

think and act. A social-cultural psychologist might explain a person's tendency to be extroverted by examining his or her culture's rules about social interaction. How far apart do people in this culture usually stand when they have a conversation? How often do people touch each other while interacting? How much value does the culture place on being part of a group versus being an individual? These cultural norms would be important to a sociocultural psychologist in explaining a person's extroversion.

If you ask psychologists which of these perspectives they most agree with, they might say that each perspective has valid explanations depending on the specific situation. This point of view, sometimes called *eclectic*, claims that no one perspective has all the answers to the variety of human thought and behavior. Psychologists use various perspectives in their work depending on which point of view fits best with the explanation. In the future, some perspectives might be combined or new perspectives might emerge as research continues.

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## Practice Questions

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**Directions:** Each of the questions or incomplete statements below is followed by five suggested answers or completions. Select the one that is best in each case.

1. You are at a lecture about the history of psychology and the speaker states that Wilhelm Wundt's theory of structuralism was the first scientific psychological theory. On what historical fact might the speaker be basing her or his argument?
  - (A) Wundt was internationally known at the time, and this lent credence to his theory in the scientific community.
  - (B) Wundt studied under Ivan Pavlov for his graduate training, and Pavlov required scientific methods to be used.
  - (C) Structuralism was based on the results of his introspection experiments, so it is, at least in part, empirical.
  - (D) Structuralism was based on careful anecdotes gathered from Wundt's extensive clinical career.
  - (E) Wundt was the first person to study psychology in an academic setting.
  
2. Sigmund Freud's theory of the unconscious mind
  - (A) was revolutionary because it was the first comprehensive explanation of human thought and behavior.
  - (B) resulted from discoveries about the human brain obtained by cadaver dissection.
  - (C) is outdated and has no relevance for modern psychology.
  - (D) focused entirely on human males' sex drive.
  - (E) depends on the idea that humans can remember events but not be consciously aware of the memory.

3. In what way might a behaviorist disagree with a cognitive psychologist about the cause of aggression?
- (A) A behaviorist might state that aggression is caused by memories or ways we think about aggressive behavior, while a cognitive psychologist might say aggression is caused by a past repressed experience.
  - (B) A behaviorist might state that aggression is a behavior encouraged by our genetic code, while a cognitive psychologist might state that aggression is caused by memories or ways we think about aggressive behavior.
  - (C) A behaviorist might state that aggression is caused by past rewards for aggressive behavior, while a cognitive psychologist might believe aggression is caused by an expressed desire to fulfill certain life needs.
  - (D) A behaviorist might state that aggression is caused by past rewards for aggressive behavior, while a cognitive psychologist might believe aggression is caused by memories or ways we think about aggressive behavior.
  - (E) A behaviorist would not disagree with a cognitive psychologist about aggression because they both believe that aggressive behavior is caused by the way we cognitively process certain behaviors.
4. Dr. Marco explains to a client that his feelings of hostility toward a coworker are most likely caused by the way the client interprets the coworker's actions and the way he thinks that people should behave at work. Dr. Marco is most likely working from what perspective?
- (A) behavioral
  - (B) cognitive
  - (C) psychoanalytic
  - (D) humanist
  - (E) social-cultural
5. The research methodology Wilhelm Wundt used is called
- (A) introspection.
  - (B) structuralism.
  - (C) naturalistic observation.
  - (D) inferential.
  - (E) scientific.
6. Which of the following psychologists wrote the first psychology textbook?
- (A) William James
  - (B) Wilhelm Wundt
  - (C) B. F. Skinner
  - (D) John Watson
  - (E) Albert Bandura

7. Which of the following psychologists was part of the Gestalt group of psychologists?
- (A) Carl Rogers
  - (B) Wilhelm Wundt
  - (C) B. F. Skinner
  - (D) John Watson
  - (E) Max Wertheimer
8. Which of the following concepts is most integral to Sigmund Freud's psychoanalytic theory?
- (A) trephining
  - (B) structuralism
  - (C) the unconscious mind
  - (D) the concept of Gestalt
  - (E) behaviorism
9. Sigmund Freud's psychoanalytic theory has been criticized for being
- (A) appropriate for female patients, but not male patients.
  - (B) only applicable to research settings, not therapy settings.
  - (C) based on large groups, not individual cases.
  - (D) unscientific and unverifiable.
  - (E) too closely tied to behavioristic thought.
10. John Watson relied on the pioneering work of \_\_\_\_\_ in establishing behaviorism as a paradigm of psychology.
- (A) B. F. Skinner
  - (B) Wilhelm Wundt
  - (C) William James
  - (D) Ivan Pavlov
  - (E) Sigmund Freud
11. B. F. Skinner introduced the idea of \_\_\_\_\_ to the paradigm of behaviorism.
- (A) unconscious thinking
  - (B) reinforcement
  - (C) conditioning
  - (D) defense mechanisms
  - (E) introspection

12. Which of the following psychologists might have described himself as a humanist?
  - (A) B. F. Skinner
  - (B) William James
  - (C) Abraham Maslow
  - (D) John Watson
  - (E) Ivan Pavlov
  
13. Symbolic dream analysis might be an important research technique to a psychologist from which of the following perspectives?
  - (A) behaviorist
  - (B) biopsychologist
  - (C) psychoanalytic
  - (D) evolutionary
  - (E) structuralist
  
14. Behaviorists explain human thought and behavior as a result of
  - (A) past conditioning.
  - (B) unconscious behavioral impulses.
  - (C) natural selections.
  - (D) biological processes.
  - (E) individual choice.
  
15. A therapist who says that she uses whatever psychological perspective “works best” for each patient might be best described as
  - (A) social-cultural.
  - (B) humanist.
  - (C) eclectic.
  - (D) psychoanalytic.
  - (E) functionalist.

### **ANSWERS TO PRACTICE QUESTIONS**

1. (C) Scientific research is empirical by nature, and Wundt based the theory of structuralism on results of experimentation. Wundt’s reputation and the academic setting are not relevant to the scientific nature of his theory. Wundt did not study under Pavlov nor was he a clinical psychologist.
  
2. (E) The unconscious mind contains memories of events or feelings of which we are not consciously aware. It was not the first comprehensive theory. Freud did not use cadaver dissection to formulate the theory. While the sex drive figures prominently in the theory, the theory is not focused entirely on sex. While some psychologists would dispute much of Freud’s theory, many therapists still find the idea of the unconscious mind relevant.

3. (D) Behaviorists look at what behaviors we are rewarded for, and cognitive psychologists explain our behavior through the way we interpret events. The rest of the answers are explanations of other psychological perspectives incorrectly applied to behaviorism or cognitive theory.
4. (B) The cognitive perspective emphasizes the role of interpretation of others' actions and best fits the given scenario. The other perspectives would emphasize other types of explanations.
5. (A) Wundt used the technique of introspection to research his theory of structuralism. He did not use naturalistic observation and inferential and scientific are general terms that might be applied to many different types of research.
6. (A) William James wrote the first psychology textbook, *The Principles of Psychology*, in 1890.
7. (E) Wertheimer is the only psychologist in this list that was included as part of the Gestalt group in the text.
8. (C) The unconscious mind is an integral concept in Freudian theory. Memories and impulses are repressed into the unconscious mind and this drives our later behaviors. The other concepts mentioned do not relate to psychoanalytic theory.
9. (D) Freud did not use the scientific method and many of his conclusions cannot be tested. The theory was based on individual male and female cases in therapeutic settings, and is not tied closely to behaviorism.
10. (D) Watson referred to the conditioning experiments Ivan Pavlov did with dogs. B. F. Skinner came after Watson chronologically, and the other psychologists mentioned are not part of the behaviorist paradigm.
11. (B) Skinner added the idea of reinforcing events, such as rewards and punishments, to the basic idea of behaviorism. Unconscious thinking and defense mechanisms are concepts from the psychoanalytic perspective. Conditioning is a general term used before Skinner did his research. Introspection was a technique used by Wundt.
12. (C) Maslow is the only psychologist in this list included in the section on humanism in the text. Skinner, Pavlov, and Watson are behaviorists.
13. (C) The idea that dreams contain symbols is central to the psychoanalytic perspective, and not any of the other perspectives listed.

14. (A) Behaviorists explain human thought and behavior as a result of conditioning in our pasts, either classical conditioning or operant conditioning. This conditioning restricts (or eliminates) the idea of personal choice, and behaviorists do not usually refer to biological causes and evolutionary theory (like natural selection). The unconscious mind is a concept from psychoanalytic theory.
15. (C) The eclectic perspective claims that no one perspective can best explain all human behaviors and a therapist who works with many different perspectives to help individual patients is in some sense eclectic, not any of the other specific perspectives listed.