

## Unit 1:

### ANSWERS

#### UNIT REVIEW

##### What Is Psychology?

1. think; feel; act
2. Socrates; Plato; mind; body; innate; Aristotle; experiences
3. Rene Descartes; animal spirits; nerves
4. John Locke; tabula rasa; Francis Bacon; empiricism; observation; experimentation
5. Wundt; Edward Titchener; structuralism; introspection; unreliable
6. William James; adaptive; functionalism
7. Mary Calkins; Margaret Floy Washburn
8. experimental psychologists
9. biology; philosophy
10. learning; Sigmund Freud; children
11. mental; observable
12. behaviorism; Carl Rogers; Abraham Maslow; humanistic; growth; healthy
13. cognitive; mind; cognitive neuroscience
14. behavior; mental
15. observe; record; subjective experiences; infer
16. asking and answering questions

##### Contemporary Psychology

1. increasing; globalizing
2. biology; experience
3. Charles Darwin; evolution; natural selection; reproduction; survival
4. nurture; nature; psychological; biological
5. system; social system; levels; analysis; psychological; social-cultural; biopsychosocial
6. biological
7. evolutionary
8. psychodynamic
9. behavioral
10. cognitive
11. humanistic
12. social-cultural
13. complement
14. psychometrics
15. basic research; applied research
16. developmental
17. teaching; learning
18. personality; social
19. counseling; clinical

20. psychiatrists

##### Close-Up: Tips for Studying Psychology

1. actively
2. SQ3R; a. survey; b. question; c. read; d. review; e. reflect
  - a. Distribute study time.
  - b. Learn to think critically.
  - c. Listen actively in class.
  - d. Overlearn material.
  - e. Be a smart test-taker.

##### Progress Test 1

###### Multiple-Choice Questions

1. a. is the answer. (p. 6)
  - b. Psychology has never been defined in terms of conscious and unconscious activity.
  - c. From the 1920s into the 1960s, psychology was defined as the scientific study of observable behavior.
  - d. Psychology today is defined as the scientific study of behavior and mental processes. In its earliest days, however, psychology focused exclusively on mental phenomena.
2. c. is the answer. (p. 6)
  - a. Wilhelm Wundt, the founder of the first psychology laboratory, was seeking to measure the simplest mental processes.
  - b. Sigmund Freud developed an influential theory of personality that focused on unconscious processes.
  - d. William James, author of the early textbook *Principles of Psychology*, was a philosopher and was more interested in mental phenomena than observable behavior.
3. d. is the answer. (p. 7)
  - a. In its earliest days psychology was defined as the science of mental phenomena.
  - b. Psychology has never been defined in terms of conscious and unconscious activity.
  - c. From the 1920s into the 1960s, psychology was defined as the scientific study of behavior.
4. a. is the answer. (p. 4)
5. d. is the answer (p. 6)
  - a. Wilhelm Wundt founded the first psychology laboratory.
  - b. Ivan Pavlov pioneered the study of learning.
  - c. Jean Piaget was this century's most influential observer of children.
6. a. is the answer. Biology and experience are internal and external influences, respectively. (p. 8)
  - b. Rewards and punishments are both external influences on behavior.
  - c. Heredity and instinct are both internal influences on behavior.
  - d. The legitimacy of the study of mental processes does not relate to the internal/external issue.
7. d. is the answer. For Locke, the mind at birth was a blank tablet. (p. 3)

- a Plato assumed that much of intelligence is inherited and therefore present at birth. Moreover, he was a philosopher of ancient Greece.
  - b Aristotle held essentially the same viewpoint as Locke, but he lived in the fourth century B.C.
  - c Descartes believed that knowledge does not depend on experience.
8. c. is the answer. (p. 3)
- a Aristotle was a philosopher in ancient Greece who would have agreed with Locke that knowledge comes from experience.
  - b Plato assumed that character and intelligence are inherited.
  - d Locke believed that the mind is a blank slate at birth.
9. a. is the answer. (pp. 10, 11)
- b The cognitive perspective is concerned with how we encode, process, store, and retrieve information.
  - c The behavioral perspective studies the mechanisms by which observable responses are acquired and changed.
  - d The evolutionary perspective focuses on how the natural selection of traits promoted the survival of genes.
10. d. is the answer. (pp. 10, 11)
- a Behavioral psychologists investigate how learned behaviors are acquired. They generally do not focus on subjective opinions, such as attractiveness.
  - b The evolutionary perspective studies how natural selection favors traits that promote the perpetuation of one's genes.
  - c Cognitive psychologists study the mechanisms of thinking and memory, and generally do not investigate attitudes. Also, because the question specifies that the psychologist is interested in comparing two cultures, d. is the best answer.
11. a. is the answer. (p. 13)
- b & c. Applied and industrial-organizational psychologists tackle practical problems.
  - d Clinical psychologists (and researchers) focus on treating troubled people.
12. c. is the answer. (p. 13)
- d Psychiatrists are medical doctors rather than psychologists.
13. a. is the answer. (p. 12)
- c & d. Psychologists are widely involved in both basic and applied research.
14. d. is the answer. (p. 14)
15. d. is the answer. (p. 7)

### Matching Items

- |              |               |              |
|--------------|---------------|--------------|
| 1. f (p. 10) | 7. a (p. 13)  | 13. d (p. 4) |
| 2. b (p. 10) | 8. g (p. 10)  | 14. n (p. 5) |
| 3. P (p. 13) | 9. m (p. 13)  | 15. h (p. 6) |
| 4. j (p. 13) | 10. c (p. 13) | 16. k (p. 7) |
| 5. o (p. 10) | 11. i (p. 10) |              |
| 6. e (p. 10) | 12. l (p. 10) |              |

## Progress Test 2

### Multiple-Choice Questions

1. a. is the answer. (p. 4)
2. a. is the answer. (p. 4)
- b & d. John Watson, like many American psychologists during this time, believed that psychology should focus on the study of observable behavior.
  - c Because he pioneered the study of learning, Pavlov focused on observable behavior and would certainly have disagreed with this statement.
3. b. is the answer. (p. 7)
4. d. is the answer. (p. 6)
5. a. is the answer. (p. 7)
- b Psychology is equally involved in basic research.
  - c Psychology's knowledge base is constantly expanding.
  - d Psychology is the scientific study of behavior and mental processes.
6. c. is the answer. (p. 6)
7. b. is the answer. (p. 2)
- a Aristotle believed that all knowledge originates with sensory experience.
  - c Descartes was a philosopher of the seventeenth century.
  - d Simonides was a well-known Greek orator.
8. d. is the answer. (p. 10)
- a The biological perspective studies the biological bases for a range of psychological phenomena.
  - b The evolutionary perspective studies how natural selection favors traits that promote the perpetuation of one's genes.
  - c The social-cultural perspective is concerned with variations in behavior across situations and cultures.
9. c. is the answer. After earning their M.D. degrees, psychiatrists specialize in the diagnosis and treatment of mental health disorders. (p. 13)
- a., b., & d. These psychologists generally earn a Ph.D. rather than an M.D.
10. d. is the answer. The emphasis on change during the life span indicates that Dr. Jones is most likely a developmental psychologist. (p. 13)
- a Clinical psychologists study, assess, and treat people who are psychologically troubled.
  - b Personality psychologists study our inner traits.
  - c Psychiatrists are medical doctors.
11. c. is the answer. (p. 13)
- a Clinical psychologists study, assess, and treat people with psychological disorders.
  - b & d. Personality psychologists and psychiatrists do not usually study people in work situations.
12. c. is the answer. (p. 10)
- a Psychologists who follow the behavioral perspective emphasize observable, external influences on behavior.
  - b The evolutionary perspective focuses on how natural selection favors traits that promote the perpetuation of one's genes.

- d The cognitive perspective places emphasis on conscious, rather than unconscious, processes.
13. a. is the answer. (p. 10)
14. a. is the answer. The research is addressing a practical issue. (p. 13)
- b Basic research is aimed at contributing to the base of knowledge in a given field, not at resolving particular practical problems.
- c & d. Clinical and developmental research would focus on issues relating to psychological disorders and life-span changes, respectively.
15. a. is the answer. (p. 14)
- b & c. Although each of these is true, SQ3R is based on the more general principle of active learning.
- d In fact, just the opposite is true.
16. a. is the answer. (p. 10)

### Matching Items

- |      |      |       |
|------|------|-------|
| 1. F | 5. F | 9. T  |
| 2. F | 6. F | 10. T |
| 3. T | 7. T |       |
| 4. T | 8. F |       |

## Psychology Applied

### Multiple-Choice Questions

1. b. is the answer. (p. 4)
- a. As the founder of the first psychology laboratory, Wundt certainly based his research on the scientific method.
- c. The earliest psychologists, including Wilhelm Wundt, were concerned with the self-examination of covert thoughts, feelings, and other mental processes.
2. c. is the answer. (p. 4)
3. d. is the answer. (pp. 4-7)
4. c. is the answer. (p. 13)
- a. industrial-organizational psychologists study and advise on behavior in the workplace.
- b. Developmental psychologists investigate behavior and mental processes over the life span.
- d. Psychiatrists are medical doctors who treat medical disorders. There is no indication that Terrence is suffering from a medical disorder.
5. b. is the answer. (p. 10)
- a., c., & d. Each of these perspectives is too narrow to apply to Professor Gutierrez's belief.
- Moreover, the psychodynamic perspective (a.) emphasizes unconscious processes, in which Professor Gutierrez has not expressed a belief.
6. b. is the answer. Locke believed that all knowledge comes from experience (nurture). Descartes believed that some ideas are innate (nature). (p.3)
- c. & d. The text does not discuss the views of these philosophers regarding this issue.
7. c. is the answer. Like Darwin, James assumed that thinking, like smelling, developed because it was adaptive. (p. 5)
8. d. is the answer. Because both nature and nurture influence most traits and behaviors, the tension surrounding this issue has dissolved. (p. 9)
9. c. is the answer. (p. 10)
- a. This perspective emphasizes the influences of physiology on behavior.
- b. This perspective emphasizes environmental influences on observable behavior.
- d. This perspective emphasizes how behavior and thinking vary across situations and cultures.
10. c. is the answer. (p. 13)
- a. Clinical psychology is concerned with the study and treatment of psychological disorders.
- b. Psychiatry is the branch of medicine concerned with the physical diagnosis and treatment of psychological disorders.
- d. Industrial-organizational psychologists study behavior in the workplace.
11. a. is the answer. (p. 10)
12. a. is the answer. (p. 10)
- b. Neither perspective places any special emphasis on unconscious processes.
- c. Neither perspective emphasizes covert behaviors.
- d. Introspection was a research method used by the earliest psychologists, not those working from the cognitive perspective.
13. c. is the answer. (p. 10)
- a. The text suggests just the opposite: By studying behavior from several perspectives, psychologists gain a fuller understanding.
- b. & d. Each perspective is useful in that it calls researchers' attention to different aspects of behavior. This is equally true of those perspectives that do not emphasize objective measurement.
14. c. is the answer. (p. 15)
- a. To be effective, study must be *active* rather than passive in nature.
- b. Most exams are based on lecture *and* textbook material.
- d. Cramming hinders retention.
15. d. is the answer. (p. 15)
16. d. is the answer. (pp. 4-5)

### Essay Question

A psychologist working from the biological perspective might study the brain circuits and body chemistry that trigger attraction and sexual arousal. A psychologist working from the evolutionary perspective might analyze how love has facilitated the survival of our species. A psychologist working from the psychodynamic perspective might search for evidence that a person's particular emotional feelings are disguised effects of unfulfilled wishes. A psychologist working from the behavioral perspective might study the external stimuli, such as body language, that elicit and reward approach behaviors toward another person. A psychologist working from the cognitive perspective might study how our thought processes, attitudes,

and beliefs foster attachment to loved ones. A psychologist working from the humanistic perspective would have explored ways in which love fulfilled the person's growth potential and a psychologist working from the social-cultural perspective might explore situational influences on attraction and how the development and expression of love vary across cultural groups.

### Key Terms

1. Empiricism is the view that knowledge comes from experience and that science should rely on observation and experimentation. (p. 3)
2. Introduced by Edward Bradford Titchener, structuralism is the early school of psychology that used self-reflection (introspection) to examine the structural elements of the human mind. (p.4)
3. Introduced by William James, functionalism is the early school of psychology that emphasized how behavior and mental processes enable the organism to adapt, survive, and flourish. (p. 5)
4. Experimental psychology is the study of thinking and behavior using the experimental method. (p.6)
5. Behaviorism is the view that psychology should focus only on the scientific study of observable behaviors without reference to mental processes. (p.6)
6. Humanistic psychology is the historically significant perspective of psychology that emphasized the growth potential of healthy people. (p. 6)
7. Cognitive neuroscience is the study of how brain activity is linked with thought processes such as memory and perception. (p. 7)
8. Psychology is the scientific study of behavior and mental processes. (p. 7)
9. The nature-nurture issue is the controversy over the relative contributions that genes (nature) and experience (nurture) make to the development of psychological traits and behaviors. (p. 8)
10. Natural selection is the principle that those traits of a species that contribute to reproduction and survival are most likely to be passed on to succeeding generations. (p. 8)
11. Psychologists analyze behavior and mental processes from differing complementary views, or levels of analysis. (p. 10)
12. The biopsychosocial approach is an integrated perspective that focuses on biologic at psychological and social-cultural levels of analysis for a given behavior or mental process. (p. 10)
13. Biological psychology studies the links between biological and psychological processes. (p. 10)
14. Evolutionary psychology uses principles of natural selection to study thinking and behavior. (p. 10)
15. Psychodynamic psychology studies how unconscious drives and conflicts influence behavior and thinking. (p. 10)
16. Behavioral psychology focuses on principles of learning in the scientific study of observable behavior. (p. 10)
17. Cognitive psychology is the scientific study of thinking, knowing, remembering, and communicating. (p. 10) .
18. Social-cultural psychology is the study of how situations and culture influence thinking and behavior. (p. 10)
19. Psychometrics is the scientific study of the measurement of human abilities, attitudes, and traits. (p.12)
20. Basic research is pure science that aims to increase psychology's scientific knowledge base rather than to solve practical problems. (p. 13)
21. Developmental psychology studies physical, cognitive, and social change over the life span. (p.13)
22. Educational psychology studies how psychological processes affect teaching and learning. (p. 13)
23. Personality psychology is the study of a person's characteristic pattern of thinking, feeling, and acting. (p. 13)
24. Applied research is scientific study that aims to solve practical problems. (p. 13)
25. Industrial-organizational psychology applies psychological concepts to optimizing human behavior in the workplace. (p. 13)
26. Human factors psychology is the study of how humans and machines interact. (p. 13) 14 Unit 1 Psychology's History and Approaches
27. Counseling psychology is the branch of psychology that helps people cope with challenges in their daily lives. (p. 13)
28. Clinical psychology is the branch of psychology concerned with the study, assessment, and treatment of people with psychological disorders. (p.13)
29. Psychiatry is the branch of medicine concerned with the physical diagnosis and treatment of psychological disorders. (p. 13)
30. SQ3R is a study method consisting of five steps: survey, question, read, rehearse, and review. (p.14)