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## Question 1

Correct

Mark 1.00 out of 1.00

Who is known to be the father of behaviorism within Psychology?

Select one:

- ☐ a. Sigmund Freud
- ☒ b. John B. Watson ✓
- ☐ c. Carl Rogers
- ☐ d. Kurt Koffka
- ☐ e. B.F. Skinner

## Question 2

Correct

Mark 1.00 out of 1.00

Learning to ride a bike is a \_\_\_\_\_ memory.

Select one:

- ☒ a. Procedural ✓
- ☐ b. Episodic
- ☐ c. Declarative
- ☐ d. Reflective
- ☐ e. Explicit

### Question 3

Correct

Mark 1.00 out of 1.00

Matt hopes that he and his ex-girlfriend, who broke up with him last month, eventually will get back together. When he heard that she had talked about him with a mutual friend, he took this as evidence that she was still interested in a reunion. When he heard that she went on a date with someone else, he concluded that she was just trying to get her mind off their break-up. Matt is exhibiting:

Select one:

- ☐ a. A skeptical attitude
- ☐ b. Mental continuity
- ☐ c. Observational objectivity
- ☒ d. The confirmation bias ✓
- ☐ e. The denial bias

### Question 4

Correct

Mark 1.00 out of 1.00

In Milgram's controversial study on obedience, nearly \_\_\_\_\_ of the participants were willing to administer what appeared to be lethal electrical shocks to another person because they were told to do so by an authority figure.

Select one:

- ☐ a. 1/3
- ☒ b. 2/3 ✓
- ☐ c. 3/4
- ☐ d. 4/5

### Question 5

Correct

Mark 1.00 out of 1.00

A woman was being robbed in front of many people and even though she yelled for help, no one came to her aid and they didn't call the police. This effect is called:

Select one:

- ☒ a. Bystander effect ✓
- ☐ b. Altruism
- ☐ c. Transfer of responsibility
- ☐ d. Witness helplessness
- ☐ e. None of the above

**Question 6**

Correct

Mark 1.00 out of 1.00

The genetic disorder that results in persistent feelings of intense hunger and reduced rates of metabolism is called:

Select one:

- ☐ a. Anorexia
- ☐ b. Bulimia
- ☐ c. Overeating
- ☒ d. Prader-Willi syndrome ✓
- ☐ e. None of the above

**Question 7**

Correct

Mark 1.00 out of 1.00

Kenny used to love his job, but recently he's been feeling like he cannot make a difference. He removes children from their home as a social worker (due to abuse) but feels like he isn't improving their living condition. He doesn't receive support from his supervisors and finds himself torn in what he does. He finds himself caring less and less about who he works with and what he does. He is likely experiencing:

Select one:

- ☐ a. Job strain
- ☐ b. Job exhaustion
- ☐ c. Chronic job dissatisfaction
- ☒ d. Job burnout ✓
- ☐ e. None of the above

**Question 8**

Correct

Mark 1.00 out of 1.00

Around what time was psychology accepted as its own academic discipline?

Select one:

- ☐ a. 1900s
- ☐ b. 1700s
- ☒ c. 1800s ✓
- ☐ d. 1980s
- ☐ e. None of the above

**Question 9**

Correct

Mark 1.00 out of 1.00

This part of the brain facilitates encoding memories at a deeper level when the event is emotionally arousing.

Select one:

- ☐ a. The hippocampus
- ☒ b. The amygdala ✓
- ☐ c. Neurotransmitters
- ☐ d. The cerebellum

**Question 10**

Correct

Mark 1.00 out of 1.00

True or False: Research has shown that there are no cultural influences in diagnosing an individual with a psychological disorder.

Select one:

- ☐ True
- ☒ False ✓

**Question 11**

Incorrect

Mark 0.00 out of 1.00

According to the Psychosocial theory of development, we all must go through \_\_\_\_\_ different stages over our lifetime, from infancy through late adulthood.

Select one:

- ☐ a. 6
- ☒ b. 7 ✗
- ☐ c. 8
- ☐ d. 9
- ☐ e. None of the above

**Question 12**

Correct

Mark 1.00 out of 1.00

John does not believe that cops have good intentions. Therefore, he only pays attention to news that portray police officers in a negative light, this causes his beliefs to become stronger. This is called:

Select one:

- ☐ a. Hindsight bias
- ☐ b. Anchoring bias
- ☒ c. Confirmation bias ✓
- ☐ d. Representative bias
- ☐ e. Mental set

**Question 13**

Correct

Mark 1.00 out of 1.00

Rewarding successive approximations of a target behavior is called:

Select one:

- ☒ a. Shaping ✓
- ☐ b. Positive reinforcement
- ☐ c. Stimulus discrimination
- ☐ d. Contingency reinforcement
- ☐ e. None of the above

**Question 14**

Correct

Mark 1.00 out of 1.00

Food, water, and sleep are examples of:

Select one:

- ☐ a. Secondary reinforcers
- ☐ b. Classical reinforcers
- ☒ c. Primary reinforcers ✓
- ☐ d. Operant reinforcers

**Question 15**

Correct

Mark 1.00 out of 1.00

When individuals do not feel comfortable identifying with the gender associated with their biological sex, they experience \_\_\_\_\_.

Select one:

- ☐ a. Gender identity crisis
- ☒ b. Gender dysphoria ✓
- ☐ c. Transgender dysphoria
- ☐ d. Sexual orientation crisis
- ☐ e. None of the above

**Question 16**

Correct

Mark 1.00 out of 1.00

Which theory states that the purpose of sleep is an adaptive response to predatory risks, which increase in darkness?

Select one:

- ☒ a. Evolutionary theory ✓
- ☐ b. Cognitive theory
- ☐ c. Restorative theory
- ☐ d. Energy-conservation theory

**Question 17**

Correct

Mark 1.00 out of 1.00

The attempt to understand the structure or characteristics of the mind was known as:

Select one:

- ☐ a. Introspection
- ☒ b. Structuralism ✓
- ☐ c. Functionalism
- ☐ d. Psychoanalysis

**Question 18**

Correct

Mark 1.00 out of 1.00

Chelsea has been able to soothe her baby by picking her up and rocking her. This time her baby won't stop. Chelsea continues to try to soothe her baby by rocking her even though she is not being successful. This type of reaction is called:

Select one:

- ☐ a. Functional fixedness
- ☒ b. Mental set ✓
- ☐ c. Confirmation bias
- ☐ d. Representative bias
- ☐ e. None of the above

**Question 19**

Correct

Mark 1.00 out of 1.00

When you strike a baby's cheek, she will naturally turn her head towards that direction and begin to suck. This reflex is called:

Select one:

- ☐ a. Moro reflex
- ☐ b. Grasping reflex
- ☒ c. Rooting reflex ✓
- ☐ d. Sucking reflex
- ☐ e. None of the above

**Question 20**

Correct

Mark 1.00 out of 1.00

When Carlos was younger, his father used to come home from work, sit in front of the TV, and start to snore. Carlos would ask him to stop snoring and his father would say, "I wasn't sleeping!" Was his father lying to him?

Select one:

- ☐ a. Yes, he was probably too embarrassed to admit it.
- ☐ b. Perhaps, but he was probably experiencing a hypnotic hallucination or delusion.
- ☒ c. No, most people in Stage 1 sleep do not know they've just been sleeping. ✓

## Question 21

Correct

Mark 1.00 out of 1.00

True or False: Human research has suggested that there is a relationship between the amygdala and psychological disorders of mood or anxiety.

Select one:

- ☒ True ✓
- ☐ False

## Question 22

Correct

Mark 1.00 out of 1.00

Brandon receives an overdue bill for his credit card. Afraid that it is going to affect his credit, he quickly calls the bank and explains that this was an error on his part and to consider removing the late fee since he has never missed a payment before. He is exhibiting which type of coping style?

Select one:

- ☐ a. Emotion-focused coping
- ☐ b. Attentive-focused coping
- ☐ c. Solution-focused coping
- ☒ d. Problem-focused coping ✓
- ☐ e. None of the above

## Question 23

Incorrect

Mark 0.00 out of 1.00

Relapse for substance abuse is fairly high.

In fact, individuals who have had a history of substance abuse and addiction have a \_\_\_\_\_% of individual relapse.

Select one:

- ☐ a. 10-20%
- ☒ b. 70-80% ✗
- ☐ c. 40-60%
- ☐ d. 80-90%
- ☐ e. None of the above



**Question 24**

Incorrect

Mark 0.00 out of 1.00

The theory that strong emotions trigger the formation of strong memories and weaker emotional experiences form weaker memories is called:

Select one:

- ☐ a. Equipotentiality hypothesis
- ☐ b. Emotional memory
- ☐ c. Memory processing
- ☒ d. Flashbulb memory ✖
- ☐ e. Arousal theory

**Question 25**

Correct

Mark 1.00 out of 1.00

True or False: Some research suggests that sleep deprivation affects cognitive and motor functions as much as, if not more than, alcohol intoxication

Answer Options &

Select one:

- ☒ True ✔
- ☐ False

**Question 26**

Correct

Mark 1.00 out of 1.00

True or False: Positive reinforcement increases the likelihood that a behavior will be repeated in the future whereas negative reinforcement decreases the likelihood that that behavior will be repeated in the future.

Select one:

- ☐ True
- ☒ False ✔

**Question 27**

Correct

Mark 1.00 out of 1.00

According to Selye's general adaptation syndrome, continued exposure to a stressor triggers which stage?

Select one:

- ☐ a. Stage of resistance
- ☐ b. Stage of depletion
- ☒ c. Stage of exhaustion ✓
- ☐ d. Stage of Adaptation
- ☐ e. None of the above

**Question 28**

Correct

Mark 1.00 out of 1.00

What is the corpus callosum?

Select one:

- ☐ a. A type of nerve cell in the midbrain
- ☐ b. A collection of deep midbrain structures
- ☐ c. A lobe on the brain
- ☒ d. The main fiber bundle connecting the hemispheres ✓
- ☐ e. The co-called homunculus

**Question 29**

Incorrect

Mark 0.00 out of 1.00

Groups that have a strong educational component are called:

Select one:

- ☒ a. Educational cohort ✗
- ☐ b. Child therapy
- ☐ c. Play therapy
- ☐ d. Group therapy
- ☐ e. None of the above

**Question 30**

Correct

Mark 1.00 out of 1.00

Rapid-eye movement (REM) sleep is mostly associated with which of the following?

Select one:

- ☐ a. Sleep walking
- ☒ b. Increased brain activity ✓
- ☐ c. Sleep talking
- ☐ d. All of the above

**Question 31**

Correct

Mark 1.00 out of 1.00

Assuming that a cook's hobbies include cooking and eating during his free time is considered a \_\_\_\_\_ bias.

Select one:

- ☐ a. Anchoring
- ☐ b. Hindsight
- ☐ c. Confirmation
- ☒ d. Representative ✓
- ☐ e. None of the above

**Question 32**

Correct

Mark 1.00 out of 1.00

The idea that language influences the way we think is called:

Select one:

- ☐ a. Thought-language theory
- ☐ b. Cognitive reasoning
- ☐ c. Language habit
- ☒ d. Linguistic determinism ✓

**Question 33**

Correct

Mark 1.00 out of 1.00

One of the advantages of gathering research data through surveys is:

Select one:

- ☒ a. Information can be collected from a larger sample of people ✓
- ☐ b. In-depth information on each person can be collected
- ☐ c. Individuals will always give accurate answers to survey questions
- ☐ d. All of the above
- ☐ e. None of the above

**Question 34**

Correct

Mark 1.00 out of 1.00

Mark and Jane were playing chess when Mark made a move and Jane exclaimed "I knew you were going to do that!" when in reality she didn't, or would have won the game. This type of bias is called:

Select one:

- ☐ a. Anchoring bias
- ☒ b. Hindsight bias ✓
- ☐ c. Confirmation bias
- ☐ d. Representative bias
- ☐ e. None of the above

**Question 35**

Correct

Mark 1.00 out of 1.00

In a research study, the experimenter is able to manipulate and control the \_\_\_\_\_ variable.

Select one:

- ☐ a. Dependent
- ☒ b. Independent ✓
- ☐ c. Correlational
- ☐ d. Placebo
- ☐ e. None of the above

**Question 36**

Incorrect

Mark 0.00 out of 1.00

True or False: Murder is the second leading cause of death in the workplace.

Select one:

- ☐ True
- ☒ False ✖

**Question 37**

Correct

Mark 1.00 out of 1.00

"Karma," the idea that people get what they deserve is also named:

Select one:

- ☐ a. Karma hypothesis
- ☒ b. Just-world hypothesis ✔
- ☐ c. Fairness hypothesis
- ☐ d. World-view hypothesis
- ☐ e. None of the above

**Question 38**

Correct

Mark 1.00 out of 1.00

What is one of the most widely used personality testing for occupational screening?

Select one:

- ☐ a. Self-report Inventory
- ☒ b. Minnesota Multiphasic Personality Inventory (MMPI) ✔
- ☐ c. Myers Briggs Type Indicator (MBTI)
- ☐ d. Five Factor Model
- ☐ e. None of the above

**Question 39**

Correct

Mark 1.00 out of 1.00

Joe received a C in his Psychology midterm and he finds himself thinking that he is not smart, that no one is ever going to take him seriously, and that he's never going to amount to anything.

This type of cognitive distortion is called:

Select one:

- ☐ a. External distortion
- ☒ b. Overgeneralization ✓
- ☐ c. Jumping to conclusions
- ☐ d. Behavioral thinking
- ☐ e. None of the above

**Question 40**

Correct

Mark 1.00 out of 1.00

True or False: Jean Piaget mainly focused on children's cognitive growth as a theory of development.

Select one:

- ☒ True ✓
- ☐ False

**Question 41**

Correct

Mark 1.00 out of 1.00

According to Friedman and Rosenman, individuals who are more relaxed and laid-back are characterized as:

Select one:

- ☐ a. Type C
- ☐ b. Type A
- ☒ c. Type B ✓
- ☐ d. Neurotic
- ☐ e. Laid back personality

**Question 42**

Correct

Mark 1.00 out of 1.00

Marie tells the therapist, "I hate that I'm doing all the work in this relationship. He just doesn't care about what we need." In turn, the therapist says "You feel misunderstood and alone" to which Marie replies, "Yes! Exactly" This type of therapy technique is called:

Select one:

- ☐ a. Cognitive behavioral therapy
- ☒ b. Active listening ✓
- ☐ c. Unconditioned positive regard
- ☐ d. Positive feedback
- ☐ e. Affirmation technique

**Question 43**

Incorrect

Mark 0.00 out of 1.00

What determines an individual's inherited physical characteristics?

Select one:

- ☒ a. The genotype ✗
- ☐ b. The phenotype
- ☐ c. The allele
- ☐ d. A mutation
- ☐ e. None of the above

**Question 44**

Correct

Mark 1.00 out of 1.00

Which is NOT one of the personality traits in the Five Factor Model theory?

Select one:

- ☐ a. Conscientiousness
- ☐ b. Extroversion
- ☐ c. Neuroticism
- ☒ d. Introversion ✓
- ☐ e. Agreeableness

**Question 45**

Correct

Mark 1.00 out of 1.00

Johanna has always been what she calls a "deep sleeper." She claims to have slept through several earthquakes. When her baby was born, she could not sleep because she would hear every grunt and small noise that her baby made. This is called:

Select one:

- ☐ a. Inattentional blindness
- ☐ b. Noise attention
- ☒ c. Signal detection theory ✓
- ☐ d. Perception theory
- ☐ e. None of the above

**Question 46**

Correct

Mark 1.00 out of 1.00

An experimenter conducts a study that seeks to measure differences in responding (answering a questionnaire at the end of the session) after subjects watch a comedy or horror movie.

In this study, which variable is considered the "independent variable"?

Select one:

- ☐ a. The questionnaire at the end of the session
- ☒ b. The movie (comedy or horror) ✓
- ☐ c. The age and gender of the participant
- ☐ d. The location in which the study takes place
- ☐ e. The individual conducting the experiment.

**Question 47**

Correct

Mark 1.00 out of 1.00

The view that development is a cumulative process, gradually improving on existing skills is called:

Select one:

- ☒ a. Continuous development ✓
- ☐ b. Discontinuous development
- ☐ c. Development hierarchy
- ☐ d. None of the above



**Question 48**

Correct

Mark 1.00 out of 1.00

Hypnosis has been found to work most effectively on:

Select one:

- ☒ a. Individuals who are highly susceptible to suggestions ✓
- ☐ b. Individuals who have been hypnotized before
- ☐ c. Everyone, given the appropriate environmental circumstances
- ☐ d. None of the above

**Question 49**

Correct

Mark 1.00 out of 1.00

True or False: There is no genetic factor in determining body weight.

Select one:

- ☐ True
- ☒ False ✓

**Question 50**

Correct

Mark 1.00 out of 1.00

What is Abraham Maslow most famously known for proposing?

Select one:

- ☐ a. Empirical research
- ☐ b. Developmental milestones
- ☒ c. Hierarchy of human needs in motivating behavior ✓
- ☐ d. External stimuli's role in changing behavior