

Target EXAM 3 (The Final Exam) Study Guide for PSY 203 – Introduction to Psychology

*****PLEASE READ CAREFULLY*****

This is the target study guide for **EXAM 3**, which will cover **Chapters 9-14** of the required textbook. Students are strongly advised to read and study each chapter thoroughly prior to completing this study guide. Moreover, students 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. Be prepared for this.

This exam will be timed! **Students will have exactly 60 minutes to complete EXAM 3.**

EXAM 3 will be worth **200 points**. There will be **80 items** on this test, **each item worth 2.5 points**. Item type will consist of multiple choice, with some visual inspection multiple choice items.

This study guide will cover each test item in very specific detail, providing students with enough information, in theory, to all test items correctly on the actual test.

Note, 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. Learners are advised to complete this study guide and thoroughly study your responses prior to the exam date.

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 this exam.

1. Study and understand the image and photo caption titled *Prescription Privileges for Military Psychologists*.
2. Janeen enters the playroom of the psychology lab with her 1-year-old daughter Peggy. Initially, Peggy clings to her mother, but then becomes interested in the attractive toys in the playroom. She picks up a toy and brings it back to her mother, then drops it and approaches the toy box again. Peggy cries when Janeen leaves the room, but quickly calms down again when her mother returns. Peggy would most likely be classified as...? (Refer to the *Strange Situation*)
3. Richard's daughter Linda wants to go to a concert on a school night and come home past her usual curfew. Richard says, "If it's that important to you, I'll pay for the ticket and let you take my car." Richard is demonstrating which parenting style?
4. Four-year-old Brooke throws a tantrum when her parents want to leave the playground and go home. Instead of punishing her, Brooke's parents patiently and lovingly try to teach Brooke a more acceptable way of coping with disappointment and frustration. Using Carl Rogers's terminology, Brooke is experiencing a high degree of _____ from her parents.
5. A study by psychologist Henry Steadman and his colleagues monitored the behavior of more than 1,000 former mental patients for a year after they were discharged from psychiatric facilities. They also monitored the behavior of a matched control group of people who were not former mental patients but were living in the same neighborhood. What did the study find?
6. Connor and Mandy are two unrelated 13-month-old infants. Connor can already walk easily, but Mandy has yet to take her first steps. What is the MOST LIKELY explanation for the difference between their ability levels?
7. Mrs. Lovejoy thinks that all teenagers are reckless, promiscuous, irresponsible delinquents. Mrs. Lovejoy appears to be associating qualities that are unrelated to the objective criteria that define this particular age group. This example illustrates...?
8. According to Erikson's theory, in late adulthood, regret is to _____ as self-acceptance and pride is to _____.

9. Norman displays many schizophrenic symptoms, including random auditory hallucinations that don't follow any particular theme, peculiar thoughts and behavior, frequent inappropriate laughing mixed with aggressive shouting, and echoing words spoken by others. Norman would probably be diagnosed as suffering from the _____ type of schizophrenia.
10. Linda is trying to select a high-quality day care center for her 2-year-old daughter. Identify and understand the characteristics of high-quality day care that Linda needs to look for?
11. Study the image and photo caption titled *The "Electric Chair"*. Understand what this image illustrates.
12. _____ is to how we interpret the meaning of other people's behavior as _____ is to how our behavior is affected by situational factors and other people.
13. Sid is seriously ill, and his doctor has warned him that his chances of survival are not good. When Sid's wife visits him in the hospital, Sid tells her that he is feeling much better and expects to be home in a couple of days and back to work in a matter of weeks. According to Kübler-Ross's model of dying, Sid is in which stage of the dying process?
14. Study the image and photo caption titled *Creativity and Mood Disorders*. What do the three people pictured have in common?
15. Phenotype is to genotype as _____ are to _____?
16. The use of psychological techniques to treat psychological problems is to _____ as the use of medical techniques to treat psychological problems is to _____.
17. Ryan was disappointed when he was rejected in his first attempt to get admitted to a very prestigious engineering program. But he told his friends that he thought he would have a better chance next time, especially if he took some additional qualifying courses and raised his GPA. Martin Seligman would say that Ryan what type of explanatory style?
18. Gillian's club is planning a 5K race as a fund-raiser. Because Gillian had never run in a race before, she was certain that she would not be able to complete the 5K and instead volunteered to screen and register the runners. How might the social cognitive theory be used to explain Gillian's behavior?
19. Dr. Duran showed his patient Adam a series of cards, each of which depicted an ambiguous scene, such as two people talking on a park bench, or an older woman looking over a young woman's shoulder. Dr. Duran asked Adam to tell him a story about the picture. What test is Dr. Duran using?
20. While talking to another coworker, Doug makes many hateful comments about Brian behind his back. Later that morning when he sees Brian, Doug acts very friendly to Brian and offers to buy him lunch. Which ego defense mechanism best explains Doug's behavior?
21. A local television station did an on-the-scene news report about a nearby town that was almost totally destroyed when a tornado ripped through it. Most of the residents lost their homes and possessions. During the newscast, some of the residents made direct appeals to the viewers for help. According to your textbook, what is the likelihood of the victims receiving help from viewers? Why?
22. Logan and Chelsea were debating what would happen to society if the government collapsed and the military and police were disbanded. Logan was convinced that society would collapse and that chaos would occur, as there would be nothing to hold back the destructive, hostile tendencies of people. Logan's views are most similar to those of...?
23. "Hal got hit by a car when he was jogging? Really? Well, it doesn't surprise me," Erin commented. "He never wears reflective gear, so I bet the driver couldn't even see him." Erin's response illustrates an attributional pattern called...?
24. When Marsha continued to waver on her decision to buy a new computer, the salesperson finally said to her, "If you buy this computer system today, I'll throw in a larger hard drive and a couple of computer games for your kids. Have we got a deal?" The salesperson appears to be using the _____ technique to persuade Marsha to buy the computer system.
25. The prologue to Chapter 10 described the story of the twins, Julian and Kenneth. Using Freud's terminology, which structure of personality was dominating Julian's behavior when he tried to rob the drugstore?

26. Steve's therapist Jim is a client-centered therapist. During therapy sessions, Jim actively listens to Steve's words and often responds by reflecting back both the content and personal meaning of what Steve seems to be saying. Steve's therapist is demonstrating which of the three qualities of client-centered therapy?
27. Dennis, a New York City investment broker, quit his job in a fit of rage after being accused of embezzling thousands of dollars of his clients' money. Four months later, the police discovered Dennis driving a cab in Los Angeles. Dennis claimed that his name was actually Michael Hart, that he had always been a cab driver in Los Angeles, and that he had no knowledge of Dennis. Even after he was positively identified as Dennis, "Michael Hart" insisted that he was someone else. Assuming that he was not faking his condition to escape arrest, Dennis was probably suffering from which dissociative disorder?
28. As part of the process of treating Phil's episode of manic behavior with lithium, the psychiatrist regularly monitored Phil's blood to ensure that...?
29. Faced with the financial and personal problems associated with returning to school as an adult student, Amanda estimated how much she would need to live on, how much time she could devote to working, and how much study time she would need to succeed academically. Amanda is using a(n) _____ coping strategy called _____.
30. During Nick's first trip abroad he was surprised to find that people in other cultures ate such foods as snails, squid, insects, lizards, earthworms, seaweed, and rotten-looking cheeses. "One day they will become civilized like us and eat normal foods like Krispy Kreme donuts, pizza, hot dogs, and hamburgers and cheese fries," he wrote to his parents. Nick's remarks illustrate a form of in-group bias called...?
31. Study and understand the image and photo caption titled *Historical Treatments for Mental Illness*.
32. The Prologue to Chapter 15 described a woman named Marcia who is in psychotherapy. According to Marcia, one benefit of her therapy sessions is that she invariably feels great emotional relief just from talking with her therapist. The reduction of emotional and physical tension that can occur simply as the result of talking about psychological problems is called...?
33. As a clinical psychologist in private practice, Dr. Drake uses a variety of psychotherapy techniques. As a rule, she selects the therapy approach based on the problem and the characteristics of the person seeking help. Dr. Drake would be best described as...?
34. Based on numerous studies he conducted, Professor Jackson is convinced that children actively develop cognitive categories for masculinity and femininity. He contends that these mental representations influence how children perceive, interpret, and remember representations of gender-appropriate behavior. Professor Jackson's conclusions are most consistent with the _____ theory of gender-role development.
35. Study Figure 10.1 including the image of Freud's famous iceberg analogy. In which part of the mind—conscious, preconscious, or unconscious—does the *ego* reside?
36. The collective unconscious is to _____ as the inferiority complex is to _____.
37. What BEST characterizes the typical course of human development (the "theme" of human development)?
38. Study the images and text information of the three neo-Freudians discussed. Identify the psychoanalyst who immigrated to the United States from Germany and found that American patients were much more worried about their jobs and economic problems than their sex lives.
39. Identify and understand the criticisms of Piaget's theory?
40. For the last several weeks, Cheryl has been responding to her therapist with hostility during her sessions of psychoanalysis. Cheryl often responds similarly to her parents, especially her mother. Cheryl is probably unconsciously experiencing...?

41. A religious leader in a small city led a crusade against the local X-rated movie theaters, topless dance bars, and strip clubs, often leading groups of angry citizens to storm the buildings and threaten to shut them down. After a great deal of publicity, however, the newspaper published photos of the same man frequenting strip clubs and patronizing prostitutes in a neighboring state. Sigmund Freud would explain this man's behavior as an example of which ego defense mechanism?
42. Dr. Wilkerson has given her new patient several personality tests. But, Dr. Wilkerson feels that no one personality test can provide a comprehensive description of her new patient. What approach should Dr. Wilkerson take in interpreting the test results?
43. Darlene is constantly nervous, tense, and apprehensive. She worries about her health, her job, her children, and her relatives. Her husband has tried to reassure her that everything is going well, but she can't seem to shake her pervasive anxiety. Darlene is probably experiencing what type of anxiety disorder...?
44. Jeff drops his stack of overhead transparencies during an important presentation at a company meeting. Although flustered, he quickly recovers, picks up where he left off, and finishes his presentation to a round of enthusiastic applause and a personal compliment from the company president. But afterward, Jeff agonizes over his single mistake and is certain that he has forever disgraced himself in the eyes of his superiors and will never get promoted. According to Beck's cognitive therapy (CT), Jeff is demonstrating a(n) _____ called _____.
45. Before Jackie left for college, she told her friend Lisa that she thought sororities were filled with snobs and that she would never consider joining one. But during Jackie's first week on campus, she was approached by a sorority member who invited her to a social function and encouraged her to pledge. After Jackie attended the party, she told Lisa, "Sororities do a lot of good things for the community. They're really service organizations." Jackie's change in attitude to match her behavior reflects which of the following concepts?
46. Temperament researchers agree that individual differences in temperament have a genetic and biological basis. Researchers also agree that...?
47. When Mrs. Anderson had a stroke that left her partly paralyzed and cognitively impaired, her husband took care of her. After four months, Mr. Anderson has adjusted to the daily routine, but he seems tense, and his ability to cope with new stressors is diminished. It is very likely that Mr. Anderson is now in the _____ stage of the general adaptation syndrome, but if the situation gets worse and continues for a prolonged period of time, he may enter the _____ stage.
48. As a new immigrant to the United States, Yangtse was faced with two fundamental questions: "Should I seek positive relations with the dominant society?" and "Is my original cultural identity of value to me, and should I try to maintain it?" Yangtse answered yes to both. Yangtse chose...?
49. When 6-year-old Philip was caught pocketing a candy bar that he had not paid for, he felt ashamed and guilty. Using Freud's terminology, the sense of shame and guilt that Philip felt was a product of his _____.
50. The viral infection theory of schizophrenia suggests that...?
51. After Michael studied the chapter on Social Psychology, he decided to try an experiment. He wanted to see how people on a half-empty bus would react if he politely asked someone to move so he could have a particular seat. But when Michael boarded the bus, he found he was just too embarrassed to carry out his experiment. Michael's behavior appears to be governed by...?
52. When does a fetus double in weight, gaining an additional three to four pounds of body fat?
53. Dylan wishes to apply the research on "possible selves" to help him become more motivated in college. As a first step, he should...?
54. After Rick was hospitalized for almost two months for a severe episode of schizophrenia, it was apparent that he was not responding to Thorazine, Stelazine, or any of the other typical antipsychotic medications. The psychiatrist suggested to Rick's family that Rick's symptoms might improve with...?
55. Study the image and photo caption of 5-year-old Laura as she participates in *Piaget's Conservation Task*. If Laura indicated in the 3rd photo that the tall narrow beaker contained more liquid than the short wide beaker, it would indicate that she is in the _____ stage of cognitive development.

56. Thirty-year-old Alayna is painfully shy and so sensitive to rejection that she rarely talks to people other than her coworkers and her family members. Occasionally, a man asks her out, but she always refuses. She spends a good deal of time reading and writing in her diary about her loneliness and other feelings. According to Erikson's theory, Alayna is facing the psychosocial conflict of _____ and is likely to develop _____.
57. When Sabrina tried to talk to her husband Adam about the problems she was having with her boss, Adam interrupted her and said, "You're getting all upset over nothing. Now, this is what you need to do . . ." and went on to explain to her why her reaction was irrational, how she should be feeling instead, and what she should say and do if the situation ever occurred again. Based on the criteria discussed in the In Focus Box, "Providing Effective Social Support," how would you evaluate (rate) Adam's attempt to provide social support for Sabrina? Why?
58. Identify and understand the suggested guidelines for helping to prevent someone from taking his/her own life?
59. In many instances, the difference between normal and abnormal behavior...?
60. You know that your friend Jeffrey's wife has left him and that his company has just been bought out by a big corporation, meaning that his job is in jeopardy. You stop over at Jeffrey's apartment after work one evening and notice that he is gulping coffee and chain-smoking cigarettes. He explains that the stress is getting to him and that he's had trouble sleeping. Because you've read the chapter Application, how effective is Jeffrey's coping strategy?
61. As pointed out in the Science Versus Pseudoscience box on eye movement desensitization reprocessing (EMDR) therapy, the case of EMDR highlights an ongoing problem in contemporary psychotherapy. What is that problem?
62. When David is asked to describe his best friend Josh, he responds: "Josh is very friendly, pretty intelligent, and a really nice guy. He seems laid-back, but he actually works hard at keeping up with his college classes. He's a lot of fun because he's always ready to try something new." David's description of his friend's personality would be most consistent with which of the following approaches to personality?
63. Andrew volunteered to take part in a psychology experiment to earn extra credit for his psychology class. The experiment was one that studied obedience, and Andrew was asked to deliver aversive (unpleasant) consequences to another student. Based upon what you know about the forces that influence a subject to continue obeying an experimenter's orders, what is likely to be Andrew's reaction to the commands?
64. When Justine made an oral presentation in class, Meagan joined her classmates in applauding at the end, even though she did not think the presentation was very clear or well organized. Meagan's behavior in this example illustrates...?
65. Nicholas is just over a year old, but he is immensely curious about his surroundings. When his father takes Nicholas along to the grocery store or on other errands, Nicholas smiles and waves at the other people they encounter and is quite fearless about being in a strange environment. In terms of Kagan's temperament classification system, Nicholas would probably be classified as...?
66. Researchers on effective psychotherapy have identified several common factors that contribute to a positive therapy outcome. What are these common factors?
67. Jeremy is an ambulance driver and a paramedic. He and some of his co-workers sometimes appear to do their job in a detached, depersonalized, but nevertheless, efficient manner. Jeremy and his co-workers are using _____ to some degree to help them deal with distressing situations.
68. Although David has had chronic, low-grade depression for years, he recently experienced a debilitating episode of major depression for which he was hospitalized. Following treatment, David returned to his previous emotional state of chronic, low-grade depression. Which of the following terms describes what David has experienced?
69. Jayne was in a fast-food restaurant when a man walked in, drew a gun, and started shooting, killing two people before killing himself. Although Jayne was not injured in the shooting spree, she has since been unable to return to work. She can't seem to stop thinking about the event. She has recurrent nightmares, is unable to sleep, and does not want to leave her home. It is most likely that Jayne is suffering from...?

70. A middle-aged woman is sitting on a bench in the busy shopping mall, holding her head in her hands, visibly upset and crying. Nobody stops to see if she needs assistance. Based on what you read in the text, the most likely explanation for why nobody helps in this situation is...?
71. Because her baby seemed to enjoy putting so many things in his mouth, Jessica provided the infant with many different kinds of pacifiers and chewable toys. According to Freud's theory, Jessica is running the risk of producing _____ at the _____ psychosexual stage of development.
72. When Spencer first started dating Melissa, their relationship quickly became very intense. But after a couple of weeks, Spencer became increasingly uneasy because Melissa seemed to constantly need his attention and reassurances of his commitment to her. When Melissa showed up unexpectedly at Spencer's office to have lunch with him, she became enraged when Spencer told her that he was taking two important clients to lunch. Shortly after this incident, Spencer tried to break off the relationship with Melissa, which turned into an ugly scene with her screaming profanities at him in the middle of the street. Several days later, Spencer learned that Melissa had been hospitalized for overdosing on tranquilizers. Melissa's pattern of behavior seems to fit which of the following personality disorders?
73. Rob has put all of his energies into his job as a stockbroker, often working twelve or more hours a day, and usually working on weekends. He has been very successful and, by the age of 45, has already amassed what amounts to a small fortune. Although he continues to put in long hours at work, he is beginning to feel dissatisfied and bored with his life. According to Erikson's theory, Rob is probably facing the psychosocial conflict of _____ and is likely to develop _____.
74. A key process is involved as the brain matures during the adolescent years to adulthood. What is that process?
75. According to the textbook, what helped John Gacy escape detection as a ruthless murderer for so many years?
76. What do behavior therapists assume about maladaptive behaviors?
77. How might an Asian student at a university who is demonstrating the self-effacing bias explain her poor academic performance on an exam?
78. Imagine that you are a psychiatrist reviewing patients who might be candidates for electroconvulsive therapy. Based on the information presented in your textbook, what sort of patient is best suited for electroconvulsive therapy?
79. Kathleen overslept, got caught in rush hour traffic, and was late for work. During lunch she spilled coffee on her clothes. When she left work that afternoon she got caught in a sudden downpour of rain. By the time she arrived home she felt drained, grumpy, and stressed out. Kathleen's present state is the result of the cumulative effect of...?
80. Based on the cross-cultural research presented in Culture and Human Behavior 9.3, what can be concluded about parent-offspring relationships during adolescence?