

Psychology Video Assignment

- Watch 3 different videos related to Psychology on KhanAcademy.com (a website of educational videos).
- For each video, write a summary (at least 200 words) of important concepts in the video. This can be a paragraph or a list or outline.
- You can use this on the final exam.

Some of the videos are listed below:

https://www.khanacademy.org/search?page_search_query=Psychology

Theories of personality

7A: Curious about your personality? Throughout history, famous psychologists and schools of thought have tried to figure out ...

- Humanistic theory

And they've all come from different branches, you can say, of **psychology**, ...

- Maslow's hierarchy of needs

So, we talked before about there being 5 approaches to understanding motivation. One of these approaches is called Maslow's hierarchy ...

- Biological theory

And others, like the evolutionary approach, the evolutionary **psychology** approach, is more concerned with behavior rather than traits.

social-psychology

Test prep » MCAT » Behavior » Social psychology

7B: Dive into the fascinating and relevant world of social **psychology**! ...

individuals and society

Test prep » MCAT » Individuals and society

Chapter 10 *Infancy and Childhood*

LEARNING GOALS OUTLINE

1. What is the difference between nature and nurture?

2. What determines one's eye color, hair color, adult height, and so on?

3. How are chromosomes in the reproductive cells different than chromosomes in other body cells?

4. What is a zygote and how many chromosomes does it have?

5. What is the difference between dizygotic twins and monozygotic twins?

6. What conclusions about development can be drawn from Kellogg's chimpanzee studies?

7. What is meant by maturation?

LEARNING GOALS OUTLINE (continued)
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8. Can the maturation process be sped up or slowed down?

9. What are growth cycles?

10. What is imprinted on an animal's brain at a certain point in its development?

11. What is the relationship between imprinting and critical periods?

12. What do feral children tell us about critical periods?

13. What is the difference between a nuclear family and an extended family?

14. If mothers work outside the home, does this seem to have a negative effect on the children? Why or why not?

15. ~~If a father is absent from a home,~~ does this seem to have a profound negative effect on the children?

LEARNING GOALS OUTLINE (continued)
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16. What are three parenting styles? What effect does each have on children?

17. What are several explanations for why people abuse their children?

18. What is separation anxiety? Is it normal? Is it universal?

19. What cognitive abilities does a child have at each of Piaget's four stages of cognitive development?

20. What is Piaget's most controversial stage? Why?

21. How do people decide right and wrong in each of Kohlberg's three levels of moral development?

22. Why did Genie's speech level not improve beyond that of a child aged four or five?

Chapter 10 *Infancy and Childhood*

VOCABULARY WORKSHEET

Put the letter of the best answer in the blank.

- _____ 1. Characteristics obtained directly from the genes are
- a. zygotes.
 - b. growth cycles.
 - c. heredity.
 - d. hormones.
- _____ 2. The automatic, orderly, sequential process of physical and mental development is
- a. the critical period.
 - b. maturation.
 - c. maturity.
 - d. imprinting.
- _____ 3. The feeling of being worthwhile and useful is called
- a. self-esteem.
 - b. egotism.
 - c. heredity.
 - d. object permanence.
- _____ 4. A specific time of development that is the only time when a particular skill can begin to develop or an association can occur is called
- a. the sensorimotor stage.
 - b. a growth cycle.
 - c. conservation.
 - d. a critical period.
- _____ 5. Basic units of heredity are
- a. zygotes.
 - b. genes.
 - c. chromosomes.
 - d. nucleus.
- _____ 6. A process that occurs at a preset time in development, when the brain is ready to receive and respond to a specific stimulus is
- a. maturation.
 - b. conservation.
 - c. cognitive development.
 - d. imprinting.

VOCABULARY WORKSHEET (continued)

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- _____ 7. Parents and their children form a(n)
 - a. extended family.
 - b. close-knit family.
 - c. nuclear family.
 - d. developed family.

- _____ 8. Patterns of development in which some areas develop more rapidly and some more slowly, but all in a way preplanned by nature, are
 - a. growth cycles.
 - b. maturation.
 - c. imprinting.
 - d. critical periods.

- _____ 9. Piaget's term for the awareness that specific objects are real and exist all by themselves is called
 - a. cognitive development.
 - b. conservation.
 - c. object permanence.
 - d. a critical period.

- _____ 10. The ways in which thinking and reasoning grow and change is
 - a. cognitive development.
 - b. imprinting.
 - c. maturation.
 - d. conservation.

- _____ 11. The fertilized egg is called the
 - a. dizygote.
 - b. zygote.
 - c. gene.
 - d. chromosome.

- _____ 12. Units of heredity containing genes (23 in reproductive cells, 46 in all other cells) are called
 - a. zygotes.
 - b. hormones.
 - c. chromosomes.
 - d. monozygotes.

- _____ 13. A person's surroundings, which have an influence on a person's characteristics and development, is referred to as the
 - a. heredity.
 - b. environment.
 - c. imprinting.
 - d. maturation.

VOCABULARY WORKSHEET (continued)

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- _____ 14. Parents and their children plus other relatives form a(n)
- a. extended family.
 - b. developed family.
 - c. nuclear family.
 - d. close-knit family.
- _____ 15. The style of parenting in which parents seek input from children and parents are consistent but flexible in enforcing rules is called
- a. authoritative parenting.
 - b. permissive parenting.
 - c. dictatorial parenting.
 - d. child abuse.
- _____ 16. If a father provides virtually no direction or discipline for a child, he is practicing
- a. authoritative parenting.
 - b. permissive parenting.
 - c. dictatorial parenting.
 - d. conservation.
- _____ 17. When a child learns that he not only has a grandmother but that, in return, his grandmother also has a grandchild (him), he understands the concept of
- a. authoritativeness.
 - b. conservation.
 - c. reversibility.
 - d. extension.
- _____ 18. When small children try to avoid people they don't know and cling to their parents, they are exhibiting
- a. separation anxiety.
 - b. dictatorial parenting.
 - c. object permanence.
 - d. imprinting.

Chapter 10 *Infancy and Childhood*

VOCABULARY QUIZ

Find the statements which are incorrect and replace the underlined word with one which will make the statement correct. Some of the statements are correct and can be left unchanged.

1. Identical twins are also known as dizygotic twins.
2. If a child lives with her parents and two siblings, but no other relatives, she is living in an extended family.
3. A permissive period is a time during which a particular skill is able to develop.
4. Authoritative children have supposedly been raised by animals, without the help of other humans.
5. Genes are the basic unit of heredity.
6. An egg that has been fertilized is called a zygote.
7. The nature/nurture controversy is concerned with the relationship between heredity and chromosomes.
8. A young child who becomes afraid when away from his parents is experiencing cognitive anxiety.
9. When a child learns that objects are real and exist all by themselves (that is, separate from the child), he has learned about reversibility.
10. The regular, orderly sequence of development that children progress through is called conservation.
11. Parents who rigidly set rules for children have a permissive parenting style.
12. The end of the formal operations stage occurs when a child begins to use symbols.
13. The biological process by which young children become attached to their mothers is called extension.
14. The concrete operations stage occurs when a child is in elementary school.
15. When our moral reasoning is based on the fact that we believe all humans have certain rights, we are at the postconventional level of moral development.

Chapter 10 *Infancy and Childhood*

TEST B - PRACTICE TEST

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. For proper development, a zygote needs a total of
 - a. 23 chromosomes from the mother only.
 - b. 46 chromosomes from the mother and father.
 - c. 47 chromosomes from the mother and father.
 - d. 45 chromosomes from the father only.

- _____ 2. Monozygotic twins originate from
 - a. one egg that divides into two.
 - b. one egg that separates partially.
 - c. two eggs that divide.
 - d. two separate eggs.

- _____ 3. The best way for a parent to stimulate mental development in the infant is to
 - a. buy the latest toy on the market.
 - b. let the child watch educational television.
 - c. read to the child in the womb.
 - d. play with and talk to the child.

- _____ 4. In terms of development, critical period means
 - a. a specific time when a particular skill may be learned.
 - b. an infant in serious condition in a hospital.
 - c. a time when special associations are made.
 - d. a and c only

- _____ 5. According to current research, in contemporary marriages
 - a. the household chores are shared 50-50 by both husband and wife.
 - b. the husband does most of the household chores because the wife is working.
 - c. wives work outside the home and still do most of the household chores.
 - d. husbands work outside the home, yet do most of the chores.

- _____ 6. Children's attachment to their parents is
 - a. weaker if the mother works outside the home.
 - b. stronger if the quantity of time spent with parents is extensive.
 - c. stronger if the quality of time spent with parents is beneficial.
 - d. weaker if the father stays home with the child.

Chapter 10 *Infancy and Childhood*

CHAPTER REVIEW QUIZ

Matching: Write the letter of the word(s) in the blank that best matches the definition.

- | | |
|----------------------------------------------------|----------------------|
| _____ 1. traits we get from genes | a. nature/nurture |
| _____ 2. feeling of being worthwhile | b. heredity |
| _____ 3. genetically identical | c. environment |
| _____ 4. basic units of heredity | d. monozygotic twins |
| _____ 5. same as heredity/environment | e. genes |
| _____ 6. ways to raise children | f. maturation |
| _____ 7. automatic readiness to do some task | g. growth cycle |
| _____ 8. the people and things around you | h. critical period |
| _____ 9. a time of rapid development | i. self-esteem |
| _____ 10. an important time for a skill to develop | j. parenting styles |

Two very important psychologists who contributed to our knowledge of human development were Jean Piaget and Lawrence Kohlberg. Put the word(s) from the following list under the correct name.

object permanence
moral development
cognitive development
reversibility
postconventional level
ways of thinking
ideas of right and wrong

separation anxiety
concrete operations
formal operations
preconventional level
sensorimotor
conventional level
ways in which thinking grows

Jean Piaget

Lawrence Kohlberg

- _____ 7. Authoritarian parents
- a. use more physical punishment with their children.
 - b. let their children do whatever they want.
 - c. use reason and explanations with their children.
 - d. listen to their children and offer support.
- _____ 8. Which of the following is generally *not* characteristic of an abusive parent?
- a. being under stress because of unemployment
 - b. financial security
 - c. an abusive background
 - d. being a teenager
- _____ 9. The concrete operations stage occurs when a child
- a. uses logic and reason to solve problems.
 - b. is concerned with truth and justice.
 - c. feels anxious when left by the parent.
 - d. understands conservation.
- _____ 10. At the conventional level of moral development, children feel
- a. human rights are very important.
 - b. behavior should be based on the social order.
 - c. they are punished because they are bad.
 - d. other children think the way they do.

True or False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 11. The sensorimotor stage is a time of development when sensations and movement are very important.
- _____ 12. Advanced language development is difficult to achieve beyond a certain critical period.
- _____ 13. Older parents are more likely to abuse their children than teenage parents.
- _____ 14. All children have the same maturation rate.
- _____ 15. Humans have the longest developmental period of any creature.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

16. The sequential process of physical and mental development is called _____.
17. Children supposedly reared by animals are called _____ children.
18. Attachment in which an animal is programmed to accept anything as its mother is called _____.

Name _____ Date _____ Period _____

19. _____ was important for his work with cognitive development.
20. _____ was important for his work with moral development.

— EXTRA CREDIT —

Essay: On a separate sheet of paper, write one or two paragraphs using complete sentences to develop your answer.

21. Imagine you have an identical twin somewhere in the world. Describe what you would expect this person to be like.
22. Extended families are rare. Do you feel children would benefit today if the extended family was popular? Support your opinion.
23. Discuss possible reasons why most people never reach the postconventional level of moral reasoning. Do you feel you have reached this level at this point in your life? Justify your answer.
24. Most students do not begin to learn a foreign language until high school. Based on the information you have read from this chapter, what suggestions would you give educators today?

Chapter 11 *Adolescence*

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LEARNING GOALS OUTLINE

1. At which ages does adolescence usually begin and end?

2. What are the age ranges for early, middle, and late adolescence?

3. How do hormones affect the body?

4. Which three glands are particularly active during puberty and how?

5. Do adolescents handle puberty and growth spurts well? Is development orderly during a growth spurt?

6. How do girls and boys react to being early maturers? Late maturers?

LEARNING GOALS OUTLINE (continued)
.....

7. What are two eating disorders, and what are the symptoms of each?

8. What is a rite of passage? Why do subcultures sometimes form in our society?

9. What are the differences between a crowd, a clique, and a gang?

10. What is a primary reason for adolescents joining gangs?

11. According to Erik Erikson, what is the main conflict of adolescence?

12. How does Erikson define fidelity and how is fidelity related to identity?

13. According to James Marcia, what are four possible identity states one can adopt? What are some characteristics of each?

14. What new abilities do people acquire when they reach Jean Piaget's formal operations stage of cognitive development?

LEARNING GOALS OUTLINE (continued)
.....

15. How do people in Lawrence Kohlberg's postconventional stage decide right and wrong?

16. How does the adolescent's time perspective change as he or she matures from early to middle to late adolescence?

17. On what issues do parents and adolescents tend to agree? On what issues is there less agreement?

18. How do arguments between parents and adolescents change as adolescents mature from early to middle to late adolescence?

19. What seems to be the connection between sexual maturity and independence?

20. How is juvenile delinquency defined?

LEARNING GOALS OUTLINE (continued)

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21. What are several factors associated with juvenile delinquency?

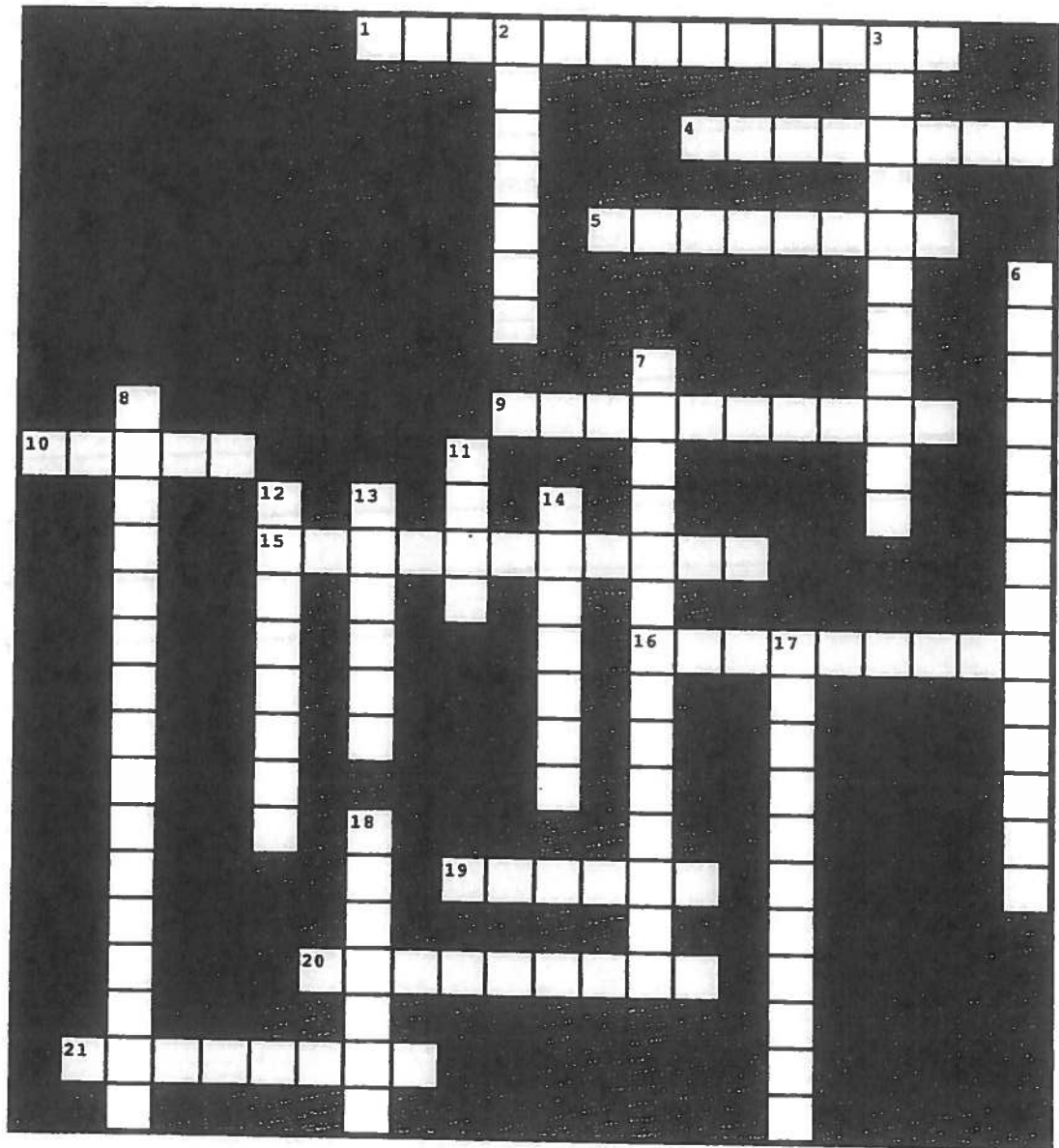
22. What do preventive programs for juvenile delinquency try to teach parents?

23. What are several keys for good communication?

Chapter 11 *Adolescence*

VOCABULARY WORKSHEET

Use the vocabulary terms from Chapter 11 to complete the puzzle. The clues can be found on page 11-13.



VOCABULARY WORKSHEET (continued)
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Across

1. A ritual that a society uses to recognize that an adolescent has become an adult.
4. The body chemicals that control body growth, emotional responses, and physical changes.
5. Erikson's term for adhering to one's ideals and values.
9. A term used by both Erikson and Marcia to describe the adolescent's delay in making the commitments normally expected of adults.
10. An example would be several hundred people who have gathered to watch a politician speak.
15. Repeated violations of the law by those 17 and younger.
16. The situation when a teenager doesn't have a clear idea of her identity and is not looking for an identity.
19. The sex glands.
20. The gland that secretes growth hormones.
21. Eating disorder in which a person virtually stops eating and becomes extremely underweight.

Down

2. He believed that from about age 12 to 20, a person's primary psychological task was defining themselves.
3. A rapid increase in growth during puberty.
6. People agree to something because they believe it is in everyone's best interest.
7. Condition where a person refuses to eat or eats for the wrong reasons.
8. Piaget's term for being able to use complex thought processes.
11. A tightly-knit group of adolescents with strict rules of behavior that generally has a rebellious attitude.
12. A sense of oneself as a unique person.
13. A very tightly knit group with limited membership and strict rules of behavior, normally tied in with school activities.
14. The time of sexual maturation.
18. Eating disorder in which people binge on large amounts of food and then either force themselves to vomit or use laxatives to get rid of the food.
17. Occurs when a teenager simply accepts the values and identity given to him by the adults around him.

Chapter 11

Adolescence

VOCABULARY QUIZ

Respond True or False to the following statements.

- _____ 1. Most ninth and tenth graders are in the period of middle adolescence.
- _____ 2. Puberty is influenced by the adrenal glands.
- _____ 3. The gonads and pituitary glands do not influence sexual maturation.
- _____ 4. Hormones are glands that have an effect on sexual maturation.
- _____ 5. Early and late maturers are both about one and one-half years or more off of the average maturer.
- _____ 6. Anorexia nervosa is an eating disorder which involves excessive dieting.
- _____ 7. In a social contract, people agree to something because they believe it is in everyone's best interest.
- _____ 8. A clique is a tightly knit group of people which has no rules for membership.
- _____ 9. A gang is like a clique except it is larger and has loose rules for membership.
- _____ 10. Moratorium is a term that was used by both Erikson and Marcia to describe the delay of making commitments in adolescence.
- _____ 11. Foreclosure and identity achievement are terms which have opposite meanings according to Marcia.
- _____ 12. Diffusion is a term which Marcia used to describe the confused idea of identity in adolescence.
- _____ 13. Rites of passage are used in many cultures to recognize an adolescent's entry into adulthood.
- _____ 14. Social contracts and universal ethical principles are Kohlberg's terms, which are descriptive of the conventional level of morality.
- _____ 15. Juvenile delinquency is a legal term which applies only to late adolescence.
- _____ 16. Formal operations is the highest level of logical reasoning which adolescents reach.
- _____ 17. A moratorium occurs when an adolescent grows very quickly for a relatively short period of time.

Chapter 11

Adolescence

CHAPTER REVIEW QUIZ

Adolescence is a time of great physical and emotional change. Match the following terms, which are grouped as physical and psychological characteristics.

A. Physical

- _____ 1. pituitary gland
- _____ 2. hormones
- _____ 3. gonads
- _____ 4. puberty
- _____ 5. adrenal gland

- a. the sex glands
- b. sexual maturity
- c. chemicals that affect growth
- d. secretes the growth hormone
- e. secretes the stimulation hormone

B. Psychological

- _____ 6. clique
- _____ 7. gang
- _____ 8. moratorium
- _____ 9. identity confusion
- _____ 10. negative identity
- _____ 11. identity achievement
- _____ 12. foreclosure
- _____ 13. rite of passage
- _____ 14. crowds

- a. delay in decision-making
- b. an anti-social group
- c. well-defined idea of self
- d. accepting childhood values
- e. not liking yourself
- f. group with rules of membership
- g. large group with loose rules
- h. uncertainty about self
- i. society recognizes that adulthood is reached

Bonus Points

1. Name the stage of cognitive (thinking) development which most teenagers reach by early adolescence.

2. Name the stage of moral development which most teenagers reach by late adolescence.

Chapter 11

Adolescence

TEST B - PRACTICE TEST

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. Sexual development occurs
 - a. earlier in boys than girls.
 - b. over a period of a few months.
 - c. mainly during puberty.
 - d. mainly before puberty begins.

- _____ 2. What is characteristic of earlier maturing girls?
 - a. high self-esteem
 - b. self-consciousness
 - c. strong achievement drive
 - d. confidence about their appearance

- _____ 3. A rite of passage is
 - a. an informal ceremony that recognizes one's physical maturation.
 - b. an informal ceremony that recognizes one's mental maturation.
 - c. a primitive society's method for recognizing adulthood.
 - d. a modern society's method for recognizing an adolescent's rights.

- _____ 4. Crowds tend to
 - a. have a loose power structure.
 - b. be a tightly knit group.
 - c. have strict rules for admission.
 - d. have an antisocial outlook.

- _____ 5. A teen in an identity confusion state would have
 - a. definite career plans after graduation.
 - b. a clear set of goals.
 - c. a lot of anxieties and insecurities.
 - d. a strong self-image.

- _____ 6. Identity foreclosure means
 - a. taking a "trial and error" approach to life.
 - b. having a strong sense of identity after exploring many alternatives.
 - c. accepting without question the values of others.
 - d. being committed to your own set of standards and values.

- _____ 7. The lowest area of agreement between parents and adolescents relates to
 - a. friends and peer group.
 - b. the importance of education.
 - c. politics.
 - d. sexual matters.

Name _____ Date _____ Period _____

- _____ 8. Some adolescents run away from home in search of themselves. James Marcia would say they are in a state of
- identity foreclosure.
 - identity diffusion.
 - moratorium.
 - identity achievement.
- _____ 9. According to Jean Piaget, a child in formal operations would have the ability to
- score high on IQ tests.
 - reason in abstract ways.
 - think creatively.
 - understand object permanence.
- _____ 10. The conflict between parent and adolescent is highest during the
- early teen years.
 - middle teen years.
 - later teen years.
 - entire teen years.

True or False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 11. Generally, a father's behavior contributes more to a child's tendency to be delinquent than the behavior of the mother.
- _____ 12. There is a strong relationship between lack of achievement in school and delinquent behavior.
- _____ 13. Being an early or late maturer can increase conflicts with parents.
- _____ 14. Lawrence Kohlberg felt everyone operates on the formal operational level.
- _____ 15. People who live by their own principles, no matter what the consequences, are operating on the conventional level of moral reasoning.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

16. Repeated violation of the law by those under age 17 is referred to as _____.
17. _____ is a condition in which food intake decreases to the point of starvation.
18. The personality theorist who said adolescents experience an identity crisis was _____.
19. _____ divided the identity crisis into four states: _____.
20. Rapid increases in growth during puberty are referred to as _____.

Chapter 12

Adulthood and Aging

LEARNING GOALS OUTLINE

1. Approximately how long does early adulthood last?

2. What seems to be one key to a successful marriage?

3. What are some primary concerns of men and women during early adulthood?

4. What kinds of issues are important to people during midlife transition? Is crisis inevitable?

5. What kinds of physical changes begin occurring around 40 years of age?

6. How do priorities shift during middle adulthood?

LEARNING GOALS OUTLINE (continued)
.....

7. Do most women experience an empty-nest period? What are the characteristics of the women who do?

8. What is menopause and how does it affect women physically and psychologically?

9. What is the study of the aging process called?

10. How do internal clocks affect aging?

11. What are some reasons for poor health and poor memory in old age?

12. Does intelligence automatically decline with age? Why do older people do relatively poorly on IQ tests?

LEARNING GOALS OUTLINE (continued)
.....

13. What is senile dementia? Is it inevitable with old age? What are two causes of senile dementia?

14. What are three major fears of old people?

15. Are most older people less active after retirement?

16. Are most older people isolated and lonely?

17. Why do many older people view themselves as a burden?

18. Do most older people live in institutions?

19. What is the study of death called?

LEARNING GOALS OUTLINE (continued)

.....
20. What are three main fears of the terminally ill?

21. According to Kübler-Ross, what stages do terminally ill people go through?

22. What is the main criticism of Kübler-Ross's theory?

23. What is a hospice?

Chapter 12 *Adulthood and Aging*

GRAPHIC ORGANIZER

Complete this organizer by writing the five stages of dying.

Kübler-Ross's Stages of Dying

STAGE 1:	
STAGE 2:	
STAGE 3:	
STAGE 4:	
STAGE 5:	

Chapter 12

Adulthood and Aging

VOCABULARY QUIZ

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. A blockage of blood vessels to the brain is called
 - a. senile dementia.
 - b. Alzheimer's disease.
 - c. cerebral arteriosclerosis.

- _____ 2. The study of death and dying is known as
 - a. gerontology.
 - b. hospice.
 - c. thanatology.

- _____ 3. Damage to nerve transmission resulting in mental deterioration is called
 - a. Alzheimer's disease.
 - b. cerebral arteriosclerosis.
 - c. senile dementia.

- _____ 4. Cessation of ovulation and change in reproductive status is known as
 - a. the empty-nest period.
 - b. mid-life transition.
 - c. menopause.

- _____ 5. A period called middle adulthood ranges between
 - a. 40-59 years.
 - b. 35-45 years.
 - c. 20-39 years.

- _____ 6. The study of the aging process and its problems is
 - a. thanatology.
 - b. senile dementia.
 - c. gerontology.

- _____ 7. General mental deterioration from aging is called
 - a. Alzheimer's disease.
 - b. senile dementia.
 - c. cerebral arteriosclerosis.

- _____ 8. The first stage of death and dying according to Kübler-Ross is
 - a. denial.
 - b. anger.
 - c. acceptance.

- _____ 9. The time when children leave home is know as
 - a. menopause.
 - b. the empty-nest period.
 - c. senile dementia.

- _____ 10. The last stage of death and dying according to Kübler-Ross is
 - a. anger.
 - b. denial.
 - c. acceptance.

Chapter 12 *Adulthood and Aging*

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CHAPTER REVIEW QUIZ

1. Adulthood is divided into three stages: early, middle, and late. Place the following terms under the correct category.

empty-nest syndrome
marriage and divorce
menopause
midlife transition
gerontology
retirement

isolation and grief
cerebral arteriosclerosis
major focus on family
senile dementia
cell deterioration

Early
20-39

Middle
40-59

Late
60 onward

2. Number the following stages of dying in the correct order from first to last.

- _____ bargaining
- _____ anger
- _____ acceptance
- _____ denial
- _____ depression

Bonus Points: Define the following terms.

- 1... thanatology _____
- 2. hospice _____

Chapter 12 **Adulthood and Aging**

TEST B — PRACTICE TEST

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. During middle adulthood
 - a. men become more masculine and women become more feminine.
 - b. men become more feminine and women become more masculine.
 - c. both men and women become more masculine.
 - d. both men and women become more feminine.

- _____ 2. A critical ingredient for a stable marriage is
 - a. financial security.
 - b. having the same hobbies.
 - c. mutual respect.
 - d. having children.

- _____ 3. Most single-parent families are made up of
 - a. mothers raising children alone.
 - b. fathers raising children alone.
 - c. a foster parent raising children.
 - d. a grandparent raising children.

- _____ 4. In the last decade, fathers have become
 - a. less helpful with the children.
 - b. more involved with children and household responsibilities.
 - c. more work-oriented to support the family.
 - d. more inclined to pay child support.

- _____ 5. During the midlife transition, people
 - a. begin to question their goals in life.
 - b. begin to think about the time they have left to live.
 - c. begin to question many of their values.
 - d. do all of the above.

- _____ 6. Which of the following reasons would most likely cause a woman to experience empty-nest syndrome?
 - a. a restricted life
 - b. few activities outside the home
 - c. marriage has not been very satisfying
 - d. all of the above

- _____ 7. Gerontology is the study of
a. middle age.
b. death and dying.
c. the aging process.
d. the period of early adulthood.
- _____ 8. Which of the following is the most likely cause of memory loss in older people?
a. a slightly shrunken adrenal gland
b. a significantly shrunken brain
c. the loss of chemicals used for cell communications
d. the reduction of neurons in the spinal cord
- _____ 9. The worst thing that can happen to an older person is
a. the loss of hearing and coordination.
b. becoming completely dependent on other people.
c. going to a retirement home.
d. seeing friends die.
- _____ 10. The most common complaint that thanatologists have is that
a. adults have a difficult time accepting the death of their parents.
b. our society is obsessed with death.
c. our society refuses to admit that death exists at all.
d. death is looked upon as a natural part of life by most people.

True or False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 11. Senile dementia is characteristic of all older people past age 70.
- _____ 12. Human body cells have an internal time clock.
- _____ 13. The average life expectancy is decreasing.
- _____ 14. Most people marry.
- _____ 15. Women live roughly six years longer than men in our society today.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

16. _____ refers to diminished mental faculties resulting from age.
17. The study of death and dying is called _____.
18. _____ did research on the five stages of dying.
19. A place where a terminally ill person can live comfortably away from a hospital is called a _____.
20. _____ is a time when most people stop working.

Chapter 13

Gender Differences

LEARNING GOALS OUTLINE

1 To what does the word gender refer?

2. Which sex has more androgen? More estrogen?

3. How do androgen and estrogen affect behavior?

4. Which sex lives longer? Has fewer genetic defects? Has greater physical endurance?

5. Can females be just as active and aggressive as males? Which sex seems to be more naturally active?

6. What are spatial skills? Which sex usually performs better at spatial skills? Is this performance related to differences in the brain?

7. What four factors need to be resolved before concluding that one sex is better at math than another?

LEARNING GOALS OUTLINE (continued)
.....

8. What are some environmental factors that might help determine why males do better at math than females?

9. Do males and females differ in their self-confidence?

10. Do there seem to be any differences in males' and females' desire to achieve?

11. What are some differences between how males and females communicate?

12. What are the primary characteristics that men and women look for in a mate?

13. Do women seem to possess a maternal instinct?

14. What happens to a woman's body during menstruation?

LEARNING GOALS OUTLINE (continued)
.....

15. What are several possible symptoms of premenstrual syndrome?

16. What are some reasons why males and females adopt gender role behaviors? What happens if fathers are affectionate or overly strict?

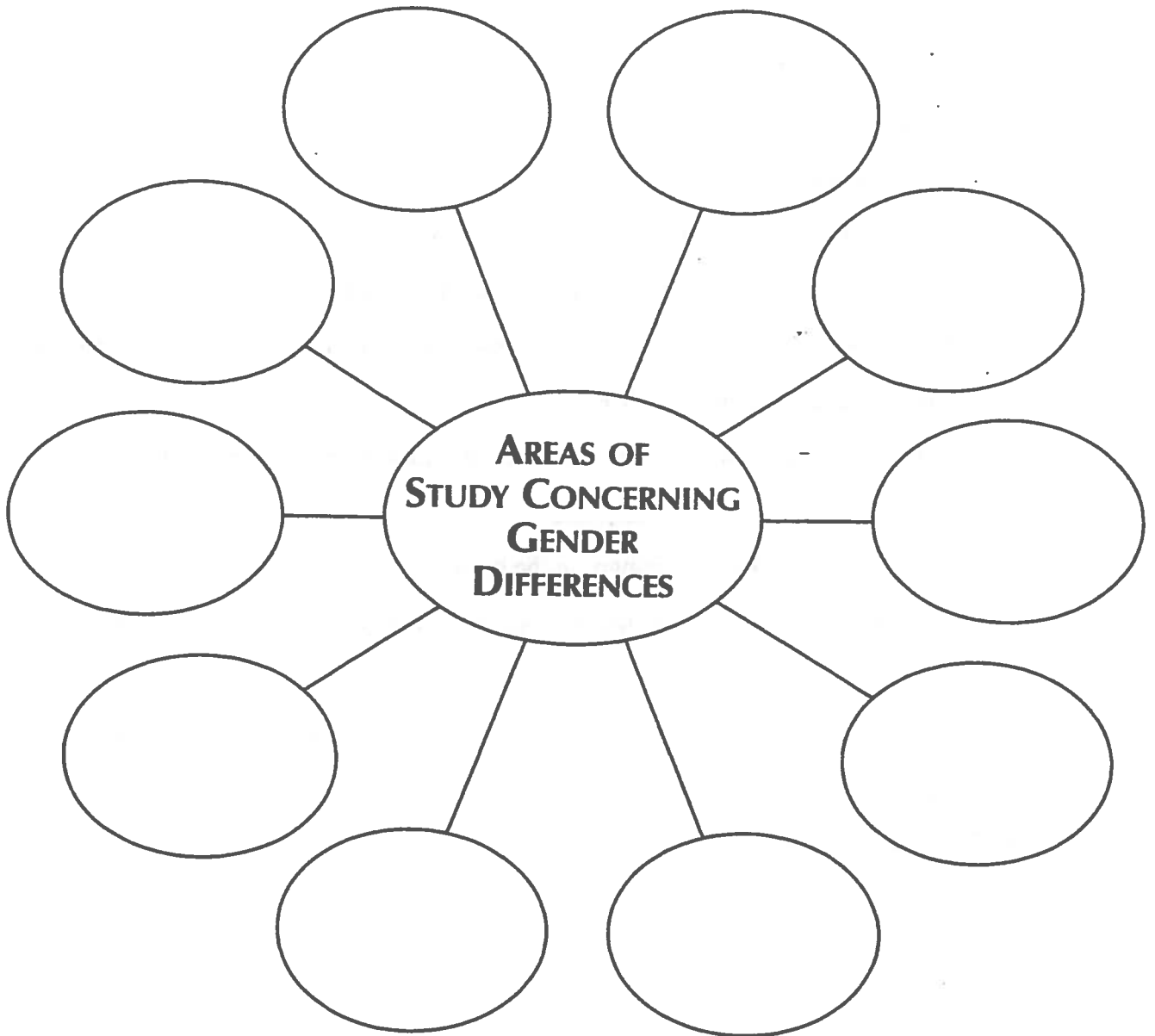
17. What characteristics would an androgynous person have? Are there any problems associated with becoming more androgynous?

Chapter 13

Gender Differences

GRAPHIC ORGANIZER

Complete this organizer by writing the ten areas scientists are interested in concerning differences between the sexes.



Chapter 13

Gender Differences

VOCABULARY WORKSHEET

Fill in the blank with the appropriate vocabulary term.

1. Anxiety, irritability, and mental confusion resulting from monthly female hormonal changes is called _____.
2. The female hormone is _____.
3. The sex of an individual, male or female, is known as _____.
4. The quality of having both masculine and feminine characteristics is called _____.
5. Monthly cycles that revolve around the elimination of the lining of the uterus because the woman's egg has not been fertilized are _____.
6. The process of modeling behavior patterns after (usually) a member of the same sex is called _____.
7. Chemical agents that cause changes in the body are _____.
8. The ability to imagine how an object would look if it was moved about in space is _____.
9. Acts that reflect society's view of what is appropriate for males versus what is appropriate for females are _____.
10. The male hormone is _____.

Chapter 13 *Gender Differences*

VOCABULARY QUIZ

Fill in the blank with the letter of the correct matching item.

- | | |
|-----------------------------------------|-------------------------|
| _____ 1. modeling after same sex | |
| _____ 2. hormonally-caused anxiety | a. androgen |
| _____ 3. monthly cycle | b. gender |
| _____ 4. chemical agents in body | c. spatial skills |
| _____ 5. the sex of an individual | d. menstrual cycle |
| _____ 6. the female hormone | e. identification |
| _____ 7. three-dimensional ability | f. PMS |
| _____ 8. appropriate male/female acts | g. gender role behavior |
| _____ 9. both male and female qualities | h. androgyny |
| _____ 10. the male hormone | i. hormones |
| | j. estrogen |

Chapter 13

Gender Differences

CHAPTER REVIEW QUIZ

Respond *True* or *False* to the following statements.

- _____ 1. Hormones are chemicals that are at different levels in males and females.
- _____ 2. A person's brain size at birth determines how intelligent he or she will be.
- _____ 3. Playing video games means using a lot of spatial skills.
- _____ 4. Having good spatial skills means being able to write a good story.
- _____ 5. Premenstrual syndrome (PMS) happens to all women during the monthly cycle.
- _____ 6. A male who plays with dolls is considered to be showing traditional gender role behavior.
- _____ 7. Identification means modeling your behavior after a member of the same sex.
- _____ 8. Baby boys have a higher activity level than baby girls.
- _____ 9. By late adolescence, both males and females have about the same verbal abilities.
- _____ 10. Studies show that males are more likely than females to go along with the group.
- _____ 11. Men and women who speak the same language often have a very difficult time understanding each other.
- _____ 12. The term *gender* refers to the sex of an individual.

Bonus Points: Make any of the above false statements correct.

Chapter 13

Gender Differences

TEST B — PRACTICE TEST

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. Up until the second month of development, all fetuses have
 - a. more androgen than estrogen.
 - b. more estrogen than androgen.
 - c. equal amounts of each hormone.
 - d. no hormones.

- _____ 2. Taken as a whole, research about gender differences in math ability
 - a. shows that males are innately better at math than females.
 - b. shows that females are innately better at math than males.
 - c. shows both sexes do not score high on the SAT test.
 - d. is inconclusive.

- _____ 3. During adolescence, self-confidence is
 - a. about the same for both sexes.
 - b. greater for females than males.
 - c. greater for males than females.
 - d. high for both sexes.

- _____ 4. Self-disclosure occurs more often when
 - a. men are talking about their personal lives.
 - b. women are talking with special friends.
 - c. women are talking about their careers.
 - d. both sexes are discussing their goals.

- _____ 5. When considering a mate, women are most concerned with a man's
 - a. religion.
 - b. ambition.
 - c. physical appearance.
 - d. family background.

- _____ 6. Men tend to see the world in terms of
 - a. a hierarchy.
 - b. a cooperative network.
 - c. a constant struggle to be equal to women.
 - d. all the above.

- _____ 7. Personality and a sense of humor are
- a. not as important as money in a relationship.
 - b. more important to women than men in a relationship.
 - c. more important for men than women in a relationship.
 - d. equally important for both sexes in a relationship.
- _____ 8. Extremely strict parents usually have children who
- a. seem docile.
 - b. are dispirited.
 - c. are submissive.
 - d. are all of the above.
- _____ 9. Monthly hormonal cycles seem to be
- a. characteristic of a few men only.
 - b. characteristic of both sexes to some degree.
 - c. characteristic of women only.
 - d. a myth that no one really believes.
- _____ 10. Androgynous people seem to be
- a. just as psychologically healthy as people with very strong gender identities.
 - b. not as psychologically healthy as people with very strong gender identities.
 - c. in better psychological health than people with very strong gender identities.
 - d. seemingly healthy on the outside, but psychologically unhealthy on the inside.

True/False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 11. Physical brain size is related to intelligence.
- _____ 12. Males are more likely to be influenced by the crowd than females.
- _____ 13. Even in childhood, males and females communicate differently.
- _____ 14. Most children will imitate the parent of the opposite sex.
- _____ 15. Identification is the process of modeling one's behavior after someone of a different sex.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

16. _____ are chemical agents which cause physical changes in the body.
17. _____ refers to the ability to imagine how something will look in space.
18. The term for someone who has both masculine and feminine traits is _____.

Name _____ Date _____ Period _____

19. The term that refers to what society views as appropriate behavior for males and females is _____.
20. Women who suffer from anxiety and irritability resulting from monthly female hormonal changes have _____.

— EXTRA CREDIT —

Essay: On a separate sheet of paper, write one or two paragraphs using complete sentences to develop your answer.

21. When confronted with a baby whose sex is not obvious, what social problems do people have?
22. Discuss how environmental factors could lead to higher mathematical ability in males. If girls had the same environmental influences, would they do as well as males? Explain your answer.
23. Describe how society views a woman with a strong achievement drive. Do you expect this view to change in the next twenty years? Explain your answer.
24. Would you prefer to have a mate with a strong gender identity or one who is somewhat androgynous? Explain your reasoning. Discuss the advantages and disadvantages of each.

) **Chapter 14** *Theories of Personality*

.....

LEARNING GOALS OUTLINE

1. What are two purposes of having theories?

2. How is personality defined?

3. What is the main assumption of psychoanalysis?

4. According to Sigmund Freud, when does one form the core of his or her personality?

5. What are two things that changed the course of Freud's life?

6. What is hysteria? What method did Freud first use to treat hysteria?

7. What is the unconscious? What method did Freud develop to study the unconscious? How does the method work?

LEARNING GOALS OUTLINE (continued)
.....

8. How did Darwin's work affect Freud?

9. What happens when we use repression?

10. What is the libido?

11. According to Freud, what three parts make up personality? What are the main characteristics of each part?

12. What are Freud's five stages of development? What important conflicts occur during the first three stages?

LEARNING GOALS OUTLINE (continued)

13. What is one main criticism of Freud and one main contribution?

14. What did Carl Jung believe about the unconscious? What is a collective unconscious? What is an archetype and what types of archetypes make up the collective unconscious?

15. What is a persona? Why do we use personas?

16. Is there any proof of Jung's ideas?

17. How did neo-Freudians differ from early psychoanalysts?

18. According to Karen Horney, what causes helplessness and anxiety?

19. According to Alfred Adler, what is the biggest problem people face?

LEARNING GOALS OUTLINE (continued)
.....

20. What conflict occurs during each of Erikson's eight stages?

21. How do behaviorists view the unconscious?

22. According to behaviorists, how does personality evolve?

23. According to B.F. Skinner, how do reinforcements affect behavior?

24. How do Albert Bandura's ideas differ from Skinner's? What method for learning did he emphasize?

25. How does humanism differ from psychoanalysis and behaviorism?

26. According to Carl Rogers, what is the biggest problem people face? What happens when we solve the problem?

27. According to Abraham Maslow, what does it mean to be self-actualized?

LEARNING GOALS OUTLINE (continued)
.....

28. What is one major criticism of humanism?

29. What is a personality trait?

30. What three traits appear at an early age and remain constant over time?

31. According to Gordon Allport, what are the differences between cardinal, central, and secondary traits?

32. What did Raymond Cattell mean by surface and source traits?

33. According to Hans Eysenck, what are the two major dimensions necessary to describe people's personalities? Describe each of them.

Chapter 14 Theories of Personality

VOCABULARY WORKSHEET

Write the appropriate vocabulary term below each definition, ~~then circle each term in the word search on page 14-17. Terms in the puzzle may be diagonal, horizontal, vertical, or backward.~~

1. According to psychoanalytic belief, the psychological part of us that contains childhood conflicts we are unaware of but that continue to control our behavior

2. Jung's term for inherited universal human concepts

3. Freudian process in which the person says everything that appears in the mind, even if the ideas or images seem unconnected

4. The process of pushing the needs and desires that cause guilt into the unconscious

5. Jung's term for a "mask" people wear to hide what they really are or feel

6. Bandura's term for learning by imitating others

7. Rogers's term for the goal of each person's development; perfection

8. Freudian psychological unit containing our basic needs and drives

9. The "self" that allows controlled id expression within the boundaries of the superego

10. Freudian psychological unit roughly synonymous with the conscience

VOCABULARY WORKSHEET (continued)

-
11. A personality theory that focuses on overt acts or behaviors rather than on consciousness or unconsciousness

 12. Maslow's term for the state of having brought to life the full potential of our skills

 13. The more or less permanent personality characteristics that an individual has

 14. Events that strengthen a behavior by bringing the desired result

 15. According to Gordon Allport, the kind of personality trait that is an extremely strong personality characteristic

 16. According to Raymond Cattell, an underlying trait that produces the behaviors that we actually see

 17. According to Freudians, the energy inside us which controls our behavior

 18. According to Freud, every infant goes through this stage; the main source of pleasure is in feeding

 19. According to Freud, the stage from adolescence onward.

 20. The group of theories that emphasizes the whole person along with their potential. The emphasis is on people's good qualities.

Chapter 14 Theories of Personality

VOCABULARY QUIZ

Fill in the blank with the letter of the correct matching term.

- | | |
|--------------------------------------------------------------------------------------------------|---------------------------------|
| _____ 1. emphasis on positive potential | a. personality |
| _____ 2. learning by imitation | b. persona |
| _____ 3. social forces guide unconscious | c. libido |
| _____ 4. mask to hide the real self | d. id |
| _____ 5. contains basic needs and drives | e. fully functioning individual |
| _____ 6. hostility against same-sexed parent | f. ego |
| _____ 7. inherited universal concepts | g. behaviorism |
| _____ 8. internal forces and energy | h. psychoanalysis |
| _____ 9. pushing guilt into the unconscious | i. neo-Freudians |
| _____ 10. consistent patterns of behavior | j. phallic stage |
| _____ 11. personality based on hidden forces | k. self-actualized |
| _____ 12. events which bring desired results | l. archetypes |
| _____ 13. close to perfection | m. repression |
| _____ 14. sexual and aggressive impulses | n. modeling |
| _____ 15. the talking cure | o. reinforcement |
| _____ 16. extremely strong personality characteristics | p. free association |
| _____ 17. ideas shared universally | q. unconscious |
| _____ 18. rewards and punishments shape us | r. emotional stability |
| _____ 19. Rogers's unified person | s. humanism |
| _____ 20. refers to how much a person is affected by feelings, how anxious or impulsive they are | t. collective unconscious |
| _____ 21. balances drives and conscience | u. cardinal traits |

Chapter 14 Theories of Personality

CHAPTER REVIEW QUIZ

A personality theory is a set of ideas which helps explain how we form our personalities. There are three major personality theories:

- a. psychoanalytic
- b. behavioristic
- c. humanistic

Which personality theory does each of the following statements describe? Put the correct letter in the blank.

- _____ 1. Sigmund Freud said that the development of our personality is based on thoughts and needs which only our unconscious knows about.
- _____ 2. B.F. Skinner said that if you reward (reinforce) a behavior, it will occur more often.
- _____ 3. Carl Jung said that people's thoughts contain ideas which all human beings have and these ideas are called archetypes.
- _____ 4. It is hard to live up to the ideal self, which is close to perfection.
- _____ 5. Someone who has become all that he or she can be is a fully-functioning individual.
- _____ 6. Free association, or saying whatever comes to mind, is used to bring out hidden thoughts.
- _____ 7. Our mind is divided into three parts, the id, ego, and superego.
- _____ 8. Our personality is influenced by the drive to be everything we can be, which is to be self-actualized.
- _____ 9. Albert Bandura believed that much of our personality comes from observing and modeling ourselves after others.
- _____ 10. Reinforcements are those events that make us more likely to repeat a certain behavior.
- _____ 11. There are five stages of psychological development as we grow from birth to teenagers.
- _____ 12. The mind tries to find happiness and avoid pain.

- _____ 13. Karen Horney, Alfred Adler, and Erik Erikson had ideas which changed the original ideas of this theory.
- _____ 14. Our unconscious mind contains childhood conflicts which continue to influence our behavior as adults.
- _____ 15. Abraham Maslow thought that human beings needed hopeful and positive things in their lives to influence them.

Several psychologists have developed methods of categorizing personalities by their traits. Which of these psychologists does each of the following statements describe? Put the correct letter in the blank.

- a. Hans Eysenck
- b. Gordon Allport
- c. Raymond Cattell

- _____ 16. Traits can be divided into three categories: cardinal, central, and secondary.
- _____ 17. People can be categorized by two basic traits: extraversion and emotional stability.
- _____ 18. Everyone has source traits which result in behaviors that we can see. The behaviors that we can see are called surface traits.

Chapter 14 Theories of Personality

TEST B - PRACTICE TEST

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. There are three major personality traits that
 - a. disappear after childhood.
 - b. change from one day to the next.
 - c. are fairly consistent throughout life.
 - d. are not affected by learning.

- _____ 2. Sigmund Freud felt that personality is
 - a. set by age six.
 - b. developed throughout life.
 - c. fixed at age 18.
 - d. an inherited trait.

- _____ 3. Free association causes us to
 - a. bury our unconscious wishes.
 - b. reveal our unconscious wishes.
 - c. express our conscious desires.
 - d. express our feelings in dreams.

- _____ 4. If a child eats all the candy he or she wants, Freud would say he is satisfying his or her
 - a. superego.
 - b. ego.
 - c. libido.
 - d. id.

- _____ 5. Carl Jung believed that the collective unconscious is
 - a. handed down from generation to generation.
 - b. contained in the conscious part of the mind.
 - c. unique to each generation.
 - d. repressed feelings resulting from childhood experiences.

- _____ 6. Karen Horney believed that
 - a. impulses from the id control conscious behavior.
 - b. people fight rejection and need love.
 - c. social interaction is unimportant for development.
 - d. life is composed of eight stages.

- _____ 7. Alfred Adler believed that
 - a. all people have inner feelings of inferiority.
 - b. people are controlled by the environment.
 - c. children learn by observation.
 - d. behavior is the result of reinforcements.

- _____ 8. Erik Erikson would say that infants are in a state of
- trust or mistrust.
 - integrity or ego despair.
 - generativity or stagnation.
 - identity or identity confusion.
- _____ 9. Gordon Allport divided personality traits into three categories:
- cardinal, central and secondary.
 - id, ego, and superego.
 - surface, source, and secondary.
 - introversion, extroversion, and emotional.
- _____ 10. If you believe that children learn certain behaviors by watching others, you are agreeing with
- Sigmund Freud.
 - B. F. Skinner.
 - Albert Bandura.
 - Carl Rogers.

True/False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 11. Psychologists who disagree with Freud's emphasis on animal drives are called neo-Freudians.
- _____ 12. The *Oedipus Complex* occurs in the latency stage.
- _____ 13. Cattell believed that underlying our surface personality traits were source traits.
- _____ 14. The *ego* is a term that was used by Erik Erikson.
- _____ 15. Your *persona* is your true self.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

16. _____ is a Freudian term representing the conscience.
17. Sigmund Freud would say that the adolescent is in the _____ stage of development.
18. Carl Jung believed that the _____ contains ideas that are shared by the entire human race.

19. The theory that emphasizes the whole person and his or her positive potential is
_____.

20. According to Abraham Maslow, a fulfilled person is one who has become
_____.

— EXTRA CREDIT —

Essay: On a separate sheet of paper, write one or two paragraphs using complete sentences to develop your answer.

21. Write a brief story about the conflict between the id, ego, and superego. Specify these Freudian personality components in your story.
22. Sue is a ten-year-old who is having a difficult time at school. She feels rejected by the other students. Her parents are also getting a divorce during this time. Describe what Karen Horney would say about Sue's feelings.
23. Erik Erikson said that teenagers are in the identity versus identity confusion stage. Explain what he meant by these terms. Suggest how society could help teens in the identity confusion state.
24. Paolo has been depressed for several days because his girlfriend decided that she doesn't want to go out with him any longer. Compare and contrast how Freud might view Paolo's depression with how a behaviorist might view it.

Chapter 15

Measuring Personality and Personal Abilities

LEARNING GOALS OUTLINE

1. What is a psychological test? Why do psychologists use them?

2. In what two ways are norms established? What do norms show psychologists?

3. When is a test valid?

4. What is test reliability?

5. What is a personality inventory? Which personality inventory is most widely used? Which is used most often in schools?

6. What are several problems with personality inventories?

7. What is theoretically projected when someone takes a projective test?

LEARNING GOALS OUTLINE (continued)

.....

8. Why is the Rorschach test not reliable or valid? Which other projective test has better validity and reliability?

9. What are two possible uses of projective tests?

10. In general, what do aptitude tests measure?

11. What three categories are commonly included in aptitude tests?

12. What do achievement tests measure? What do they predict?

13. What is the main reason that the SAT is controversial? What are some positive things about the test?

14. What is the most common vocational interest test used? How does it work?

LEARNING GOALS OUTLINE (continued)
.....

15. How do the halo effect, the reverse halo effect, and stand-out-ness affect interviews?

16. What is situational assessment? What is one drawback of using situational assessment?

17. What are three ethical standards of testing?

18. What is meant by the term *Barnum effect*?

Chapter 15

Measuring Personality and Personal Abilities

VOCABULARY WORKSHEET

Put the letter of the best answer in the blank.

- _____ 1. These are objective measures of what people know, how they act, think, and feel, and what their goals are.
- aptitude tests
 - psychological tests
 - achievement tests
 - vocational interest tests
- _____ 2. Patterns of test answers from different types of people determine
- reliability.
 - TAT.
 - validity.
 - norms.
- _____ 3. A list of items about a person's beliefs, habits, hopes, needs, and desires is found in a(n)
- aptitude test.
 - achievement test.
 - personality inventory.
 - vocational interest test.
- _____ 4. The situation where a person who has one positive characteristic is assumed to have other positive traits is called
- situational assessment.
 - standoutishness.
 - the halo effect.
 - the reverse halo effect.
- _____ 5. Tests that measure the amount of specific material remembered from the classroom are
- achievement tests.
 - situational assessments.
 - aptitude tests.
 - psychological tests.
- _____ 6. Tests measuring inner feelings elicited by a vague stimulus, such as an ink blot or an unclear picture are
- personality inventories.
 - projective tests.
 - aptitude tests.
 - achievement tests.

VOCABULARY WORKSHEET (continued)

.....

- _____ 7. The personality inventory most often used in schools is the
- a. Strong-Campbell Interest Inventory.
 - b. Rorschach Test.
 - c. California Psychological Inventory.
 - d. MMPI-2.
- _____ 8. The situation in which a person with one negative characteristic is assumed to have other negative traits is called
- a. the halo effect.
 - b. standoutishness.
 - c. negativism.
 - d. the reverse halo effect.
- _____ 9. Whether a test measures what it is supposed to measure is called
- a. reliability.
 - b. standardization.
 - c. validity.
 - d. assessment.
- _____ 10. Whether test results are consistent over time is called
- a. reliability.
 - b. standardization.
 - c. validity.
 - d. assessment.
- _____ 11. The ink blot test which is well-known but unreliable is called the
- a. SAT.
 - b. Strong-Campbell Interest Inventory.
 - c. California Psychological Inventory.
 - d. Rorschach test.
- _____ 12. A special skill that you have, such as the ability to learn math easily, is called
- a. an aptitude.
 - b. your IQ.
 - c. a standard.
 - d. a halo.
- _____ 13. Testing that involves examining how people are affected by the circumstances surrounding them is referred to as
- a. achievement testing.
 - b. inventorying personality.
 - c. projective testing.
 - d. situational assessment.

Chapter 15

Measuring Personality and Personal Abilities

VOCABULARY QUIZ

Fill in the blank with the letter of the correct matching item. These terms can be used more than once.

- | | |
|------------------------------------|-----------------------------|
| a. norms | g. aptitude test |
| b. standardization | h. halo effect |
| c. reliability | i. achievement test |
| d. validity | j. vocational interest test |
| e. objective personality inventory | k. assessment test |
| f. projective personality test | l. standoutishness |
| | m. situational test |

- _____ 1. MMPI-2 is an example.
- _____ 2. TAT is an example.
- _____ 3. Mechanical Comprehensives is an example.
- _____ 4. SAT is an example.
- _____ 5. U.S. History Test is an example.
- _____ 6. Rorschach test is an example.
- _____ 7. California Inventory is an example.
- _____ 8. consistent results over time
- _____ 9. clear test directions
- _____ 10. Strong-Campbell
- _____ 11. most people's answers
- _____ 12. Subject does not know they are being assessed.
- _____ 13. measures what is intended
- _____ 14. Algebra I test is an example.
- _____ 15. Unusual characteristics of an individual may distract the interviewer.
- _____ 16. Clerical speed and accuracy.
- _____ 17. Test administrator may generalize positive characteristics of person being tested.

Chapter 15

**Measuring Personality
and Personal Abilities**

CHAPTER REVIEW QUIZ

1. Why do psychologists use personality tests?

2. Why is it important that norms be established for a test?

3. Sally took an achievement test in March and scored a 91 out of a possible 100. When she took the test a month later, she only scored an 80. What might be wrong with this test? What other reasons could there be for the difference between the two scores?

4. Assume that a test is supposed to measure how well a person will do in a particular career. However, it turns out that there is no correlation between scores on the test and the characteristics of people who are successful in that career. What does this test lack?

5. What is a projective test? What is the biggest problem with projective tests?

6. How is an aptitude test different from an achievement test?

7. What is the purpose of a vocational interest test? How is this different from the purpose of an aptitude test?

Chapter 15

Measuring Personality and Personal Abilities

TEST B - PRACTICE TEST

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. Which of the following is not a characteristic of standardized tests?
- Directions are clearly given.
 - The tests are scored the same way.
 - Interpretation is uniform.
 - Written opinions are expressed.
- _____ 2. Test norms show
- patterns of answers for different types of people.
 - that the test measures what it is supposed to measure.
 - the results are consistent over time.
 - the amount of time spent studying for the test.
- _____ 3. If your final psychology examination included questions on grammar, your test would be
- standardized.
 - not valid.
 - reliable.
 - all the above.
- _____ 4. The most common personality inventory used in schools today is the
- Minnesota Multiphasic Personality Inventory.
 - Thematic Apperception Test.
 - Rorschach test.
 - California Psychological Inventory.
- _____ 5. The Rorschach test is
- extremely valid in every condition.
 - always standardized.
 - frequently used by most psychologists.
 - unreliable.
- _____ 6. Projective test answers are
- the same for all test-takers.
 - usually true-or-false format.
 - varied depending on life experiences.
 - usually multiple-choice format.

- _____ 7. People taking the Thematic Apperception Test
- interpret ink blots.
 - answer true or false to each question.
 - draw several abstract pictures.
 - compose several stories about several pictures.
- _____ 8. An achievement test is usually given to a person
- trying to get a job as a secretary.
 - trying to measure school progress.
 - having behavioral problems in school.
 - trying to decide on a particular career.
- _____ 9. During situational assessment,
- behavior is monitored secretly.
 - the interviewer asks questions about behavior.
 - the subject is aware behavior is being monitored.
 - the test results are standardized.
- _____ 10. The halo effect applies when a person
- has one negative trait and is assumed to have several negative traits.
 - has some negative traits and some positive traits.
 - has one positive trait and is assumed to have other positive traits.
 - has several negative traits but one positive trait.

True/False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 11. A vocational interest test is used to measure aptitude.
- _____ 12. The Barnum effect means people are easily fooled.
- _____ 13. Standoutishness makes an interview more reliable.
- _____ 14. A "good" test is both reliable and valid.
- _____ 15. The Rorschach test is an example of an objective test.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

16. The _____ is a projective test in which you make up a story about a picture.
17. The Rorschach test is an example of a(n) _____ test.
18. The kind of assessment situation in which standoutishness might be a problem is _____.
19. The type of test that measures special skills is the _____.
20. _____ are patterns of test answers derived from different types of people

Chapter 16 Conflict, Stress, and Coping

.....

LEARNING GOALS OUTLINE

1. What is frustration?

2. When do we experience conflict? What are four types of conflict and what choice needs to be made for each?

3. What is anxiety? When does anxiety occur?

4. What is stress? When does it arise?

5. What is the difference between eustress and distress? What determines whether a stress is eustress or distress?

6. What kinds of responses to stress do humans experience?

LEARNING GOALS OUTLINE (continued)

.....

7. Other than life changes, what two other factors may lead to stress?

8. Is it OK to bottle up your feelings? Why or why not?

9. What are several differences between a type A and a type B personality?

10. What is meant by general adaptation syndrome? What three stages make up the general adaptation syndrome?

11. How does control or lack of control affect one's health?

12. What is the job of the immune system? How do antibodies assist the immune system?

13. How does stress affect the immune system? How does optimism affect the immune system?

14. What is an ulcer? What is the easiest way to get an ulcer? How might control affect the origin of the ulcer?

LEARNING GOALS OUTLINE (continued)
.....

15. Why do people develop muscle contraction headaches?

16. Why do people develop migraine headaches? What are several symptoms of migraine headaches?

17. What are defense mechanisms? Is it normal to use them? When do we use them? Do we know we are using them?

18. What are ten defense mechanisms and their characteristics?

19. What problems might arise if our self-concept (or self-image) is drastically different than how others see us?

20. What are several healthy personality characteristics?

21. What are several recommended steps to solving problems?

LEARNING GOALS OUTLINE (continued)

22. What four factors may lead to substance abuse?

23. How do drugs affect the firing of nerve cells?

24. What is the chemical effect of alcohol?

25. What are four physical effects of alcohol?

26. When do people experience a synergistic effect?

27. What are six indicators of alcoholism?

28. What are two keys to ending alcoholism?

29. What are two drawbacks of labeling alcoholism a disease?

30. Why is marijuana called a psychedelic? What are several effects of using marijuana? Which of these effects is most serious?

LEARNING GOALS OUTLINE (continued)
.....

31. Why is tolerance to a drug dangerous?

32. What are several effects of using cocaine? What does it mean to have a psychological dependency to cocaine?

33. What effects does nicotine have?

34. What are opiates? How do they affect the brain? How do they make a person feel? What does it mean to have a physical dependence on opiates?

35. Why is LSD called a hallucinogen?

36. What are steroids? How do steroids affect the body? What are some problems with using steroids?

37. What are the stages to becoming substance free?

Chapter 16 Conflict, Stress, and Coping

VOCABULARY WORKSHEET

Matching: Match each vocabulary term to the appropriate definition.

Part I

- | | |
|---------------------------------------|---------------------------------|
| a. frustration | g. substance abuse |
| b. double approach-avoidance conflict | h. opiates |
| c. conflict | i. anxiety |
| d. steroid | j. general adaptation syndrome |
| e. stress | k. synergistic effect |
| f. distress | l. avoidance-avoidance conflict |

- _____ 1. Alarm, resistance, and exhaustion.
- _____ 2. Nonproductive stress.
- _____ 3. Taking two drugs together to increase the potency.
- _____ 4. Another name for chemical dependency.
- _____ 5. Being forced to choose between two bad options.
- _____ 6. Physical strains caused by life changes.
- _____ 7. A choice between two options that both have a number of good and bad points.
- _____ 8. Sedatives that reduce the body's ability to function efficiently by depressing nerve functions.
- _____ 9. A person must choose between several options.
- _____ 10. The feeling that something is wrong and a disaster might occur at any moment.
- _____ 11. The feeling a person has when kept from reaching a goal.
- _____ 12. A drug which artificially produces male sex hormones.

VOCABULARY WORKSHEET (continued)

.....

Part II

- | | |
|-----------------------|--------------------------------------|
| a. defense mechanisms | h. reaction formation |
| b. rationalization | i. intellectualization |
| c. repression | j. identification with the aggressor |
| d. projection | k. sublimation |
| e. regression | l. self-concept |
| f. denial | m. self-esteem |
| g. displacement | |

- _____ 13. The process of taking on characteristics of someone who has mistreated us in order to psychologically avoid the abuse.
- _____ 14. The degree to which we think we are worthwhile.
- _____ 15. The process of explaining away a problem so that we don't have to accept the blame.
- _____ 16. The process of going backward in behavior and thought to a period when we were taken care of as a child; childish behavior.
- _____ 17. The process of venting our feelings on something or someone other than the true or original target.
- _____ 18. The image we have of ourselves.
- _____ 19. Psychological distortions used to remain psychologically stable, or in balance.
- _____ 20. The process of pushing a painful event or thought out of consciousness.
- _____ 21. The process of attributing our thoughts to someone else.
- _____ 22. The process of expressing the opposite of what we feel.
- _____ 23. The process of removing our feelings about an event and discussing it in a coolly rational and unemotional way.
- _____ 24. The process of channeling emotional energy into constructive or creative activities.
- _____ 25. The process of refusing to admit that there is a problem.

Chapter 16 Conflict, Stress, and Coping

VOCABULARY QUIZ

Complete each sentence by writing the appropriate word(s) in the blank.

Part I

steroids	type A
frustration	type B
stress	substance abuse
physical dependence	hallucinations
conflict	psychological dependence
hallucinogens	opiates
eustress	tolerance
distress	paranoia
synergistic effect	

1. The stress that is bad stress and causes physical problems is called _____.
2. _____ is the name for physical problems that result from demands or changes in life.
3. People who enjoy life, are flexible, and have low levels of stress are said to have _____ personality.
4. A(n) _____ is a problem that demands a choice between two or more possible solutions.
5. People who have _____ personality are always operating at full speed, are impatient, and frequently unhappy.
6. Some stress motivates us to do something good and this situation is known as _____.
7. We feel _____ when something keeps us from reaching a goal.
8. When a person needs to take larger and larger amounts of a drug to get an effect, this is called _____.
9. Drugs that cause people to see things that are not actually present are known as _____.

Name _____ Date _____ Period _____

10. _____ means that the body is craving a certain drug.
11. _____ are sedatives; drugs that reduce the ability of a person to function well.
12. The belief that others are out to get you is called _____.
13. _____ are seeing or hearing things that are not really physically present.
14. The misuse of drugs in order to change the state of your body or your mind is known as _____.
15. When the mind craves a drug even though the body does not, this is called _____.
16. _____ are artificially produced male sex hormones.
17. _____ is the result of taking two drugs together in order to increase the effect they produce.

Complete each sentence by writing the appropriate word(s) in the blank.

Part II

defense mechanisms
sublimation
repression
displacement
reaction formation
regression

rationalization
projection
intellectualization
identification with aggressor
self-esteem

18. When we hide our emotions and discuss an emotional event calmly and rationally, this is called _____.
19. If you go home and yell at your brother because you got a speeding ticket, you are using _____.
20. Your thoughts of how good and worthwhile you are is called your _____.
21. You may use _____ to remain psychologically stable despite being stressed by thoughts or events.
22. _____ is the process of being totally unable to remember a painful event or thought in your conscious state.

Name _____ Date _____ Period _____

23. If you explain away a problem reasonably in order to avoid taking blame for it, you are using _____.
24. You have used _____ if you express yourself in the opposite way from which you truly feel.
25. When we try to become like a person whom we dislike or fear, we are using _____.
26. Behaving in a childish way in order to avoid stress is known as _____.
27. _____ is when we expend creative energy and is considered the only really constructive defense mechanism.
28. If we feel a certain way but avoid stress by saying that someone else feels that way rather than us, we are using _____.

Chapter 16 Conflict, Stress, and Coping

CHAPTER REVIEW QUIZ

Part I

1. There are four types of conflicts discussed in this chapter. Name and define each.

- a. _____

- b. _____

- c. _____

- d. _____

2. The two personality types are (define each):

- a. _____

- b. _____

3. Stress results from demands or changes in the environment. Two kinds of stress are:

- a. _____

- b. _____

4. Define each of the following terms related to drug abuse:

a. psychedelic _____

b. synergistic effect _____

c. tolerance _____

5. The general adaptation syndrome is the sequence of behavior that occurs in reaction to prolonged stress. Name and define its three stages.

a. _____

b. _____

c. _____

6. Chemical dependence is the same as substance abuse. Define the term *substance abuse*.

7. Hallucinogens are drugs that produce major hallucinations. Define the term *hallucination*.

Part II

Match the following defense mechanisms to the descriptions below:

- a. repression
- b. displacement
- c. rationalization
- d. identification with aggressor
- e. sublimation
- f. reaction formation
- g. projection
- h. regression
- i. intellectualization

- _____ 1. A traumatic experience is forgotten because it is too painful.
- _____ 2. A 20-year-old throws a temper tantrum.
- _____ 3. A person who brags a lot may actually feel very unsure of himself.
- _____ 4. An aggressive boy channels his aggression as he gets older and excels at football.
- _____ 5. A surgeon puts aside his emotions during surgery.
- _____ 6. A prisoner begins to view the guards as friendly.
- _____ 7. An employee who cheats the company always complains that the company is cheating her.
- _____ 8. A parent had a bad day at work and takes it out on his kids.
- _____ 9. Someone who refuses to carpool argues that no one will drive with her because of a conflict in schedules (there actually is no conflict).

Chapter 16 *Conflict, Stress, and Coping*

TEST B – PRACTICE TEST

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. Which of the following is the best definition of frustration?
 - a. not adapting properly to the environment
 - b. the blocking of goals we are seeking
 - c. the natural blocking of maturation and development
 - d. all of the above

- _____ 2. Double approach-avoidance conflict happens when you have to choose between
 - a. two things you want to do.
 - b. alternatives that each have both positive and negative aspects.
 - c. two unattractive choices.
 - d. two things you feel indifferent about.

- _____ 3. Eustress is advantageous because
 - a. it keeps the body in motion.
 - b. it keeps you working toward a goal.
 - c. it triggers a physical alarm.
 - d. a and b only

- _____ 4. During an emergency, when your body is pumping adrenaline, you are in a state of
 - a. exhaustion.
 - b. conflict.
 - c. alarm.
 - d. resistance.

- _____ 5. A person with a chemical dependence might be
 - a. trying to deal with the pressures of life.
 - b. trying to be "cool" in front of friends.
 - c. unhappy with life in general.
 - d. all the above.

- _____ 6. The excessive use of alcohol can cause a person to
 - a. hear colors and see sounds.
 - b. have permanent liver damage.
 - c. have excessive energy.
 - d. become deaf.

- _____ 7. The leading cause of death among teenagers today is
 - a. automobile accidents.
 - b. suicide.
 - c. drug overdose.
 - d. cancer.

- _____ 8. Which of the following might reduce stress and also help to avoid sickness from that stress?
- a. the ability to feel in control of a stressful situation
 - b. the ability to predict a stressful situation
 - c. the ability to avoid feeling completely helpless
 - d. all of the above
- _____ 9. When a person experiences prolonged stress, the immune system
- a. operates at a high level to fight the stress.
 - b. shuts down completely.
 - c. is suppressed, which can result in illness.
 - d. is unaffected.
- _____ 10. When Mary cannot remember her terrible car accident, she is using the defense mechanism called
- a. displacement.
 - b. regression.
 - c. projection.
 - d. repression.
- _____ 11. A psychology teacher has a difficult day at school. She later yells at her own children. She is using the defense mechanism called
- a. displacement.
 - b. reaction formation.
 - c. sublimation.
 - d. identification.
- _____ 12. The theory of defense mechanisms comes from the ideas of
- a. B. F. Skinner
 - b. John Watson
 - c. Anton Mesmer
 - d. Sigmund Freud

True/False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 13. Stress is always a bad thing.
- _____ 14. The stress hormone is called estrogen.
- _____ 15. Consuming more than one depressant at the same time can be fatal.
- _____ 16. Alcohol is a stimulant.
- _____ 17. There seems to be a strong relationship between mind and body.
- _____ 18. When you have a headache, your brain is actually in pain.
- _____ 19. People who are anxious, depressed, and angry are more likely to have medical problems.
- _____ 20. Distraction works best with minor pain.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

21. The use of drugs to alter consciousness is called _____.
22. The sequence of behavior that occurs in reaction to prolonged stress is _____.
23. When you act the opposite of how you really feel, you are using the defense mechanism _____.
24. When you make acceptable excuses for your behavior to avoid responsibility, you are using the defense mechanism _____.
25. The body's defense against disease or injury is called the _____.
26. The degree to which we think we are worthwhile is called _____.

EXTRA CREDIT

Essay: On a separate sheet of paper, write one or two paragraphs using complete sentences to develop your answer.

27. Mary cannot decide whether to go away to college or commute from home. Describe and label the type of conflict she is facing. Justify the type of conflict you choose.
28. Firefighters and policemen often take time off from work because of illness. Explain how their illness could be related to the stress of their career.
29. Write a brief story using the three stages of general adaptation syndrome. Label the stages in the story.
30. Explain why optimism is a character trait which leads to longer life.
31. Paula has been stealing small items from the store at which she works. She says that the store is stealing from her because she occasionally must work overtime without getting more pay. What kind of defense mechanism is she using? Why do you think she chooses this strategy?
32. Children who are abused may subconsciously identify with their abuser. Discuss how this process of identification could lead to the child growing up to be an abuser.

Chapter 17

Mental Disorders

LEARNING GOALS OUTLINE

1. Do psychologists understand the causes of mental illness?

2. Are most people who are mentally disturbed dangerous?

3. What are three possible criteria that might determine whether someone needs psychological help?

4. What are some other indicators of mental disturbance?

5. Why do mental health workers use the DSM-IV?

6. What is ADHD and how is it treated?

LEARNING GOALS OUTLINE (continued)

.....

7. What are the symptoms of children with autistic disorder?

8. What is anxiety? What kinds of physical reactions do people experience during anxiety?

9. What is panic disorder? Why does it start? When do panic attacks occur?

10. How is a phobic disorder different than a panic disorder?

11. What is a specific phobia? What is the most common explanation for phobias? What is agoraphobia?

12. What is the difference between an obsession and a compulsion?

13. Why do people become obsessive-compulsive?

LEARNING GOALS OUTLINE (continued)

14. What are somatoform disorders? What are two types of somatoform disorders and what are symptoms of each?

15. What do people who suffer from dissociative disorders do to their personalities?

16. What is amnesia and what is the cause of it? What is selective forgetting?

17. What unusual behavior do fugue sufferers perform?

18. How common is dissociative identity disorder? Is it a psychosis?

19. What is dysthymic disorder? How common is it?

20. What are some symptoms of major depression? How long does it last?

LEARNING GOALS OUTLINE (continued)
.....

21. What are several symptoms of mania?

22. What kinds of mood swings would someone experience if suffering from a bipolar disorder?

23. How does serotonin affect the brain?

24. What are four common symptoms of schizophrenia?

25. What percentage of the population suffers from schizophrenia at any given time? How many get better? Worse?

26. What two speech patterns do schizophrenic patients sometimes perform?

27. What are three types of schizophrenia?

28. Are schizophrenics out of touch with reality all the time?

29. For the population as a whole, does schizophrenia seem to be inherited?

LEARNING GOALS OUTLINE (continued)

30. How does dopamine seem to affect schizophrenia?

31. How are personality disorders different from other disorders discussed in the chapter?

32. What are several characteristics of a sociopath (or antisocial personality disorder)? What are possible causes?

33. What are symptoms of borderline personality disorder?

Chapter 17

Mental Disorders

PARTICIPATORY LEARNING – Obsessive-Compulsive Scale

Use the following key for each of the following statements:

- (1) almost never applies to me
- (2) applies to me sometimes
- (3) applies to me often
- (4) applies to me almost always

- ___ 1. When I find myself waiting for someone or something, I count things (floor tiles, ceiling tiles, and so on).
- ___ 2. After I lock a door, I will check and recheck to make sure it is locked.
- ___ 3. I find it difficult to throw things out.
- ___ 4. I get upset when people move my personal possessions.
- ___ 5. When given a handout in class, I doodle on it and fill in or shade many of the letters.
- ___ 6. When I wake up in the morning I follow the same ritual.
- ___ 7. I make to-do lists and scratch each item as I accomplish it.
- ___ 8. I tend to be a perfectionist.
- ___ 9. I have to budget my money.
- ___ 10. When given a task to do, I complete it by myself or closely supervise the work.

Key

Whatever you do, don't take this test too seriously. It's simply an informal measure of your anxiety level. Total your score and match it to the key below.

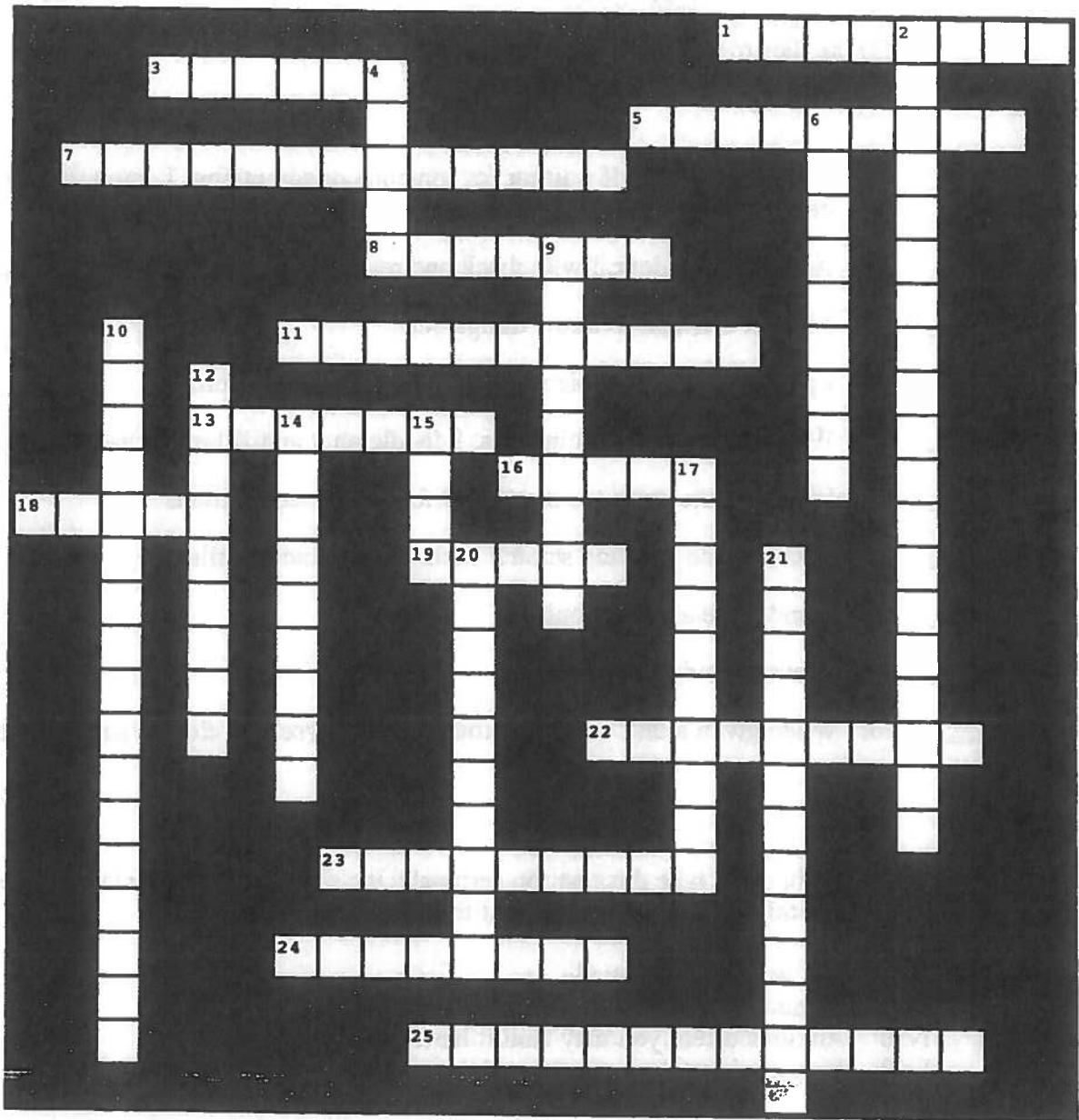
- 10-15 Not very anxious at all.
16-20 Somewhat anxious, but it keeps you motivated.
21-30 Anxious often; you may find it hard to relax at times.
31-40 Very anxious; you may want to learn some relaxation techniques.

Chapter 17

Mental Disorders

VOCABULARY WORKSHEET

Use the vocabulary terms from the chapter to complete the puzzle. The clues can be found on page 17-15.



VOCABULARY WORKSHEET (continued)
.....

Across

1. Believing something that obviously is not true.
3. A condition where a child does not develop normal patterns of communication or social interaction.
5. Speech in which the words are mixed up and make no sense.
7. A person who is excessively worried by their health and exaggerates the seriousness of minor problems.
8. A general feeling of impending doom and ongoing apprehension.
11. The fear of leaving a familiar environment.
13. A mental disorder distinguished by severe mood swings, from very high to very low.
16. A mental disorder where the person has frequent attacks of anxiety that are extremely intense.
18. A dissociative disorder where someone completely forgets their current life and starts a new one somewhere else.
19. A book that provides classifications for the symptoms of mental disorders.
22. A mood disorder where a person is moderately depressed.
23. A brain chemical which, when its level is too low, may lead to depression.
24. A brain chemical that some schizophrenics have in excess.
25. Seeing something that isn't real.

Down

2. A type of amnesia where someone blocks out an extremely stressful event.
4. A mood disorder where a person is very restless, can't concentrate, and talks extremely fast.
6. A person with an antisocial personality.
9. A speech condition that some autistic children have; they merely repeat back what someone says to them.
10. Rhythmic speech patterns sometimes seen in schizophrenics.
12. A continuous preoccupation with a certain thought.
14. A severe mental disorder where the person cannot organize thought patterns and may have hallucinations and delusions.
15. A condition some children have that makes it very difficult for them to sit quietly and focus on tasks.
17. A ritualized behavior that the person must repeatedly act out.
20. A type of disorder where psychological problems are exhibited as physical symptoms.
21. Thought and speech go in all directions and cannot be controlled.

Chapter 17

Mental Disorders

VOCABULARY QUIZ

Using the words in this word bank, correctly complete each sentence below.

ADHD
agoraphobia
antisocial personality
anxiety
autistic
borderline personality
catatonic
clang associations
conversion
delusions
dissociative

dopamine
DSM-IV
dysthymic
echolalia
hallucinations
obsessive-compulsive
panic
paranoid
phobic
serotonin

1. Scientists have discovered that some schizophrenics have unusually high levels of the chemical _____ in their brains.
2. A person who is extremely fearful of all types of insects and goes to great lengths to avoid them has a(n) _____ disorder.
3. Examples of _____ disorders include amnesia and fugue state.
4. People who are depressed may have lower than normal levels of the brain chemical _____.
5. If a person with schizophrenia imagines that he is carrying on conversations with his long-dead mother who gives him advice, he is having _____.
6. A schizophrenic who thinks the CIA is out to kill him because he holds the secret to world peace is having _____.
7. Psychologists and other mental health workers use the _____ to help them in determining how to classify people with mental disorders.
8. A person who commits a violent crime and then feels no remorse for the suffering he has caused has a(n) _____ disorder.

Name _____ Date _____ Period _____

9. If a person frequently has feelings of overwhelming anxiety that seem to have no cause, she has a(n) _____ disorder.
10. A victim of a train accident witnesses two people die and then becomes blind for no apparent physical reason; this is an example of a(n) _____ disorder.
11. A woman who has a(n) _____ disorder must check the stove at least six times to make certain it is turned off before she can leave the house.
12. Someone who is heavily dependent on others and tends to get involved in unstable relationships over and over again has _____ disorder.
13. The three categories of _____ disorders are panic, phobic, and obsessive-compulsive.
14. People who are psychotic may speak in rhythmic patterns called _____
_____.
15. If a person refuses to leave his house and when forced to do so becomes extremely anxious and fearful, he has a panic disorder called _____.
16. An autistic child who does not speak except to repeat back everything that is said to him is exhibiting a condition called _____.
17. An eight-year-old who is unable to concentrate long enough to complete a short reading assignment and is constantly wiggling in his seat may have _____.
18. When a person feels sad and lonely for several weeks but then recovers and once again feels optimistic about life he or she has experienced a(n) _____ disorder.
19. A person who appears to be in a stupor, moves jerkily, and rarely talks is a(n) _____ schizophrenic.
20. A person who believes everyone is against them and out to punish him when this is not the case is a(n) _____ schizophrenic.
21. A four-year-old who does not speak and typically ignores other people around her may be _____.

Chapter 17

Mental Disorders

CHAPTER REVIEW QUIZ

Using the symptoms below, fill in the following chart correctly.

Symptoms

- | | |
|---------------------------------|---------------------------|
| physical impairments (no cause) | irrational fears |
| delusions | constant thoughts/actions |
| hallucinations | disconnection of self |
| lack of guilt | exaggerated highs |
| dependency | depression |
| high/low mood swings | hopelessness, suicidal |
| memory loss | possessiveness |
| apprehension | criminal behavior |

Disorder	Major Symptoms
Anxiety Disorders	
Somatoform Disorders	
Dissociative Disorders	
Mood Disorders	
Schizophrenia	
Personality Disorders	

Chapter 17

Mental Disorders

TEST B - PRACTICE TEST

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. Psychologists know that mental illness
 - a. is caused by a person being abused when young.
 - b. always has biological causes.
 - c. always has sociocultural causes.
 - d. can have many different causes.

- _____ 2. A three-year old boy who fails to develop normal patterns of social interaction and speech is most likely
 - a. manic.
 - b. autistic.
 - c. suffering from a phobic disorder.
 - d. agoraphobic.

- _____ 3. Panic disorders usually result from
 - a. abuse during childhood.
 - b. learning inappropriate behavior.
 - c. an excess of dopamine.
 - d. feeling unsure and helpless.

- _____ 4. A person suffering from obsessive-compulsive behavior will
 - a. wash the windows in his house every day.
 - b. hear voices from deceased ancestors.
 - c. think he is the president of the United States.
 - d. use word salad.

- _____ 5. When a soldier sees his best friend killed in the Gulf War, he becomes temporarily blind. A psychiatrist would say he is suffering from
 - a. a dysthymic disorder.
 - b. mania.
 - c. bipolar disorder.
 - d. conversion disorder.

- _____ 6. Disorders in which psychological issues are expressed in bodily symptoms with no actual physical problems are
 - a. dissociative disorders.
 - b. anxiety disorders.
 - c. somatoform disorders.
 - d. personality disorders.

- _____ 7. A person experiencing major depression may
- a. be out of touch with reality.
 - b. be sad for a few days.
 - c. have selective forgetting episodes.
 - d. have thoughts of death.
- _____ 8. Research has shown an excess of serotonin may cause a person to have
- a. schizophrenia.
 - b. fugue.
 - c. autism.
 - d. mania.
- _____ 9. Which is not a characteristic of schizophrenia?
- a. delusions
 - b. hallucinations
 - c. autism
 - d. garbled speech patterns
- _____ 10. Schizophrenics have been found to have higher than normal levels of
- a. dopamine.
 - b. estrogen.
 - c. adrenaline.
 - d. serotonin.
- _____ 11. A person with antisocial personality disorder will
- a. forget certain terrible experiences.
 - b. commit violent crimes with no remorse.
 - c. be afraid to leave home.
 - d. have mood swings from mania to depression.

True/False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 12. There is something "abnormal" in all "normal" people.
- _____ 13. Dissociative disorders are the most common type of mental disorders.
- _____ 14. People with borderline personality disorders are very dependent, suspicious, and manipulative.
- _____ 15. More women than men suffer from fugue.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

16. The book which classified the symptoms of mental problems is _____
- _____
17. Forgetting things that are very traumatic is called _____

Name _____ Date _____ Period _____

18. Speech in which words are mixed together incoherently is called _____.

19. _____ is the type of schizophrenia characterized by disturbances of movement.

20. If you see or hear something that does not exist, you are experiencing _____.

— EXTRA CREDIT —

Essay: On a separate sheet of paper, write one or two paragraphs using complete sentences to develop your answer.

21. Define abnormal behavior.

22. Describe the “typical” day of a person suffering from one of the nonpsychotic disorders described in this chapter. Your descriptions should include the main characteristics of the disorder.

23. Write a brief story about a person with bipolar disorder. Cite characteristics of the disorder in your story.

24. Schizophrenic people often use word salad and clang associations. Write two original examples of each.

MATCHING

1. _____
2. _____
3. _____
4. _____
5. _____

FILL IN THE BLANK

6. _____
7. _____
8. _____
9. _____
10. _____

Chapter 18 *Treatment and Therapy*

.....

LEARNING GOALS OUTLINE

1. When did hospitals for the insane begin to become more humane? Who contributed to this change and how?

2. What are the main differences between counseling psychologists and clinical psychologists? What are some differences in their educational backgrounds?

3. What is the main difference between a psychologist and a psychiatrist?

4. What do psychiatric social workers do for patients? How do psychiatric nurses differ from registered nurses?

5. What is psychotherapy?

6. How much treatment time is involved in psychoanalysis?

LEARNING GOALS OUTLINE (continued)

.....

7. According to psychoanalysts, what causes anxiety and guilt?

8. How does free association work? What is the goal of free association?

9. What is transference? What are the primary benefits of transference?

10. According to humanists, what is the function of the therapist? Why is the therapy called humanistic?

11. Why do humanists use the word *client* rather than *patient*?

12. Why is Rogerian therapy also called nondirective therapy? In what way does a nondirective therapist act like a mirror?

13. What is unconditional positive regard? Why is it critical during client-centered therapy?

LEARNING GOALS OUTLINE (continued)
.....

14. How do behaviorists view most mental disorders?

15. How long does behavioral therapy usually last? For what kinds of problems is behavioral therapy most effective?

16. How does systematic desensitization work?

17. What is the goal of aversive conditioning?

18. How does a token economy system work?

19. What is cognitive behavioral therapy?

20. According to Albert Ellis, what two components make up humans?

21. How do cognitive therapists view irrational ideas?

LEARNING GOALS OUTLINE (continued)

.....

22. What do people need to do if they are guilty of awfulizing their internal sentences?

23. What are two purposes of group therapy?

24. What is the main purpose of encounter groups?

25. What are three factors that all therapies have in common?

26. What are four ways that patients benefit from therapy?

27. What is biomedical therapy?

28. What is electroconvulsive therapy? What physical changes occur as a result of this therapy? For what disorders does ECT work best?

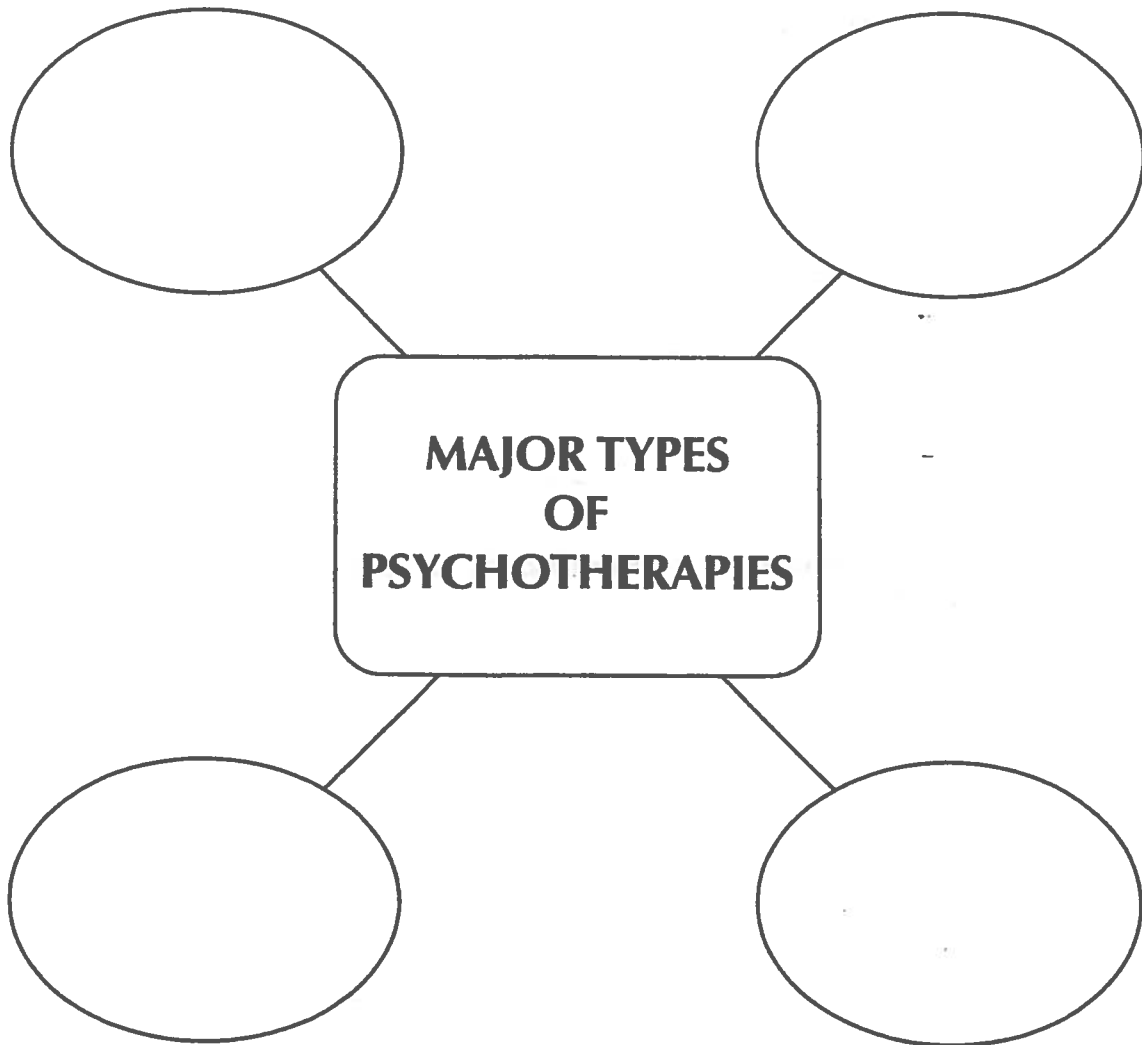
29. What is psychosurgery? What are two dangers of psychosurgery?

Chapter 18 *Treatment and Therapy*

.....

GRAPHIC ORGANIZER

Complete this organizer by identifying the four types of psychotherapies.



Chapter 18 *Treatment and Therapy*

VOCABULARY WORKSHEET

1. Five groups of professionals are trained to help people with mental problems. Define each:
 - a. counseling psychologists _____

 - b. clinical psychologists _____

 - c. psychiatrists _____

 - d. psychiatric social workers _____

 - e. psychiatric nurses _____

2. Ten different techniques or processes used by psychologists or psychiatric workers are listed below. Define each:
 - a. free association _____

 - b. transference _____

 - c. systematic desensitization _____

VOCABULARY WORKSHEET (continued)

.....

d. aversive conditioning _____

e. person-centered therapy _____

f. rational-emotive therapy _____

g. token economy _____

h. drug therapy _____

i. electroconvulsive therapy _____

j. psychosurgery _____

3. Define the following terms:

a. group therapy _____

b. encounter groups _____

Chapter 18 Treatment and Therapy

VOCABULARY QUIZ

Matching: Fill in the blank with the letter of the correct matching item.

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> a. clinical psychologist b. psychiatrist c. counseling psychologist d. humanistic therapy e. behavioral therapy f. psychoanalysis g. cognitive behavioral therapy h. unconditional positive regard i. free association j. systematic desensitization | <ul style="list-style-type: none"> k. internalized sentences l. nondirective therapy m. transference n. rational emotive therapy o. token economy p. psychosurgery q. group therapy r. aversion conditioning s. electroconvulsive therapy |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

- _____ 1. therapy which uses learning techniques to change behaviors
- _____ 2. therapy which uses thoughts to control emotions and behaviors
- _____ 3. motivation through accumulation of rewards for good behavior
- _____ 4. association of anxiety and relaxation in gradual sequence
- _____ 5. Carl Rogers's term for complete acceptance of individual's feelings and thoughts
- _____ 6. Albert Ellis's term for getting emotions under control through reason
- _____ 7. applies a shock to the patient's brain to deliberately cause convulsions
- _____ 8. uncovering the unconscious through saying whatever comes to mind
- _____ 9. therapy which emphasizes individual ability to heal oneself with assistance
- _____ 10. patient places emotional conflicts of the past onto the therapist
- _____ 11. Rogers's approach which places client and therapist in a partnership
- _____ 12. medical doctor who specializes in mental illness
- _____ 13. deals with general problems rather than mental disturbances
- _____ 14. helps people share their problems and learn that they are not alone in their difficulties
- _____ 15. deals with emotional disturbances and may work with classified mental patients
- _____ 16. operating on the brain to change a person's psychological state
- _____ 17. the opinions we form of ourselves through thought
- _____ 18. therapy which looks for sources of anxiety in the unconscious
- _____ 19. teaching an individual to discontinue a behavior such as smoking by associating it with something negative

Chapter 18 Treatment and Therapy

CHAPTER REVIEW QUIZ

The therapies presented in this chapter attempt to relieve problems of the mind. Place all of the terms listed below under the corresponding therapy.

thoughts control emotions
 power to heal oneself
 uncover the unconscious
 individual/therapist partnership
 sharing of problems with others
 Sigmund Freud
 Carl Rogers
 free association
 systematic desensitization
 listening to our sentences
 encounter therapy

Albert Ellis
 chemically alter the brain
 awfulize
 rational emotive therapy
 using logic
 ECT
 unpleasant associations
 unconditional positive regard
 transfer conflicts to therapist
 psychosurgery

Psychoanalytic Therapy	Humanistic Therapy
Behavioral Therapy	Cognitive Behavioral Therapy
Group Therapy	Biomedical Therapy

Chapter 18**Treatment and Therapy****TEST B - PRACTICE TEST**

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. Historically, society's reaction to mental illness has been one of
- indifference.
 - love and understanding.
 - hate and fear.
 - scientific interest.
- _____ 2. Counseling psychologists are most often found working with people who
- are psychotic.
 - have marital and family problems.
 - are in a mental institution.
 - are happy and well adjusted.
- _____ 3. The major goal of psychotherapists is to
- give patients drugs to calm them down.
 - provide counseling for high school students.
 - work in a modern mental institution.
 - actively help people to positively change behavior.
- _____ 4. A psychiatrist is using free association when
- the patient transfers his or her feelings onto the psychiatrist.
 - actions of the patient are made unpleasant so they will be avoided.
 - the behavior of the client is accepted without question.
 - the patient can say whatever comes to mind during a session.
- _____ 5. Humanistic therapy focuses on
- unconscious desires.
 - the ability of people to heal themselves.
 - inappropriate, learned behavior.
 - chemical imbalances in the brain.
- _____ 6. The therapist is using person-centered therapy when he or she
- paraphrases what the individual is saying.
 - tries to explain the person's dreams.
 - places the person under hypnosis to release repressed experiences.
 - tries to help the person overcome fears using a step-by-step process.
- _____ 7. Sue has a fear of flying. The most effective treatment approach would probably be
- cognitive behavioral.
 - psychoanalytic.
 - humanistic.
 - behavioral.

- _____ 8. Which method of therapy is used most often in mental institutions?
a. aversion therapy
b. systematic desensitization
c. token economy
d. none of the above
- _____ 9. Which of the following is a benefit of group therapy?
a. Patients can share problems and realize that others have similar problems.
b. Patients can take turns serving as leaders of the group.
c. Patients can learn how to psychoanalyze another person.
d. All of the above are benefits of group therapy.
- _____ 10. One of the main techniques of cognitive behavioral therapy is teaching patients how to
a. awfulize internalized sentences.
b. analyze internalized sentences.
c. use a token economy.
d. do all of the above.

True/False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 11. The use of psychoanalytic principles is sometimes called insight therapy.
- _____ 12. The most effective method of overcoming phobias is desensitization.
- _____ 13. Behavioral therapy focuses on unconscious desires. -
- _____ 14. The most appropriate type of therapy depends on the specific type of problem.
- _____ 15. Psychosurgery is a treatment which is seldom used today.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

16. The behavioral technique used when patients are rewarded for appropriate behavior is known as _____.
17. The mental health worker who has a degree in medicine is the _____.
18. The therapy which emphasizes people's own ability to heal themselves is _____.
19. The French physician who opened the first hospital for the mentally ill was _____.
20. The opinions we form of ourselves by listening to our inner voices are called _____.

Chapter 19

***Sociocultural Influences
and Relationships***

LEARNING GOALS OUTLINE

1. What human process does attribution theory explain?

2. What are the three parts of attribution theory and what happens during each part?

3. What physical symptoms occur during “falling in love”?

4. What two main factors affect liking and loving? In what ways?

5. What guidelines should one follow when revealing one’s feelings to another person?

6. In what way might aggression and violence be natural? When might aggression and violence be the result of imitation?

7. In what way might aggression be a product of some symbolic issue?

LEARNING GOALS OUTLINE (continued)

.....

8. What is one theory about why America is plagued with violence?

9. What is deindividuation? How might it lead to aggression?

10. Why do some people feel more powerful when in a group? What is this process called?

11. What part of the brain may influence aggression?

12. How can allergies, amphetamines, and alcohol lead to aggression?

13. What two principles have emerged from basic film studies?

14. What does imitation learning tell us about violence and TV? What is the clear, short-term effect of violent TV?

LEARNING GOALS OUTLINE (continued)
.....

15. About how many actual laboratory studies have been done on the effects of TV on violence?

16. How is behavior observed in field studies? What have field studies told us about TV and violence?

17. What is catharsis? Does catharsis seem to reduce aggression?

18. After interviewing subjects in helping experiments, researchers made what two conclusions?

19. In what way does the number of people involved affect helping behavior during emergencies?

20. What are five conclusions about why people help or do not help in emergencies?

21. What is evaluation apprehension? How does it affect helping behavior?

Chapter 19

Sociocultural Influences and Relationships

VOCABULARY QUIZ

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. The causes we use to explain the behavior of others are called
 - a. consequences.
 - b. attribution.
 - c. antecedents.

- _____ 2. Information we have about others which influences our decisions about their behavior is called
 - a. deindividuation.
 - b. attribution.
 - c. antecedents.

- _____ 3. Reducing the sense of your own responsibility when you are with others is called
 - a. catharsis.
 - b. imitation learning.
 - c. deindividuation.

- _____ 4. The supposed ability to get rid of aggression by seeing others acting aggressively is known as
 - a. diffusion of responsibility.
 - b. deindividuation.
 - c. catharsis.

- _____ 5. The tendency to defend a fixed area which we designate as ours alone is called
 - a. territoriality.
 - b. attribution.
 - c. evaluation apprehension.

- _____ 6. The invisible area which people develop around them for protection is called
 - a. territoriality.
 - b. personal space.
 - c. risky shift phenomenon.

- _____ 7. Our emotional responses, behavior, and expectations about others that result from attribution are known as
 - a. territoriality.
 - b. consequences.
 - c. antecedents.

- _____ 8. An idea about the process by which we form opinions about another is called
- a. evaluation apprehension.
 - b. attribution theory.
 - c. risky shift phenomenon.
- _____ 9. Conforming to behavior we think others will approve is called
- a. risky shift phenomenon.
 - b. evaluation apprehension.
 - c. catharsis.
- _____ 10. The number of people in a specific area is referred to as
- a. personal space.
 - b. crowding.
 - c. density.
- _____ 11. The idea that the more people there are, the less accountable each member of a group is, is called
- a. territoriality.
 - b. diffusion of responsibility.
 - c. evaluation apprehension.
- _____ 12. The psychological feeling that you have too little room to yourself is called
- a. territoriality.
 - b. crowding.
 - c. catharsis.
- _____ 13. Learning how to act by observing others is called
- a. imitation learning
 - b. evaluation apprehension.
 - c. attribution.

Chapter 19

***Sociocultural Influences
and Relationships***

CHAPTER REVIEW QUIZ

True or False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 1. Attribution is the way we explain the behavior of others.
- _____ 2. We often have information and beliefs about others which influence our decisions about them.
- _____ 3. When people are in a group they usually take on responsibility for their own and the group's behavior.
- _____ 4. The theory known as catharsis says that we can supposedly get rid of our own aggression by watching others acting aggressively.
- _____ 5. Most of us are concerned about how others will judge us but don't usually let this influence our behavior.
- _____ 6. When men and women flirt, the woman usually gives some kind of signal before the man approaches.
- _____ 7. Children who are normally passive will always become more aggressive after watching violent television shows.
- _____ 8. Most of us have an area of personal space around us and we try to keep others out of this area.
- _____ 9. All studies show that violent behavior is not learned or imitated.
- _____ 10. Physical attractiveness has a large influence on interpersonal attraction when people first meet and get to know each other.
- _____ 11. When responsibility for others is spread out among all group members, this is known as diffusion of responsibility.
- _____ 12. Most of the above questions show that there are many important rules which guide and influence our relationships and behaviors with other people.

Chapter 19

Sociocultural Influences and Relationships

TEST B - PRACTICE TEST

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. Which of the following refers to the information and beliefs that we already possess when we evaluate a situation?
 - a. attributions
 - b. antecedents
 - c. apprehensions
 - d. consequences

- _____ 2. The term *consequences* refers to
 - a. emotional responses, behavior, and expectations.
 - b. information we have in forming opinions.
 - c. reasons given to explain behavior.
 - d. a and c only.

- _____ 3. Interpersonal attraction begins with
 - a. emotional feelings.
 - b. psychological involvement.
 - c. physical attraction.
 - d. social relations.

- _____ 4. A couple planning to get married should have
 - a. completely different interests so they will not get bored with each other.
 - b. at least eight years difference in age.
 - c. opposite personality traits.
 - d. some similar interests and beliefs.

- _____ 5. Two people are most likely to find each other attractive if they
 - a. see each other at work every day.
 - b. see each other at social functions occasionally.
 - c. talk over the telephone every week.
 - d. write letters once a month.

- _____ 6. Sudden outbursts of violence would most likely be caused by changes in the
 - a. hypothalamus.
 - b. thalamus.
 - c. reticular activating system.
 - d. cerebellum.

- _____ 7. A society that highly values competition may encourage
- people learning to live together in peace.
 - low achievement.
 - hostility, resentment, and aggression.
 - environmentalism.
- _____ 8. An aggressive child is likely to grow up to be
- a passive adult.
 - an androgynous adult.
 - a hostile adult.
 - a compassionate adult.
- _____ 9. During laboratory research, a child watching violence on TV is
- bored and changes the channel often.
 - inclined to imitate the behavior.
 - inclined to believe what they are watching isn't real.
 - used to it and pays no attention.
- _____ 10. Someone experiencing evaluation apprehension during an emergency will probably
- help and be unaware of others' reactions.
 - help and be aware of others' reactions, but unconcerned.
 - not help out of fear of personal injury.
 - not help out of concern of what others will think.

True/False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 11. Flirting primarily consists of nonverbal behavior.
- _____ 12. An attractive person is often assumed to be competent.
- _____ 13. Females have a larger personal space than males.
- _____ 14. It's a myth that people date and marry others who are roughly at the same level of attractiveness.
- _____ 15. Telling "all" increases the chances of a lasting relationship.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

16. The loss of one's sense of individuality and responsibility when in a group is called _____.
17. The idea that one can get rid of aggressive energy by viewing others act aggressively is known as _____.
18. Information and beliefs we have beforehand about another are _____.

Name _____ Date _____ Period _____

19. The process of copying behaviors after watching someone else is _____
_____.

20. A psychological feeling of too little space is called _____.

— EXTRA CREDIT —

Essay: On a separate sheet of paper, write one or two paragraphs using complete sentences to develop your answer.

21. Explain why we attribute positive traits to people we like and attribute negative traits to people we don't like.
22. Some people believe the increase of violence in society is partly due to the violence seen on TV. Argue for or against this hypothesis. Support your opinion by discussing the results of research done over the years on this topic.
23. Design an experiment which involves helping behavior. State your hypothesis. Write all other details according to the scientific method (hypothesis, dependent variable, independent variable, control group, and experimental group).
24. Describe a situation in which the risky shift phenomenon would probably occur.

Chapter 20

***Sociocultural Influences:
Attitudes and Beliefs***

LEARNING GOALS OUTLINE

1. What is the difference between race, culture, and ethnic group?

2. What is the multicultural composition of America?

3. Why might it be inappropriate to generalize the findings of psychology to minorities?

4. What is an attitude?

5. What does it mean to internalize attitudes and beliefs?

6. What is a reference group? What do reference groups provide for us?

7. What did the prisoner-guard experiment teach us about reference groups?

LEARNING GOALS OUTLINE (continued)
.....

8. What is a stereotype? What are two purposes of stereotypes?

9. Can stereotypes be avoided? When do stereotypes become dangerous?

10. What happens when we form illusory correlations?

11. What are two positives about prejudice? What kind of prejudice seems to be decreasing?

12. What happens during scapegoating?

13. What is cognitive dissonance? What is one way of overcoming it?

14. What is one theory about why people obeyed authority in Stanley Milgram's experiment?

15. What is immunization? What are two ways to immunize someone against propaganda?

LEARNING GOALS OUTLINE (continued)

16. What are four ways to persuade?

17. In regard to persuasion, which is more important, what a person says or how it is said?

18. How does friendliness by captors affect prisoners?

19. How does the brain react to sensory deprivation?

20. Why does a reward system for prisoners often become destructive?

21. What is one technique that advertisers use to brainwash consumers?

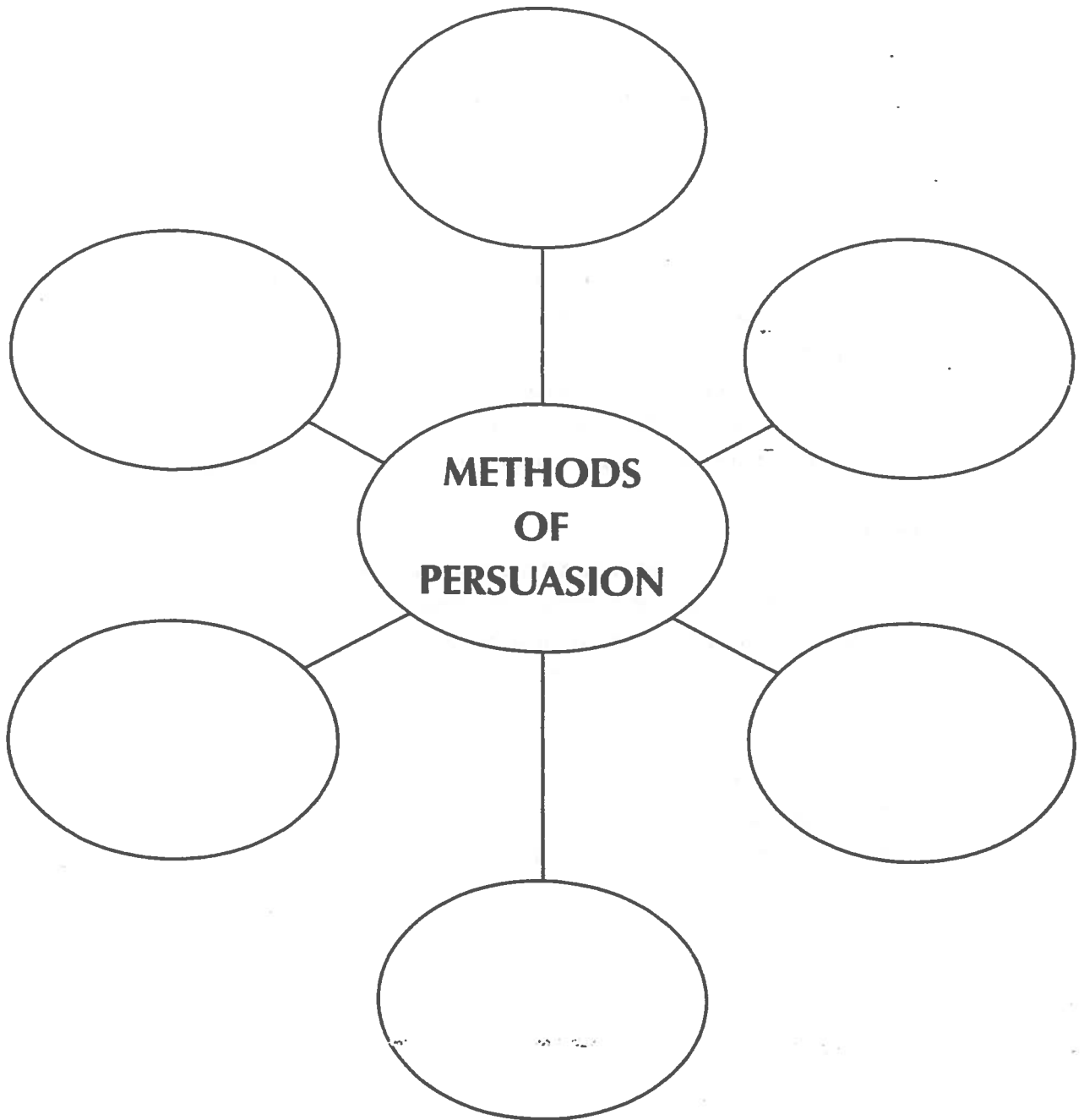
22. What are several tips to follow during a job interview?

Chapter 20

***Sociocultural Influences:
Attitudes and Beliefs***

GRAPHIC ORGANIZER

Complete the following organizer listing six persuasion techniques (both good and bad).



Chapter 20

Sociocultural Influences: Attitudes and Beliefs

ENRICHMENT WORKSHEET – Analyzing Commercials

Analyze how well commercials use psychology to persuade. Look at two commercials and for each commercial, address the following:

Source:

Who is the source?

Is the source credible? (trustworthy? knowledgeable? of high status?)

Is the source sincere? Attractive?

Does the source achieve credibility? How?

Message:

Does the commercial link the product with positive or negative emotions?

How does it do this? Note music, narration, and so on.

If applicable, does the commercial use scare tactics? Are they effective?

Is the order of the commercial logical and convincing?

Will the message be remembered? How?

Does the commercial present one or two sides? Why? Is it effective?

Audience:

To what audience is the commercial appealing (age, gender, status)?

To what needs is the commercial appealing?

Does the commercial seem to meet those needs? How?

Does the commercial involve the audience? How?

Medium:

Is TV an appropriate medium for this message? Why?

If not, what would be a better medium?

What time of day should commercial be shown?

Chapter 20***Sociocultural Influences:
Attitudes and Beliefs*****VOCABULARY QUIZ**

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. People with the same set of physical characteristics that are different from other groups belong to the same
- race.
 - ethnic group.
 - stereotype.
- _____ 2. Groups we identify with such as family, church, school, and others are called
- ethnic groups.
 - reference groups.
 - races.
- _____ 3. When we take the attitudes and beliefs of other groups as our own, this is called
- internalizing.
 - correlating.
 - scapegoating.
- _____ 4. If we have a fixed set of beliefs about another group that may not be true for every member of that group, we are
- internalizing.
 - scapegoating.
 - stereotyping.
- _____ 5. Blaming someone else for our own problems is known as
- sensory deprivation.
 - scapegoating.
 - stereotyping.
- _____ 6. If we try to train a person not to believe something before they actually have to hear about it, we call this
- discrimination.
 - scapegoating.
 - immunization.
- _____ 7. If we do not give rights to someone because they belong to a certain group, this is called
- discrimination.
 - prejudice.
 - deprivation.

- _____ 8. When we feel uncomfortable because there is a great difference between what we believe and how we act, this is called
- scapegoating.
 - cognitive dissonance.
 - stereotyping.
- _____ 9. A formal set of beliefs, values, etc. that is passed down from one generation to another and held by a large group of people is called a
- stereotype.
 - culture
 - correlation
- _____ 10. Brainwashing that involves removing a person from all outside stimulation is called
- illusory correlation.
 - cognitive dissonance.
 - sensory deprivation.
- _____ 11. A long-lasting evaluation about a specific subject that includes emotional and behavior tendencies concerning the subject is a(n)
- attitude.
 - deprivation.
 - illusion.
- _____ 12. If you judge someone based on your beliefs about their group rather than knowing about them individually, this is known as
- referencing.
 - prejudice.
 - scapegoating.
- _____ 13. People who come from the same country and have similar racial characteristics and beliefs belong to the same
- reference group.
 - ethnic group.
 - stereotype.

Chapter 20

Sociocultural Influences: Attitudes and Beliefs

CHAPTER REVIEW QUIZ

True or False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 1. Caucasians are all members of the same racial group.
- _____ 2. If you have a fixed set of beliefs about all women over the age of 80, this is an example of discrimination.
- _____ 3. The cultural makeup of the United States is diverse and continues to change.
- _____ 4. Your family, school, and friends are all examples of reference groups.
- _____ 5. Sensory deprivation is a very effective form of torture.
- _____ 6. When you mistreat people or deny their rights because they belong to a particular group, this is called scapegoating.
- _____ 7. When people are face-to-face with someone with a problem, they are much more likely to help someone of their own race than someone of a different race.
- _____ 8. If you accept the attitudes and beliefs of your parents as part of your own, you have internalized these attitudes and beliefs.
- _____ 9. Refusing to sell your house to someone because of his race would be an example of immunization.
- _____ 10. Stereotypes may or may not be true.
- _____ 11. The prison-guard experiment shows how quickly and dramatically people's behavior can change based on the roles they are assigned.
- _____ 12. Most people can completely eliminate their prejudices if they work at it hard enough.

Chapter 20**Sociocultural Influences:
Attitudes and Beliefs****TEST B - PRACTICE TEST**

Multiple Choice: Put the letter of the best answer in the blank.

- _____ 1. A culture consists of
- a group sharing a set of hereditary physical characteristics.
 - a group sharing the same country of origin.
 - beliefs and attitudes held in common by a larger number of people.
 - a group's ability to judge every member of the group by the actions of a few.
- _____ 2. The largest increase in minority population in the U.S. has been among
- Native Americans.
 - Asian Americans.
 - Hispanics.
 - African Americans.
- _____ 3. Behavior considered appropriate will
- vary from culture to culture.
 - be the same for every culture.
 - never change within a society.
 - always change in a group.
- _____ 4. When a person belongs to a certain group, he or she is likely to
- have the same habits as the rest of the group.
 - dress in a similar fashion as other group members.
 - speak like the group.
 - do all the above.
- _____ 5. Asch's line experiment demonstrated the powerful influence of a group on
- attitude change.
 - conformity.
 - forming illusory correlations.
 - compliance with authority.
- _____ 6. A person's attitudes and beliefs will
- never change throughout life.
 - change from day-to-day.
 - inevitably change throughout life.
 - possibly change throughout life.

- _____ 7. Stereotypes serve the purpose of
a. making the majority feel inferior.
b. improving the "in-group's" self-esteem.
c. helping people form correct opinions.
d. helping people to overcome prejudice.
- _____ 8. The longer one is around people of a different culture, the
a. stronger prejudice becomes.
b. more stereotypes are established.
c. more discrimination increases.
d. weaker prejudice becomes.
- _____ 9. If you think you are an honest person, yet you cheat on a test, you will experience
a. illusory correlations.
b. sensory deprivation.
c. cognitive dissonance.
d. prejudice.
- _____ 10. TV commercials often use famous people to advertise a product because the celebrity
a. is always glad to help.
b. likes to act on TV.
c. is respected and believable.
d. uses the product him or herself.

True/False: Decide if the statement is true or false and place a T or F in the blank.

- _____ 11. Most deviates are removed when they do not conform to the expected behavior of the group.
- _____ 12. A person can have more than one reference group.
- _____ 13. Unquestioned obedience is always the wisest course of action.
- _____ 14. Brainwashing usually has lasting effects.
- _____ 15. Most people feel a need to agree with the group.

Completion: Complete each sentence by writing the appropriate word(s) in the blank.

16. Removing all external sensations and stimulations is called _____.
17. A long-lasting evaluation that we have of a specific political group that includes emotional and behavioral tendencies towards that group is a(n) _____.
18. Seeing relationships between things that match already held beliefs and ignoring what does not match is called _____.

19. The more we identify with a group, the more we _____ the beliefs of that group. --
20. The famous experiment dealing with compliance to authority was conducted by _____.

EXTRA CREDIT

Essay: On a separate sheet of paper, write one or two paragraphs using complete sentences to develop your answer.

21. Define *stereotype*. Discuss how stereotypes influence how we view others. Explain two general purposes of stereotypes. When are stereotypes positive and useful, and when are they harmful? Provide examples to support your answers.
22. What psychological tendency do social scientists believe led to the explosion of the space shuttle Challenger?
23. Prejudice and discrimination are major problems in the United States. Discuss some ways you feel this problem can be eliminated.
24. Give some examples of how a person is exposed to persuasion each day.