



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 60 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.

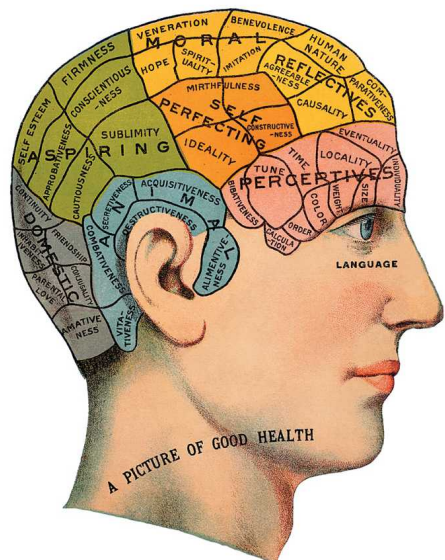
DISCLAIMER: This study guide DOES NOT guarantee a passing grade on the exam, nor shall the Learner interpret this study guide as a guarantee of a passing grade on the exam.

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. (I will let a Learner know if an answer they found is correct or incorrect.)

EVERY ITEM BELOW IS REPRESENTED ON THE ACTUAL EXAM

1. Understand the reasons that animals are used in psychological research?
2. 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.
3. 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 symptoms of which sleep disorder?
4. Understand the anatomy/structures of a neuron?
5. When thinking like a scientist, it is important to...?
6. Brandy is fond of attending all-night raves at a dance club near her home. Some of the raves are drug-free, but at one rave she saw a friend who was sweating profusely, chewing ice and a plastic pacifier, drinking large quantities of water, and hugging everyone in reach as he proclaimed his love for all humanity. Brandy suspected that her friend was probably high on:

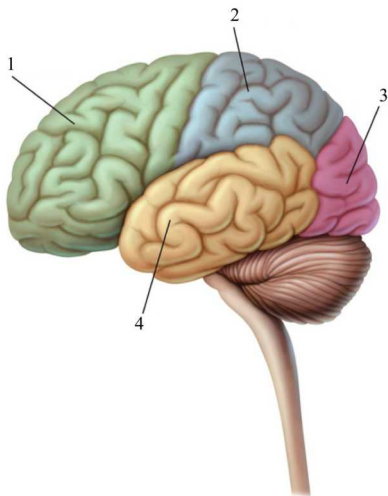
7. According to the Focus on Neuroscience box: The Addicted Brain, heroin, cocaine, amphetamines, alcohol, and nicotine all affect levels of which neurotransmitter?
8. Your therapist is very interested in your dreams, memory blocks, and slips of the tongue. On which approach to psychology is your therapist probably basing his psychotherapy?
9. During his therapy session, Brent told his psychotherapist that he had a recurring dream in which he was fighting a 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 _____ content.
10. Presynaptic neuron is to postsynaptic neuron as:
11. Understand the evolutionary perspective of psychology?
12. A study on parental use of corporal punishment found a relationship between parental socioeconomic status and use of corporal punishment. Put simply, as socioeconomic status declines, the rate of parents' use of corporal punishment rises. This finding represent what kind of correlation?
13. Understand all the examples of a paranormal phenomenon?
14. What does this image depict?



THE IMAGE EMEP0016072 PHRENOLOGICAL HEADSCRAP - A phrenological head, showing the different categories of the brain which should exist in healthy humans. These include self-perceptive, aspiring and animal morals. circa 1870. ©Mary Evans Picture Library / The Image Works

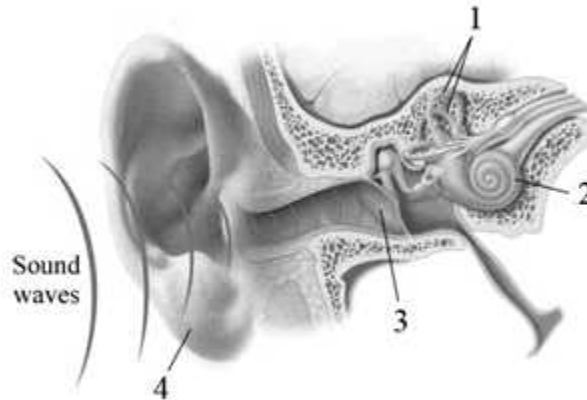
15. Jared regularly takes a pain reliever for his back pain. After a few weeks, he notices that he needs to increase the amount of pain-relieving drug that he takes each day in order to achieve the same level of pain relief. The phenomenon that Jared is experiencing is called:
16. When Matt went duck hunting with his father, they wore camouflage clothing that would allow them to blend in with their surroundings. The effectiveness of camouflage is based on which Gestalt principle?
17. Two key people in the development of humanistic psychology include:
18. Jana had always been fascinated by stories of the Loch Ness monster, so when she went to Scotland, she made sure to visit the famous 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 Jana's sighting of the famous Loch Ness monster?

19. Juanita participated in a psychology research project that involved solving a number of arithmetic problems. During the experiment, she was informed that her solutions 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:
20. Professor Jackson is interested in how stress affects the brain and examines PET scans of individuals before and after stressful situations. Dr. Jackson's approach is part of the _____ perspective.
21. 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 _____ processing.
22. According to your textbook, which specialty area is the MOST popular choice for psychologists who have recently received their doctorates?
23. In a study described in Chapter 1, psychologist 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:
24. Evidence suggests that the addictiveness of some drugs, including cocaine and nicotine, is related to increases in the activity of which neurotransmitter?
25. The first African American to receive a Ph.D. in psychology in the United States was:
26. This image depicts the left hemisphere of the cerebral cortex. Correctly label the lobes in the drawing?

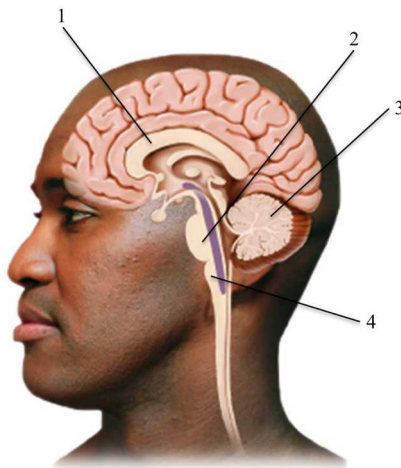


27. The all-or-none law refers to the fact that:
28. A friend tells you that putting a small cardboard pyramid under your bed as you sleep at night will enhance your "psychic energy" and give you "inner peace." Pseudoscientific claims like this:
29. Pain signals communicated via the fast pain pathway produce the _____ aspects of pain, while those communicated via the slow pain pathway contribute more to the _____ aspects.
30. 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?
31. Jake sustained 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:

32. Psychologist Harry Triandis said, "All cultures are simultaneously very similar and very different." What does Triandis mean by this statement?
33. 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 _____.
34. Understand the following CORRECT sequence of sleep stages during the first 90 minutes of sleep?
35. This image depicts the path that sound waves take through the human ear. Correctly label the structures in the drawing.



36. This cross section of the human brain depicts several key structures. Correctly label the structures in the drawing?



37. Biological processes that systematically vary over a 24-hour cycle are called _____ and are regulated by a cluster of neurons called the _____.
38. According to the Critical Thinking box: Is Hypnosis a Special State of Consciousness?, some research has shown that certain people are highly responsive to suggestions whether they are formally hypnotized or not. This finding tends to support which view of hypnosis?
39. 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?
40. 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:

41. While meditating, Stewart tries to achieve a quiet awareness of the "here and now" without any distracting thoughts. Here, Stewart uses a(n) _____ meditation technique.
42. Prozac and cocaine are very different drugs, but they achieve their effects through the same mechanism of action. What is that mechanism?
43. 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?
44. Psychologists are guided by the basic scientific assumption that events are lawful. What does this mean to psychologists?
45. 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?
46. Gustation is to olfaction as _____ is to _____.
47. Which event do most historians consider as the formal beginning of psychology as a scientific discipline?
48. How does communication in the endocrine system differ from communication in the nervous system?
49. The trichromatic theory is to _____ as the opponent-process theory is to _____.
50. This image depicts a cross section of the human eye. Correctly label the structures in the drawing.

