

PRACTICE EXAM 2

DEAR STUDENT: This practice tests consists of actual questions from past exams. By taking this practice test, you should gain an idea of whether you understand the course material as well as you think you do. Research studies – and data from past Psych 101 classes – show that many students overestimate how well they know the material.

Before you take the practice test, please carefully read the CAUTIONS below.

CAUTION #1: These questions are only a SAMPLE of the many questions that could have been asked. Please don't come away from this test thinking that the content in the items below is the only content you need to study.

CAUTION #2: Trying to “Memorize” Answers to Practice Test Questions: A Dangerous Approach. Some students try to memorize the answers to the practice test questions, rather than use the questions as a way to measure whether they understand the underlying concepts. This can be a big mistake for two reasons. First, when you see a question on an actual exam, sometimes it may look similar to a practice test question, but if so much as a single key word is different, then it becomes a different question entirely and has a different answer. Sometimes students come to my office and say “Why did I get this question wrong? I put down answer C and on the practice test C was the correct answer.” And then I show them how they didn’t read the actual test question carefully enough, and that the actual test asked about Concept X whereas the practice test asked about Concept Y, even though the wording of the rest of the question was the same. On the actual test, read every question carefully and treat it as a “fresh” question.

CAUTION #3: Some students do not look at this exam until a day or two before the real exam, by which time they have done all the readings and have studied for the real test. Then they use this practice exam and the answer key as a way to measure how well they understand the material.

Other students are curious to see what types of questions are on the test, so they look at this practice test when it becomes available, or before they’ve studied. Curiosity is understandable. Just realize that if you look at this exam before studying, and then take the exam as a practice test after studying, your score may be inflated because you “knew” what questions were on this test in advance. Of course, if you look at the exam AND the answer key out of curiosity now, then the exam becomes worthless as a practice test later! So don't look at the answer key just out of curiosity!

KEEP SCORE: Score how many questions you answer correctly. Don't rely on a subjective impression (e.g., "I got most of them right" could mean you got 70% correct, which is less than a grade of C). To convert your practice test score to a grade, do the following.

1. Multiply the number of questions you answer correctly by 2.5
2. Add 10 points (e.g., adjusts for the activity points)
3. Look up the grade point on the grading scale (page 4 of syllabus). This tells you what the grade point of your practice exam is.

EXAMPLE: George gets 32 items correct on the practice test.

$32 \times 2.5 = 80$. Add 10 points = 90. Exam Grade is a 2.7.

PRACTICE EXAM 2

Directions: This exam contains 40 questions. Choose the best single answer for each question. Be sure to answer all questions. Be sure to "bubble in" your name, ID#, and Test Version on your mark sense form.

1. Valorie suffers from excessive daytime sleepiness and has sudden, uncontrollable sleep attacks during the day. Therefore, it is most likely that Valorie has _____. In addition, when she has these sleep attacks, Valorie's muscles lose their tone and become weak, and she falls to the floor or slumps over if she is sitting down. This muscular condition is called _____.
 - a. REM-Sleep Behavior Disorder; sleep apnea
 - b. REM-Sleep Behavior Disorder; cataplexy
 - c. narcolepsy; sleep apnea
 - d. narcolepsy; cataplexy
2. Which of the following statements best represents the cognitive perspective on the unconscious mind?
 - a. The unconscious mind is driven by sexual and aggressive instincts.
 - b. The unconscious mind consists entirely of repressed conflicts.
 - c. Unconscious and conscious mental events are complementary forms of information processing.
 - d. There is a "hidden observer" who is aware of everything that happens in the unconscious mind.
3. Suppose I ask David to pick up 7 items at the grocery store for me. If he does NOT rehearse this information or process it in any deeper way, it is most likely that the names of the grocery items will remain in his short term memory for up to:
 - a. 15 or 30 seconds.
 - b. 1 to 2 minutes.
 - c. an hour.
 - d. several hours.
4. As part of an experiment, Owen is going to live in a large, comfortable room for two months. In this room there are no environmental cues to indicate what time it is, or whether it is day or night. The room will be sealed off from daylight and outside noises. There is no clock. Research on circadian rhythms indicates that Owen's internal biological clock most likely will: (Note: There are only 3 choices below)
 - a. maintain itself on a 24-hour cycle. Thus, for the next two months, Owen will go to bed and wake up at about the same time each day.
 - b. start to run on a longer (ie., greater than 24-hour) cycle. Thus, for the next two months, Owen will go to bed and wake up a little later each day.
 - c. start to run on a shorter (i.e., less than 24-hour) cycle. Thus, for the next two months, Owen will go to bed and wake up a little earlier each day.

5. Clarisa's glass of grape juice is half full and she tells her father that she wants more juice. So, her father takes Clarisa's short wide glass and merely pours the juice from that glass into a tall narrow glass. Clarisa smiles and is very happy because now she thinks that she has more juice. According to Piaget, it appears that Clarisa is in the _____ stage of cognitive development. (Note: There are only 3 choices below.)
 - a. preoperational
 - b. concrete operational
 - c. formal operational
6. Suppose that we measure Bill's feelings (i.e., his attitudes and intentions) about drinking and driving. His general feeling is negative (e.g., "people should not drive while intoxicated, and I sure wouldn't do it") and his feelings about drinking and driving in "special circumstances" also are negative ("Even if it's just a short distance, I wouldn't drink and drive.") Now suppose that Bill is at a party, consumes several beers, and is intoxicated (say, not quite legally drunk, but close). At this time, we measure Bill's feelings again. Research suggests that when he is intoxicated, Bill most likely will:
 - a. have more favorable general feelings about drinking and driving.
 - b. have more favorable feelings about drinking and driving under special circumstances.
 - c. have more favorable feelings about drinking and driving, both in general and under special circumstances.
 - d. show no change in any of his feelings about drinking and driving, both in general and under special circumstances.
7. Within the field of psychology, _____ pioneered the study of how organisms learn through processes such as the "law of effect" and "operant conditioning."
 - a. behaviorists
 - b. humanists
 - c. ethologists
 - d. psychodynamic psychologists
8. According to the Activation-Synthesis Theory (Hobson & McCarley) of dreaming:
 - a. dreams are produced by our unconscious wishes and conflicts, and to understand dreams we need to interpret them symbolically.
 - b. dreams have a psychological purpose, allowing us to solve problems creatively because we are not constrained by reality while we dream.
 - c. the function of dreams is to improve our memory, because dreams activate neural circuits in the brain that help the brain "burn in" memories for important information.
 - d. dreams have no special function and merely represent the brain's attempt to interpret random neural signals that occur during sleep.
9. Harlow (1950's) conducted a set of famous studies in which infant monkeys were separated from their natural mothers at birth and were raised by inanimate "surrogate" mothers. He found that infant monkeys formed the strongest attachment to surrogate mothers who:
 - a. supplied physical nourishment in the form of milk.
 - b. made soothing sounds.
 - c. provided "contact comfort."
 - d. gave off a pleasant odor.

10. Alicia was in a painful accident last month. She was hit by a speeding bicycle as she crossed the street in front of the University Bookstore and was badly injured. A week later, as she crossed the same street in front of the bookstore, Alicia felt anxious. A few days later, as she crossed another street one block away from the bookstore, Alicia started to become anxious. A few weeks later Alicia started to become anxious when she crossed streets several blocks away from the bookstore. This example best illustrates that Alicia's behavior is showing:
- latent learning.
 - spontaneous recovery.
 - operant extinction.
 - stimulus generalization.
11. In classical conditioning, the conditioned behavior is _____. In operant conditioning, the conditioned behavior is _____.
- under the physical control of the organism; triggered involuntarily (i.e., automatically) by a stimulus.
 - triggered involuntarily (i.e., automatically) by a stimulus; under the physical control of the organism.
 - under the physical control of the organism; under the physical control of the organism.
 - triggered involuntarily (i.e., automatically) by a stimulus; triggered involuntarily (i.e., automatically) by a stimulus.
12. When David enrolled in Psych 101 before the start of Spring Quarter, he expected that most of the course would be spent talking about mental disorders and therapy. He thought that psychology was exclusively the study of mental health and that psychologists did nothing more than provide therapy to people with mental problems. Now, after 7 weeks of classes, David realizes that psychology is a diverse science and that many psychologists do not provide therapy, but instead conduct research on topics such as brain functioning, memory, child development, and human social behavior. According to Jean Piaget, we would say that David's schemas for "psychology" and "psychologist" have undergone:
- habituation.
 - assimilation.
 - transduction.
 - accommodation.
 - conservation.
13. A high-pitch tone is turned on and a dog has no response to it. Then the dog is given a piece of food and starts to salivate. Next, the tone is turned on and the food is presented. The dog starts to salivate. After pairing the tone with food several times, the tone is finally turned on without the food. The dog salivates. In this example, at the end of this procedure the tone represents:
- the conditioned stimulus.
 - the unconditioned stimulus.
 - the conditioned response.
 - the unconditioned response

14. Continuing with the example in question #13, when the dog initially salivates to the food that is presented alone, this salivation represents:
- the conditioned stimulus.
 - the unconditioned stimulus.
 - the conditioned response.
 - the unconditioned response
15. Continuing with the example in question #13, we now have a dog who salivates when a high-pitch tone is turned on (without food being presented). Now suppose that we sound a similar tone (just slightly lower in pitch) and the dog salivates. However if we sound a dissimilar tone that has a very low pitch, the dog does not salivate. The fact that the dog does not salivate to the tone that has a very low pitch best illustrates:
- that the dog is showing discrimination.
 - that the salivation response has undergone extinction.
 - that the salivation response has undergone spontaneous recovery.
 - the process of higher-order conditioning.
16. Piaget proposed that the stages of cognitive development occur in a certain order or sequence. Cross-cultural researchers have found that:
- in some cultures children go through the concrete operational stage before the preoperational stage.
 - in some cultures children go through the formal operational stage before the preoperational stage.
 - in some cultures children go through the preoperational stage before the sensorimotor stage.
 - the sequence of stages is the same across cultures.
17. Joe Superstar is a professional baseball player who has just signed a new multimillion dollar contract. One part of this contract includes the following incentive clause: "For every 10 home runs that you hit this season you will receive a \$25,000 bonus. For example, when you hit your 10th home run you will receive \$25,000. When you hit your 20th home run you will receive an additional \$25,000. and so on." In this example, the incentive clause best represents a _____ schedule of reinforcement.
- fixed interval
 - variable interval
 - fixed ratio
 - variable ratio
18. A tumor in her brain has caused damage to Erika's cerebellum. Because of this damage, it is most likely that Erika will now have particular difficulty:
- forming new procedural memories (e.g., learning how to perform a task that involves hand-eye coordination)
 - forming new long-term memories for factual information (e.g., a phone number, a formula, a person's name).
 - forming new long-term memories of personal experiences in her life (e.g., what she did last summer).
 - keeping factual information active in short-term memory.

19. It is the first day of classes at Beaumont Junior High and the school's dress code requires all students to wear the same white shirt and black pants or dress uniform. Trevor is dressing for school when his parents say, "Trevor, why don't you challenge the school policy and wear blue jeans and a T-shirt to school." Trevor replies, "No, it would be wrong because I would get into trouble with my teachers and the principal would punish me." According to Kohlberg's model of moral development, "Trevor most likely would be classified as acting at a _____ level of moral reasoning. (Note: there are only three choices below.)
 - a. preconventional
 - b. conventional
 - c. postconventional

20. Memory research on the effects of misleading information has found that:
 - a. children are not vulnerable to misinformation effects.
 - b. children are vulnerable to misinformation effects, and younger and older children are affected equally.
 - c. younger children are more susceptible to misinformation effects than are older children.
 - d. older children are more susceptible to misinformation effects than are younger children.

21. Social-cognitive theories of hypnosis (as opposed to "dissociation" theories) propose that:
 - a. Hypnosis is a unique state of divided consciousness.
 - b. Hypnosis is a state of consciousness similar to REM sleep.
 - c. People who are supposedly in a hypnotic trance really are intentionally faking their responses.
 - d. Hypnosis is a state of consciousness involving sincere (i.e., not faked) but highly motivated role-playing.

22. The phenomenon of latent learning was discovered many years ago in a classic study (by Tolman) in which several groups of rats were exposed to a maze. Latent learning is important because it demonstrates that:
 - a. classical conditioning is a more powerful process than operant conditioning.
 - b. operant conditioning is a more powerful process than classical conditioning.
 - c. even in nonhuman species such as rats, learning involves cognitive factors and can occur without reinforcement.
 - d. learning occurs more rapidly when punishment is used than when reinforcement is used.

23. Janna and Kyle are married and have two children. They are unhappy in their marriage and are considering getting a divorce, but also wonder whether they should stay married "for the sake of the children." Research suggests that, in deciding what to do, of the following factors the most important one that they should take into account is:
 - a. the gender of the children.
 - b. the amount of conflict in their marriage.
 - c. how old the children are.
 - d. how long they have been married.

24. Almost all adults are unable to remember the personal events that occurred during the first three years after their birth. This specific type of forgetting is called:
- infantile amnesia.
 - anterograde amnesia.
 - childhood interference.
 - proactive interference.
25. Dr. Singh reads a list of 15 words to Levon. After the list is finished, Levon immediately writes down as many of the words as he can remember. In this situation, which tests IMMEDIATE recall, Levon probably will:
- have the best memory for words at the beginning of the list.
 - have the best memory for words in the middle of the list.
 - have the best memory for words at the end of the list.
 - have better memory for words at the beginning and end of the list than for words in the middle.
26. Both elaborative and maintenance rehearsal keep information active in _____, but _____ rehearsal is more effective in transferring information to long-term memory.
- sensory memory; elaborative
 - short-term memory; elaborative
 - sensory memory; maintenance
 - short-term memory; maintenance
27. Cynthia is a 4-year old-child. She is mentally retarded, and a CAT scan of her brain shows several abnormalities, including enlarged ventricles and an overall small brain size. It is most likely that during Cynthia's fetal development, her mother:
- used cocaine regularly.
 - used Thalidomide.
 - drank alcohol heavily.
 - smoked a pack or more of cigarettes per day.
28. The process of "shaping" a behavior represents an example of _____ conditioning, and involves the use of _____.
- operant; higher-order conditioning
 - operant; successive approximations
 - classical; higher-order conditioning
 - classical; successive approximations
29. Chunking and hierarchies most directly illustrate how _____ can enhance the encoding of information into memory.
- shallow processing.
 - mental imagery.
 - organization.
 - automatic processing.

30. Jackie is a professional singer. One day she comes home feeling anxious after a stressful concert. She rarely drinks alcohol, but tonight she has a glass a wine, and this causes her to feel less anxious. So she has another glass, and her anxiety continues to fade. So she has a third glass, and finally, she's not feeling stressed. Which of the following principles best accounts for Jackie's behavior of consuming three glasses of wine?
- aversive punishment
 - response cost
 - negative reinforcement
 - positive reinforcement
31. Systematic desensitization is a commonly used method for treating _____, and it is based primarily on _____ conditioning principles.
- alcoholism; operant
 - phobias; operant
 - alcoholism; classical
 - phobias; classical
32. How do night terrors and nightmares differ?
- Night terrors typically occur in NREM sleep whereas nightmares typically occur during REM sleep.
 - Night terrors are most common among adults whereas nightmares are most common among children.
 - During night terrors bodily arousal is similar to that experienced during pleasant dreams, whereas during nightmares the body is aroused to a near panic level.
 - After awakening in the morning, the sleeper often has forgotten the content of his/her nightmares, but always remembers the content of his/her night terrors.
33. Dr. Nguyen is interested in the relationship between age and creativity. She obtains a sample of 1,000 men and women who range in age from 20 to 59. All participants are individually given a psychological test that measures how creative they are. Dr. Nguyen then compares the level of creativity among people of different ages (e.g., how do people in their 20's versus 30's versus 40's versus 50's compare in terms of creativity). Dr. Nguyen's research best represents:
- a longitudinal study.
 - a cross-sectional study.
 - a case study.
 - an experiment.
 - a naturalistic observation study.

34. Mr. Johnson is the coach of a high school football team. For the past two weeks, several of his players have been showing up a few minutes late for every practice. He gives them a verbal warning but they keep showing up a few minutes late. When the players show up late the next time, he tells to do 100 push-ups and then run 5 laps -- in full gear -- around the field. From that point on, the players stop showing up late. In this example, the fact that the players stopped showing up late after being told to do push-ups and run laps best illustrates which operant conditioning process?.
- positive reinforcement
 - negative reinforcement.
 - aversive punishment.
 - response cost.
35. Paul is a 2-month-old infant and his grandfather is 70 years old. If we compare their typical nightly sleep patterns, we probably would find that Paul:
- spends more time sleeping (i.e., total sleep time) than his grandfather.
 - spends more time in REM sleep than his grandfather.
 - spends more time in Stages 3 and 4 than his grandfather.
 - does all of the above.
36. Some laboratory studies on observational learning have exposed children to role models that behave aggressively, while other studies have exposed children to models that behave prosocially (i.e., helpful models). Overall, the results indicate that:
- children behave more aggressively after watching aggressive models.
 - children behave more prosocially after watching prosocial models.
 - both "a" and "b" are true.
 - children's behavior doesn't change, no matter which type of model they watch.
37. Tam is participating in a sleep study. He is in bed with his eyes closed and an EEG is recording his brain waves. Tam is now in Stage 4 sleep, which would be indicated by the fact that his brain wave pattern:
- consists entirely of delta waves.
 - is just starting to show some delta waves.
 - consists entirely of alpha waves.
 - is just starting to show alpha waves.

38. George Sperling conducted a classic experiment on iconic memory. In one condition, participants were shown a matrix of 12 letters (3 rows, with 4 letters in each row) for 1/20th of a second, and then were asked immediately to write down as many letters as they could remember. They performed this task several times. In this condition, which did NOT have any tone, most participants were able to recall _____ for each matrix. The reason for this level of performance was that _____.
- a. almost all of the letters; iconic memory typically lasts several seconds, giving subjects enough time to write down almost all the letters.
 - b. less than half; 1/20 of a second did not give subjects enough time to visually scan all the letters.
 - c. less than half; all of the letters entered into iconic memory, but the memory faded very rapidly.
 - d. none of the letters; 1/20 of a second did not give subjects enough time to visually scan any of the letters.
39. In terms of the effects that it has on the body, alcohol is:
- a. a stimulant.
 - b. a depressant (i.e., sedative).
 - c. a stimulant at low doses and a depressant at high doses.
 - d. a depressant at low doses and a hallucinogen at high doses.
40. Sammy and Renée are each 70 years old, and Alex and Martina are each 20 years old. They are all in normal mental and physical health for their respective ages. Based on research comparing the cognitive abilities of elderly versus young adults, we would expect that Sammy and Renée will perform better than Alex and Martina on which of the following tasks?
- a. reading a paragraph, and then immediately testing how well you can recall the material in the paragraph.
 - b. immediately recalling a list of nonsense syllables.
 - c. a theory of mind task.
 - d. none of the above.