

## PART 1: Sleeping & Dreaming

1. What is the “cocktail party” phenomenon related to?
  - a. The ability to listen to something with both ears
  - b. The ability to selectively listen to one thing, and ignore everything else around you
  - c. The ability to listen to everything at one time and able to comprehend all of it
  - d. The ability to talk your crush at a party
2. What is an example of dichotic listening?
  - a. Listening to music in your headphones
  - b. Going to a party and dancing to the bangers they are playing
  - c. Drinking coffee and writing a psychology paper
  - d. Writing a psychology paper and listening to your friend talk about their day
3. Why is introspection considered biased?
  - a. Because it is you observing yourself
  - b. Because you are observing a friend
  - c. Because your friend is observing you
  - d. Because your psychologist is observing you
4. A normal sleep cycle starts with stage 1 and moves all the way through stage 4, but what happens after stage 4?
  - a. You stay in stage 4 for the rest of the night
  - b. You immediately move into REM sleep
  - c. You move back to stage 1 backward from stage 4, then go into REM sleep
  - d. You move all the way back to stage 1 backwards from stage 4, then go back to stage 4
5. What does REM stand for?
  - a. Rapid Eye Movement
  - b. Rapid Eye Miracles
  - c. Regular Eye Movement
  - d. Regular Eye Miracles
6. When does a person have the deepest sleep?
  - a. REM sleep
  - b. Stages 3 & 4
  - c. Stages 1 & 2
  - d. Non-REM sleep

7. When a person is sleeping their body goes into what is called “paradoxical sleep”, what does that mean?

- a. You are completely paralyzed
- b. Another word for REM sleep
- c. Your voluntary muscles are paralyzed
- d. When you are lucid dreaming

8. How does age correlate to the hours of sleep needed?

- a. As you get older you need more sleep
- b. It stays the same
- c. As you get older you need less sleep
- d. Sleep is not necessary

9. One theory of why humans sleeps, states that “when people get adequate sleep they remember what they have learned that day better”

- a. Restorative Theory
- b. Growth Theory
- c. Memory Consolidation Theory
- d. Adaptive Non-Responding Theory

10. The sleeping disorder that occurs when people fall asleep uncontrollably is known as,

- a. Narcolepsy
- b. Sleep Apnea
- c. Insomnia
- d. Sleepwalking

Answers for PART 1: 1) b, 2) d, 3) a, 4) c, 5) a, 6) b, 7) c, 8) c, 9) c, 10) a

## PART 2: Attention & Drug States

### 1. What is physical dependence?

- a. The belief that a drug is necessary to maintain a feeling of emotional and physical wellbeing
- b. The belief that a drug is necessary to maintain your friends that do drugs with you
- c. The belief that you have to do drugs because your body will feel bad if you don't
- d. The belief that you don't have to rely on the drug

### 2. Stimulants are,

- a. A drug that slows down the nervous system
- b. A drug that stops the nervous system completely
- c. A drug that excite the nervous system
- d. A drug that stops only part of the nervous system

### 3. How does a depressant slow down the nervous system?

- a. It increases heart rate, breathing, and thinking, while shutting down the hippocampus
- b. It decreases heart rate, breathing, and thinking, while shutting down the hippocampus
- c. It increases heart rate and breathing while shutting down the hippocampus and thinking
- d. In decreases breathing and thinking while shutting down the hippocampus and heart rate

### 4. What is an example of a hallucinogen?

- a. Alcohol
- b. Caffeine
- c. Nicotine
- d. LSD

### 5. What category does marijuana fall into?

- a. Stimulants
- b. Depressants
- c. Hallucinogens
- d. None of these

### 6. The Opponent Process Theory states that,

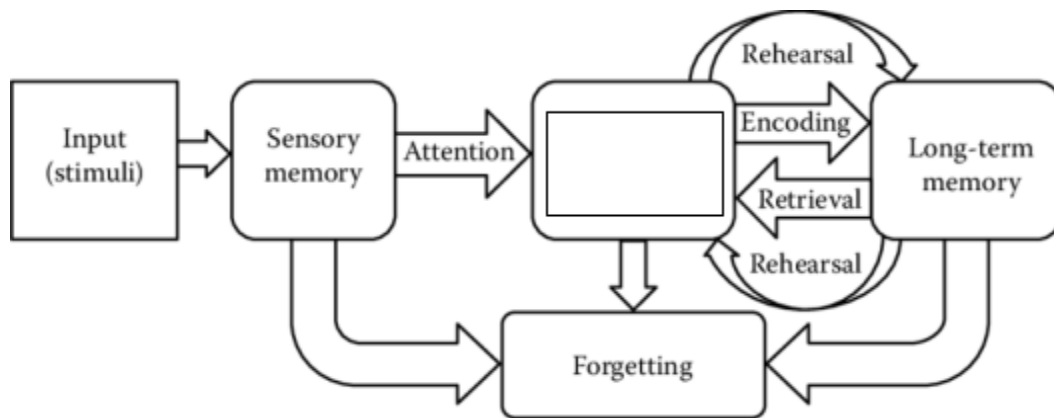
- a. When something happens to your body, your body takes it
- b. When something happens to your body, your body has an opposite reaction
- c. When something happens to your body nothing happens
- d. Your body's a temple

7. As you use a drug, how does the Opponent Process Theory react?
- a. It stays the same as if you used the drug for the first time
  - b. It has the opposite reaction simultaneously, and deepens the experience
  - c. It has the opposite reaction simultaneously, and weakens the experience
  - d. Your body metabolizes the drug differently
8. What does the mode of ingestion have to do with the experience of the drug?
- a. Depends on how fast it gets to your brain
  - b. Not as sensitive over time
  - c. Tells your body to get back to normal
  - d. What you are hoping to get out of the drug
9. Hypnosis is,
- a. Temporary memory loss
  - b. Physical dependence
  - c. An altered state of consciousness
  - d. How much of a drug you take over time
10. Temporary memory loss, can affect behavior, and almost always return to conscious awareness is known as (a),
- a. Mode of ingestion
  - b. Psychoactive drug
  - c. Stimulant
  - d. Posthypnotic amnesia

Answers for PART 2: 1) a, 2) c, 3) b, 4) d, 5) d, 6) b, 7) b, 8) c, 9) c, 10) d

### PART 3: Memory

1. What is missing from the picture below?



- a. Capacity
- b. Pattern recognition
- c. Short-term memory
- d. Duration

2. Short-term memory is to long-term memory, as small capacity is to

- a. Large capacity
- b. Short-term memory
- c. Sensory memory
- d. Encoding

3. William is trying to remember his friend's phone number. What is the most proficient technique for remembering a large amount of digits?

- a. Forgetting
- b. Chunking
- c. Testing
- d. Repeating

4. Retrograde amnesia is when an individual,

- a. Forgets events right before the trauma
- b. Forgets events after the trauma
- c. Forgets everything past, present, and future
- d. Forgets only important information

5. Jensen played football for the Chiefs and had a serious head injury. Ever since the injury Jensen cannot make new memories that happen in his day to day life. He wakes up feeling like a new person every morning. Why can't Jensen make new memories?

- a. He has retrograde amnesia
- b. He has anterograde amnesia
- c. He has implicit memories
- d. He has explicit memories

6. Conscious is to unconscious as implicit memory is to

- a. Memento
- b. Mnemonics
- c. Recollection
- d. Explicit memory

7. Rhyming, common phrases, and acronyms are examples of

- a. Pegboard methods
- b. Multiple use mnemonics
- c. Mnemonics
- d. Single use mnemonics

8. What is an eidetic memory?

- a. Being able to make long term memories out of something
- b. Being able to make short term memories out of something
- c. Implicit memories
- d. Explicit memories

Answers for PART 3: 1) c, 2) a, 3) b, 4) a, 5) b, 6) d, 7) d, 8) a

## PART 4: Cognition

1. Meagan is trying to get a really good grade on her psychology final. In order to see which way she should study she tries different studying methods before each exam. Before her final she finds out that making flashcards and having her roommate quiz her is the most effective. What theory is Meagan displaying
  - a. Gestalt Theory
  - b. Association Theory
  - c. Algorithm Theory
  - d. Heuristic Theory
2. A general rule of thumb that helps you solve a problem faster is known as (a),
  - a. Heuristic Approach
  - b. Algorithm Approach
  - c. Preparation
  - d. Illumination
3. What are the 4 stages of problem solving in order?
  - a. Illumination, incubation, fixation, preparation
  - b. Incubation, fixation, preparation, illumination
  - c. Preparation, fixation, incubation, illumination
  - d. Preparation, incubation, fixation, illumination
4. Taylor is trying to unfreeze her AC unit. The only way she knows how to fix it is to blow dry the ice until it melts, but that isn't working. It just keeps freezing. Why can't Taylor think of any other way to fix her AC unit?
  - a. She has too much insight
  - b. She is using Gestalt's theory
  - c. She isn't using cognition in the way it should be used
  - d. She has a fixation and mental set problem
5. Justin is enrolled in the hardest math class you can take at Texas A&M. On his last test he got stuck on a problem. He was trying to remember how to work the problem out, when all the sudden he remembered how his professor told the class how to approach that type of problem. How did Justin solve his math problem?
  - a. Trial-and-Error
  - b. Association Theory
  - c. The Stroop Effect
  - d. Gestalt Theory



6. Dr. Smith asks his psych 107 class to look at the image above, and then asks them to say the color of the word, not what the word spells. What is Dr. Smith trying to demonstrate?

- a. The Stroop Effect
- b. Fixation & Mental Set Effect
- c. Preparation step in problem solving
- d. Association theory

7. When would prior knowledge not help an individual to solve a problem?

- a. Problem Solving
- b. Memory
- c. Creative Problem Solving
- d. Decision-Making



8. In the image above Kendall is told that she has to hold both of the ropes at the same time and is told that it is possible. The rules are she can use anything in the room to grab it but cannot move the furniture. She spots the pliers and tries to grab the other rope with them, but still can't reach the other rope. Why can't Kendall think of another way to grab the rope?

- a. Fixation & Mental Set Effect
- b. Functional Fixedness Effect
- c. The Stroop Effect
- d. Algorithm



9. To solve a math problem, there is a step-by-step process that must be followed in order to get to the solution. Math is an example of what?

- a. Heuristic
- b. Algorithm
- c. Preparation
- d. Fixation

10. In the stages of problem solving, what happens in the incubation stage?

- a. It is a break from the problem that can sometimes give insight to solve the problem
- b. It is the initial block that stops you from solving a problem
- c. Getting stuck on the problem because you only know one way to solve it
- d. Getting ready to solve the problem

Answers for PART 4: 1) b, 2) a, 3) c, 4) d, 5) d, 6) a, 7) c, 8) b, 9) b, 10) a

## PART 5: Motivation & Emotion

1. What is the difference between motivation states and motivation traits?

- a. States- fast changing, change when a person does something to satisfy a need  
Traits- don't change easily, are an individual's personality
- b. States- as Freud would say it is love  
Traits- Freud would say that death is what you are thinking about subconsciously
- c. States- don't change easily, are an individual's personality  
Traits- fast changing, change when a person does something to satisfy a need
- d. States- describe the motivation an individual has  
Traits- describe the emotion of individual

2. The Drive Reduction Theory states,

- a. Emotion drives and direct a behavior
- b. Motivation drives and directs a behavior
- c. Freud Drives and directs a behavior
- d. Self- actualization drives and directs or needs

3. Marcus lives in a place where his family and friends come together to make meals to help feed the rest of his community. They all come together because their country is in the middle of a huge riot. According to Maslow's Hierarchy of Needs, why will Marcus not reach self-actualization?

- a. He doesn't have enough food for himself to fulfill the first step of the pyramid
- b. He doesn't feel loved within his community to move on to the next step of the pyramid
- c. He doesn't have a nice place to live to fulfill the first step of the pyramid
- d. He doesn't live in a very safe environment to move him up in the pyramid

4. Jane walks into the room to take her psych 107 exam. She has been studying for weeks and knows everything there is to know about psychology. As soon as she sits down and the test opens, she goes completely blank. According to the Yerkes-Dodson Law, what can you conclude about Jane?

- a. She has a low level of arousal
- b. She has a high level of arousal
- c. She studies too hard, and now she is brain dead
- d. She didn't study hard enough

5. What are the 3 major things that influence emotion

- a. Valence, Intensity, Behavior
- b. Intensity, Physiological Response, Behavior
- c. Physiological Response, Behavior, Subjective Report
- d. Subjective Report, Physiological Response, Intensity

6. Which emotion would have the lowest arousal?

- a. Afraid
- b. Happy
- c. Disgusted
- d. Sleepy

7. Cannon-Bard Theory of Emotion differs from the James-Lange Theory of Emotion, how?

- a. Cannon-Bard says emotion and physiological state all happen at the same time, whereas James-Lange says it happens at different times.
- b. James-Lange says emotion and physiological state all happen at the same time, whereas Cannon-Bard says it happens at different times.
- c. They both say the same thing
- d. None of these

8. When experiencing an emotion on a fast path, what would the order of the signal look like?

- a. Stimulus, thalamus, cerebral cortex, amygdala, experience of emotion
- b. Stimulus, thalamus, amygdala, experience of emotion
- c. amygdala, experience of emotion
- d. experience of emotion

9. How does a fast path differ from a slow path of emotion?

- a. In the fast path you know what is happening at all times because the emotion goes through the cortex, whereas in the slow path the emotion doesn't go through the cortex so you are not consciously aware of what emotions are
- b. In the fast path everything is going to fast and you can't comprehend it, where as the slow path is going slow so you can comprehend it
- c. In the fast path you are moving at over 50 mph, where as in the slow path you are moving slower than 50 mph
- d. In the fast path it bypassed the cortex therefore sometimes you are not consciously aware of the emotion before it happens, where as in the slow path you know exactly what is happening

10. According to \_\_\_\_\_, you must have memories, emotion stimulus, and physiological arousal to experience an emotion.

- a. The Theories of Emotion
- b. Valence & Intensity
- c. The Cognitive Theory of Emotion
- d. The Yerkes-Dodson Law

Answers for PART 5: 1) a, 2) b, 3) d, 4) b, 5) c, 6) d, 7) a, 8) b, 9) d, 10) c