CHAPTER 1
Mind, Behavior, and Psychological Science

**Before You Read…Term Identification**

Make flashcards using the following terms or, even better, develop mnemonics (memory strategies) to help you remember the different concepts and terms. Use the definitions in the margins of this chapter for help. Numbers refer to page numbers in the textbook.

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Chapter Opening Problem: How would you test the claim that sugar makes children hyperactive?

1.1 WHAT IS PSYCHOLOGY—AND WHAT IS IT NOT?

- Psychoanalysis =

- Psychology (from “psyche,” the ancient Greek word for “mind”) =

Core Concept 1.1 (What is the broad definition of psychology?) =

A) Psychology: It's More than You Think

1) Three Ways of Doing Psychology:

- Experimental Psychologists =

- Teachers of Psychology =

- Applied Psychologists =

2) Applied Psychological Specialties (their names and what the practitioners do):

a) __________________________________________________________

b) __________________________________________________________

c) __________________________________________________________

d) __________________________________________________________

e) __________________________________________________________

f) __________________________________________________________

g) __________________________________________________________
B) Psychology Is Not Psychiatry

C) Psychology Matters: Thinking Critically about Psychology and Pseudopsychology

1) Six Critical Thinking Questions:

   a) 
   
   b) 
   
   c) 
   • Anecdotal Evidence =
   d) 
   • Confirmation Bias =
   • Emotional Bias =
   e) 
   f) 

1.2 HOW DO PSYCHOLOGISTS DEVELOP NEW KNOWLEDGE?

A) Core Concept 1.2 =
   • Scientific Method =
   • Empirical Investigation =
   • Theory =

B) The Five Steps of the Scientific Method:

1) Step 1 =
   • Hypothesis =
   • Operational Definitions =

2) Step 2 =
   • Experimental Group =
   • Control Group =
   • Independent Variable =
   • Random Assignment =

B) The Five Steps of the Scientific Method (continued)

3) Step 3 =
   - Dependent Variable =
4) Step 4 =
5) Step 5 =

C) Five Types of Psychological Research:

1) Experiments =
2) Correlational Studies =
   - Positive Correlations =
   - Negative Correlations =
   - Zero Correlations =
3) Surveys =
4) Naturalistic Observations =
5) Case Studies =

D) Controlling Biases in Psychological Research

“Even the Rat Was White” =
   - Expectancy Bias =
   - Placebo =
   - Double-Blind Study =

E) Ethical Issues in Psychological Research

   - “Ethical Principles of Psychologists and Code of Conduct (2002)” =
   - Deception =
   - Animal Studies =
F) Questions Science Cannot Answer =

G) Psychology Matters: Using Psychology to Learn Psychology

• Cognitive Map =

1.3 WHAT ARE PSYCHOLOGY’S SIX MAIN PERSPECTIVES?

Core Concept 1.3 =

A) Separation of Mind and Body and the Modern Biological Perspective

• René Descartes =

1) The Modern Biological Perspective =

2) Two Variations on the Biological Theme =

• Neuroscience =

• Evolutionary Psychology =

  o Natural Selection =

B) The Founding of Scientific Psychology and the Modern Cognitive Perspective

1) Wilhelm Wundt =

• Periodic Table =

2) Introspecting for the Elements of Conscious Experience =

• Reaction time =

• Introspection =

3) Wundt’s Legacy: Structuralism =

• Edward Bradford Titchener =

• Structuralism =

4) James and the Function of Mind and Behavior =

• William James =

• Functionalism =

5) The Modern Cognitive Perspective =

• Cognition =

• Cognitive neuroscientists =

C) The Behavioral Perspective: Rejection of Introspection and a Focus on Observable Behavior =

• Behaviorists =

• John B. Watson =

• B. F. Skinner =

D) The Whole-Person Perspectives: Psychodynamic, Humanistic, Trait & Temperament

1) Psychodynamic Psychology =

• Freud and psychoanalytic theory =

2) Humanistic Psychology =

3) Trait and Temperament Psychology =

• The Big Five =

E) The Developmental Perspective: Changes Arising from Nature and Nurture =

• Nature =

• Nurture =

F) The Sociocultural Perspective: The Individual in Context =

• Social influence =

• Social psychologists =

• Culture =
• Cross-cultural psychologists =

G) The Changing Face of Psychology =

• “Hybrid psychologists” =
• Mary Whiton Calkins =

H) Psychology Matters: Psychology as a Major

• Educational requirements =

• Types of jobs =

ADDITIONAL NOTES
What Is Psychology—and What Is It Not?

1. Fill in the blanks with the correct information.
   
   The ancient Greek word “psyche” means ____________________ and the suffix “ology” means ____________________ ; therefore, “psychology” literally means ____________________.

2. In what ways is the definition of “psychology” you gave in question #1 similar to and different from the broader Core Concept definition explained in the text?

3. What does it mean that psychology covers both “internal” and “external” factors?

Psychology: It’s More than You Think

4. According to the textbook, what are the three main categories of psychologists?
   
   A. ___________________  B. ___________________  C. ___________________

5. Fill in each blank with the category of psychologist that makes the statement correct.
   
   A. Of the three broad categories of psychologists, ____________________ psychologists constitute the smallest group.
   
   B. Approximately 64% of the doctoral-level psychologists in the U.S. are ____________________ psychologists.
   
   C. Psychologists who work in clinics or hospitals are most likely to be ____________________ psychologists.
   
   D. ____________________ psychologists at community colleges generally are not required to do research.
   
   E. Another name for ____________________ psychologists is research psychologists.
6. Your text describes six of the most common applied psychology specialties. In the blanks provided, name the type of applied psychologist you would consult if you experienced the circumstances described below.

A. A family member has been showing signs of serious depression. ______________________________

B. Your father wants to return to work after a stroke that has left him with some residual difficulties in walking. ______________________________

C. You are confused by the results of your child’s standardized academic achievement tests. ______________________________

D. You are an executive at a manufacturing firm and you are looking to design a new computer keyboard. ______________________________

E. You are the vice president at a company that has been experiencing a very high turnover rate for the past year. ______________________________

F. You are a competitive soccer player who experiences high anxiety before big matches. ______________________________

7. To learn much more about different careers in psychology, visit this site: http://www.psywww.com/careers/

Psychology Is Not Psychiatry

8. Indicate whether each statement is True (T) or False (F) by circling the appropriate letter after the statement.

A. Clinical psychologists cannot prescribe medication. T F

B. Most psychologists treat mental disorders. T F

C. Psychiatrists always have a Doctor of Medicine (MD) degree. T F

D. Psychiatrists can prescribe medication but they cannot perform other medical procedures. T F

E. Psychiatry is the study of mental processes and behavior. T F

F. Graduate training in psychology usually emphasizes research methods. T F

G. Most psychiatrists use a medical perspective with their patients. T F

H. Psychiatry is a broader field of study than psychology. T F
9. Differentiate between psychologists and psychiatrists in terms of training and what they typically do.

<table>
<thead>
<tr>
<th>PSYCHOLOGISTS</th>
<th>VS.</th>
<th>PSYCHIATRISTS</th>
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</table>

**Psychology Matters:**
Thinking Critically about Psychology and Pseudopsychology

10. Define “pseudopsychology.”

11. Give at least three examples of pseudopsychology that are discussed in the text.

A. _________________________
B. _________________________
C. _________________________

12. Your textbook authors list several critical thinking skills they want you to develop. What are the six questions your authors believe you should ask yourself when you confront new ideas?

A. ______________________________________________________________
B. ______________________________________________________________
C. ______________________________________________________________
D. ______________________________________________________________
E. ______________________________________________________________
F. ______________________________________________________________
13. For each example below, tell which of the six critical thinking questions are most applicable and explain why.

A. In a TV ad for “fat-burning” pills a man who has taken the pills states that he lost 40 pounds in one month. In addition, a physician states that she recommends the pills to her patients who are trying to lose weight.

Critical Thinking Questions: ____________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

B. Your friend returns from a visit to a psychic and excitedly tells you how accurate the psychic’s knowledge was of his past and present experiences. He says that because the psychic knew so much about his past and present, he’s sure that her predictions about his future are going to come true.

Critical Thinking Questions: ____________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

C. You read an Internet article that says kids who go on shooting sprees at school and kill their classmates all have been victims of bullying. The authors of the article, a high school principal and vice principal, point out that at their school they’ve had no violence of any kind because they developed and instituted an anti-bullying program in their school. They offer to give workshops about their program to other school personnel for a minimal fee.

Critical Thinking Questions: ____________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

14. Give a specific example that shows why pseudopsychology can be harmful.
15. Fill in the blanks with the correct terms.

A. Paying attention to information that is consistent with our beliefs while ignoring information that is contrary to our beliefs is the _________________________.

B. Evidence based on just a few people’s experiences is known as ________________________ evidence.

C. The tendency to make judgments based more on attitudes and feelings than on rational thoughts is known as _________________________.

16. Define “confirmation bias” and explain how it can negatively affect critical thinking.

17. Why should we be wary of anecdotal evidence?

18. To engage in critical thinking and explore pseudopsychology further, visit the James Randi Educational Foundation at the following site:

http://www.randi.org

James Randi used to be known as The Amazing Randi, a successful magician. Using his knowledge of illusions, deception, and magic tricks, he formed his organization to teach the public critical thinking skills and to expose, using the scientific method, individuals who are purposefully using pseudopsychology to take advantage of others.

How Do Psychologists Develop New Knowledge?

19. Explain the main way(s) that pseudopsychology differs from psychology.

20. Fill in the blanks with the correct terms.

A. A testable explanation for a set of facts or observations is known as a scientific _________________________.

B. The ________________________ is a way to put ideas to an objective pass-fail test.

C. ________________________ involves collecting objective information using careful measurements based on direct experience.
21. According to the text, a good theory has what two attributes?

A. ____________________________  B. ____________________________

**The Five Steps of the Scientific Method**

22. Name the five steps of the scientific method and describe what happens in each one.

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<td>B.</td>
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<td>C.</td>
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<td>D.</td>
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<td>E.</td>
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23. *Match each term with its description by placing the letter corresponding to the term in the space next to its description.*

**TERMS**
A. Replicate  D. Control group  G. Operational definitions
B. Dependent variable  E. Data  H. Experimental group
C. Hypothesis  F. Independent variable  I. Random assignment

**DESCRIPTIONS**

- Individuals in a controlled test who do not receive the treatment
- A statement predicting the outcome of a study
- The measured outcome of an experiment
- Pieces of information gathered in a study
- Individuals are divided into groups by chance alone
- Individuals in a controlled test who receive the treatment
- The factor that the researcher varies
- Objective descriptions of concepts that are involved in a scientific study
- A control for bias usually done by someone besides the researcher who did the original study
24. Why is it crucial that a research hypothesis be falsifiable?

25. In the following example, identify the different parts of the study.

Dr. Vargas is interested in seeing if a new method of teaching psychology is better than his usual lecture method. He teaches one class using traditional lecture. He teaches the other using a discussion method. At the end of the term he tests both classes to see which gets higher scores on the final exam.

A. Independent Variable =

B. Dependent Variable =

C. Control Group =

D. Experimental Group =

26. In the above example, what very important aspect of a controlled experiment is missing? Why might this omission be a problem in the study?

27. Underline the word(s) in parentheses that will make each statement correct. (Both options may be correct!)

A. A testable prediction is known as a (theory/hypothesis).

B. Controlled studies need to have (operational definitions/an independent variable).

C. Researchers may use (replication/an experimental group) to discover if the results of a study are accurate.

D. The outcome data of a study are the (independent variable/dependent variable).

E. To try to make certain there are no pre-existing differences between groups in an experiment, researchers use (replication/random assignment).

F. A researcher decides to measure intelligence by obtaining participants’ scores on an intelligence test. Therefore, those test scores are the researchers’ (independent variable/operational definition).
Five Types of Psychological Research

28. In the table below, name the five types of psychological research, briefly describe them, and tell any limitations of each.

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<tr>
<th>Type of Research</th>
<th>Brief Description</th>
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29. Indicate whether each statement is True (T) or False (F) by circling the appropriate letter after the statement.

A. Naturalistic observations are the best scientific method to use to assess cause-and-effect relationships.  
   T  F

B. When there is no relationship between two variables, this is called a negative correlation.  
   T  F

C. Experiments allow the researcher more control over variables than any other research method.  
   T  F

D. A positive correlation indicates that an increase in one variable causes an increase in another variable.  
   T  F

E. A correlation coefficient of –0.80 indicates a very weak correlation.  
   T  F

F. Asking research participants questions is called the survey method.  
   T  F

G. The “clinical method” is also known as the experimental method.  
   T  F

H. Observing people in their usual surroundings and recording their behaviors is the research method called a case study.  
   T  F
30. **Fill in the blanks with the correct information.**

A ____________________ statistic summarizes the relationship between two variables. A ____________________ means there is no relationship between the variables. A ____________________ means that the variables change in the same direction (i.e., either both increase or both decrease). In a ____________________, one variable increases as the other decreases.

31. **NEED A BREAK?**

To get a better understanding of psychology research, visit MyPsychLab.

**Controlling Biases in Psychological Research**

32. **Underline the word(s) in parentheses that will make each statement correct. (Both options may be correct!)**

A. If a researcher allows his or her expectations to affect the outcome of a study, this is referred to as (emotional/expectancy) bias.

B. A (placebo study/double-blind study) is an experimental procedure in which both the researcher and the participants do not know who is in the experimental group and who is in the control group.

C. A way to get rid of expectancy bias in a study is to use a (correlational study/double-blind study).

D. Robert Guthrie’s book titled “Even the Rat Was White” pointed out how (expectancy bias/emotional bias) has long been a problem in psychological research.

E. A sham “drug” used in drug studies is often called a (placebo/sugar pill).

F. (Peer criticism/Replication) can help reduce bias in scientific research.

G. Researchers’ biases can affect the way they (interpret results/design a study).

33. Visit the following website and participate in one of the many online studies being conducted by researchers from a variety of different universities!

   [http://psych.hanover.edu/research/exponnet.html](http://psych.hanover.edu/research/exponnet.html)

34. How does a double-blind study help reduce bias? Whose biases are reduced?
35. Fill in the empty boxes of the concept map below.
36. For each of the following vignettes, identify the best type(s) of research design for investigating the issue described. For each study, about which source(s) of research bias would you be most concerned?

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<tr>
<th>TYPES OF DESIGNS</th>
<th>SOURCES OF BIAS</th>
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<tr>
<td>Survey</td>
<td>Expectancy Bias</td>
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<tr>
<td>Case Study</td>
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<tr>
<td>Naturalistic Observation</td>
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</table>

A. Researchers want to investigate claims made by a company that a supplement will increase weight loss threefold without causing physical problems.
   Design(s) Chosen:
   Possible Source(s) of Bias:

B. Managers at a manufacturing firm are concerned about high turnover and low morale. They engage the consulting services of two industrial-organizational psychologists to find out what is going on in the departments with the worst records over the past three months.
   Design(s) Chosen:
   Possible Source(s) of Bias:

C. Child development specialists want to test the assertion that preschool-age children who are in daycare more than 20 hours per week have more behavioral problems than those who are not in daycare at all.
   Design(s) Chosen:
   Possible Source(s) of Bias:

D. An insurance company wants to gather information about safety-related behaviors of teenaged drivers in a region of the country where there has been a huge number of fatal accidents with teen drivers.
   Design(s) Chosen:
   Possible Source(s) of Bias:

E. A team of biological psychologists and medical doctors want to know how development is affected in patients under the age of 4 who have had an entire hemisphere of their brain removed in order to control their seizures.
   Design(s) Chosen:
   Possible Source(s) of Bias:
37. According to the American Psychological Association’s “Ethical Principles of Psychologist and Code of Conduct,” what two main ethical obligations do researchers have when dealing with research participants?

A. ___________________________  B. ___________________________

38. Fill in the blanks with the correct information.

A. In order to insure ethical practices, most research institutions have watchdog committees, called ______________________________, which oversee research.

B. Participants who have participated in research involving deception must be ____________________________ after the study to make sure they suffer no lasting ill effects.

C. APA ethical guidelines state that under most circumstances participation in research should be ___________________________ and ___________________________.

39. Why might researchers need to use deception in a psychology study? What ethical safeguards are in place to protect participants in such studies?

40. What ethical guidelines are in place for animal research?

41. Explore two outstanding professional organizations for psychologists (and for all others interested in psychology):

   The American Psychological Association (APA) is one of the most prominent organizations in the country for psychologists. Visit its website at: http://www.apa.org

   The Association for Psychological Science (APS) is a professional organization that promotes scientific research in all fields of psychology. Visit: http://www.psychologicalscience.org
Questions Science Cannot Answer

42. What kinds of questions is science unable to answer?

Psychology Matters: Using Psychology to Learn Psychology

43. What is a “cognitive map?”

What Are Psychology’s Six Main Perspectives?

44. About 2,500 years ago, what beliefs in the following societies laid the foundations for psychology?

A. Greek society ______________________________________________________
   __________________________________________________________________

B. Asian society ______________________________________________________
   __________________________________________________________________

C. African society _____________________________________________________
   __________________________________________________________________

45. According to the text, what were the two main influences on the development of Western psychology as a science?

A. ____________________________ B. ____________________________

46. In Medieval Europe why did the Church actively discourage exploration of human nature?

47. Name the six modern perspectives in psychology.

A. ____________________________ D. ____________________________
B. ____________________________ E. ____________________________
C. ____________________________ F. ____________________________
Separation of Mind and Body and the Modern Biological Perspective

48. In the 17th century, what radical concept related to psychology did René Descartes propose? What were scientists able to discover because of Descartes’ ideas?

49. Fill in the blanks with the correct information.

The biological view has strong roots in _____________ and _____________. The field of _____________ combines biological psychology, biology, neurology, and other fields interested in brain processes. _____________ psychology is a variation on the biological perspective. It is based on the work of _______________. It suggests that our characteristics come from the process of _________________.

The Founding of Scientific Psychology and the Modern Cognitive Perspective

50. In the space provided next to each approach or perspective, write the names of the individuals associated with that particular concept. More than one name can be used for each.

NAMES: John Dewey, William James, Edward Titchener, Wilhelm Wundt

A. Introspection __________________________________________________
B. Functionalism _________________________________________________
C. Structuralism __________________________________________________
D. Progressive education ___________________________________________

51. Match each term to its most appropriate definition or description by writing the letter of the term in the space next to the description. Terms can be used more than once.

TERMS
A. Functionalism B. Introspection C. Structuralism

DESCRIPTIONS
_____ Devoted to revealing the components of the mind
_____ Tied to applied psychology
_____ Wundt is the “father” of this
_____ Devoted to understanding how and why the mind works
_____ Subjective rather than objective
_____ Describing one’s own perceptions and emotions
52. What role did chemistry’s periodic table play in the development of psychology?

53. For a wonderful, fascinating biography of William James, visit this website:  
   http://www.des.emory.edu/mfp/jphotos.html

54. What does the modern cognitive perspective emphasize?

The Behavioral Perspective: Rejection of Introspection and a Focus on Observable Behavior

55. Why did John B. Watson, B. F. Skinner, and other behaviorists believe that the mind should not be the focus of study in psychology?

56. Briefly explain the behavioral perspective.

57. A great, easy-to-read biography of John B. Watson can be found at:  
   http://facweb.furman.edu/~einstein/watson/watson1.htm

The Whole-Person Perspectives: Psychodynamic, Humanistic, Trait & Temperament

58. According to the text, in what three ways was Freud’s theory revolutionary?

   A. ___________________________________________________________

   B. ___________________________________________________________

   C. ___________________________________________________________
59. Match each term to its most appropriate definition or description by writing the letter of the term in the space next to the description (one letter per space). Terms may be used more than once.

TERMS
A. Psychodynamic Psychology  C. Humanistic Psychology
B. Psychoanalysis    D. Trait & Temperament Psychology

DESCRIPTIONS
_____ Emphasizes the idea that the mind can be unconscious
_____ Emphasizes human beings’ free will
_____ Includes the idea that unconscious energies motivate people’s behavior
_____ Uses “free association” and the analysis of dreams
_____ Emphasizes stable personality differences between people
_____ Focuses on the positive aspects of human nature
_____ Usually used by physicians with a specialty in psychiatry and special advanced training

60. What are the “Big Five” and what theory incorporates this concept?

The Developmental Perspective: Changes Arising from Nature and Nurture

61. According to the text, the main idea that defines the developmental perspective is:

_____________________________________________________________________
_____________________________________________________________________

The Sociocultural Perspective: The Individual in Context

62. What are “cross-cultural psychologists” and what bias in psychology are they trying to counter?

63. Define “culture.”
Section Summary

64. Complete the table below. For each of the perspectives, identify any subcategories and then tell what processes would be emphasized by a psychologist associated with the general perspective.

<table>
<thead>
<tr>
<th>Perspective &amp; Subcategories</th>
<th>Emphasized Processes</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Biological</td>
<td></td>
</tr>
<tr>
<td>B. Cognitive</td>
<td></td>
</tr>
<tr>
<td>C. Behavioral</td>
<td></td>
</tr>
<tr>
<td>D. Whole-Person</td>
<td></td>
</tr>
<tr>
<td>E. Developmental</td>
<td></td>
</tr>
<tr>
<td>F. Sociocultural</td>
<td></td>
</tr>
</tbody>
</table>

The Changing Face of Psychology

65. Who was Mary Whiton Calkins? __________________________________________

66. The following site about Mary Calkins presents a terrific overview of her life:
   http://www.kzoo.edu/psych/calkins/Biography.html

67. Indicate whether each statement is True (T) or False (F) by circling the appropriate letter after the statement.

A. A current trend in psychology is to take a sociocultural perspective.   T  F

B. Currently, about 50% of the doctorates in psychology are awarded to women.  T  F

C. In 1950 the American Psychological Association elected its first female president.   T     F

D. In 1906, only 20% of American psychologists were women.  T  F
68. An excellent website devoted to the history of women in psychology and in related fields is one by Dr. Linda Woolf of Webster University:
   http://www.webster.edu/~woolflm/women.html

69. For a detailed timeline of the inclusion of African Americans in U.S. psychology, visit the following APA site:

Psychology Matters: Psychology As a Major

70. Indicate whether each statement is True (T) or False (F) by circling the appropriate letter after the statement.

   A. In most states, a license to practice psychology requires a doctoral degree. T   F

   B. Most college or university teaching jobs require at least a master’s degree. T   F

   C. In many states, master’s-level psychologists in private practice are not allowed to advertise themselves as “psychologists.” T   F

Critical Thinking Applied: Facilitated Communication

71. Underline the word(s) in parentheses that will make each statement correct. (Both options may be correct!)

   A. “Facilitated communication” was a technique used with individuals who have (mental retardation/autism).

   B. It is a (substantiated/unfounded) belief that individuals with autism have untapped language abilities that can be accessed with help.

   C. (Anecdotal/scientific) evidence showed that, when facilitators knew the questions posed to the autistic children, the children’s answers made sense.

   D. Scientific research showed that when facilitators did not know the questions posed to the autistic children, the children’s answers (made sense/did not make sense).

72. What lessons about critical thinking can we take away from the issue of facilitated communication?
PRACTICE TEST #1

1. Psychology is best defined as the scientific study of
   A. human and animal behavior.  C. behavior and mental processes.
   B. behavior and mental disturbance.  D. human behavior and animal instincts.

2. Which of the following psychological perspectives is most closely associated with the study of attending, thinking, knowing, and remembering?
   A. Behaviorist  B. Cognitive  C. Psychoanalytic  D. Biological

3. _____ was the philosopher who asserted that the mind and body are separate.
   A. Aristotle  B. Plato  C. Descartes  D. Darwin

4. _____ is the practice of asking people to report their mental experience.
   A. Insight  B. Structuralism  C. Extrospection  D. Introspection

5. _____ focus on understanding the elements of consciousness.
   A. Structuralists  C. Evolutionists
   B. Functionalists  D. Behaviorists

6. Which of the following psychological perspectives assumes that human behavior is best explained by unconscious conflicts?
   A. Behaviorist  C. Psychoanalytic
   B. Cognitive  D. Humanistic

7. Which of the following psychological perspectives assumes that humans are intrinsically motivated to reach their full potential?
   A. Behaviorist  C. Psychodynamic
   B. Cognitive  D. Humanistic

8. Rena is a business executive who wants to increase worker productivity and communication, so she consults a(n) _____ psychologist.
   A. I/O  B. engineering  C. sports  D. clinical

9. Lindsay is a psychiatrist. She completed which of the following degrees?
   A. MD  B. PhD  C. EdD  D. PsyD

10. Dr. Jordan predicts there is a relationship between the amount of chocolate a child eats and the hyperactivity level of the child. This prediction is a _____.
    A. theory  B. variable  C. hypothesis  D. paradigm
PRACTICE TEST #2

1. Jamal has had chronic pain since an accident. In desperation, he thinks he has found relief in a mixture of seaweed and prune juice. He swears by this treatment, although he has seen many articles warning that it is a fraud. He could best be described as having a(n) _____ bias.
   A. expectancy   B. observer   C. confirmation   D. placebo

2. Steve is a psychologist who believes that behavior is controlled by events in the environment that happen after the behavior. He is most likely to be a(n) _____ psychologist.
   A. cognitive   B. evolutionary   C. behavioral   D. psychodynamic

3. Ted is seeing a humanistic psychologist for therapy. Ted's psychologist most likely focus on
   A. striving for growth and developing potential.
   B. how Ted's environment has shaped his behavior.
   C. cultural guidelines that shaped Ted's personality.
   D. the conflict between personal desires and social restrictions.

4. What best differentiates scientific psychology from pseudopsychology?
   A. Scientific psychology’s focus on the natural rather than the social world
   B. Scientific psychology’s method of testing ideas against objective observations
   C. Scientific psychology’s absolute certainty of its findings
   D. Scientific psychology’s more widespread public acceptance

5. In an experiment, the variable that is manipulated is called the _____ variable.
   A. control   B. independent   C. dependent   D. confounding

6. Dr. Rodriguez wants to find out if studying to music helps learning. She randomly assigns male and female students to two groups. One group studies while listening to music and the other studies without listening to any music. Both groups have similar grade point averages. She then compares the groups’ scores on the final exam. In this study, the independent variable is
   A. the gender of the students.   B. grade point averages.
   C. whether or not they listen to music.   D. students’ scores on the final exam.

7. Dr. Rodriguez wants to find out if studying to music helps learning. She randomly assigns male and female students to two groups. One group studies while listening to music and the other studies without listening to any music. Both groups have similar grade point averages. She then compares the groups’ scores on the final exam. In this study, the dependent variable is
   A. the gender of the students.   B. grade point averages.
   C. whether or not they listen to music.   D. students’ scores on the final exam.
8. In a correlational study the researcher is unable to exercise any control over the variables. Thus, correlation does not imply

9. Professor Li is interested in studying children’s social behaviors. To do this, he visits a preschool and carefully monitors and records the children’s behavior. Professor Li is engaged in what type of research?
   A. Survey research  C. Case study
   B. Naturalistic observation  D. Experimental research

10. Dr. McMurphy has a client who has an unusual combination of disorders and life circumstances. Dr. McMurphy conducts an in-depth study of her client. She is engaged in what type of research?
    A. Survey research  C. Case study
    B. Naturalistic observation  D. Experimental research

PRACTICE TEST #3

1. Which of the following psychological perspectives is most closely associated with the study of external events in the environment?
   A. Cognitive  B. Behaviorism  C. Biological  D. Psychoanalytic

2. The primary focus in the _____ approach to psychology is to study
   A. psychodynamic; unconscious mental conflicts.
   B. humanistic; the overt expression of inner motives.
   C. biological; mental mechanisms and adaptive functioning.
   D. cognitive; the environmental causes and consequences of behavior.

3. The moderate relationship between SAT scores and college grades is an example of a _____ correlation.
   A. positive  B. zero  C. negative  D. academic

4. All of the following are whole-person perspectives EXCEPT
   A. humanistic psychology.  C. cognitive psychology.
   B. psychodynamic psychology.  D. trait and temperament psychology.

5. According to the APA ethical guidelines for research, what should psychologists avoid doing?
   A. Using animals in experiments
   B. Deceiving participants in experiments
   C. Debriefing subjects after an experiment
   D. Requiring participation in an experiment
6. John B. Watson was the first behaviorist. The psychologist who followed Watson was

7. The psychologist most associated with psychodynamic psychology is

8. What type of research design would be used to study whether happy people are healthier than
   unhappy people?
   A. Correlational        C. Behavioral
   B. Experimental         D. Sociocultural

9. The type of bias that leads people to pay attention only to information consistent with their
   own beliefs while ignoring information contrary to their beliefs is called _____ bias.
   A. expectancy          B. emotional       C. hindsight        D. confirmation

10. The _____ officially approves research done by psychologists at most universities.
    A. watchdog committee   C. institutional review board
    B. research committee   D. research review board

COMPREHENSIVE REVIEW TEST

1. In an effort to prevent participants in an experiment from trying to figure out what the
   researchers are studying and thus biasing the results, psychologists sometimes
   A. get written promises to answer honestly.
   B. keep all information about the participant secret.
   C. keep the true purpose from the participants.
   D. makeup a fake reason for doing the study.

2. The developmental perspective in psychology emphasizes
   A. changes as we age.        C. unconscious motivations.
   B. biochemical processes.   D. rewards in the environment.

3. Alicia wants to understand peer pressure among adolescents so she goes to a popular mall and
   carefully watches the activities and interactions of a group of adolescents. Alicia is using
   B. introspection.           D. naturalistic observation.

4. Which historical school of psychology believed that mental processes could be best
   understood in terms of their adaptive purpose?
   A. Structuralism          C. Functionalism
   B. Behaviorism            D. Humanism

5. All of the following are operational definitions of happiness EXCEPT
   A. number of smiles in one hour.  C. a person’s joyful mood.
   B. rating on a happiness scale.  D. score on a happiness test.

6. Rupert wants to learn whether men or women are better drivers. To determine this, he decides that he will measure driving ability by examining the number of tickets that people have received. Thus, he is using the number of tickets as
   A. the control group.   C. the independent variable.
   B. the theory of good driving.   D. the operational definition.

7. Random assignment to conditions is essential in which of the following types of research?
   A. Correlational   C. Survey
   B. Naturalistic observation   D. Experimentation

8. A psychologist who studies how hormones affect a person's behavior is using the _____ approach.
   A. functional   B. structural   C. biological   D. evolutionary

9. The first laboratory in psychology was founded by
   A. Ivan Pavlov.  C. Wilhelm Wundt.

10. Ivan is working with General Motors to better design the dashboard instruments on its cars. Ivan is most likely a(n) _____ psychologist.
    A. structural   B. behavioral   C. humanistic   D. engineering

11. The prediction that a researcher makes about the variables in a study is called a

12. The word “psyche” comes from the Greek word for

13. In true experiments people are randomly divided into groups. Why is this done?
    A. To get a diverse, representative sample of people to participate in the experiment
    B. To find out if there are correlations between groups
    C. To gain control over the research so that it can become a correlational study
    D. To try to make sure the groups are comparable before the intervention is performed

14. If researchers find a positive correlation between the number of psychology courses completed and self-esteem level, this means that
    A. people who take a lot of psychology courses also tend to have high self-esteem.
    B. taking a lot of psychology courses causes an increase in people’s self-esteem.
    C. having high self-esteem makes people take a lot of psychology courses.
    D. the higher people’s self-esteem, the fewer psychology courses they take.
15. William James is most associated with the _____ perspective in psychology.
   A. functionalist     C. historical
   B. biological        D. neurological

CRITICAL THINKING ESSAYS

1. Your friend reads an article about how playing video games can cause children to develop hyperactivity and how these games can cause cognitive damage. Because you have learned about the scientific method and how psychology studies such questions, what would you tell your friend about the article she read? What would you tell her to ask before getting rid of her son’s video game system?

2. Discuss some of the ways in which psychologists and other scientists distinguish between science and pseudoscience. Why do you think pseudoscientific beliefs are so persistent in the face of the disconfirming evidence that has been produced?

3. In what ways are the six main perspectives of psychology similar and different?