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| 1. Societal advances have provided us the increased freedom to choose between multiple alternatives in a variety of contexts. This choice overload appears to be positively correlated with rumination, postdecision regret, and anticipated regret.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 2. ​The paradox of progress is the notion that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   |  |  |  | | --- | --- | --- | |  | a. | ​for every step forward, we take two steps back. | |  | b. | ​despite unparalleled advances in technology, we seem to have more social and personal difficulties. | |  | c. | ​our biggest problems now involve making technology work properly. | |  | d. | ​technology has prolonged life for many people, causing environmental problems. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 3. Despite having information at our fingertips through smartphone devices, most of us still complain about not having enough access to information.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 4. Modern Western society has made extraordinary technological progress​   |  |  |  | | --- | --- | --- | |  | a. | ​and, therefore, has seen decreases in social problems. | |  | b. | ​but social and personal problems seem more prevalent and more prominent than ever before. | |  | c. | ​and, therefore, has seen a boom in time spent engaging in leisure activities. | |  | d. | ​but social and personal problems are just as prevalent as they were in the past. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 5. According to Schwartz, increased freedom of choice available in modern societies​   |  |  |  | | --- | --- | --- | |  | a. | ​has resulted in improved mental health. | |  | b. | ​has enhanced tranquility. | |  | c. | ​has led to fewer postdecision regrets. | |  | d. | ​has contributed to depression and anxiety. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 6. The technological advances of the past century, impressive though they may be, have not led to perceptible improvement in our collective health and happiness. This issue is known as the​   |  |  |  | | --- | --- | --- | |  | a. | ​approach-avoidance conflict. | |  | b. | ​paradox of progress. | |  | c. | ​self-realization dilemma. | |  | d. | ​correlation limitation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 7. Modern technology has provided us with​   |  |  |  | | --- | --- | --- | |  | a. | ​less control in our lives. | |  | b. | ​lower costs financially and within our personal lives as well. | |  | c. | ​countless time-saving devices. | |  | d. | ​improved mental health and happiness. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 8. On the way to work, Brice went to a new coffeehouse. The barista told him that there were seven different ways that his morning cup of coffee could be prepared. According to research, it is MOST reasonable to expect that he will experience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​choice overload. | |  | b. | ​postdecision regret. | |  | c. | ​a depletion of mental resources. | |  | d. | ​irritation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 9. The range of life choices has​   |  |  |  | | --- | --- | --- | |  | a. | ​barely changed in the past century. | |  | b. | ​made life much easier for everyone. | |  | c. | ​increased in recent decades. | |  | d. | ​decreased in recent decades. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 10. Many social critics believe that the quality of our lives​   |  |  |  | | --- | --- | --- | |  | a. | ​has increased and our sense of personal fulfillment has declined. | |  | b. | ​has decreased and our sense of personal fulfillment has increased. | |  | c. | ​and our sense of personal fulfillment have declined. | |  | d. | ​and our sense of personal fulfillment have increased. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 11. With technology such as Facebook available, Americans report​   |  |  |  | | --- | --- | --- | |  | a. | ​more friends than ever before. | |  | b. | ​a sense of loneliness and isolation related to the superficial communication in the online world. | |  | c. | ​a decreased number of people suffering from an intimacy deficit. | |  | d. | ​we spend more time with each other instead of with technology. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 12. Many theorists agree that the basic challenge of modern life involves struggling with such problems as​   |  |  |  | | --- | --- | --- | |  | a. | ​forming a solid sense of identity. | |  | b. | ​arriving at a coherent set of values. | |  | c. | ​developing a clear vision of a future that realistically promises fulfillment. | |  | d. | ​all of these. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 13. According to research, many commonsense notions about happiness appear to be accurate.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 14. In general, women are less happy than men; this is evident in the statistics indicating that women are treated for depression about twice as often as men.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 15. It appears people enroll in “self-realization” programs because these programs appear to provide \_\_\_\_\_\_\_\_\_\_​   |  |  |  | | --- | --- | --- | |  | a. | ​profound enlightenment. | |  | b. | ​a new circle of friends. | |  | c. | ​countless things to do. | |  | d. | ​new technological advances. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 16. One of the criticisms of self-help books is that they tend to use psychobabble rather than empirical evidence.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 17. “Psychobabble” is best defined as​   |  |  |  | | --- | --- | --- | |  | a. | ​professional psychological terminology. | |  | b. | ​textbook definitions. | |  | c. | ​ill-defined terminology. | |  | d. | ​technical terminology. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 18. Which of the following should you look for in self-help books?​   |  |  |  | | --- | --- | --- | |  | a. | ​Provide explicit directions about how to alter behavior. | |  | b. | ​Focus on a particular kind of problem. | |  | c. | ​Some mention of the theoretical or research basis for the advice. | |  | d. | ​all of these. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 19. ​  You can reasonably expect some assistance from a book that is intended to help you to   |  |  |  | | --- | --- | --- | |  | a. | ​lose 20 pounds every month. | |  | b. | ​learn to eat more healthily and gradually include more exercise in your weekly routine. | |  | c. | ​reject societal expectations for our bodies. | |  | d. | ​find the thin person trapped inside of you. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 20. Surveys exploring psychotherapists’ opinions of self-help books suggest​   |  |  |  | | --- | --- | --- | |  | a. | ​there are some excellent books that offer authentic insights and sound advice. | |  | b. | ​there are some good books that offer adequate insights and advice. | |  | c. | ​there are some excellent books that offer good general advice, but very few that offer good specific advice for particular problems. | |  | d. | ​psychotherapists don’t endorse the use of self-help books because it’s bad for business. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 21. Stephen was trying to choose a good self-help book. He noticed that one book seemed touchingly human in tone and he found himself thinking the examples of problems were just like what he was facing. Stephen is most likely to find that​   |  |  |  | | --- | --- | --- | |  | a. | ​this is the right book for him. | |  | b. | ​the book only provides some vague advice or common sense. | |  | c. | ​it will give him sound, explicit advice. | |  | d. | ​all of these. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 22. Many self-help books​   |  |  |  | | --- | --- | --- | |  | a. | ​encourage a narcissistic approach to life. | |  | b. | ​encourage a focus on other people. | |  | c. | ​place others first, over the reader. | |  | d. | ​encourage self-effacement. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 23. ​  Which of the following is NOT a guideline to choose a good self-help book?​   |  |  |  | | --- | --- | --- | |  | a. | ​Find out about the author or authors’ credentials. | |  | b. | ​Look for books that do not promise too much in the way of immediate change. | |  | c. | ​Avoid books with explanations of theories or research. | |  | d. | ​Look for books with detailed directions on how to alter your behavior. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 24. Which of the following is NOT one of the underlying assumptions of this textbook?​   |  |  |  | | --- | --- | --- | |  | a. | ​You can change your behavior only by consulting a professional psychologist. | |  | b. | ​You should think of this text as a resource that can introduce you to other books, techniques, or therapies. | |  | c. | ​Critical thinking involves skeptical scrutiny. | |  | d. | ​Knowledge of psychological principles may be of value in everyday life. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 25. Which of the following is the best definition of psychology?​   |  |  |  | | --- | --- | --- | |  | a. | ​The study of consciousness. | |  | b. | ​The study of behavior and the profession that applies knowledge from these studies to solving practical problems. | |  | c. | ​The study of abnormal behavior and the profession that applies knowledge from these studies to diagnosing and treating people with mental illness. | |  | d. | ​The study of motivation, emotion, and memory. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 26. “Any overt response or activity by an organism” defines the term​   |  |  |  | | --- | --- | --- | |  | a. | ​behavior | |  | b. | ​empiricism | |  | c. | ​psychology | |  | d. | ​mental process. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 27. Until the 1950s, psychologists were found almost exclusively in​   |  |  |  | | --- | --- | --- | |  | a. | ​private industry. | |  | b. | ​academic institutions. | |  | c. | ​mental health facilities. | |  | d. | ​the psychiatric wards of hospitals. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 28. Clinical psychology is primarily concerned with​   |  |  |  | | --- | --- | --- | |  | a. | ​discovering the mechanisms of learning. | |  | b. | ​the physiological processes involved in behavior. | |  | c. | ​research dealing with the structure of consciousness. | |  | d. | ​the diagnosis and treatment of psychological problems. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 29. The rapid growth of clinical psychology was stimulated mainly by​   |  |  |  | | --- | --- | --- | |  | a. | ​the demands of World War II. | |  | b. | ​the growing interest in self-help approaches. | |  | c. | ​the inability of physicians to cure most psychological disorders. | |  | d. | ​psychological problems resulting from the Great Depression of the 1930s. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 30. Psychology confines itself to the study of human behavior.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 31. Brenda’s mother told her to stop her overt behavior. To which behavior might her mother be referring?​   |  |  |  | | --- | --- | --- | |  | a. | ​Daydreaming | |  | b. | ​Thinking | |  | c. | ​Dreaming | |  | d. | ​Tapping her foot. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 32. The branch of psychology concerned with the diagnosis and treatment of psychological problems and disorders is called \_\_\_\_\_ psychology.​   |  |  |  | | --- | --- | --- | |  | a. | ​social | |  | b. | ​clinical | |  | c. | ​cognitive | |  | d. | ​physiological |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 33. The process of adjustment involves a person’s coping with life challenges.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 34. The process of adjustment relates to​   |  |  |  | | --- | --- | --- | |  | a. | ​how people deal with stress. | |  | b. | ​behavior in groups. | |  | c. | ​friendship and love. | |  | d. | ​all of these. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 35. When people take an empirical approach, they are asking for evidence.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 36. Which of the following is the basis of empiricism?​   |  |  |  | | --- | --- | --- | |  | a. | ​Correlation | |  | b. | ​Logic | |  | c. | ​Systematic observation. | |  | d. | ​Common sense. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 37. ​  According to your text, the two main types of research methods in psychology are \_\_\_\_\_\_ research methods and \_\_\_\_\_\_ research methods.   |  |  |  | | --- | --- | --- | |  | a. | ​biased; unbiased. | |  | b. | ​experimental; control. | |  | c. | ​dependent; independent. | |  | d. | ​experimental; correlational. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 38. An experiment is a research method in which the investigator manipulates the \_\_\_\_\_\_ variable and observes whether any changes occur in a(n) \_\_\_\_\_\_ variable as a result.​   |  |  |  | | --- | --- | --- | |  | a. | ​control; experimental | |  | b. | ​experimental; control | |  | c. | ​independent; dependent | |  | d. | ​dependent; independent |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 39. Social psychologist Stanley Schachter hypothesized that increases in anxiety would cause increases in the desire to be with others. In this study, the independent variable was​   |  |  |  | | --- | --- | --- | |  | a. | ​level of anxiety. | |  | b. | ​desire to be with others. | |  | c. | ​anxious subjects. | |  | d. | ​affiliation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 40. A condition or event that an experimenter varies to see its impact on another variable is called a(n) \_\_\_\_\_\_ variable.​   |  |  |  | | --- | --- | --- | |  | a. | ​control | |  | b. | ​dependent | |  | c. | ​independent | |  | d. | ​experimental |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 41. An educational researcher wants to determine whether diet causes children to learn better in school. In this study, the independent variable is​   |  |  |  | | --- | --- | --- | |  | a. | ​the children. | |  | b. | ​the type of diet. | |  | c. | ​the age of the children. | |  | d. | ​a measure of learning. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 42. An educational researcher wants to determine whether diet causes children to learn better in school. In this study, the dependent variable is​   |  |  |  | | --- | --- | --- | |  | a. | ​the children. | |  | b. | ​the type of diet. | |  | c. | ​the age of the children. | |  | d. | ​a measure of learning. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 43. An experimental group consists of subjects who​   |  |  |  | | --- | --- | --- | |  | a. | ​are unaware of the purpose of the study. | |  | b. | ​merely act as if they are unaware of the purpose. | |  | c. | ​receive some special treatment in regard to the dependent variable. | |  | d. | ​receive some special treatment in regard to the independent variable. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 44. A control group consists of subjects who​   |  |  |  | | --- | --- | --- | |  | a. | ​are controlled by the experimenter. | |  | b. | ​are allowed to control the manipulation of the variables. | |  | c. | ​do not receive the special treatment given to the experimental group. | |  | d. | ​receive some special treatment in regard to the independent variable. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 45. The experimental and control groups should be the same in every respect except for the​   |  |  |  | | --- | --- | --- | |  | a. | ​number of subjects in each group. | |  | b. | ​variation created by the manipulation of the independent variable. | |  | c. | ​assumptions underlying the research question. | |  | d. | ​method of measuring the dependent variable. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 46. Dr. Prather randomly assigns 100 student volunteers who experience test anxiety to either a group that will receive training in relaxation exercises or a group that will sit in a waiting area for the same length of time as those learning relaxation. She will then measure their symptoms of test anxiety. Based on her results, Dr. Prather will have evidence of​   |  |  |  | | --- | --- | --- | |  | a. | ​how well relaxation exercises work in the treatment of various mood disorders. | |  | b. | ​how students with test anxiety behave in a classroom setting. | |  | c. | ​how effective the waiting time is. | |  | d. | ​whether or not relaxation exercises may cause an alleviation of symptoms of test anxiety. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 47. A research wants to know whether children eating a high-protein breakfast will have a higher test grade. Half of the children in the study eat a high-protein breakfast while the other half eat their normal diet. The control group consists of the children who​   |  |  |  | | --- | --- | --- | |  | a. | ​are not being tested. | |  | b. | ​eat low-protein breakfasts. | |  | c. | ​eat their normal diet. | |  | d. | ​eat the high-protein breakfast. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 48. The experimental method rests heavily on the assumption that​   |  |  |  | | --- | --- | --- | |  | a. | ​two variables are positively correlated. | |  | b. | ​experimental and control groups are alike in all important matters except for the independent variable. | |  | c. | ​experimental and control groups are alike in all important matters except for the dependent variable. | |  | d. | ​the independent variable is quantifiable and measurable. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 49. A psychological researcher is best able to draw conclusions about cause-and-effect relationships by using which of the following research methods?​   |  |  |  | | --- | --- | --- | |  | a. | ​Survey | |  | b. | ​Case study | |  | c. | ​Experiment | |  | d. | ​Naturalistic observation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 50. The dependent variable is the variable manipulated by the researcher.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 51. Which of the following best describes correlational research?​   |  |  |  | | --- | --- | --- | |  | a. | ​Exerting experimental control. | |  | b. | ​Manipulating an independent variable. | |  | c. | ​Manipulating a dependent variable. | |  | d. | ​Making systematic observations. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 52. A correlation exists when​   |  |  |  | | --- | --- | --- | |  | a. | ​two variables are related to each other. | |  | b. | ​two variables have the same underlying cause. | |  | c. | ​two variables are affected by a third variable. | |  | d. | ​a cause-and-effect relationship exists between two variables. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 53. A(n) \_\_\_\_\_\_\_\_\_\_\_ is a numerical index of the degree of relationship between two variables.​   |  |  |  | | --- | --- | --- | |  | a. | ​independent variable. | |  | b. | ​correlation coefficient. | |  | c. | ​survey coefficient. | |  | d. | ​experimental coefficient. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 54. A correlation coefficient indicates the \_\_\_\_\_\_\_\_\_\_ and the \_\_\_\_\_\_\_\_\_\_\_ of the relationship between two variables.​   |  |  |  | | --- | --- | --- | |  | a. | ​cause; effect. | |  | b. | ​control; manipulation. | |  | c. | ​strength; direction. | |  | d. | ​positive; negative. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 55. A positive correlation coefficient indicates the two variables covary in the \_\_\_\_\_\_\_\_\_\_, and a negative coefficient indicates that the variables covary \_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​same direction; in the opposite direction. | |  | b. | ​opposite direction; directly. | |  | c. | ​same direction; directly. | |  | d. | ​opposite direction; in the same direction. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 56. Mario found a +0.80 correlation coefficient between height and diet. He was able to conclude that​   |  |  |  | | --- | --- | --- | |  | a. | ​a particular diet causes people to grow. | |  | b. | ​people who are taller eat more. | |  | c. | ​there is a strong relationship between height and diet. | |  | d. | ​should be careful what they feed their children because it could stunt their growth. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 57. The textbook authors write “[people] who perform poorly in high school tend to perform poorly in college” as an example of a(n)​   |  |  |  | | --- | --- | --- | |  | a. | ​positive correlation. | |  | b. | ​negative correlation. | |  | c. | ​inverse correlation. | |  | d. | ​indirect correlation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 58. A correlation coefficient of -0.80 indicates a​   |  |  |  | | --- | --- | --- | |  | a. | ​mild, inverse correlation. | |  | b. | ​strong, inverse correlation. | |  | c. | ​strong, direct correlation. | |  | d. | ​nonexistent correlation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 59. Which of the following correlation coefficients indicates the strongest relationship between two variables?​   |  |  |  | | --- | --- | --- | |  | a. | ​-0.36 | |  | b. | ​-0.97 | |  | c. | ​+0.75 | |  | d. | ​+0.15 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 60. As ice cream consumption increases… so does the incidence of drowning. This relationship is an example of​   |  |  |  | | --- | --- | --- | |  | a. | ​a positive correlation. | |  | b. | ​a negative correlation. | |  | c. | ​cause and effect. | |  | d. | ​an experiment. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 61. The way to determine if a study is correlational rather than experimental is that​   |  |  |  | | --- | --- | --- | |  | a. | ​a causal relationship exists between the variables. | |  | b. | ​researchers cannot control the variables under study. | |  | c. | ​the subjects must constitute a representative sample. | |  | d. | ​control of one variable interferes with control of another variable. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 62. Suppose your professor reports that across all of her classes over the past 10 years, she found a -.63 correlation between number of absences and final exam score. This statistic means that \_\_\_\_\_\_\_\_\_\_\_\_\_\_​   |  |  |  | | --- | --- | --- | |  | a. | ​final exam scores are caused by absences. | |  | b. | ​students who scored highest on the final examination were not absent. | |  | c. | ​students who were absent more frequently tended to score lower on the final exam than those who were absent less frequently. | |  | d. | ​students who are absent more frequently tended to score higher on the final exam than those who are absent less frequently. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 63. A teacher takes notes while watching students on the playground to see if differences in play behavior are associated with discipline problems in class. The teacher is using which of the following research methods?​   |  |  |  | | --- | --- | --- | |  | a. | ​Survey | |  | b. | ​Case study. | |  | c. | ​Experimentation | |  | d. | ​Naturalistic observation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 64. In a case study,​   |  |  |  | | --- | --- | --- | |  | a. | ​an individual participant is studied in depth. | |  | b. | ​systematic observation is used to see if a link exists between variables. | |  | c. | ​behavior is carefully observed without intervening directly with subjects. | |  | d. | ​a variable is manipulated while another variable is observed for changes. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 65. Case studies​   |  |  |  | | --- | --- | --- | |  | a. | ​provide strong bases for developing laws of behavior. | |  | b. | ​can provide general conclusions through consistencies between cases. | |  | c. | ​are of little use when treating and diagnosing psychological problems. | |  | d. | ​all of these. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 66. A graduate student gives you a questionnaire to fill out about your attitudes on abortion, school prayer, and drug legalization. This graduate student is using which of the following research methods?​   |  |  |  | | --- | --- | --- | |  | a. | ​Experimental | |  | b. | Case study​ | |  | c. | ​Survey | |  | d. | ​Naturalistic observation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 67. In naturalistic observation the researcher must be careful to set up interventions in a naturalistic environment.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 68. The “third-variable problem” is associated with the​   |  |  |  | | --- | --- | --- | |  | a. | ​experimental method. | |  | b. | ​correlational method. | |  | c. | ​multivariate model. | |  | d. | ​placebo effect. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 69. Which of the following statements is NOT true of correlational research methods?​   |  |  |  | | --- | --- | --- | |  | a. | ​Correlational research methods allow exploring questions that are not possible to examine with experimental procedures. | |  | b. | ​Correlational studies broaden the scope of what psychologists can study. | |  | c. | ​Correlational methods demonstrate that two variables are causally related when the results are good. | |  | d. | ​Correlational research can have a third-variable problem. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 70. Drew administered a survey to his Human Sexuality classmates. After analyzing the data, he found a strong positive correlation between relationship satisfaction and sexual satisfaction. This pattern of data​   |  |  |  | | --- | --- | --- | |  | a. | ​indicates that high sexual satisfaction causes people to have high relationship satisfaction. | |  | b. | ​indicates that high relationship satisfaction causes people to have high sexual satisfaction. | |  | c. | ​warns that he may have biased his own study. | |  | d. | ​cannot determine if there is a third variable that causes both of the satisfaction levels. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 71. Self-report measures consistently find that the vast majority of respondents characterize themselves as​   |  |  |  | | --- | --- | --- | |  | a. | ​fairly happy. | |  | b. | ​very unhappy. | |  | c. | ​moderately unhappy. | |  | d. | ​unconcerned about their personal happiness. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 72. Research results suggest that which of the following is NOT very important in determining one’s happiness?​   |  |  |  | | --- | --- | --- | |  | a. | ​Parenthood | |  | b. | Age​ | |  | c. | ​Money | |  | d. | ​None of these are very important. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 73. Which of the following best characterizes the correlation between attractiveness and subjective feelings of happiness?​   |  |  |  | | --- | --- | --- | |  | a. | ​Negligible | |  | b. | ​Negative, but weak. | |  | c. | ​Positive, but weak. | |  | d. | ​Positive and strong. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 74. Research indicates that​   |  |  |  | | --- | --- | --- | |  | a. | ​people with high IQs are happier than people with low IQs. | |  | b. | ​people with low IQs are happier than people with high IQs. | |  | c. | ​there is no association between IQ and happiness. | |  | d. | ​people with really high IQs and really low IQs are not as happy as people with average IQs. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 75. An individual’s personal assessment of overall happiness or life satisfaction is called​   |  |  |  | | --- | --- | --- | |  | a. | ​subjective well-being. | |  | b. | ​delusional happiness. | |  | c. | ​depression level. | |  | d. | ​personality analysis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 76. Research indicates that people who have heartfelt religious convictions are​   |  |  |  | | --- | --- | --- | |  | a. | ​more likely to be happy than people who are non-religious. | |  | b. | ​less happy than people who are non-religious. | |  | c. | ​neither more nor less happy than people who are non-religious. | |  | d. | ​less happy than people who are non-religious because they have less community support. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 77. Which of the following is the best description of the relationship between health and happiness?​   |  |  |  | | --- | --- | --- | |  | a. | ​Good health may not, by itself, produce happiness because people tend to take good health for granted. | |  | b. | ​Good health is one of the best predictors of happiness. | |  | c. | ​Individuals who develop serious health problems have difficulty adjusting and therefore are less happy than those who are healthy. | |  | d. | ​People born with serious health problems are happier than others because they do not take their health for granted. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 78. All of the following appear to have a moderate impact on subjective feelings of well-being EXCEPT​   |  |  |  | | --- | --- | --- | |  | a. | ​health | |  | b. | ​physical attractiveness. | |  | c. | ​religious belief. | |  | d. | ​leisure activity. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 79. Which of the following is very important to overall happiness?​   |  |  |  | | --- | --- | --- | |  | a. | ​Socioeconomic status. | |  | b. | ​Relationship satisfaction. | |  | c. | ​Prestige | |  | d. | ​Physical attractiveness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 80. Research indicates that​   |  |  |  | | --- | --- | --- | |  | a. | ​married men are happier than married women. | |  | b. | ​married women are happier than married men. | |  | c. | ​both married men and women are happier than single or divorced men and women. | |  | d. | ​both single and divorced men and women are happier than married men and women. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 81. The best predictor of an individual’s future happiness is​   |  |  |  | | --- | --- | --- | |  | a. | ​IQ score. | |  | b. | ​past happiness. | |  | c. | ​marital status. | |  | d. | ​financial status. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 82. The authors suggest that we should be careful about drawing conclusions about the causes of happiness because they​   |  |  |  | | --- | --- | --- | |  | a. | ​would not be based on empirical evidence. | |  | b. | ​would be based on experimental data. | |  | c. | ​would be based on correlational data. | |  | d. | ​have been found to be invalid by some researchers. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 83. An important insight that can be drawn from the research on happiness is that​   |  |  |  | | --- | --- | --- | |  | a. | ​money can buy happiness. | |  | b. | ​attractive people are generally happy people. | |  | c. | ​objective realities are not as important as subjective feelings. | |  | d. | ​collectivist cultures are happier than individualistic cultures. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 84. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ occurs when people shift their own mental scale for judging pleasantness and unpleasantness.​   |  |  |  | | --- | --- | --- | |  | a. | ​Codependency | |  | b. | ​Empiricism | |  | c. | ​Subjectivism | |  | d. | ​Hedonic adaptation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 85. “Subjecting ideas to systematic, skeptical scrutiny” best describes which of the following processes?​   |  |  |  | | --- | --- | --- | |  | a. | ​Self-realization | |  | b. | ​Critical thinking. | |  | c. | ​Self-actualization | |  | d. | ​Psychological adjustment. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 86. Research indicates that people are​   |  |  |  | | --- | --- | --- | |  | a. | ​surprisingly bad at predicting what will make them happy. | |  | b. | ​the best ones to predict their happiness. | |  | c. | ​all made happy by the same things. | |  | d. | ​able to analyze direct measurable causes of happiness. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 87. A good place to study is one​   |  |  |  | | --- | --- | --- | |  | a. | ​that is matched to your learning style. | |  | b. | ​that changes occasionally, to provide variety. | |  | c. | ​that is associated with pleasant activities, like eating. | |  | d. | ​where distractions are likely to be minimal. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 88. In setting up a schedule for studying, you should​   |  |  |  | | --- | --- | --- | |  | a. | ​allow time for study breaks. | |  | b. | ​develop a new set of priorities each day. | |  | c. | ​try to get the simple, routine tasks out of the way first. | |  | d. | ​avoid the temptation to break up major assignments into smaller parts. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 89. Sound study habits are​   |  |  |  | | --- | --- | --- | |  | a. | ​good predictors of college grades. | |  | b. | ​better predictors of grades than college admissions tests. | |  | c. | ​difficult to develop. | |  | d. | ​of no use if your professor delivers hard-to-follow lectures. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 90. In order for your reading to be effective, it must be done​   |  |  |  | | --- | --- | --- | |  | a. | ​with a lot of highlighting. | |  | b. | ​by active processing. | |  | c. | ​by ignoring the chapter outline. | |  | d. | ​by skipping over the textbook learning aids. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 91. Which of the following is NOT involved in improving your reading?​   |  |  |  | | --- | --- | --- | |  | a. | ​Read the chapter straight through repeatedly. | |  | b. | ​Consult the chapter outline or summary. | |  | c. | ​Look over the topic headings in a chapter. | |  | d. | ​Highlight the main ideas and technical terms. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 92. Overlearning refers to continued rehearsal of material after you have​   |  |  |  | | --- | --- | --- | |  | a. | ​completed your study plan. | |  | b. | ​already passed the relevant test. | |  | c. | ​first appeared to master the material. | |  | d. | ​become exhausted from studying. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 93. Imagine that you are studying for a History of Psychology exam in which you have to list the years associated with particular landmark events in the field of psychology. Which of the following study strategies would reflect overlearning?​   |  |  |  | | --- | --- | --- | |  | a. | ​Studying key events and their respective years for the past 8 weeks. | |  | b. | ​Earning a perfect grade on a quiz before the exam. | |  | c. | ​Studying key events and their respective years even after you feel you know them. | |  | d. | ​Focusing on the key events and years that remain most difficult to memorize. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 94. Cramming before a test will most likely​   |  |  |  | | --- | --- | --- | |  | a. | ​be the only way to accomplish deep processing. | |  | b. | ​be less effective than distributed practice. | |  | c. | ​be more effective than taking practice tests. | |  | d. | ​increase the efficiency of your memory. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 95. A useful study technique that helps to organize information is​   |  |  |  | | --- | --- | --- | |  | a. | ​outlining reading assignments. | |  | b. | ​studying with a group of students. | |  | c. | ​underlining important points in textbooks. | |  | d. | ​memorizing the order of chapter headings. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 96. Mnemonic devices are techniques for​   |  |  |  | | --- | --- | --- | |  | a. | ​enhancing memory. | |  | b. | ​improving class attendance. | |  | c. | ​developing a study plan. | |  | d. | ​becoming an active listener. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 97. Using "Roy G Biv" to remember the order of colors in the light spectrum is an example of how \_\_\_\_\_\_ can help us remember information.​   |  |  |  | | --- | --- | --- | |  | a. | ​acrostics | |  | b. | ​acronyms | |  | c. | ​overlearning | |  | d. | ​visual imagery. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 98. Using "Every good boy does fine" to remember the order of musical notes is an example of how \_\_\_\_\_\_ can help us remember information.​   |  |  |  | | --- | --- | --- | |  | a. | ​acrostics | |  | b. | ​acronyms | |  | c. | ​overlearning | |  | d. | ​visual imagery. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 99. The method of loci is a mnemonic device that involves​   |  |  |  | | --- | --- | --- | |  | a. | ​making up a logical story. | |  | b. | ​inventing a useful acronym. | |  | c. | ​memorizing a simple poem. | |  | d. | ​taking a make-believe walk where you associate images of items you want to remember. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 100. Students tend to overestimate their understanding of class information.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 101. Betty is writing reflections to connect what she is reading in her textbook and how it relates to information in her own life and experience. She is using the memory principle of​   |  |  |  | | --- | --- | --- | |  | a. | ​mnemonics | |  | b. | ​deep processing | |  | c. | ​distributed practice | |  | d. | ​cramming |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 102. Suppose the following four students are studying for Monday’s short-answer and essay-response exam. Based on their study strategies, which of the following students is MOST likely to remember course material on the final exam?​   |  |  |  | | --- | --- | --- | |  | a. | ​Ariel, who created acronyms for key terms. | |  | b. | ​Brianne, who consciously applied course content to her life. | |  | c. | ​Carmen, who read the textbook for the past three weeks. | |  | d. | ​Davida who began studying Sunday night. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 103. Which of the following is consistent with the information presented in the textbook regarding class attendance?​   |  |  |  | | --- | --- | --- | |  | a. | ​Among successful students (grade average B or better), class attendance did not seem to matter. | |  | b. | ​Among unsuccessful students (grade average C- or below), class attendance did not seem to matter. | |  | c. | ​Even when an instructor delivers hard-to-follow lectures, it is important for all students to go to class. | |  | d. | ​It is only important for all students to go to class when instructors provide well-organized lectures. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 104. Which one of the following is NOT included in active listening?​   |  |  |  | | --- | --- | --- | |  | a. | ​Focusing attention on the speaker. | |  | b. | ​Asking those around you for clarification. | |  | c. | ​Anticipating what is coming next in the lecture. | |  | d. | ​Paying attention to the speaker’s nonverbal signals. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 105. When course material is especially difficult, it is a good idea to prepare for lectures by​   |  |  |  | | --- | --- | --- | |  | a. | ​reading ahead on the subject of the lecture. | |  | b. | ​asking fellow classmates to explain the material to you. | |  | c. | ​writing down questions that you can ask the instructor later. | |  | d. | ​writing down exact words the instructor says. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 106. A good reason for taking notes in your own words, rather than verbatim, is that​   |  |  |  | | --- | --- | --- | |  | a. | ​most lecturers ramble and are difficult to follow. | |  | b. | ​most lecturers use words you will not understand. | |  | c. | ​this reduces the likelihood that you will later engage in plagiarism. | |  | d. | ​this forces you to organize the information in a way that makes sense to you. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 107. It seems as though more and more students use laptops to take notes in class rather than by shorthand. Which of the following suggestions would BEST allow students to remember more information after their class lectures?​   |  |  |  | | --- | --- | --- | |  | a. | ​Type as quickly as possible. | |  | b. | ​Keep the professor’s words accurate. | |  | c. | ​Type only key words and highlights of the lecture. | |  | d. | ​Keep a browser window open to cross-check information. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 108. When a question occurs to you during a lecture, you should​   |  |  |  | | --- | --- | --- | |  | a. | ​ask it during class. | |  | b. | ​ask a classmate about it after class. | |  | c. | ​write it down and ask the instructor after class. | |  | d. | ​not ask it, since this would interrupt the lecturer. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 109. Which of the following is NOT one of the tips for getting more out of lectures?​   |  |  |  | | --- | --- | --- | |  | a. | ​Ask questions in class. | |  | b. | ​Actively listen to the lecture. | |  | c. | ​Pay attention to the instructor’s nonverbal signals. | |  | d. | ​Try to use the instructor’s words when taking notes in class. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 110. In taking lecture notes, you should take down everything exactly as said by your professor.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 111. Which of the following is NOT an explanation described in the textbook that has been offered to explain the paradox of progress?​   |  |  |  | | --- | --- | --- | |  | a. | ​The mental demands of modern life have become so complex, confusing, and contradictory that most of us are “in over our heads.” | |  | b. | ​Individuals become more easily bored now than ever before because technological advances have made modern life too easy for us. | |  | c. | ​Individuals spend more time with technology and less time with others, which has left an increasing number of people suffering from an intimacy deficit. | |  | d. | ​Individuals in modern consumer societies suffer from “affluenza,” which undermines our physical health and emotional well-being. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 112. We live in an era of extraordinary affluence thanks in large part to technological advances, and yet most people do not feel very good about their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​financial well-being. | |  | b. | ​friends and family. | |  | c. | ​transportation options. | |  | d. | ​careers |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 113. ​Which of the following has been on the rise in modern societies?   |  |  |  | | --- | --- | --- | |  | a. | ​Underconsumption | |  | b. | ​Microscopic defects | |  | c. | ​Stronger community ties. | |  | d. | ​Materialism |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 114. Individuals who score high in materialism tend to report somewhat higher levels of subjective well-being than individuals who score low in materialism.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 115. Which of the following best summarizes the philosophy of the textbook?​   |  |  |  | | --- | --- | --- | |  | a. | ​Reading this textbook will be a revelatory experience that will help you achieve tranquility. | |  | b. | ​Accurate knowledge about the principles of psychology can be of value to you in everyday life. | |  | c. | ​This textbook is best described as a self-help book in that it offers do-it-yourself treatments for achieving happiness. | |  | d. | ​All of these. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 116. For the most part, self-realization programs are \_\_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​harmless scams. | |  | b. | ​money-making schemes. | |  | c. | ​intellectually bankrupt. | |  | d. | ​all of these. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 117. Psychologists base their conclusions on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​reasoning, speculation, and common sense. | |  | b. | ​formal, systematic, objective tests of their hypotheses. | |  | c. | ​traditional beliefs. | |  | d. | ​all of these. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 118. Empiricism is the premise that \_\_\_\_\_\_\_\_\_\_ should be acquired through \_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  |  | | --- | --- | --- | |  | a. | ​knowledge; observation. | |  | b. | ​science; speculation. | |  | c. | ​hypotheses; control groups. | |  | d. | ​data; experiences. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 119. Any research question can be answered by conducting a true experiment.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 120. Which of the following is a mnemonic device?​   |  |  |  | | --- | --- | --- | |  | a. | ​Link method. | |  | b. | ​Method of loci. | |  | c. | ​Acrostics. | |  | d. | ​All of these. |  |  |  | | --- | --- | | *ANSWER:* | d | |