



## 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. Learners are strongly advised to read and study each chapter thoroughly prior to completing this study guide. Moreover, learners are advised to complete this study guide early and not wait until the last minute to do so.

- The exam will be administered via Online Campus. Be prepared for this!
- This exam will be timed. **Learners will have exactly 70 minutes to complete this exam.**
- This exam will be worth 200 points. There will be 80 multiple choice items on this test, each item worth 2.5 points each.

The target study guide covers each test item in very specific detail, providing learners with enough information, in theory, to respond correctly to all test items.

**Note that the items on this study guide have been randomly scrambled in an effort to add challenge to your study of chapter content. 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 as well.**

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 the exam.

If learners have any questions concerning the information presented within this study guide, they can contact me via my personal cell phone, e-mail, or face-to-face office hours. I will be happy to guide the learner toward complete understanding. However, I will not provide learners with direct answers and my assistance will be very limited.

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1. As pointed out in the Science Versus Pseudoscience box, “EMDR: Can You Wave Your Fears Away?” the case of EMDR highlights an ongoing problem in contemporary psychotherapy. What is that problem?
2. 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:
3. Dylan wishes to apply the research on “possible selves” to help him become more motivated in college. As a first step, he should:
4. Steve's therapist Dr. Royce is a client-centered therapist. During therapy sessions, he 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:
5. Study and understand the information (in the side margin) on client-centered therapy, including the photo image. Be prepared to apply your understanding to a visual inspection item.

6. 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:
7. 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 a(n):
8. 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?
9. 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 \_\_\_\_\_.
10. Jeff has some technical glitches with his computer program during an important presentation at a company meeting. Although flustered, he quickly recovers, and carries on with his presentation. He gets a round of enthusiastic applause at the end and a personal compliment from the company president. But afterward, Jeff agonizes over his technical problems with the computer program 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 \_\_\_\_\_.
11. What are the suggested guidelines for helping to prevent someone from taking his or her own life? Be prepared to apply your understanding.
12. Gillian's club is planning a 5-mile race as a fundraiser. Because Gillian had never run in a race before, she was certain that she would not be able to complete the 5 miles and instead volunteered to screen and register the runners. How might the social cognitive theory be used to explain Gillian's behavior?
13. The Prologue to Chapter 14 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:
14. After 20 minutes of waiting outside the baggage claim area for your friend to pick you up, you decide to go inside the airport terminal and phone her. Standing a short distance from you is a kind-looking older woman. "Would you mind watching my luggage so I can go make a quick phone call?" you ask politely. "I'd be happy to watch it for you," she replies, "my ride is not coming for another half-hour." When you return less than five minutes later, the old lady and your luggage (including your laptop) are gone. This example illustrates one of the problems associated with:
15. 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?
16. 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:
17. 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.

18. 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:
19. 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?
20. The collective unconscious is to \_\_\_\_\_ as the inferiority complex is to \_\_\_\_\_.
21. 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:
22. 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 if:
23. What are the criticisms of Piaget's theory? Be prepared to apply your understanding.
24. 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.
25. The basic assumption of behavior therapy is that:
26. Linda is trying to select a high-quality day care center for her 2-year-old daughter. What characteristics would Linda look for? Be prepared to apply your understanding.
27. 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:
28. 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:
29. When 7-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:
30. Depression that repeatedly occurs with onset of autumn and winter is to \_\_\_\_\_ as chronic, low-grade depression is to \_\_\_\_\_.
31. What best characterizes the typical course of human development?
32. 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:
33. 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 advice in "Minimizing the Effects of Stress," you know that common stimulants like nicotine and caffeine:
34. 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?

35. 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 beliefs about other cultures illustrate a form of in-group bias called:
36. 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.
37. Study and understand the discussion and related image titled "The 'Electric' Chair". Be prepared to apply your understanding to a visual inspection item.
38. 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:
39. Ryan was disappointed when he was rejected in his first attempt to get admitted to a very prestigious engineering program. Despite this setback, 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 has a(n):
40. 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 disorders?
41. 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:
42. Temperament researchers agree that individual differences in temperament have a genetic and biological basis. Researchers also agree that:
43. Dr. Wilkerson has given her new patient several psychological tests. What approach should Dr. Wilkerson take in interpreting the test results?
44. 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?
45. 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 reaction is most likely?
46. Researchers on effective psychotherapy have identified several common factors that contribute to a positive therapy outcome. What are these common factors? Be prepared to apply your understanding.
47. The prologue to Chapter 10 described the story of the twins, Julian and Kenneth. Using Freud's terminology, which component of personality was dominating Julian's behavior when he tried to rob the drugstore?
48. Ginny's son Bill is almost 13. Ginny has always enjoyed a good relationship with Bill, but after hearing horror stories from other parents about their teenaged children, she is worried that once Bill becomes a teenager, their relationship will deteriorate, and he will become impossible to handle. According to psychological research, Ginny and Bill's relationship during adolescence will most likely:

49. 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 Adam's attempt to provide social support for Sabrina?
50. 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:
51. Identify the psychoanalyst who emigrated 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. Be prepared to apply your understanding to a visual inspection item.
52. How might an Asian student at a university who is demonstrating the self-effacing bias explain her poor academic performance on an exam?
53. The viral infection theory of schizophrenia suggests that:
54. 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.
55. What is the difference between normal and abnormal behavior? (Be careful with your answer). Be prepared to apply your understanding.
56. Study and understand the discussion (in the side margin) titled "Historical Treatments for Mental Illness", as well as the related images. Be prepared to apply your understanding to a visual inspection item.
57. A key process is involved as the brain matures during the adolescent years to adulthood. What is that process?
58. 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:
59. 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, the victims of this tragedy are:
60. 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 \_\_\_\_\_.
61. Norman displays many schizophrenic symptoms, both positive and negative, 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.
62. Imagine that you are a psychiatrist reviewing patients who might be candidates for electroconvulsive therapy. Based on the information presented in your textbook, who would benefit the most from electroconvulsive therapy. Be prepared to apply your understanding to scenario.
63. Study and understand the drawing depicting Sigmund Freud's famous iceberg analogy for the structure of personality. Be prepared to apply your understanding to a visual inspection item.
64. "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:

65. The use of psychological techniques to treat psychological problems is to \_\_\_\_\_ as the use of medical techniques to treat psychological problems is to \_\_\_\_\_.
66. According to Erikson's theory, in late adulthood, regret is to \_\_\_\_\_ as self-acceptance and pride is to \_\_\_\_\_.
67. 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:
68. 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:
69. 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.
70. When does a fetus double in weight, gaining an additional three to four pounds of body fat?
71. 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. Because of this self-absorption and a preoccupation with his own needs, Rob 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 \_\_\_\_\_.
72. 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 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:
73. Based on numerous studies he has 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 views are most consistent with the \_\_\_\_\_ theory of gender-role development.
74. 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?
75. Phenotype is to genotype as:
76. Study and understand the discussion of creativity and mood disorders, as well as the related image. Be prepared to apply your understanding to a visual inspection item.
77. \_\_\_\_\_ 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.
78. 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?
79. Study and understand Piaget's conservation task, including the image and caption information of the 5-year-old Laura. Be prepared to apply your understanding to a visual inspection item.
80. 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?