1. Who created the first psychological laboratory?
2. Abraham Maslow
3. William James
4. ++Wilhelm Wundt
5. Ivan Pavlov
6. What animals were involved in Pavlov's experiments on conditioned reflexes?
7. ++A dog
8. A cat
9. A mouse
10. A frog
11. Empathy is
12. ++the ability to understand the emotional state of another
13. a conscious experience created after the physical sensation or emotional experience
14. an inquiry or request for information, usually expressed in the form of a sentence
15. a struggle and a clash of interests, opinions, or even principles.
16. What is empathy?
17. the concentration of awareness on some phenomenon to the exclusion of other stimuli
18. emotional, intellectual, and theoretical, in which case academic recognition may, or may not be, a significant motive
19. the ability to store more information for long periods of time (lifetimes) like phone numbers, names and addressВ’ from when we were kids
20. ++the capacity to place oneself in another's position
21. The word В“psychologyВ” comes from specific Greek wordВ—psyche, which means
22. behavior
23. mental process
24. ++ В“mindВ” or В“soulВ”
25. Feeling
26. What is behavior?
27. a process, a particular kind of automatic appraisal influenced by our evolutionary and personal past
28. ++anything we do (overt actions and reactions)
29. physical and mental states brought on by neurophysiological changes
30. the current experience of the feeling of an emotion (affect) such as pleasure or joy
31. Major branches of psychology are
32. Sociology, empiricism
33. Hedonism, ethical philosophy
34. ++Social, clinical psychology
35. Positive psychology, Pedagogy
36. Why is psychology considered a science?
37. ++because it uses empirical research and careful observation to examine how people behave and think
38. because it has a long history
39. because it is an ancient study of character or destiny based on the belief that there is a relationship between astronomical objects, events, and living things.
40. because it helps us understand ourselves better and provides us with tools for improving our lives.
41. What is psychology?
42. a social science that focuses on society, human social behavior, patterns of social relationships, social interaction, and aspects of culture associated with everyday life.
43. ++the scientific study of human bevavior and mental processes
44. a systematic study of general and fundamental questions concerning topics like existence, reason, knowledge, value, mind, and language.
45. the theory and practice of learning, and how this process influences, and is influenced by, the social, political, and psychological development of learners.
46. Psychology as a distinct scientific discipline emerged
47. in the final decades of the twentieth century saw the rise of a new interdisciplinary approach to studying human psychology, known collectively as cognitive science.
48. In the 16 century
49. 32,000 years ago, around 30,000 to 10,000 BC
50. ++around the late 1870s when Wilhelm Wundt opened the first psychological laboratory to study the mind scientifically.
51. What are the main goals of psychology?
52. ++observe, describe, explain, predict, and control behavior
53. observe and describe feelings
54. research and teach positive visualization
55. observe and describe phenomena that science can not predict
56. Which professional specialty focuses on the diagnosis and treatment of people with psychological disorders?
57. personality psychology
58. biological psychology
59. ++clinical psychology
60. developmental psychology
61. What is applied psychology?
62. Research, which seeks to increase our knowledge base
63. ++Practice, through which our knowledge is applied to solving problems in the real world
64. Such a broad field that conveying its depth and breadth can be difficult
65. a number of unique and distinctive branches of psychology as a developmental and social psychology
66. Biopsychology is a
67. the branch of psychology concerned with the assessment and treatment of mental illness, abnormal behavior, and psychiatric disorders.
68. the branch of psychology concerned with the study of animal behavior.
69. one of the largest areas of psychology, centered on treating clients in mental distress who may be experiencing a wide variety of psychological symptoms
70. ++psychological area focused on how the brain, neurons, and nervous system influence thoughts, feelings, and behaviors.
71. Social psychology seeks to
72. study of how psychology influences sports, athletic performance, exercise, and physical activity.
73. ++understand and explain social behavior.
74. study of thought patterns, feelings, and behaviors that make each individual unique.
75. understand how biology, psychology, behavior, and social factors influence health and illness.
76. Educational psychologists often study
77. ++how students learn.
78. criminal behavior and treatment or working directly in the court system.
79. differences between collective and individualist cultures of animal behavior
80. gender aspects
81. The main types of experiment in psychology
82. ++Laboratory Experiment, Field Experiment
83. Experiment with the camera of sensory deprivation
84. Observational and mathematical
85. Open and closed
86. The main research method in psychology is
87. ++Experiment
88. Simulation
89. Inductive
90. Rational
91. Observation is
92. ++the systematic study of human behavior to discover the variables that can impact their behavior individually or as a group.
93. analyzing and quantifying text-based data from sources such as written interviews, texts and articles.  
    standardized tests for obtaining accurate research data.
94. the practice of‚ psychophysiological process in understanding how to provide answers to questions about relationships among psychology, physiology and behavior.
95. Types of observation in psychology
96. ++Controlled, naturalistic, participant
97. Open, closed, middle
98. Semi-Open, closed, open
99. Visual, potential
100. What is motivation
101. ++the act or process of giving someone a reason for doing something
102. a request for something to be made, supplied, or served
103. the ability to take on another's perspective, to understand, feel, and possibly share and respond to their experience
104. the working out of sub-components in some degree of elaborate detail.
105. People can generally be motivated by outside factors such as money, acclaim, and fame, and this type of motivation is known as
106. Intrinsic motivation
107. ++Extrinsic motivation
108. Self-motivation
109. Demotivation
110. Motivation can be
111. Financial and Non-financial
112. Internal and external
113. Positive and negative
114. ++All of the above options are correct
115. Choose the example of intrinsic motivation
116. Working a job for the paycheck
117. Studying for a test to get a good grade
118. ++Reading a book for pleasure
119. Participating in a sport for the trophy
120. Examples of external motivation
121. ++Money or other external rewards or avoidance of punishment
122. Enjoy and fun, the realization of ideas, creativity
123. Pleasure and the need for communication, the fulfillment of dreams
124. Interest, possibility of personal growth
125. Three of the definitions are similar and correct. A fourth is incorrect. Choose the incorrect definition. Demotivation is
126. ++that set of things that act as mechanisms, conscious or unconscious, that motivate a person to perform, create, produce, develop, obtain, execute, or elaborate something
127. a system of methods of influencing personnel
128. a psychological state where there is a disagreement between what is hypothetically wanted to achieve and the aptitude or capabilities we have to achieve that goal.
129. lack of motivation
130. Choose incorrect type of demotivation
131. You're demotivated by fear
132. You're demotivated by setting the wrong goals
133. You're demotivated by a lack of clarity about what you want
134. ++You're demotivated by interest
135. Choose positive emotion from the list
136. Fear
137. Anger
138. ++Happiness
139. Sadness
140. Active Listening Skills are
141. ++demonstrating that you are prepared to listen and accept what they are saying
142. automatically agreeing with what people are saying
143. rush to express your thoughts quicker
144. speak more than your partner
145. What is motivation?
146. It is the academic and applied study of mental functions and behaviors.
147. The capacity to be a aware of control and express ones emotions, and to handle interpersonal relationships judiciously and empathetically.
148. ++It is the driving force behind human actions.
149. It is process refers to the exchange of information (a message) between two or more people.
150. What does behaviorism emphasize in explaining behavior?
151. Innate instincts
152. ++Observable responses to stimuli
153. Achievement motivation
154. Unconscious desires
155. What is the main idea of cognitive psychology?
156. Study of the unconscious
157. Study of observable behavior
158. ++Study of information processing in the mind
159. Study of cultural influences on behavior
160. Who is the founder of psychoanalysis?
161. Carl Rogers
162. B.F. Skinner
163. ++Sigmund Freud
164. Lev Vygotsky
165. What does humanistic psychology focus on?
166. Reflexes and conditioned responses
167. Unconscious processes
168. ++Individual free will
169. Imitative learning
170. Which approach studies the mind as an information processor?
171. Behaviorism
172. ++Cognitive psychology
173. Psychoanalysis
174. Humanism
175. Who is considered the father of the sociocultural approach?
176. Abraham Maslow
177. ++Lev Vygotsky
178. Sigmund Freud
179. B.F. Skinner
180. What does psychoanalysis study?
181. Physical development
182. Social norms
183. ++Unconscious processes
184. Public behavior
185. According to humanistic psychology, what motivates a person?
186. Social expectations
187. ++The desire to self-actualize
188. Biological instincts
189. Survival drive
190. What caused dissatisfaction with behaviorism leading to cognitive psychology?
191. ++Focus on external behavior without internal processes
192. Lack of empirical data
193. Difficulty in observing behavior
194. Absence of theoretical models
195. Which approach was inspired by the development of artificial intelligence?
196. Humanism
197. Psychodynamic
198. ++Cognitive psychology
199. Behaviorism
200. What does Gestalt psychology study?
201. Observable behavior
202. Uniqueness of individuals
203. ++Thinking and behavior as a whole
204. Individual motivations
205. Which psychologist developed the hierarchy of needs?
206. Carl Rogers
207. ++Abraham Maslow
208. Lev Vygotsky
209. B.F. Skinner
210. According to the humanistic approach, what does a person seek?
211. Submission to instincts
212. Reaction to stimuli
213. ++Growth and self-actualization
214. Following social norms
215. What plays a key role in behaviorism?
216. Intuition
217. Upbringing
218. ++Response to external stimuli
219. Personal attitudes
220. What was important in the 1950s for the rise of cognitive psychology?
221. Development of Gestalt psychology
222. ++Use of computers to model thinking
223. New research on the unconscious
224. Appearance of behaviorism
225. Which psychological approach arose as a reaction to behaviorism and psychoanalysis?
226. Cognitive
227. Sociocultural
228. ++Humanistic
229. Gestalt
230. What is the therapy based on FreudВ’s theory called?
231. Cognitive therapy
232. ++Psychoanalysis
233. Humanistic therapy
234. Positive psychology
235. Which approach emphasizes a person's free will?
236. Behaviorism
237. ++Humanistic
238. Cognitive
239. Psychodynamic
240. Which approach views the person as a whole?
241. Psychodynamic
242. Behavioral
243. ++Humanistic
244. Cognitive
245. What is the focus of psychological research?
246. Studying animal instincts
247. ++Studying human behavior
248. Studying history
249. Creating new technologies
250. What is collected in quantitative research?
251. Opinions and stories
252. ++Numerical information
253. Historical facts
254. Personal interviews
255. What does qualitative research collect?
256. Statistical figures
257. ++Narrative data in natural settings
258. Experiment results
259. Computer data
260. Where is a laboratory experiment conducted?
261. In a marketplace
262. ++In a controlled environment
263. In a forest
264. At home
265. What is the key feature of a field experiment?
266. Complete control over all variables
267. ++Real-life environment with manipulation of independent variable
268. Strict lab conditions
269. Large sample size
270. What does a case study usually focus on?
271. Thousands of participants
272. Statistical data
273. ++One person, group, or event
274. Generalized patterns
275. What do correlational studies examine?
276. Cause and effect
277. ++Relationship between variables
278. Genetic inheritance
279. Memory development
280. What type of relationship can exist in correlational studies?
281. Neutral only
282. ++Positive, negative, or zero
283. Constant only
284. Inverted only
285. What is measured in psychophysiological studies?
286. Political opinions
287. Economic data
288. ++Physiological responses
289. Social behaviors
290. What method uses questionnaires and interviews to gather data?
291. Case study
292. Laboratory experiment
293. ++Survey method
294. Observation
295. What is assessed using psychological tests?
296. Shopping preferences
297. Music tastes
298. ++Human traits like IQ and personality
299. Weather patterns
300. Psychological tests are also known as?
301. Case analysis
302. Interview guides
303. ++Psychometrics
304. Field observations
305. What does observation research focus on?
306. Survey responses
307. Historical records
308. ++Directly watching human behavior
309. Lab-controlled settings
310. What are field notes used for in observation methods?
311. To conduct interviews
312. ++To record observed behavior
313. To perform experiments
314. To manipulate participants
315. Which is NOT a type of observation?
316. Controlled observation
317. Naturalistic observation
318. ++Correlational observation
319. Participant observation
320. What does content analysis focus on?
321. Direct experiments
322. Physical activities
323. ++Analyzing text-based data
324. Brain scans
325. What is the most common source of data in qualitative research?
326. Surveys
327. Experiments
328. ++Interviews
329. Psychological test
330. What does an unstructured interview resemble?
331. Written test
332. Standardized survey
333. ++Open-ended conversation
334. Physiological test
335. Why were psychological research methods developed?
336. To increase government control
337. ++To study human behavior and solve problems
338. To improve transportation
339. To create entertainment
340. Which research method measures variables like blood flow and neural activity?
341. Survey method
342. ++Psychophysiological study
343. Content analysis
344. Field experiment
345. What characterizes observation methods in psychology?
346. Strict manipulation of variables
347. Computer simulations
348. ++Systematic watching and recording of behavior
349. Self-report only
350. What is a key benefit of using surveys?
351. Manipulating participants easily
352. Full lab control
353. ++Quickly gathering data from many participants
354. Providing physiological measurements
355. What does the word "psychology" originally mean?
356. The study of medicine
357. The study of behavior only
358. ++The study of the soul, life, or mind
359. The study of society
360. Psychology is best defined as the scientific study of?
361. Economics and politics
362. Ancient civilizations
363. ++Mind and behavior
364. Physical health
365. What method does psychology primarily use?
366. Storytelling
367. Speculation
368. ++The scientific method
369. Artistic interpretation
370. Behavior refers to?
371. Internal feelings only
372. Invisible thoughts only
373. ++Overt actions and reactions
374. Random activities
375. Mental processes include?
376. Public speeches
377. Running and jumping
378. ++Thoughts, feelings, and memories
379. Learning languages
380. Who is considered the founder of psychology?
381. Aristotle
382. Socrates
383. ++Wilhelm Wundt
384. William James
385. Where was the first psychology lab established?
386. Paris
387. New York
388. Vienna
389. ++University of Leipzig
390. Which philosopher is associated with early psychological thought?
391. Newton
392. ++Plato
393. Darwin
394. Einstein
395. What major approach did William James promote?
396. Structuralism
397. ++Functionalism
398. Psychoanalysis
399. Behaviorism
400. What is a goal of psychology?
401. To confuse human behavior
402. To create myths
403. ++To understand and predict behavior
404. To manipulate emotions
405. Which of the following is NOT one of the major goals of psychology?
406. Describe behavior
407. Predict behavior
408. ++Create fictional stories
409. Explain behavior
410. Psychology as a discipline includes?
411. Only theoretical study
412. ++Both practice and scientific study
413. Purely medical practice
414. Only philosophical debate
415. Empirical research in psychology is based on?
416. Personal opinions
417. ++Careful observation and data collection
418. Historical assumptions
419. Traditional beliefs
420. Which philosopher was NOT listed among early influences in psychology?
421. Aristotle
422. ++Einstein
423. Socrates
424. Plato
425. Psychologists study all EXCEPT?
426. Biological foundations
427. Mental well-being
428. Behavioral changes
429. ++Astrological predictions
430. What perspective in psychology is about how and why we think, feel, and behave?
431. Mythological perspective
432. Political perspective
433. ++Psychological perspective
434. Artistic perspective
435. Which research approaches are used in psychology?
436. Only fieldwork
437. ++Surveys, experiments, observation, and statistical analysis
438. Only mathematical modeling
439. Only interviews
440. What distinguishes psychology from philosophy?
441. Use of mythology
442. Reliance on beliefs
443. ++Use of scientific method and empirical research
444. Political debates
445. According to the lecture, psychology studies?
446. Past civilizations
447. Planetary systems
448. ++Thoughts, feelings, and behaviors
449. Weather patterns
450. Which statement about motivation is TRUE?
451. ++Motivation energizes and directs behavior
452. We are always aware of motivational processes.
453. There is only one type of motivation
454. Two people motivated by the same factor will satisfy that movie through similar means.
455. The pursuit of an activity for an outcome that is separate from the person is called
456. Intrinsic motivation
457. ++Extrinsic motivation
458. The need for affiliation
459. A mastery goal
460. What is group motivation primarily focused on?
461. Achieving individual rewards only
462. ++Encouraging members to work toward shared goals
463. Competing against each other for leadership
464. Avoiding cooperation and collaboration
465. Self-motivation is
466. HUMAN RESOURCES to make people less willing to do their job
467. ++the internal drive that leads us to take action towards a goal.
468. is a tool that can help people identify and understand their emotions
469. our ideas, opinions, and beliefs about ourselves and the world around us
470. Negative motivation is
471. ++the influence that drives a person to complete a task to avoid pain or failure
472. the type of motivation where a person is rewarded for accomplishing a specific task
473. the type of motivation where a person is rewarded for changing a particular behaviour.
474. an influence on a person`s behavior through recognition and appreciation
475. What is a positive motivation?
476. describes the pain or negative consequences someone experiences when they fail to complete an event or task correctly or cannot achieve their goals.
477. ++an influence on a person`s behavior through recognition and appreciation
478. the influence that drives a person to complete a task to avoid pain or failure
479. take something away from the employee if performance levels are not met