

STUDY GUIDE: 1ST SEMESTER PSYCHOLOGY EXAM | January 2019
ANSWER KEY

Exam	Mon., 1/7	Tues., 1/8	Wed. 1/9	Thurs. 1/10
Schedule:	1 st /5 th	2 nd /6 th	3 rd /7 th	4 th /8 th

Exam Format- Your exam will consist of 75-100 matching and multiple-choice questions.

Unit 1: Introduction to Psychology - <https://jstrongpsych.weebly.com/introduction-to-psychology.html>

1. Psychology is best defined as the scientific study of what two things? **Behavior and mental processes**
2. The goal of psychology that seeks to understand, “*what will happen next?*” is to _____. **Predict**
3. Psychology is the study of the _____ and the _____. **Mind and the brain**
4. Psychology can also be said to be the scientific study of what two fields? **Physiology & philosophy**
5. Any action that can be observed. **Behavior**
6. Any mental process, including thinking, problem solving, logic and more. **Cognition**
7. The goal of psychology that asks the questions “*why* it happens” **explain**
8. The people who first observed & studied human behavior? **Greeks**
9. Wilhelm Wundt created the first what? **Psych lab**
10. The specialist who has a medical degree; similar to a clinical psychologist? **Psychiatrist**
11. Concept that mental and physical natures are separate but coexist? **Dualism**
12. Works on course planning and instructional methods. **Educational psychologist**
13. This psychologist spends most of their time clarifying goals and treating everyday struggles and adjustment issues. **Counseling**
14. This psychologist treats people with psychological disorders and helps with general problems. **Clinical**
15. The use of drugs, prescribed, would seem to influence someone & be examined from this psych perspective. **Biological**
16. The type of science that uses principles to solve immediate problems. **Applied**
17. Which school of thought believes that human consciousness can be broken into much smaller parts. **Structuralism**
18. The goal of psychology that asks the questions “*what will happen next?*” **predict**
19. Freud believed that everything someone said was significant, what’s this called? **Free association**
20. The concept of self-observation. **Introspection**
21. Perspective that holds the belief that each person has freedom in directing his or her future. **Humanist**
22. Study of unconscious motives and conflicts in determining human behavior. **psychoanalytic**
23. Belief that human consciousness exists as a continuous and changing process. **Functionalism**
24. Field of psych that researched changes throughout the lifespan and within families. **Developmental**
25. Field that helps students with adjustment issues, observes students, administers test, etc. **school**
26. Form of science that is heavily research oriented. **Basic**

What perspective of psych is best used to examine each?

27. Kip's use of Prozac could be said to have contributed to his violent outburst. **Biological**
28. John's was overwhelmed because his mom was calling, the dog was barking, the pot of boiling water was overflowing, and the TV was static-y. **Cognitive**
29. The kindergartener clings to his teacher because of his unconscious feelings of neglect by his mom. **Psychoanalytic**
30. Every time Johnny chews with his mouth open, his mom punishes him with a slap on the wrist. She's hoping he won't do that anymore. **behavioral**

Unit 2: Research and Methods - <https://jstrongpsych.weebly.com/research--methods.html>

31. An intensive study of one person or a small group of people. **Case study**
32. The type of study that observes the same group of people at regular intervals over a number of years. **Longitudinal study**
33. The belief that records between participants and researchers or doctors are to be kept private. **confidentiality**
34. The idea that two things are related. **correlation**
35. Type of research that uses interviews, questionnaires, or a combination of both. **Survey**
36. A research question formed from a psychological theory. **Hypothesis**
37. Changed, controlled, or manipulated by experimenters to see the effects it has. **Independent variable**
38. Psychologist who serves the same group of people at regular intervals over a number of years. **Longitudinal**
39. When people agree to participate in a research study after they have been given a general overview of the research. **Informed consent**
40. The concept that one thing causes another to happen. **Causation**
41. In an experiment, researchers look for changes in this due to changes made to the independent variable. **Dependent variable**
42. The group that receives the treatment by experimenters during an experiment. **Experimental group**
43. Groups of participants based on age and observes them all at the same time. **cross-sectional**
44. Researcher interaction with participants and environmental disruption is a major limitation of which research method? **Naturalistic observation**
45. The Milgram experiment was officially testing what? **Response to authority**
46. What animal did Harlow remove from its mother during his experiment to study causes of dependency in the young. **Monkeys**
47. Daniel discovering that drinking soda with his dinner definitely makes his stomach upset is an example of: **Causation**
48. What is the name of the shooter in the Las Vegas case study? **Stephen Paddock**

Unit 3: Learning - <https://jstrongpsych.weebly.com/learning.html>

49. A relatively permanent change due to experience. **Learning**
50. The researcher most closely associated with the study of classical conditioning is: **Ivan Pavlov**
51. The school of thought in psychology that sought to measure only observable behaviors: **Behaviorism**

52. The learning process whereby the person or animal thinks about the stimulus before responding: **Cognitive Learning**
53. A learning process in which an association is made between a previously neutral stimulus and a stimulus that naturally evokes a response. **Classical Conditioning**
54. A type of learning by observing and imitating others through modeling: **Observational Learning**
55. A type of learning in which behavior is strengthened if followed by a reinforcement or diminished if followed by a punishment: **Operant Conditioning**
56. In classical conditioning, the response that automatically occurs whenever the unconditioned stimulus is presented without any training is called a(n): **Unconditioned response**
57. In Pavlov's experiments, the dog's salivation triggered by the sound of the bell was a(n): **Conditioned response**
58. The process by which a conditioned stimulus comes to elicit a conditioned response is called: **Acquisition**
59. In John Watson's study with Little Albert where the infant eventually became afraid of many furry things even though he was only trained to fear a rat, we have an example of _____. **Stimulus generalization**
60. People who watch a lot of violence on television are more likely to be violent in part because of Observational learning (modeling).
61. The disappearance of a learned behavior after the associated antecedent or consequence does not appear for a while: **Extinction**
62. After extinction occurs, the CS will again elicit the CR; Often after "brush up" or practice with the CS, the CR comes back: **Spontaneous Recovery**
63. A learned avoidance of a particular food; Example: Person gets food poisoning from eating a contaminated hamburger and throws up; feels nauseous at the smell of hamburgers now. **Taste aversion**
64. A technique to help people overcome fears using relaxation techniques by exposing them gradually to whatever stimulus they fear; ex: Person with a fear of spiders would first be shown pictures of spiders: **Systematic Desensitization**
65. A technique to help people overcome fears from painful experience with a pleasant experience; pleasant stimulus paired repeatedly with a fearful one to counteract the fear; Give a child afraid of dogs a cookie when she plays with dogs: **Counterconditioning**
66. A therapy for a phobia in which the person is suddenly exposed to the object of the phobia to reduce fear is: **Flooding**
67. The American psychologist who expanded on Thorndike's theory of Law of Effect to effect behavior through the use of reinforcement was: **B. F. Skinner**
68. A conditioning procedure in which reinforcers or punishment guide behavior toward closer approximations of a desired goal is called: **Shaping**
69. The Skinner Box is used for studies of: **Operant conditioning**
70. In operant conditioning, any event that strengthens the behavior that follows is called a/an: **Reinforcer**
71. What is an example of a primary reinforcers for humans? **Food, water, air**
72. What is an example of a secondary reinforcers for humans? **Money, diamonds**
73. A slot machine provides reinforcement to players based on a Variable-ratio schedule.
74. In the technique of shaping behavior, the most common form of reinforcement used is Positive.

75. An unpleasant consequence that decreases the frequency of the response that produced it is called **Punishment**
76. The most important difference between classical conditioning and operant conditioning is that in classical conditioning, behavior is _____, whereas in operant conditioning, behavior is _____. **Involuntary, Voluntary**
77. The psychologist who did experiments on rats that showed through latent learning found that reinforcement is not always necessary for learning is: **E.C. Tolman**
78. Individuals who believe that no matter what they do, their actions make no difference are exhibiting: **Learned helplessness**
79. Learning which occurs but remains hidden until a need arises is called: **Latent learning**
80. Mental representations of physical locations. Humans and animals use them to find their way and to help recall important features of the environment: **Cognitive maps**
81. The psychologist who conducted a study on learning aggressive behavior through modeling using inflated Bobo dolls was: **Albert Bandura**
82. Psychologist Martin Seligman believed that learned helplessness was a major cause of _____. **Depression**
83. During World War II, what animal did American psychologist B. F. Skinner propose could be trained through operant conditioning to guide a missile? **Pigeon**
84. The type of mindset in which people believe their basic qualities, like their intelligence or talent, are simply fixed traits, which may lead them to avoid challenges or blame others for setbacks: **Fixed mindset**
85. The type of mindset in which people believe skills are developed through learning from mistakes so they embrace challenges and see out feedback: **Growth mindset**

Possible Discussion Questions

Directions: Some or all of the short discussion questions below may appear on the exam. Ms. Strong recommends that you create a brief outline for each to help prepare you for the exam.

- 1) Describe THREE things that you learned about psychology, or even yourself this semester in our psychology class. Make sure you provide detailed explanation for each.
- 2) Describe THREE ways the study of psychology and its concepts can be useful in everyday life. To answer this questions, you may draw on the content from any unit, the experiments we talked about or even conducted in class, as well as your own life.
- 3) You have a friend who studies a lot, but when it comes time to take a test or exam, he/she experiences test anxiety and freezes. Because of that, the student doesn't do very well on tests and quizzes even though he/she knows the material.
 - a) Identify what learning strategy would you use in this situation to help your friend, and explain why you would use it.
 - b) Explain what procedure would you use to train or condition the student.