar disorder. (B) an anxiety disorder. (C) conversion disorder. (D) autism. (E) schizophrenia.

83. A researcher tests a group of children when they are three, six, nine, and 12 years of age. This researcher is involved in (A) cross-sectional research. (B) cohort-sequential research. (C) lifespan research. (D) longitudinal research. (E) observational research.

84. If the results of a study are statistically significant, (A) the results probably did not happen by chance. (B) the methodology was probably not flawed. (C) a perfect correlation exists between the variables. (D) the research was done ethically. (E) the study has been replicated at least three times.

85. Sometimes actions originally conceived of as treatments are abandoned due to lack of success and/or unintended harms. An example of such a treatment approach is (A) ECT. (B) trephining. (C) chemotherapy. (D) person-centered therapy. (E) institutionalization.

86. Milgram found that the level of shock inflicted by subjects could be reduced by (A) having the experimenter present during the study. (B) introducing the subject to the learner prior to the experiment. (C) scripting the responses of the experimenter. (D) enabling subjects to see the learners during the experiment. (E) using young, female subjects.

87. Studies of prosocial behavior show that bystanders are less likely to offer help to others who need it when (A) the bystanders are alone. (B) the weather is good. (C) other bystanders are not helping. (D) the person seems to be in dire need of aid. (E) the bystanders live in small communities.

88. Which part of the brain is most instrumental in decision making? (A) hypothalamus (B) hippocampus (C) frontal lobe (D) cerebellum (E) pons

89. In humans, brown eyes (B) is a dominant trait while blue eyes (b) is a recessive trait. What percentage of the children of Alan, homozygous for brown eyes, and Sandra, homozygous for blue eyes, will have blue eyes? (A) 0 percent (B) 25 percent (C) 50 percent (D) 75 percent (E) 100 percent

90. Which kind of psychotherapy is criticized for having a long and expensive course of treatment? (A) rational emotive therapy (B) Gestalt therapy (C) implosive therapy (D) eclectic therapy (E) psychoanalysis

91. Which of the following types of information is not processed by the thalamus? (A) visual (B) olfactory (C) gustatory (D) auditory (E) touch
92. Hubel and Weisel won the Nobel prize for their work on
(A) feature detectors in the visual cortex.
(B) specialized taste cells on the tongue.
(C) the influence of pheromones on human behavior.
(D) the joints and ligaments that comprise the kinesthetic sense.
(E) the elements of a reflex arc.

93. Sociobiologists believe that people are motivated to
(A) maintain a peak arousal level.
(B) ensure the survival of their genes.
(C) surpass other members of the species.
(D) avoid mental tension.
(E) maximize their rewards.

94. The DSM is a tool psychologists use to
(A) assess intelligence.
(B) measure personality.
(C) diagnose mental illness.
(D) analyze research findings.
(E) make sure their research meets ethical requirements.

95. Seligman's work about learned helplessness led him to propose that it was associated with which of the following psychological disorders?
(A) mania
(B) conversion disorder
(C) obsessive-compulsive disorder
(D) unipolar depression
(E) schizophrenia

96. When you stroke a baby's cheek with your finger, the baby turns his or her head and tries to put the finger into his or her mouth. This behavior is known as the
(A) rooting reflex.
(B) Babinski reflex.
(C) plantar reflex.
(D) feeding reflex.
(E) pupillary reflex.

97. According to Freud, the id strives mainly to
(A) mediate between the demands of the ego and superego.
(B) attain gratification of its desires.
(C) ensure the individual is acting morally.
(D) protect the person with its defense mechanisms.
(E) deal with reality.

98. Someone with an internal locus of control is likely to believe that
(A) luck plays a large role in people's successes or lack thereof.
(B) nature has determined the degree to which one will prosper in life.
(C) not interfering with the course of fate is better.
(D) hard work and effort result in benefits for the individual.
(E) other people's opinions should not affect his or her own actions.

99. Light therapy is most commonly used in the treatment of
(A) phobias.
(B) dyslexia.
(C) conversion disorder.
(D) SAD.
(E) panic disorder.

100. Aphagia will result from continually stimulating
(A) the ventromedial hypothalamus.
(B) the thalamus.
(C) the thymus.
(D) the frontal lobe.
(E) the lateral hypothalamus.

STOP
Directions: You have 50 minutes to answer BOTH of the following questions.

1. A number of the most influential psychological theories are stage theories. (A) What is a stage theory? (B) Each of the men listed below created a stage theory. Explain the main focus of each man's theory, and describe what he would identify as a major issue or concern for a seven-year-old child.
   1. Freud
   2. Erikson
   3. Piaget
   4. Kohlberg

2. All of the following are goals in any kind of psychological research. (A) Getting honest and accurate information. (B) Minimizing the effects of confounding variables. (C) Treating subjects ethically.

Compare and contrast laboratory experiments, naturalistic observation, and the survey method in terms of how well they meet the goals mentioned above.