Psychology Competency Exam

Please answer the following questions to the best of your ability. Your responses on this exit exam are confidential and anonymous and your results will in no way affect your grade in this course or your ability to graduate.

1. __________ is the study of how humans grow, develop, and change throughout the life cycle.
   a. Social psychology
   b. Behavioral psychology
   c. Developmental psychology
   d. Sociobiology

2. In neurons of the central nervous system, signals are received primarily by branchlike extensions called
   a. Dendrites
   b. Synapses
   c. Vesicles
   d. Axons

3. According to Asch’s studies on conformity, an individual would be most likely to go against the majority opinion of a group if
   a. They have low status in the group
   b. They are new to the group
   c. They do not like the opinion of the group
   d. They have one other ally in the group

4. The work of Albert Bandura regarding modeling helps us to understand that humans
   a. Can learn patterns of behavior by observing others
   b. Must learn through direct experience such as classical or operant conditioning
   c. Will only learn behavior patterns if they are reinforced by a model
   d. Acquire all of their behavior patterns by imitating the actions of others

5. Which of the following is NOT one of Ainsworth’s four patterns of attachment?
   a. Secure attachment
   b. Avoidant attachment
   c. Apprehensive attachment
   d. Disorganized attachment

6. A friend tells you a phone number that you need to dial just a few seconds later. You don’t have a pencil, so you remember it by grouping it into two sections: one with three digits and one with four digits. The method you have just used is called the
   a. Chunking method
   b. Method of loci
   c. Keyword method
   d. Narrative technique
7. Dillon is four years old, and his parents want to teach him to say "please" and "thank you." They will be most successful in altering Dillon's behavior if they use
   a. Classical conditioning
   b. Higher-order conditioning
   c. Positive reinforcement
   d. Punishment

8. When adolescents are exploring different facets of their identities, they are experiencing a(n) __________ crisis, according to Erikson.
   a. Industry
   b. Ego
   c. Identity
   d. Stagnation

9. Based on the results of the Milgram studies, one would expect a common theme in the defense of Nazi war criminals at Nuremberg to be:
   a. “I committed atrocities out of love for my country.”
   b. Bad things happen to good people during war
   c. “I was simply following orders.”
   d. Temporary insanity

10. Four-year old Kendra cannot understand that a “skinny” glass and a “fat” glass can hold the same amount of juice. She immediately grabs what she perceives as the glass containing more juice and leaves the other one for her little brother. According to Piaget, Kendra is in the __________ stage of development and has not yet mastered the concept of __________.
    a. Sensorimotor; object permanence
    b. Preoperational; deferred imitation
    c. Preoperational; conservation
    d. Concrete operations; decentering

11. Behaviorists John Watson and B.F. Skinner believed that both animal and human behaviors are the result of
    a. Conditioning
    b. Unconscious motivation
    c. Free will
    d. Self-actualization

12. Suppose that you hear about a man who has retrograde amnesia. What kind of memory task will he find the most difficult?
    a. Working memory tasks
    b. Remembering episodic events that happened before his brain injury
    c. Remembering visual information about events that happened after his brain injury
    d. Remembering verbal information about events that happened after his brain injury
13. The concepts of “self-actualizing” and “hierarchy of needs” are most closely associated with the theories of
   a. Abraham Maslow
   b. Carl Rogers
   c. Carl Jung
   d. Melanie Klein

14. Lewis has agreed to proofread a long legal brief that Trudy has written, even though he doesn't really like Trudy. Lewis knows that he will not receive any additional pay for his extra work, and he thinks that proofreading is one of the most boring jobs there is. However, after the legal brief is finished, Lewis decides that proofreading isn't such a bad job after all; he feels that at times he actually enjoyed the exacting work. The change in attitude that Lewis has experienced can best be explained using the
   a. Matching hypothesis
   b. Self-serving bias
   c. Cognitive dissonance theory
   d. Fundamental attribution error

15. Acetylcholine, dopamine, serotonin, and endorphins are all examples of
   a. Amino acids
   b. Glutamates
   c. Monoamines
   d. Neurotransmitters

16. Although Shana saw a young man in a wheelchair that was stuck on the edge of the sidewalk, she did not stop to help. Because there were a lot of other people around, she assumed that someone else would help. In this situation, Shana demonstrated
   a. Stereotyped behavior
   b. Social cognitive apathy
   c. Diffusion of responsibility
   d. Prosocial behavior

17. The term semantic memory refers to
   a. Events that happened in one’s own life
   b. Information that one associates with a specific date in the past
   c. Knowledge in one’s own area of expertise
   d. The general knowledge we have about the world

18. The students who became guards in Zimbardo’s classic prison study
   a. Felt it was too awkward to reprimand and punish fellow students
   b. Quickly adapted to their role even to the point of becoming sadistic
   c. Found the role of prison guard nearly impossible to adapt to
   d. All stated afterwards that it would have been preferable to play the role of a prisoner
19. The structure in the brain which makes communication between the two cerebral hemispheres possible is called the
   a. Cerebral cortex
   b. Corpus callosum
   c. Somatosensory cortex
   d. Association areas

20. Research by Elizabeth Loftus on eyewitness memory recall has demonstrated that
   a. People are remarkably resistant to new, inconsistent information
   b. Questions containing incorrect information can alter people's recall of the original event
   c. Misleading information influences recall for children only, and not for adults
   d. These new memories created by post-event information are more vivid than memories created by real events

21. According to the five-factor model of personality, which of the following is NOT a major personality trait?
   a. Extroversion
   b. Neuroticism
   c. Conscientiousness
   d. Psychoticism

22. The areas of the brain which are responsible for thought, memory, language, and perception are located in the
   a. Cerebral cortex
   b. Corpus callosum
   c. Cerebellum
   d. Medulla

23. The Stroop effect occurs when participants
   a. Are told to divide their attention between colors and shapes
   b. Try to name the colors of words while ignoring the meaning of the words
   c. Try to select some incoming information based on meaning
   d. Are told to shadow two messages simultaneously

24. The main function of the occipital lobe is
   a. Visual processing
   b. Execution of movement
   c. Auditory processing
   d. Spatial processing

25. Which of the following is NOT included as part of Freud's structure of the mind?
   a. Id
   b. Superego
   c. Psyche
   d. Ego
26. Researchers studying the effects of sleep deprivation tested the physical coordination skills of 25-year-old males who had been sleep deprived for either 24, 36, or 48 hours. In this study, the independent variable would be the
   a. Age of the research participants
   b. Physical coordination skills of the men in the study
   c. Length of time the participants had been sleep deprived
   d. Type of physical coordination task the researchers use

27. The individual who is usually credited with starting the scientific study of behavior and mental processes was
   a. Sigmund Freud
   b. Wilhelm Wundt
   c. William James
   d. John Watson

28. The ability to infer a cause-and-effect relationship is associated ONLY with the
   a. Experimental research method
   b. Correlational research method
   c. Case history research method
   d. Descriptive research method

29. Carla earned 78 points on her psychology exam. Ten of the students in her class earned higher scores than she did, and ten students earned lower scores than she did. Based on this information, you can conclude that Carla's score of 78 points is the
   a. Mean for her class
   b. Median for her class
   c. Mode for her class
   d. Standardized score for her class

30. With respect to historical trends in psychology, which of the following schools of thought did not become prominent until the 1960's?
   a. Gestalt Psychology
   b. Psychoanalytic Perspective
   c. Behaviorism
   d. Cognitive Psychology