



Target EXAM 1 Study Guide for PSYC 1030 – General Psychology

*****PLEASE READ CAREFULLY*****

This is the target study guide for **EXAM 1**, which will cover **Chapters 1-4** of the required textbook. Learners are strongly advised to read and study each chapter thoroughly prior to completing this study guide. Moreover, learners are advised to complete this study guide early and not wait until the last minute to do so.

The exam will be administered on Online Campus, so be prepared for this. Additionally, this exam will be timed—**learners will have exactly 40 minutes to complete this exam**. This exam will be worth 100 points. There will be 50 multiple-choice items on this test, each item worth 2 points.

This study guide will cover each test item in very specific detail, providing learners with enough information, in theory, to all test items correctly on the actual test.



Note that the items on this study guide have been randomly scrambled in an effort to add challenge to your study of chapter material. Additionally, be advised that on the actual test, items will not be in the same sequence as presented here on this study guide; all test items will be randomly scrambled as well.

DISCLAIMER: This study guide DOES NOT guarantee a passing grade on the exam, nor shall the learner interpret this study guide as a guarantee of a passing grade on the exam.

If learners have any questions concerning the information presented within this study guide, they can contact me via my personal cell phone, e-mail, or face-to-face office hours. I will attempt to guide the learner toward complete understanding. However, I will not provide learners with direct answers and my assistance will be very limited.

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1. Jake received a severe brain injury in a motorcycle accident and was partially paralyzed on the left side of his body. After several months of intensive physical therapy, he gradually regained the use of his left leg and arm. This example best illustrates the principle of:
 2. Maria heard a strange banging noise just outside her bedroom window in the middle of the night. She froze in fear, and her heart began to pound. Maria's heightened physical arousal involved the activation of which subdivision of the nervous system?
 3. Your therapist is very interested in your dreams, blocked memories, and slips of the tongue. On which approach to psychology is your therapist probably basing his psychotherapy?
 4. As the manager of a food store, your friend is trying to come up with ways of increasing sales of items that have a high profit margin. He decides that he is going to embed subliminal messages to buy certain items in the music that is playing in the store. What do you predict will happen to the sales of the items that are subliminally advertised?
 5. Study and understand Science vs. Pseudoscience box concerning phrenology. Study the images within this box. Be prepared to apply your understanding.

6. Professor Hebb is studying whether learning is affected by different environments. He raises some rats in cages with many interesting objects to play on and explore. Other rats are raised in isolated, barren cages with none of the interesting objects. Later, Hebb carefully records how many attempts it takes each rat to learn to run a maze with no mistakes. What is the independent variable in this study?
7. During his therapy session, Brent told his psychotherapist that he had a recurring dream in which he was fighting the pilot on an airplane and struggling to take over the controls. In terms of Freud's psychoanalytic view of dreams, the airplane, the pilot, and fighting would all be considered to be the dream's
8. One of the individuals discussed in psychology's history played a key role in establishing the approach called humanistic psychology, which emphasized each person's unique potential for psychological growth and self-direction. Who was that person? (Study this person's image)
9. Study and understand the evolutionary perspective of psychology.
10. Trichromatic theory is to _____ as opponent-process theory is to _____.
11. You were reading a novel on a lazy Sunday afternoon when your six-year-old niece asked if you would help her sort through and find the right Lego pieces to make an airplane just like the one in the Lego design booklet. Reading the novel most likely involved your _____ hemisphere, while matching the Lego design most likely involved your _____ hemisphere.
12. Paul Solomon and his colleagues investigated the effects of the herb ginkgo biloba on memory, concentration, and other mental tasks. All participants in the study took a battery of tests at the beginning and end of the six-week study. The results showed that the test scores increased about the same for the participants in the experimental group and for the participants in the placebo control group. How is this best explained?
13. As you enter the locker room at the college gym, you notice the sharp, distinctive smell of chlorine from the adjacent swimming pool. The stimulation of special receptors in your nose by airborne molecules of chlorine is an example of _____, and your interpretation of the stimulation is an example of _____.
14. A friend tells you that putting a small cardboard pyramid under your bed as you sleep at night will enhance your "psychic energy" and give you "inner peace." Pseudoscientific claims like this:
15. The all-or-none law refers to the fact that:
16. Study the image of the ear and its anatomy (found in the discussion "Hearing: From Vibration to Sound"). Prepare to apply your understanding.
17. When Matt went duck-hunting with his father, they wore camouflage clothing that would allow them to blend in with their surroundings. The effectiveness of camouflage is based upon which Gestalt principle?
18. Study the image of Francis C. Sumner, as well as the related discussion about this person. Prepare to apply your understanding.

19. Mr. Jackson is studying changes in the brain after stressful experiences. Mr. Jackson is most likely to subscribe to the _____ perspective.
20. Study and understand the anatomy of the brainstem (found in the discussion "A Guided Tour of the Brain: Brainstem"). Be prepared to apply your understanding.
21. Study and understand the image of the human eye and its anatomy (found in the discussion "Vision: From Light to Sight"). Prepare to apply your understanding.
22. Kenyon was picked up by police after he became extremely violent and aggressive at a street party. After he attacked two of the police officers, they put handcuffs on him but he seemed invulnerable to pain. Even after he was put in the back of the squad car, he was completely disoriented and seemed to have no idea where he was. Kenyon was probably under the influence of which drug?
23. Gustation is to olfaction as _____ is to _____.
24. Study and understand the discussion of the key reasons why some states have enacted legislation allowing psychologists to prescribe medications for psychological symptoms.
25. Imagine trying to assemble a jigsaw puzzle one piece at a time without knowing what the final picture will be. To accomplish this task, you would work with the individual pieces to build the image using:
26. Psychologists are guided by the basic scientific assumption that events are lawful. What does this mean to psychologists?
27. Study and understand Critical Thinking box titled "ESP: Can Perception Occur Without Sensation?" Be prepared to apply your understanding.
28. According to the Critical Thinking Box, "Is Hypnosis a Special State of Consciousness?", studies of hypnosis using brain-imaging techniques tend to support which view of hypnosis?
29. Jared regularly takes a pain reliever for his back pain. After a few weeks, he notices that he needs to increase the amount of pain-relieving drug that he takes each day in order to achieve the same level of pain relief. The phenomenon that Jared is experiencing is called:
30. Juanita participated in a psychology research project that involved answering a number of arithmetic problems. During the experiment, she was informed that her answers were incorrect. After the experiment was completed, a research assistant explained the purpose of the experiment. He told Juanita that she had actually answered all items correctly, and then explained why the experiment required that she be told that her answers were wrong. This stage of the research represents:
31. Following her stroke, Fernando's grandmother could understand what she read or what was being said to her. However, she had great difficulty speaking. Based on these observations, Fernando suspected that his grandmother's stroke had produced damage in:

32. Presynaptic neuron is to postsynaptic neuron as:
33. To reduce the intense pain of her migraine headaches, Lisette's doctor taught her a procedure that involved learning to control the blood flow and muscle tension in her head and neck. What is the technique called?
34. Janna had always been fascinated by stories of the Loch Ness monster, so when she went to Scotland she made sure to visit the famous lake, Loch Ness. One rainy morning when she was scanning the lake with high-powered binoculars, she was certain that she saw a huge, long-necked sea monster surface for a few moments. Her companion, however, insisted that she had just seen an uprooted tree being swept by the high waves. Of the following options, which is the most likely explanation for Janna's sighting of the famous Loch Ness monster?
35. Of the people discussed in psychology's early history, who is credited with founding psychology as an experimental science when he/she opened the first psychology research laboratory in 1879? (Study the image of this person)
36. According to the Focus on Neuroscience, "The Addicted Brain," heroin, cocaine, amphetamines, alcohol, and nicotine all affect levels of what neurotransmitter?
37. Biological processes that systematically vary over a 24-hour cycle are called _____ and are regulated by a cluster of neurons called the _____.
38. Psychologist Harry Triandis has said, "All cultures are simultaneously very similar and very different." What does Triandis mean by this statement? (Refer to Culture and Human Behavior box titled "What is Cross-Cultural Psychology?")
39. Study and understand the image of the cerebral cortex (found in the discussion "A Guided Tour of the Brain"). Prepare to apply your understanding.
40. Prozac and cocaine are very different drugs, but they achieve their effects through the same mechanism of action. What is that mechanism?
41. Mrs. Wilkinson notices that her middle-aged husband stops breathing in his sleep, awakens slightly to gulp in air, then goes back to sleep. This happens several times a night. Mr. Wilkinson is displaying which of the following sleep disorders?
42. Study and understand the image of key elements involved in processing pain (found in the discussion "The Chemical and Body Senses: Pain"). Prepare to apply your understanding.
43. While meditating, Stewart tries to achieve a quiet awareness of the "here and now" without any distracting thoughts. Stewart is using a(n) _____ meditation technique.
44. Study and understand Critical Thinking box titled "What is Critical Thinking?". Be prepared to apply your understanding.

45. What is the correct sequence of sleep stages during the first 90 minutes of sleep?
46. Professor Williams is investigating loneliness. Participants in the study complete the UCLA Loneliness Scale to measure their level of loneliness. They also answer questions on a survey about many aspects of their personal life. In analyzing the results of her study, Professor Williams finds that as the number of friends increases, the level of loneliness tends to decrease. This represents a _____ correlation.
47. How does communication in the endocrine system differ from communication in the nervous system?
48. Evidence suggests that the addictiveness of some drugs, including cocaine and nicotine, is related to increases in the activity of which of the neurotransmitters?
49. Study and understand the In Focus box titled "Questions About the Use of Animals in Psychological Research". Be prepared to apply your understanding.
50. Study and understand the image of the neuron and its anatomy (found in the discussion "The Neuron: The Basic Unit of Communication"). Prepare to apply your understanding.