

Note that this practice test focuses primarily on the book, with just a couple of questions from the lectures. The actual test will be about 20% questions from the book only (we didn't have time to talk about them in class), 35% lecture only, and 45% discussed both in the book and lectures.

Name: _____ Date: _____

1. Compared with fraternal twins, identical twins are
 - A) less similar in their risk of developing autism spectrum disorder and less similar in risk of being emotionally unstable.
 - B) more similar in their risk of developing autism spectrum disorder and more similar in risk of being emotionally unstable.
 - C) equally similar in their risk of developing autism spectrum disorder and more similar in risk of being emotionally unstable.
 - D) more similar in their risk of developing autism spectrum disorder and equally similar in risk of being emotionally unstable.

2. Intense and reactive infants become unusually anxious and aroused when facing new or strange situations. This best illustrates the impact of
 - A) high serotonin levels.
 - B) temperament.
 - C) epigenetic molecules.
 - D) extraversion.

3. Heritability refers to the extent to which trait variations among individuals are attributable to their differing
 - A) epigenetic marks.
 - B) temperaments.
 - C) prenatal environments.
 - D) genes.

4. Chromosomes are threadlike structures made of
 - A) serotonin molecules.
 - B) epigenetic molecules.
 - C) DNA molecules.
 - D) dizygotic molecules.

5. Inherited trait variations contributing to reproduction and survival are highly likely to be passed on to succeeding generations. This best illustrates
 - A) adaptive flexibility.
 - B) a social script.
 - C) natural selection.
 - D) social learning theory.

6. A random error in gene replication is known as a(n)
 - A) adaptation.
 - B) genome.
 - C) mutation.
 - D) selected trait.

7. Piaget was convinced that the mind of a child
 - A) is like a blank slate at birth.
 - B) is not heavily influenced by maturation.
 - C) develops through a series of stages.
 - D) is heavily dependent on the child's personality.

8. Which of the following represents the correct order of Piaget's stages of cognitive development?
 - A) preoperational, concrete operational, formal operational, sensorimotor
 - B) sensorimotor, preoperational, formal operational, concrete operational
 - C) sensorimotor, preoperational, concrete operational, formal operational
 - D) preoperational, sensorimotor, concrete operational, formal operational

9. During which of Piaget's stages does a person develop an awareness that things continue to exist even when they are not perceived?
 - A) sensorimotor
 - B) preoperational
 - C) concrete operational
 - D) formal operational

10. If children cannot grasp the principle of conservation, they are unable to
 - A) deal with the discipline of toilet training.
 - B) see things from the point of view of another person.
 - C) recognize that the quantity of a substance remains the same despite changes in its shape.
 - D) retain earlier schemas when confronted by new experiences.

11. According to Piaget, egocentrism refers to
 - A) a sensorimotor need for self-stimulation, as evidenced by thumb sucking.
 - B) young children's exaggerated interest in themselves and their own pleasure.
 - C) the difficulty perceiving things from another person's point of view.
 - D) a failure to realize that things continue to exist even when they are not visible.

12. Cameron counted a total of eight blocks stacked in a single pile of blocks. When the pile was knocked over and the blocks scattered in front of him, he knew that there were still eight blocks. This indicates that Cameron has reached the _____ stage of development.
- A) sensorimotor
 - B) concrete operational
 - C) preoperational
 - D) formal operational
13. The Harlows' infant monkeys used an artificial cloth mother as a secure base for
- A) conservation.
 - B) delay of gratification.
 - C) exploration.
 - D) object permanence.
14. Aaron cried when his mother left him in the infant nursery at church, and he was not reassured or comforted by her return a short while later. Aaron showed signs of
- A) egocentrism.
 - B) assimilation.
 - C) conservation.
 - D) insecure attachment.
15. Parents who are demanding and yet sensitively responsive to their children are said to be
- A) authoritarian.
 - B) conservative.
 - C) permissive.
 - D) authoritative.
16. The McDougals use harsh discipline on their children and demand unquestioning obedience. Psychologists are likely to characterize the McDougals as _____ parents.
- A) authoritarian
 - B) egocentric
 - C) permissive
 - D) authoritative

17. Melissa suffered a severe viral infection during her fourth month of pregnancy that caused her baby to be born with an abnormal heart valve. In this instance, the virus was clearly a(n)
- A) stress hormone.
 - B) digestive enzyme.
 - C) teratogen.
 - D) zygote.
18. A preference for our mother's voice over our father's voice has been detected
- A) during embryonic development.
 - B) immediately after birth.
 - C) one week after birth.
 - D) one month after birth.
19. During the course of successful prenatal development, a human organism begins as a(n)
- A) zygote and finally develops into an embryo.
 - B) embryo and finally develops into a fetus.
 - C) zygote and finally develops into a fetus.
 - D) fetus and finally develops into an embryo.
20. With repeated presentations of a bright red toy, 2-month-old Anita began to respond with less visual attention to the toy. Her decreasing responsiveness best illustrates
- A) an epigenetic effect.
 - B) a reflex.
 - C) habituation.
 - D) fetal alcohol syndrome.
21. Prejudice is a(n) _____; discrimination is a(n) _____.
- A) behavior; attitude
 - B) ingroup bias; outgroup bias
 - C) explicit; implicit
 - D) attitude; behavior
22. According to the text, aggression always involves
- A) physical damage.
 - B) anger and hostility.
 - C) the intent to hurt.
 - D) a reaction to frustration.

23. Animals that have successfully fought to get food or mates become increasingly ferocious. This best illustrates that aggression is influenced by
- A) social scripts.
 - B) scapegoating.
 - C) frustration.
 - D) reinforcement.
24. Experimental studies indicate that people who are randomly assigned to play a violent video game
- A) experience increasing levels of hostility and become increasingly likely to attempt to hurt a fellow student.
 - B) experience decreasing levels of hostility and become decreasingly likely to attempt to hurt a fellow student.
 - C) experience increasing levels of hostility and become decreasingly likely to attempt to hurt a fellow student.
 - D) experience decreasing levels of hostility and become increasingly likely to attempt to hurt a fellow student.
25. The mere exposure effect refers to the fact that people
- A) are more likely to help people who are nearby.
 - B) tend to help those who are most like them.
 - C) are more likely to become friends with attractive people.
 - D) experience increasing attraction to novel stimuli that become more familiar.
26. The affectionate attachment that keeps a relationship going after passionate feelings cool is known as
- A) altruism.
 - B) self-disclosure.
 - C) companionate love.
 - D) the mere exposure effect.
27. Observers' responses to the tragic murder of Kitty Genovese outside her New York apartment best illustrated
- A) the bystander effect.
 - B) the mere exposure effect.
 - C) a self-fulfilling prophecy.
 - D) social exchange theory.

28. Darley and Latané observed that most university students failed to help a person having an epileptic seizure when they thought there were four other witnesses to the emergency. The students' failure to help is best explained in terms of
- A) the reciprocity norm.
 - B) a failure to interpret the incident as an emergency.
 - C) indifference and apathy.
 - D) a diffusion of responsibility.
29. Sherif's study of conflict in a Boy Scout camp indicated that conflict between two groups of boys could be reduced most effectively by
- A) bringing the members of both groups into close contact.
 - B) having one group make conciliatory gestures to the other group.
 - C) allowing leaders of the two groups to communicate.
 - D) exposing the groups to tasks that required their joint cooperation.
30. Helping people gain insight into the unconscious origins of their disorder is a central aim of
- A) cognitive therapies.
 - B) systematic desensitization.
 - C) a token economy.
 - D) psychoanalysis.
31. A central therapeutic technique of psychoanalysis is
- A) stress inoculation training.
 - B) systematic desensitization.
 - C) active listening.
 - D) free association.
32. Carl Rogers encouraged therapists to foster client growth by exhibiting
- A) resistance, transference, and interpretation.
 - B) insight, progressive relaxation, and adaptive habits.
 - C) genuineness, acceptance, and empathy.
 - D) self-awareness, self-acceptance, and self-fulfillment.
33. Echoing, restating, and clarifying what a client expresses is most central to the process of
- A) systematic desensitization.
 - B) counterconditioning.
 - C) free association.
 - D) active listening.

34. In one treatment for bed-wetting, the child sleeps on a liquid-sensitive pad that when wet, triggers an alarm and awakens the child. This treatment is a form of
- A) biomedical therapy.
 - B) cognitive therapy.
 - C) behavior therapy.
 - D) humanistic therapy.
35. Systematic desensitization is based on the idea that _____ in fear-provoking situations can gradually eliminate anxiety.
- A) self-awareness
 - B) free association
 - C) relaxation
 - D) active listening
36. Praising socially withdrawn children when they make eye contact with others and ignoring them after a temper tantrum best illustrates an application of
- A) cognitive therapy.
 - B) psychodynamic therapy.
 - C) operant conditioning.
 - D) unconditional positive regard.
37. Cognitive therapies would be most likely to encourage depressed clients to
- A) carefully observe the negative consequences of their depression.
 - B) take more personal responsibility for their own negative feelings and actions.
 - C) stop blaming themselves for negative circumstances beyond their control.
 - D) identify a hierarchy of anxiety-arousing experiences.
38. After one chimpanzee sees a second chimp open a box that contains a food reward, the first animal opens a similar box with great speed. This best illustrates
- A) higher-order conditioning.
 - B) spontaneous recovery.
 - C) respondent behavior.
 - D) observational learning.
39. Extinction occurs when a _____ is no longer paired with a _____.
- A) UR; CR
 - B) CS; UR
 - C) US; UR
 - D) CS; US

40. A child's learned fear at the sight of a hypodermic needle is a(n)
- A) conditioned response.
 - B) unconditioned stimulus.
 - C) conditioned stimulus.
 - D) unconditioned response.
41. After learning to fear a white rat, Little Albert responded with fear to the sight of a rabbit. This best illustrates the process of
- A) observational learning.
 - B) generalization.
 - C) operant conditioning.
 - D) spontaneous recovery.
42. In which form of learning is behavior influenced by its consequences?
- A) primary conditioning
 - B) classical conditioning
 - C) operant conditioning
 - D) delayed conditioning
43. An animal trainer is teaching a miniature poodle to balance on a ball. Initially, he gives the poodle a treat for approaching the ball, then only for placing its front paws on the ball, and finally only for climbing on the ball. The trainer is using the method of
- A) shaping.
 - B) delayed reinforcement.
 - C) classical conditioning.
 - D) secondary reinforcement.
44. Purchasing state lottery tickets is reinforced with monetary winnings on a _____ schedule.
- A) fixed-interval
 - B) variable-interval
 - C) fixed-ratio
 - D) variable-ratio
45. According to B. F. Skinner, human behavior is controlled primarily by
- A) external influences.
 - B) emotions.
 - C) unconscious motives.
 - D) conscious thoughts.

46. We are most likely to imitate the behavior of models if we observe that their actions are
- A) conditioned responses.
 - B) extrinsically motivated.
 - C) followed by reinforcement.
 - D) violent or antisocial.
47. In a well-known experiment, preschool children pounded and kicked a large inflated Bobo doll that an adult had just beaten on. This experiment served to illustrate the importance of
- A) operant conditioning.
 - B) classical conditioning.
 - C) observational learning.
 - D) vicarious punishment.
48. Alex learned to babysit and care for young children effectively by observing the many ways his mother carefully nurtured his own younger siblings. This best illustrates the value of observational learning for promoting
- A) fixed-interval schedules.
 - B) prosocial behavior.
 - C) extrinsic motivation.
 - D) instinctive drift.
49. In class, we saw a video talking about cloning fish and sexually reproducing fish. This video demonstrated that sexual reproduction makes it more difficult for parasites to cause the extinction of a species.
- A) True
 - B) False
50. In class, we talked about four shortcuts advertisers use. The contrast principle was illustrated by the story of the "Rectal Ear-ache"
- A) True
 - B) False
51. In class, we had a student come sort Italian cards. The student demonstrated learning in through the process of operant conditioning.
- A) True
 - B) False

52. In class, we saw studies by Dr. Felix Warneken who appeared very clumsy, dropping things all over. 18-month olds tended to respond by:
- A) laughing
 - B) running to their mothers
 - C) helping
 - D) dropping things too, thus demonstrating observational learning

Answer Key

1. B
2. B
3. D
4. C
5. C
6. C
7. C
8. C
9. A
10. C
11. C
12. B
13. C
14. D
15. D
16. A
17. C
18. B
19. C
20. C
21. D
22. C
23. D
24. A
25. D
26. C
27. A
28. D
29. D
30. D
31. D
32. C
33. D
34. C
35. C
36. C
37. C
38. D
39. D
40. A
41. B
42. C
43. A
44. D

- 45. A
- 46. C
- 47. C
- 48. B
- 49. A
- 50. B
- 51. B
- 52. C