

# Review of Key Terms

Name: \_\_\_\_\_

Applied psychology  
 Behavior  
 Behaviorism  
 Clinical psychology  
 Cognition  
 Critical thinking  
 Culture  
 Empiricism  
 Ethnocentrism

Evolutionary psychology  
 Functionalism  
 Humanism  
 Introspection  
 Natural selection  
 Phi phenomenon  
 Positive psychology  
 Psychiatry

Psychoanalytic theory  
 Psychology  
 SQ3R  
 Stimulus  
 Structuralism  
 Testwiseness  
 Theory  
 Unconscious

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1. A reaction against a negative emphasis in psychology; a new focus on positive, adaptive, and creative aspects of human existence.
2. The branch of psychology concerned with practical problems.
3. School of thought based on notion that the task of psychology is to analyze consciousness into its basic elements.
4. Observation of one's own conscious experience.
5. School of thought asserting that psychology's major purpose was to investigate the function or purpose of consciousness.
6. The theoretical orientation asserting that scientific psychology should study only observable behavior.
7. An observable activity or response by an organism.
8. Examines behavioral processes in terms of their adaptive or survival value for a species.
9. The use of cognitive skills and strategies to increase the probability of a desirable outcome.
10. The Darwinian principle that characteristics that have a survival advantage for a species are more likely to be passed on to subsequent generations.
11. Freudian theory that explains personality and abnormal behavior in terms of unconscious processes.
12. According to psychoanalytic theory, that portion of the mind containing thoughts, memories, and wishes not in awareness but nonetheless exerting a strong effect on human behavior.
13. The psychological theory asserting that human beings are unique and fundamentally different from other animals.
14. The tendency to view one's own group as superior to other groups.
15. Widely shared customs, beliefs, values, norms, and institutions that are transmitted socially across generations.
16. The branch of psychology concerned with the diagnosis and treatment of psychological disorders.
17. Mental processes or thinking.
18. The science that studies behavior and the physiological and cognitive processes that underlie it, and it is the profession that applies this knowledge to solving various practical problems.
19. The branch of medicine concerned with the diagnosis and treatment of psychological problems and disorders.
20. The point of view that knowledge should be based on observation.

- \_\_\_\_\_ 21. A system of ideas used to link together or explain a set of observations.
- \_\_\_\_\_ 22. A five-step procedure designed to improve study skills.
- \_\_\_\_\_ 23. Ability to use the characteristics and formats of a test to maximize one's score.

## Review of Key People

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Sigmund Freud  
G. Stanley Hall  
William James

Carl Rogers  
B. F. Skinner

John B. Watson  
Wilhelm Wundt

- \_\_\_\_\_ 1. Founded experimental psychology and the first experimental psychology laboratory.
- \_\_\_\_\_ 2. Established the first American research laboratory, launched America's first psychological journal, was first president of the APA.
- \_\_\_\_\_ 3. Chief architect of functionalism; described a "stream of consciousness."
- \_\_\_\_\_ 4. Founded behaviorism.
- \_\_\_\_\_ 5. Devised the theory and technique known as psychoanalysis.
- \_\_\_\_\_ 6. Identified operant conditioning.
- \_\_\_\_\_ 7. A major proponent of "humanistic" psychology.

## Self-Quiz

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1. Structuralism is the historical school of psychology that asserted that the purpose of psychology was to:
  - a. study behavior
  - b. discover the smaller elements that comprise consciousness
  - c. explore the unconscious
  - d. examine the purposes of conscious processes
  
2. Of the two parents of psychology, physiology and philosophy, which provided the method? What is the method?
  - a. philosophy; logic, reasoning
  - b. philosophy; intuition, introspection
  - c. physiology; observation, science
  - d. physiology; anatomy, surgery
  
3. Who is Wilhelm Wundt?
  - a. He founded the first experimental laboratory.
  - b. He founded the American Psychological Association.
  - c. He discovered the classically conditioned salivary reflex.
  - d. He founded behaviorism.
  
4. For John B. Watson, the appropriate subject matter of psychology was:
  - a. animal behavior
  - b. the unconscious
  - c. consciousness
  - d. human physiology
  
5. Which of the following represents a major breakthrough in the development of applied psychology?
  - a. the use of the method of introspection
  - b. Binet's development of the intelligence test
  - c. establishment of the first animal laboratory
  - d. Wundt's founding of experimental psychology
  
6. Within academic psychology, Freud's ideas initially encountered resistance because he emphasized:
  - a. human consciousness
  - b. human behavior
  - c. introspection
  - d. the unconscious

7. Which of the following would be considered the major principle of operant conditioning?
  - a. Human behavior derives in part from free will; animal behavior is determined by the environment.
  - b. Humans and other animals tend to repeat responses followed by positive outcomes.
  - c. The majority of human behavior is based on thoughts, feelings, and wishes of which we are unaware.
  - d. Human beings are fundamentally different from other animals.
  
8. Which of the following theorists would tend to emphasize explanations in terms of freedom and potential for personal growth?
  - a. Carl Rogers
  - b. Sigmund Freud
  - c. B. F. Skinner
  - d. all of the above
  
9. Recent research trends in psychology involve two areas largely ignored by early behaviorists. These two areas are:
  - a. observable and measurable responses
  - b. cognition (thinking) and physiological processes
  - c. classical and operant conditioning
  - d. the effect of environmental events and the behavior of lower animals
  
10. Which core psychological research area is primarily devoted to the study of such topics as memory, problem solving, and thinking?
  - a. physiological
  - b. social
  - c. cognitive
  - d. personality
  
11. Critical thinking includes:
  - a. analysis of problems in terms of scientific principles
  - b. making decisions based on formal and informal logic
  - c. thinking that includes consideration of conflicting interpretations
  - d. all of the above
  
12. The assertion that "psychology is empirical" means that psychology is based on:
  - a. introspection
  - b. logic
  - c. observation
  - d. mathematics
  
13. In looking for the causes of a particular behavior, psychologists assume:
  - a. one cause or factor
  - b. multifactorial causation
  - c. free will
  - d. infinite causation
  
14. Contemporary psychologists generally assume that human behavior is determined by:
  - a. heredity
  - b. environment
  - c. heredity and environment acting jointly
  - d. heredity, environment, and free will
  
15. What does SQ3R stand for?
  - a. search, question, research, recommend, reconstitute
  - b. silence, quietude, reading, writing, arithmetic
  - c. summarize, quickly, read, research, reread
  - d. survey, question, read, recite, review