Chapter 1 Introducing the World of Psychology

Learning Objectives

1.1 Psychology Explains Your Mental Activity and Behavior

1.1a. Understand all bold and italic terms by writing explanations of them in your own words.

1.1b. Apply psychology to your life by writing an example of your own mental activity and behavior in a situation.

1.2 Psychology Teaches You to Think Critically

1.2a. Understand all bold and italic terms by writing explanations of them in your own words.

1.2b. Apply critical thinking to real life by writing an example of each of the following: an intuition, a belief, an opinion, a pseudofact, and objective evidence.

1.3 Psychology Improves Your Life

1.3a. Understand all bold and italic terms by writing explanations of them in your own words.

1.3b. Apply psychology to your life by writing one example each of how psychology can help you: do well in school, improve your personal life, and succeed at your job.

1.4 Psychology Originated in Philosophical Questions

1.4a. Understand all bold and italic terms by writing explanations of them in your own words.

1.4b. Apply the nature/nurture debate to your own life by writing an example of how one of your traits might reflect the impact of both nature and nurture.

1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

1.5a. Understand all bold and italic terms by writing explanations of them in your own words.

1.5b. Understand the three psychology schools of thought that investigated the conscious mind and the unconscious mind by using your own words to describe each school.

1.6 Psychologists Explore Behavior and Mental Activity

1.6a. Understand all bold and italic terms by writing explanations of them in your own words.

1.6b. Apply the four psychology schools of thought that investigated behavior and mental activity by writing an example of a topic that each school of thought would investigate.

1.7 Psychologists Today Investigate Many Different Topics

1.7a. Understand all bold and italic terms by writing explanations of them in your own words.

1.7b. Apply the subfields of psychology by choosing two subfields that interest you and explaining what research topic you would study in each subfield if you were a psychologist.

1.8 Psychologists Use the Scientific Method

1.8a. Understand all bold and italic terms by writing explanations of them in your own words.

1.8b. Apply the four goals of science by writing how each one could be used to investigate students’ use of active processes to learn material being read in a textbook.

1.8c. Understand the scientific method by naming the five steps in this cycle and explaining each one in your own words.

1.9 Descriptive Methods Describe What Is Happening

1.9a. Understand all bold and italic terms by writing explanations of them in your own words.

1.9b. Apply the three descriptive methods by explaining how you could use each one to investigate a psychological topic you are interested in.

1.10 Correlational Methods Study Relationships

1.10a. Understand all bold and italic terms by writing explanations of them in your own words.

1.10b. Apply correlations by describing one example of a correlation in your life and explaining why the relationship is not causal.

1.11 Experimental Methods Test Causation

1.11a. Understand all bold and italic terms by writing explanations of them in your own words.

1.11b. Apply experimental methods by explaining the control group, the experimental group(s), the independent variable(s), and the dependent variable(s) in a study exploring the effect of texting while driving on driving performance.

1.12 Psychologists Today Follow Strict Ethical Guidelines

1.12a. Understand all bold and italic terms by writing explanations of them in your own words.

1.12b. Understand ethical issues in psychology by summarizing in your own words the four ethical guidelines that psychologists must address in their research.

**MULTIPLE CHOICE**

1. Which of the following is the best definition of psychology?

|  |  |
| --- | --- |
| a. | the study of the brain and its inner function |
| b. | the analysis of the mind and its unconscious thoughts |
| c. | the study of mental activity and behavior based on brain processes |
| d. | the study of thoughts, social interactions, and emotions |

ANS: C DIF: Moderate

REF: 1.1 Psychology Explains Your Mental Activity and Behavior

OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

2. Allanah has declared psychology as her major. Because of this, Allanah will most likely study

|  |  |
| --- | --- |
| a. | the structure and function of the brain. |
| b. | mental disorders and their treatment. |
| c. | feelings, memory, and other inner states. |
| d. | mental activity, behavior, and the brain. |

ANS: D DIF: Moderate

REF: 1.1 Psychology Explains Your Mental Activity and Behavior

OBJ: 1.1a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

3. Barry states that psychology is the study of mental activity. Candace remarks that psychology is the science of behavior. Which is the correct evaluation of these two statements?

|  |  |
| --- | --- |
| a. | Barry’s definition is correct; Candace’s definition is incorrect. |
| b. | Barry’s definition is correct; Candace’s definition is correct. |
| c. | Taken together, the statements are correct. |
| d. | Barry’s definition is incorrect; Candace’s definition is correct. |

ANS: C DIF: Difficult

REF: 1.1 Psychology Explains Your Mental Activity and Behavior

OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

4. Both behavior and mental activity rely primarily on

|  |  |  |  |
| --- | --- | --- | --- |
| a. | processing in the brain. | c. | the month in which someone was born. |
| b. | subjective experience. | d. | one’s personality. |

ANS: A DIF: Moderate

REF: 1.1 Psychology Explains Your Mental Activity and Behavior

OBJ: 1.1a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

5. Which of the following is the best description of the mind, according to your textbook?

|  |  |
| --- | --- |
| a. | all of your intuitions |
| b. | your conscience and sense of morality |
| c. | your education, experiences, and beliefs |
| d. | the sum total of your mental activity |

ANS: D DIF: Easy

REF: 1.1 Psychology Explains Your Mental Activity and Behavior

OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

6. What recent advances have helped scientists to better understand the functions of the brain?

|  |  |
| --- | --- |
| a. | better nutrition and greater access to improved medications |
| b. | improved therapeutic techniques and methods |
| c. | improved scanning and brain imaging tools |
| d. | better access to psychiatric patients for research |

ANS: C DIF: Moderate

REF: 1.1 Psychology Explains Your Mental Activity and Behavior

OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

7. Actions that result from sensing and interpreting information are called

|  |  |  |  |
| --- | --- | --- | --- |
| a. | psychological functions. | c. | thoughts. |
| b. | emotions. | d. | behaviors. |

ANS: D DIF: Easy

REF: 1.1 Psychology Explains Your Mental Activity and Behavior

OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

8. The purpose of psychology is to

|  |  |
| --- | --- |
| a. | understand and predict human behavior. |
| b. | verify personal beliefs. |
| c. | help us to respond to the world around us. |
| d. | interpret memories, thoughts, and dreams. |

ANS: A DIF: Easy

REF: 1.1 Psychology Explains Your Mental Activity and Behavior

OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

9. How are the act of riding a roller coaster and the fear experienced while riding the roller coaster related?

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| --- | --- |
| a. | Riding a roller coaster is an intentional behavior and the experienced fear is an instinctual behavior. |
| b. | Riding a roller coaster is a behavior and the experienced fear is a related mental activity. |
| c. | Riding a roller coaster is a behavior and the experienced fear is a psychological disorder. |
| d. | Riding a roller coaster is a mental activity and the experienced fear is a behavior. |

ANS: B DIF: Moderate

REF: 1.1 Psychology Explains Your Mental Activity and Behavior

OBJ: 1.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

10. According to the textbook, “friendly skepticism” is an important aspect in the type of reasoning called

|  |  |  |  |
| --- | --- | --- | --- |
| a. | functionalism. | c. | structuralism. |
| b. | introspection. | d. | critical thinking. |

ANS: D DIF: Easy REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

11. Critical thinkingis best defined as thinking that

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| --- | --- |
| a. | systematically evaluates information. |
| b. | criticizes others’ opinions. |
| c. | is open-minded and creative. |
| d. | uses inferences but does not solve problems. |

ANS: A DIF: Moderate REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

12. “Friendly skepticism” means

|  |  |
| --- | --- |
| a. | finding flaws in an argument or claim. |
| b. | being open to new ideas, while also being careful before accepting them. |
| c. | asking a scientist to make his or her findings public so that they can be better evaluated. |
| d. | accepting all claims, as long as they are based on the scientific method. |

ANS: B DIF: Easy REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

13. Why do scientists avoid the term *fact*?

|  |  |
| --- | --- |
| a. | Intuition regarding a claim is more likely to be correct. |
| b. | Facts depend on one’s own experience and opinion. |
| c. | New evidence can change how claims are interpreted. |
| d. | Beliefs lead to more important findings than facts do. |

ANS: C DIF: Easy REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

14. Why is the first step in critical thinking to ask, “What is the claim I am being asked to accept?”

|  |  |
| --- | --- |
| a. | because some claims are so obvious that there is no need for evaluation |
| b. | so that you can evaluate the claim at face value |
| c. | because if the claim fits what you already believe, then you can ignore it |
| d. | because before you can evaluate a claim, you have to recognize and identify it |

ANS: D DIF: Difficult REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

15. Which of the following is an example of critical thinking?

|  |  |
| --- | --- |
| a. | believing that sugar causes headaches because your head hurts after you eat a candy bar |
| b. | concluding that eating spinach leads to a longer life after seeing an ad for spinach on television |
| c. | using a personal example to explain the importance of time management |
| d. | concluding that exercise is beneficial after evaluating the evidence of a research study |

ANS: D DIF: Easy REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

16. Talisa is writing a paper on critical thinking. She wants to explain how critical thinking differs from everyday thinking. Accordingly, which sentence is Talisa most likely to include in her paper about the differences between critical thinking and everyday thinking?

|  |  |
| --- | --- |
| a. | Critical thinking evaluates information and scientific research to make reasonable conclusions. |
| b. | Everyday thinking evaluates information and scientific research to make reasonable conclusions. |
| c. | Critical thinking relies on personal examples more than scientific evidence for making conclusions. |
| d. | Critical thinking and everyday thinking often result in the same conclusions. |

ANS: A DIF: Moderate REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

17. You are confident that your new roommate is a critical thinker after noticing the following bumper sticker on his car:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | “Show me the evidence!” | c. | “Trust your gut!” |
| b. | “The only truth is no truth.” | d. | “What is the meaning of life?” |

ANS: A DIF: Moderate REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

18. Which of the following is true of objective evidence?

|  |  |
| --- | --- |
| a. | Objective evidence refers to information that is not influenced by personal feelings. |
| b. | Objective evidence refers to information that is influenced by personal feelings, beliefs, intuitions, or opinions. |
| c. | Because objective evidence relies on beliefs, personal experience, or intuition it is not important for critical thinking. |
| d. | There is no difference between personal beliefs and objective evidence; both are equally important for critical thinking. |

ANS: A DIF: Difficult REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Analyzing