

Name: \_\_\_\_\_

Total: \_\_\_\_\_

**Introduction to Psychology  
Spring 2008, Exam 2  
Tuesday/Thursday 12:40-2:10pm  
Version B**

**Instructions (Read Carefully!):** Please write your name on the exam (on all pages) and apperson form. Write the test version on the apperson form as well to make sure it gets graded correctly. You may write on the exam to work out problems but the multiple choice will ONLY be graded on the apperson. The answers on the apperson will be graded regardless of what you circle in the booklet so transfer your answers carefully.

The exam booklet has 50 questions, plus 5 extra credit questions at the end. Choose the **BEST** answer.

**Good Luck!!!**

**Do NOT turn the page over until told to do so.  
Thanks!**

1. Which of the following statements about PMS is true?
  - a. About 80% of females suffer from PMS
  - b. A clear connection exists between PMS and behavior
  - c. There is not a strong relation between stage of the menstrual cycle and emotional symptoms**
  - d. PMS is a recognized mental disorder treatable with testosterone
  
2. A circadian rhythm is defined as:
  - a. An annual fluctuation in a biological system
  - b. An awareness of oneself and the environment
  - c. A biological fluctuation that occurs less frequently than once a day
  - d. A biological fluctuation that is about 24 hours from peak to peak**
  
3. REM sleep has been called “paradoxical sleep” because:
  - a. The brain is very active, yet the body is entirely inactive**
  - b. The body is very active and restless, but the brain is very active
  - c. The eyes are open, though the person remains asleep
  - d. Colorful dreams occur, in contrast to black-and-white dreams of non-REM sleep
  
4. Judith is startled when her 6 year old daughter, Laura, sleepwalks into the family room and begins to talk. It is most likely that Laura is experiencing the \_\_\_\_\_ stage of the sleep cycle.
  - a. REM
  - b. First
  - c. Third
  - d. Fourth**
  
5. Which of the following statements about hypnosis is true?
  - a. Hypnotized people can be made to do things against their will
  - b. Hypnosis increases the accuracy of memory
  - c. Hypnosis can be used to control people
  - d. Hypnosis can be successfully used to alleviate pain**
  
6. \_\_\_\_\_ is a disorder in which a person briefly stops breathing many times during a night’s sleep.
  - a. Narcolepsy
  - b. Insomnia
  - c. Sleep apnea**
  - d. Internal desynchrony
  
7. Sleep deprivation can result in all of the following **EXCEPT**:
  - a. A weakened immune system
  - b. Decline in mental flexibility
  - c. Occurrence of hallucinations and delusions
  - d. A better score on your psychology exam**

8. The activation-synthesis theory proposes that:
- The brain tries to make sense of random neural activity by creating dream narratives**
  - Dreams are a way to fulfill our unconscious wishes
  - Dreams allow us to escape our physical bodies and interact in another realm
  - Dreams are active attempts to solve problems
9. According to the cognitive approach, our dreaming thoughts are more unfocused and diffuse than our waking thoughts because:
- The brain is less active during dreams
  - We have no sensory input or feedback from our bodies during dreams, only from the brain itself**
  - Dreams are not focused on a particular problem
  - Dreams have symbolic rather than actual meaning
10. Psychoactive drugs:
- Are fun and should be consistently taken for recreational use since they have no harmful effects on our brain
  - Are capable of influencing perception, mood, and cognition**
  - Have no effect on perception and only effect mood
  - Have no influence on the nervous system
11. Psychoactive drugs influence your consciousness because they:
- Can increase the amount of a neurotransmitter in a synapse
  - Can decrease the amount of neurotransmitter in a synapse
  - Both A & B**
  - Neither A nor B
12. Which of the following is **NOT** a type of psychoactive drug?
- Stimulant
  - Opiate
  - Depressant
  - Psychotic**
13. The American Psychological Association would agree that hypnosis may be used for all of the following **EXCEPT**:
- Alleviating chronic pain
  - Reducing nausea in people undergoing chemotherapy
  - Refreshing the memories of robbery victims**
  - Helping someone to stop smoking

14. According to the dissociation theory of hypnosis, the “hidden observer” is:
- A person, out of sight of the hypnotist, who monitors the process to make sure the hypnotist does not violate ethical standards
  - A part of the mind of the hypnotized person that watches but does not participate**
  - A friend or family member who observes the hypnosis to protect the hypnotized person
  - The part of the person’s mind that participates in the hypnosis
15. The hue or color of a visual stimulus is related to the \_\_\_\_\_ of light
- Intensity
  - Complexity
  - Amplitude
  - Wavelength**
16. \_\_\_\_\_ is the reason that you are not constantly aware of all of the different parts of your clothes touching your body.
- Sensory deprivation
  - Sensory adaptation**
  - Inattention blindness
  - You are a nudist
17. What is the difference between sensation and perception?
- Sensation is the detection of sensory stimuli in our environment by our sense organs and perception is the interpretation of that sensory information**
  - Sensation is the interpretation of sensory information and perception is the detection of sensory stimuli in our environment by our sense organs
  - Sensation and perception are the same thing-there is no difference
  - Sensation is a reconstructive process while perception is not
18. The \_\_\_\_\_ is the smallest amount of energy a person can detect 50% of the time.
- Absolute threshold**
  - Just noticeable difference (JND)
  - Response bias
  - Sensory adaptation
19. The function of the cornea is to:
- Give your eye its color (Ex: blue versus brown eye color)
  - Control the amount of light entering into the eye
  - The cornea has no function
  - Bend the light towards the lens**

20. What does it mean to say that “perception is a reconstructive process”?
- We perceive the stimuli in our environment exactly the way it is.
  - Our brains piece together patterns of electrochemical information from our sensory receptors into our perceptions of our world.**
  - We can never know what reality actually is due to our sensory filters
  - None of the above
21. One difference between rods and cones is that:
- Rods are sensitive to color and cones are not
  - Rods are less numerous than cones
  - Rods are more sensitive to light than cones**
  - Rods are in the center of the retina while cones are in the periphery
22. Auditory receptors (hair cells) are located in the:
- Cochlea**
  - Ear drum
  - Oval window
  - External ear (pinna)
23. The actual sensory receptors for taste are called:
- Papillae
  - Taste buds**
  - Flavor detectors
  - Olfactory cells
24. The gate control theory helps to explain the perception of:
- Touch
  - Warmth
  - Pain**
  - Being tickled
25. Research into critical periods and the importance of environmental stimulation on the development of our sensory systems has included work investigating:
- Kittens raised in horizontal or vertical environments
  - Depth perception in children with the use of a “visual cliff”
  - Both A and B**
  - Neither A nor B
26. In a signal detection task, the participant says that she doesn’t hear an auditory signal, but a signal was present. This is called:
- Hit
  - Miss**
  - False alarm
  - Correct rejection

27. Mary, taking a hearing test, says that she does hear a signal even though no physical stimulus was presented. This is called:
- Hit
  - Miss
  - False alarm**
  - Correct rejection
28. Which sense keeps us informed about the movement of our own body in relation to itself?
- Homeostasis
  - Equilibrium
  - Balance
  - Kinesthesia**
29. Our fovea is:
- The part of our auditory system that is responsible for hearing pitch.
  - The part of our tongue that lacks taste buds.
  - The part of our motor cortex that represents our feet.
  - The part of our retina that made up of all cone receptors.**
30. The semi-circular canals are responsible for:
- Our sense of balance**
  - Our ability to localize sound
  - Our perception of flavor through a combination of taste and smell
  - None of the above
31. Psychophysics can be defined as:
- A subject's perception of a physical stimulus in the environment**
  - Trying to trick a subject into thinking they notice a stimulus in the environment
  - A procedure that can test for the likelihood of a subject to perform well on a physics exam
  - A test for whether or not a subject suffers from some form of psychosis
32. Often two individuals may see the same physical stimulus in their environment but perceive that stimulus differently due to the **context of the situation**. This is known as:
- Subliminal perception
  - Perceptual set**
  - Change blindness
  - A future argument

33. Well designed studies of subliminal perception show:
- a. That there is no effect on behavior**
  - b. That there is a large effect on buying behavior
  - c. That there is a therapeutic effect and buying subliminal tapes will help you stop smoking
  - d. That if there is a stimulus in our environment that is *below* our thresholds we will always notice it
34. Which of the following is **NOT** true of classical conditioning:
- a. The unconditioned stimulus elicits the unconditioned response
  - b. The behaviors are involuntary
  - c. The environmental event precedes the behavior
  - d. The timing between the presentation of the conditioned stimulus and the unconditioned stimulus is irrelevant**
35. What is considered the “simplest form of learning” in which repeated exposure to a stimulus results in reduced responsiveness?
- a. Habituation**
  - b. Classical conditioning
  - c. A reflex
  - d. Operant conditioning
36. In Pavlov’s studies of classical conditioning in dogs, the meat powder was the \_\_\_\_\_.
- a. Conditioned stimulus
  - b. Unconditioned stimulus**
  - c. Conditioned response
  - d. Unconditioned response
37. The optimal conditions under which classical conditioning will occur are when:
- a. The unconditioned stimulus occurs at the SAME EXACT time as the conditioned stimulus.
  - b. The conditioned stimulus occurs BEFORE the unconditioned stimulus**
  - c. The unconditioned response occurs BEFORE the conditioned stimulus
  - d. No stimuli are presented
38. The fact that responses followed by positive outcomes are repeated, whereas those followed by negative outcomes are not has been termed:
- a. Classical conditioning
  - b. The law of effect**
  - c. Counterconditioning
  - d. Habituation

39. The reappearance of a learned response after its apparent extinction is called:
- Counterconditioning
  - Instinctive drift
  - Spontaneous recovery**
  - Stimulus generalization
40. The difference between a reinforcer and a punisher is that:
- Reinforcers are primary and punishers are secondary
  - Punishers are primary and reinforcers are secondary
  - Reinforcers can be both (+) and (-) but punishers can not.
  - Reinforcers increase the frequency of a behavior and punishers decrease the frequency of a behavior**
41. You clean your room so that your mother will stop nagging you. Your mother used \_\_\_\_\_ to get you to clean your room.
- Negative reinforcement**
  - Positive reinforcement
  - Negative punishment
  - Your last nerve
42. When an organism responds to a stimulus that is similar to the original conditioned stimulus \_\_\_\_\_ is said to have occurred. (Ex: responding in the same way to a fire alarm in different buildings even though they may sound slightly different).
- Discrimination
  - Generalization**
  - Acquisition
  - Extinction
43. Which of the following is a *primary* reinforcer?
- Money
  - Praise
  - Gold stars
  - Food**
44. You want to stop your dog from barking all of the time. You have tried every aspect of conditioning that you can think of and it still isn't affecting your dog's frequency of barking. Most likely barking is:
- Intrinsically reinforcing to your dog**
  - Extrinsically reinforcing to you dog
  - Something your dog does on purpose just to drive you crazy!!
  - A secondary reinforcer

45. During operant conditioning, the tendency for an organism to revert back to innate, species-specific behaviors is called:
- Free will
  - Successive approximations
  - Being stubborn
  - Instinctive drift**
46. The application of conditioning techniques to teach new responses or to reduce maladaptive behaviors and phobias is called:
- Higher-order conditioning
  - Continuous reinforcement
  - Behavior modification**
  - Latent learning
47. When 4-year old Aileen goes to the store with her dad and whines she never gets a candy. However, when she goes to the store with her mother, whining always pays off with a candy. Before long Aileen only whines when she is in the store with her mother. The presence of the mother vs. the father is called:
- Successive approximation
  - Discriminative stimulus**
  - Stimulus generalization
  - Shaping
48. Variable reinforcement results in:
- Faster extinction
  - Faster acquisition/learning
  - Slower extinction**
  - A lack of learning
49. After watching her teenage sister put on lipstick, a little girl applies some to her own lips. The little sister learned this behavior by:
- Classical conditioning
  - Operant conditioning
  - Observational learning**
  - Instinctive drift

50. As evidenced by Bandura's "BoBo doll" experiment, children who watch videos of adults beating up on the doll were:
- a. More likely to beat up the doll themselves
  - b. Less likely to beat up the doll if the adult model in the video had been punished
  - c. Most likely to beat up the doll if the adult model in the video had been reinforced
  - d. **All of the above**

**\*\*\*EXTRA CREDIT: 51-55\*\*\***

51. Researchers took photographs of different faces, cut them in two, and pasted different halves together to form composite faces. The reconstructed photographs were flashed quickly to **split-brain patients**. It was found that the split-brain patients would:

- a. Name the person in the left image and point with the right hand to the left image
- b. **Name the person in the right image and point with their left hand to the left image**
- c. Name the person in the right image and point with the right hand to the left image
- d. Name the person in the left image, and point to the left hand to the right image.

52. \_\_\_\_\_ refers to the fact that our circadian rhythms occur in phase with external events such as daylight and darkness.

- a. External synchronization
- b. **Entrainment**
- c. Desynchrony
- d. Seasonal affective disorder (SAD)

53. Delta waves are characteristic of:

- a. REM sleep
- b. **Non-REM sleep**
- c. Paradoxical sleep
- d. Waking

54. The demo in class where one of your classmates was reinforced with candy for playing the piano was an example of:

- a. Classical conditioning
- b. **Operant conditioning**
- c. Habituation
- d. Bribery

55. Jenny bumps her head and is suddenly unable to see, although the doctor says there is nothing wrong with her eyes? Which part of her brain did Jenny damage?
- a. The amygdale
  - b. The hippocampus
  - c. The occipital lobe of the cerebral cortex
  - d. The parietal lobe of the cerebral cortex