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Understanding Psychology

Vocabulary Activities



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Vocabulary Activity 1-1



Why Study Psychology?

Directions: Choose the term from the list below that best completes each sentence. Write the correct term in the space provided.

- applied science
- basic science
- cognitive
- hypothesis
- physiological
- psychology
- scientific method
- theory

- Hunger is a(n) _____ need.
- Experimental psychologists who conduct scientific studies practice _____.
- The scientific study of behavior and mental processes is called _____.
- An assumption or prediction about behavior that may be validated by scientific study is a(n) _____.
- Anger is a(n) _____ behavior.
- A(n) _____ is a complex explanation based on findings from many scientific studies.
- Studies that gather information in ways that try to avoid errors and biases use the _____.
- Counseling psychologists who help people with everyday problems view psychology as a(n) _____.

Directions: In the space provided, explain the difference in meaning between each word pair.


- physiological needs and cognitive needs _____

- hypothesis and theory _____

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Vocabulary Activity

1-2



A Brief History of Psychology

Directions: Use the clues below to find the hidden words.

T S Y L A N A O H C Y S P K T
 S B T X Q K V F Z A C J Y Q S
 I N T R O S P E C T I O N R I
 L M R K U N S E E U B L W Y G
 A L U V L C X L B T Z T Y P O
 N M M B C S T V I S S S D C L
 O G T I S R I U O I S I K A O
 I M I O Q U G V R N Z V Q F I
 T Z J M E P D O O A C I U D B
 C T U E O G I K U M L T Z U O
 N O K N Z V O X G U W I C T H
 U J B D A B D I A H N N S X C
 F T D H B Z H P G T K G M T Y
 X Q E Z H Y K M V X I O Q Z S
 Q B F O Y R S X B V C C U Z P

CLUES

1. A(n) _____ studies how unconscious motives and conflicts determine human behavior.
2. Through _____, participants self-report their thoughts and feelings.
3. A(n) _____ encourages people to reach their full potential.
4. A(n) _____ believed that we can understand perceptions by breaking them down into smaller elements.
5. A psychologist who focuses on how humans process, store, and use information is a(n) _____.
6. A(n) _____ studied how our minds help us adapt to our environment.
7. The influence of physical and chemical changes on behavior is studied by a(n) _____.
8. A(n) _____ analyzes how organisms modify their behavior based on responses to events in their environment.

Directions: Answer the following questions in the space provided.

9. What is dualism? _____

10. Why did René Descartes disagree with the concept of dualism? _____

Vocabulary Activity 1-3

Psychology as a Profession

Directions: Circle the letter of the response that best fits the description.

1. A psychologist who diagnoses and treats people with emotional problems is a(n) _____ psychologist.
A. clinical **B.** community **C.** counseling **D.** educational
2. A psychologist who studies topics related to teaching is called a(n) _____ psychologist.
A. clinical **B.** community **C.** experimental **D.** educational
3. A psychologist who works in government or private mental health or social welfare agencies is a(n) _____ psychologist.
A. clinical **C.** counseling
B. community **D.** industrial/organizational
4. A psychologist who focuses on people and work is a(n) _____ psychologist.
A. community **C.** industrial/organizational
B. developmental **D.** educational
5. A psychologist who studies the emotional, cognitive, and other changes that occur as the individual matures is a(n) _____ psychologist.
A. clinical **B.** developmental **C.** educational **D.** experimental
6. A psychologist who studies sensation, perception, learning, motivation, and emotion in a controlled laboratory environment is a(n) _____ psychologist.
A. developmental **C.** experimental
B. educational **D.** industrial/organizational
7. A psychologist who helps people deal with the problems of everyday living is a(n) _____ psychologist.
A. counseling **B.** developmental **C.** educational **D.** experimental
8. _____ psychologists have been trained to observe, analyze, evaluate, and treat behavior.
A. Community **B.** Counseling **C.** Clinical **D.** All


Directions: Answer the following questions in the space provided.

9. Explain the difference between a psychologist and a psychiatrist.

10. Study the chart in the textbook showing the divisions of the APA (Figure 1.12). Under which divisions might the work of an educational psychologist fall? What about an industrial/organizational psychologist?

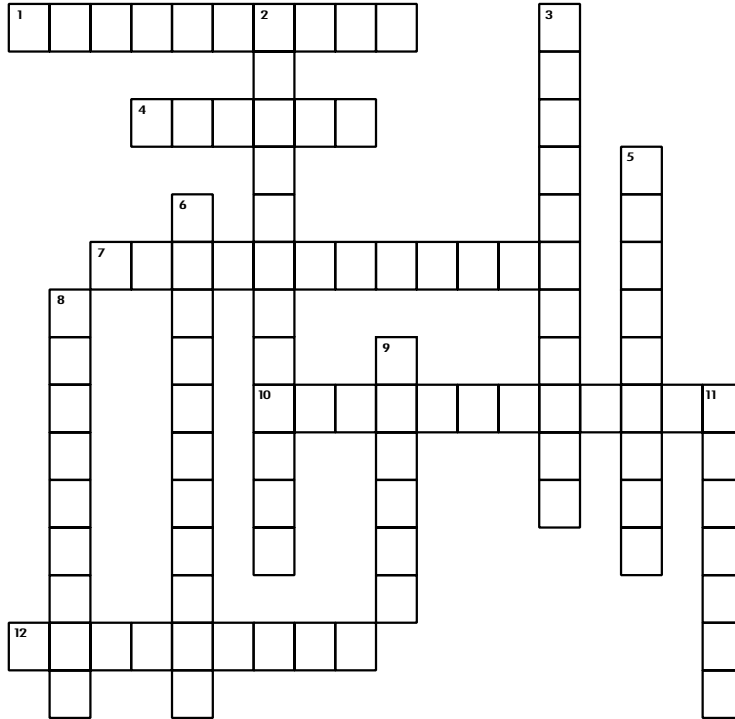
Vocabulary Activity

2-1



What Is Research?

Directions: Complete the crossword puzzle by spelling out the term defined by each clue.



ACROSS

- 1. An educated guess
- 4. A small group used by researchers to conduct a study of a given population
- 7. A study conducted over a number of years
- 10. The type of observation conducted under normal conditions
- 12. The type of variable that changes in relation to the other variable

DOWN

- 2. The study group that is exposed to the independent variable
- 3. A description of how two sets of data relate to each other
- 5. An intensive investigation of one or more participants
- 6. The type of variable that is deliberately manipulated
- 8. The conditions and behaviors in a study that are subject to change
- 9. A fixed set of questions asked of many individuals
- 11. The study group to which the independent variable is not applied

Directions: Answer the following question in the space provided.

13. What is the difference between a longitudinal study and a cross-sectional study? _____

Vocabulary Activity 2-2

Problems and Solutions in Research

Directions: Circle the letter of the response that best fits the description.

1. A researcher's behavior influences the participant's behavior in a _____.

A. double-blind experiment	C. self-fulfilling prophecy
B. placebo effect	D. single-blind experiment

2. When a participant's illness changes solely from the participant's belief that the treatment will be effective, the participant is exhibiting a _____.

A. double-blind experiment	C. self-fulfilling prophecy
B. placebo effect	D. single-blind experiment

3. Stanley Milgram's experiment on the effects of punishment on learning is an example of a _____.

A. double-blind experiment	C. self-fulfilling prophecy
B. placebo effect	D. single-blind experiment

4. Researchers and participants do not know if the participants are receiving a placebo in a _____.

A. double-blind experiment	C. self-fulfilling prophecy
B. placebo effect	D. single-blind experiment

5. A common control used in testing new drugs is a _____.

A. double-blind experiment	C. self-fulfilling prophecy
B. placebo effect	D. single-blind experiment

6. A taste test in which the participant cannot view the brands being tested (but the researcher can) is an example of a _____.

A. double-blind experiment	C. self-fulfilling prophecy
B. placebo effect	D. single-blind experiment

7. When conducting an experiment, researchers avoid changing facial expressions in front of a participant to avoid a _____.

A. double-blind experiment	C. self-fulfilling prophecy
B. placebo effect	D. single-blind experiment

Directions: Answer the following question in the space provided.

8. Since a placebo has no actual medical or physiological benefits, why does it sometimes seem to affect study participants?

Vocabulary Activity 2-3 **Statistical Evaluation**

Directions: Choose the term from the list below that best completes each sentence. Write the correct term in the space provided.

- central tendency
- correlation coefficient
- descriptive statistics
- frequency distribution
- inferential statistics
- normal curve
- statistics
- standard deviation
- variance

- _____ is the branch of mathematics concerned with summarizing and reaching conclusions from sets of data.
- The mean, the median, and the mode are measures of _____.
- A(n) _____ is a statistic that describes the direction and strength of the relationship between two sets of variables.
- _____ list or summarize data in practical, efficient ways.
- The _____ measures the average distance of every score from the mean of scores.
- A measure of difference, or spread, is the _____.
- _____ are numerical methods used to determine whether research data support or refute the hypothesis.
- An arrangement of data that indicates how often a particular score occurs is known as a(n) _____.
- A(n) _____ is a graph of a frequency distribution that is symmetrical.

Directions: Answer the following question in the space provided.

- How are a normal curve and a frequency distribution related? _____

Vocabulary Activity **3-1**

Physical, Perceptual, and Language Development

Directions: Use the clues to fill in the blanks to complete the words.

1. _____

the type of speech used by young children in which words are left out but the meaning can still be understood

2. _____

the branch of psychology that studies changes that occur as humans mature

3. _____

an infant's reflex that results from someone or something touching the palm of his or her hand

4. _____

the growth of a human from infancy to adulthood that is naturally programmed to occur


5. _____

an infant's reflex that causes his or her head to turn toward the source of touching that occurs near his or her mouth

Directions: Answer the following question in the space provided.

6. Write a paragraph that uses at least three of the terms above and which describes the events that occur during a child's first few years of life.

Vocabulary Activity

3-2

Cognitive and Emotional Development

Directions: Use the clues below to find the hidden words.

N W N M C V N U V D R J N D
 X A C C O M M O D A T I O N
 N D N X N P G R N S I I I O
 B F K K S D K S C V R C T K
 Y C E W E E R H T E I L A R
 U G F C R Q E R P R M Q L V
 Y X L V V M Q L T P P D I A
 O M Z X A N A N U L R M M H
 X R L M T C E U E F I R I S
 K B Q V I C N N T J N K S D
 S K A T O N U P V B T L S Q
 Z P I G N Y M W V F I D A I
 E R E K R A O L T C N Y W K
 C T C X D J Z L M L G L K P

CLUES

1. A(n) _____ is a conceptual framework used to make sense of the world.
2. Through _____, objects and experiences are fit into one's schemas.
3. In _____, newly observed events and experiences alter one's schemas.
4. The _____ principle states that a given quantity does not change when its appearance or shape changes.
5. A young child is said to be _____ because he or she cannot understand another person's perspective.
6. _____ occurs when newborn animals respond with inherited tendencies to new stimuli.
7. New skills and abilities are most easily learned during the _____.

Directions: Answer the following questions in the space provided.

8. What is the difference between object permanence and representational thought? _____

9. Which develops first—object permanence or representational thought? Why? _____

Vocabulary Activity 3-3

Parenting Styles and Social Development

Directions: Choose the term from the list below that best completes each sentence. Write the correct term in the space provided.

- anal stage
- authoritarian
- democratic/authoritative
- socialization
- genital stage
- latency stage
- role taking
- oral stage
- permissive/laissez-faire
- phallic stage

1. Adolescents are encouraged to participate in decision making in _____ families.
2. According to Sigmund Freud, infants associate erotic pleasure with the mouth during the _____.
3. When children try on adult roles during play, they are engaged in _____.
4. Freud's theory asserts that during the _____ an individual's sexual satisfaction depends on giving pleasure, as well as on receiving it.
5. In the _____ family, parents control, shape, and evaluate the behavior of children and adolescents using a set code of conduct.
6. According to Freud, children associate erotic pleasure with the elimination process during the _____.
7. The process of learning the rules of behavior for a culture is called _____.
8. Children and adolescents have the final say in a _____ family.
9. During the _____, Freud believed that children associate erotic pleasure with their genitals.
10. Freud claimed that at about age five or six a child pushes aside sexual desires in order to explore the world and learn new skills in the _____.

Directions: Answer the following questions in the space provided.

11. How does identification help with socialization?

12. Why does sublimation help with role taking? _____

Vocabulary Activity **4-1** **Physical and Sexual Development**

Directions: Choose the term that best completes each statement or answers each question. Write the letter of the correct term in the blank to the left of each sentence.

- _____ 1. Graduation from high school, bar mitzvahs, and confirmations are examples of
 - A. puberty.
 - B. initiation rites.
 - C. asynchrony.
 - D. cliques.

- _____ 2. The period during which males achieve their first ejaculation is called
 - A. spermarche.
 - B. menarche.
 - C. puberty.
 - D. gender stereotype.

- _____ 3. Hormones trigger a series of internal and external changes during
 - A. spermarche.
 - B. menarche.
 - C. puberty.
 - D. asynchrony.

- _____ 4. The time at which females have their first menstrual period is called
 - A. spermarche.
 - B. menarche.
 - C. puberty.
 - D. asynchrony.

- _____ 5. The condition during adolescence in which the growth of bodily parts is uneven is called
 - A. puberty.
 - B. initiation rites.
 - C. conformity.
 - D. asynchrony.

Directions: Answer the following question in the space provided.

6. How does puberty differ for males and females? _____

Vocabulary Activity **4-2**

Personal Development

Directions: Choose the term that best completes each sentence. Write the correct term in the space provided. Each term will be used twice.

identity crisis **rationalization** **social learning theory**

1. A person uses _____ to explain an unpleasant emotion or behavior in a way that preserves his or her self-esteem.
2. The _____ emphasizes the role of interaction in human development.
3. A(n) _____ is a time of inner conflict during which adolescents examine who they are.
4. The concept of _____ was first proposed by Erik Erikson.
5. Albert Bandura's approach to adolescence is called the _____.
6. Adolescents are only capable of _____ once they have reached the formal operations stage of development.

Directions: Answer the following questions in the space provided.

7. Compare and contrast the identity crisis explanation of adolescence with the social learning theory on adolescence.

8. List three rationalizations that you have made recently.

Vocabulary Activity **4-3** **Social Development**

Directions: Match each description in Column A with the correct term in Column B. Write the letter of the correct term in the blank to the left of each sentence. Note that each term in Column B is used twice.

Column A

- ____ 1. It fulfills the need for closeness.
- ____ 2. Symptoms include binge eating and purging.
- ____ 3. Peer groups are held together by _____.
- ____ 4. Symptoms include a refusal to eat.
- ____ 5. People suffering from _____ have a distorted body image.
- ____ 6. Discomfort with dressing differently than the group you belong to often is an example of the pressures caused by _____.
- ____ 7. It provides a way for adolescents to define themselves.
- ____ 8. For females, it may represent a refusal to grow up.

Column B

- A.** anorexia nervosa
- B.** bulimia nervosa
- C.** clique
- D.** conformity

Directions: Answer the following questions in the space provided.

- 9. How do cliques help an adolescent establish an identity?

- 10. What are the potential drawbacks of belonging to a clique?

Vocabulary Activity **4-4**

Gender Roles and Differences

Directions: Unscramble the following vocabulary terms and enter the terms on the lines provided. Then match each numbered term to the correct lettered definition by placing the number of the term on the line to the right of the definitions.

- | | |
|--|---|
| <p>1. RNEEGD EORL
 _____</p> <p>2. NEGRED ASEHCM
 _____</p> <p>3. ODAGUNYRONS
 _____</p> <p>4. RNDEGE DYTIEINT
 _____</p> <p>5. RGDEEN TYSREPEEOT
 _____</p> | <p>A. the combination or confusion of traditional male and female characteristics _____</p> <p>B. the set of behaviors that is considered socially acceptable for each gender _____</p> <p>C. an oversimplified or distorted generalization about the characteristics of men and women _____</p> <p>D. a set of behaviors organized around how either a male or female should think and behave _____</p> <p>E. the biological sex group to which an individual belongs _____</p> |
|--|---|

Directions: Answer the following questions in the space provided.

6. Distinguish between gender identity and gender role.
- _____
- _____
- _____
7. What developments have made clearly defined gender-role divisions unnecessary, especially in the modern labor force?
- _____
- _____
- _____
8. What are the advantages to androgyny according to Sandra Bem's study?
- _____
- _____
- _____

Vocabulary Activity 5-1 **Adulthood**

Directions: Choose the term that best completes each sentence. Write the correct term in the space provided. Each term is used at least twice.

menopause generativity stagnation

- 1. Erik Erikson labeled a man’s desire to become a mentor for a younger man _____.
- 2. The biological event known as _____ is when a woman’s production of sex hormones drops sharply.
- 3. A parent who provides moral and emotional guidance to his or her children is displaying _____.
- 4. A person in his or her 40s who is overly concerned about health issues may be experiencing _____.
- 5. After _____ a woman can no longer conceive children.
- 6. A discontinuation of development signals _____.
- 7. _____ is part of the biological change that occurs during climacteric.
- 8. Bitterness about life is most likely to be seen in someone who is experiencing _____.

Directions: Answer the following questions in the space provided.


- 9. What is the climacteric stage of life? What changes occur during the climacteric?

- 10. What is the age-thirty crisis? What changes may occur during this crisis?

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Vocabulary

5-2



Old Age

Directions: Choose the term that best completes each statement or answers each question. Write the letter of the correct term in the blank to the left of each sentence.

- _____ 1. Prejudice aimed at the elderly is
 - A. racism.
 - B. sexism.
 - C. ageism.
 - D. decremental model of aging.

- _____ 2. A condition characterized by memory loss, forgetfulness, disorientation of time and place, a decline in the ability to think, impaired attention, altered personality, and difficulties relating to others is known as
 - A. the decremental model of aging.
 - B. senile dementia.
 - C. Alzheimer's disease.
 - D. ageism.

- _____ 3. A theory that assumes that mental and physical decline is an inevitable part of aging is known as
 - A. the decremental model of aging.
 - B. senile dementia.
 - C. Alzheimer's disease.
 - D. ageism.

- _____ 4. The fourth leading cause of death among U.S. adults is problems associated with
 - A. the decremental model of aging.
 - B. senile dementia.
 - C. Alzheimer's disease.
 - D. ageism.

- _____ 5. The assumption that all old people suffer from poor health and live in poverty is an example of
 - A. the decremental model of aging.
 - B. senile dementia.
 - C. racism.
 - D. ageism.

- _____ 6. An incurable condition that destroys a person's ability to think, remember, relate to others, and care for oneself is
 - A. the decremental model of aging.
 - B. senile dementia.
 - C. Alzheimer's disease.
 - D. ageism.

Directions: Answer the following question in the space provided.

7. What are the differences between senile dementia and Alzheimer's disease?

Vocabulary Activity 5-3 **Dying and Death**

Directions: Fill in each blank below with the word or words that best fit the sentence.

Elisabeth Kübler-Ross contributed to establishing **1** _____, the study of dying and death. She identified five stages of psychological adjustment made by the terminally ill. Upon learning of a terminal condition, most people experience **2** _____. As their condition is confirmed and the reality of their situation sinks in, **3** _____ is commonly expressed. During this second stage, many terminally ill people alienate themselves from the people in their lives.

The third stage of psychological adjustment to dying, **4** _____, is characterized by negotiating with fate for more time or a change in the diagnosis. When dying people become aware of their losses, they usually experience a period of **5** _____. During this stage their friends and family should allow the dying person to express sadness and regret. At the final stage, the dying person **6** _____ death and acknowledges that the struggle is over.

A movement that began in the 1970s to restore dignity to the dying has resulted in the increase in **7** _____ facilities designed specifically for the comfort and needs of the dying person and his or her family.

Directions: Answer the following question in the space provided.

8. How do hospice facilities seek to improve the quality of life for a person who is dying?

Vocabulary Activity 6-1



**The Nervous System:
The Basic Structure**

Directions: Read each statement below and then write the letter of the correct answer in the space provided.

- ____ 1. The brain and the spinal cord comprise the
A. central nervous system. C. neurotransmitters.
B. peripheral nervous system. D. autonomic nervous system.

- ____ 2. Messages move to and from the brain along thin cells called
A. neurotransmitters. C. neurons.
B. synapses. D. axons.

- ____ 3. The space between neurons is the
A. neurotransmitter. C. dendrite.
B. axon. D. synapse.

- ____ 4. The nerves that branch out from the spinal cord are the
A. central nervous system. C. neurons.
B. peripheral nervous system. D. myelin sheath.

- ____ 5. Voluntary movements are controlled by the
A. autonomic nervous system. C. somatic nervous system.
B. peripheral nervous system. D. brain.

- ____ 6. The _____ can excite a neuron or stop it from transmitting.
A. neuron C. central nervous system
B. synapse D. neurotransmitter

- ____ 7. One's heartbeat is controlled by the
A. autonomic nervous system. C. somatic nervous system.
B. peripheral nervous system. D. neurotransmitters.

Directions: Answer the following question in the space provided.

- 8. Describe the three types of neurons.

Vocabulary Activity 6-2 Studying the Brain

Directions: Complete each sentence by writing the term that best completes the sentence.

- computerized axial tomography (CAT)
- lobes
- electroencephalograph (EEG)
- magnetic resonance imaging (MRI)
- forebrain
- midbrain
- hindbrain
- positron emission tomography (PET)

1. The _____ is involved in the most basic processes of life.
2. _____ is an imaging technique used to identify brain injuries and deterioration.
3. The _____ covers the brain's central core.
4. _____ enables researchers to study brain activity and brain structure.
5. The _____ can be used to record the electrical activity of the brain.
6. The cerebral cortex is divided into different regions known as _____.
7. The _____ integrates sensory information and relays it upward.
8. The _____ can capture a picture of the brain as different parts are being used.

Directions: Answer the following questions in the space provided.

9. Describe the functions of three parts of the forebrain.

10. How do psychologists study the brain?

Vocabulary Activity **6-3** **The Endocrine System**

Directions: Fill in each blank below with the word or words that best fit the sentence.

The **1** _____ system sends chemical messages to and from the brain. The glands that are part of this system include:

2 _____

3 _____

4 _____

5 _____

The master gland that controls the chemical messages of other glands is the **6** _____.

This gland is located **7** _____. The brain structure that controls this gland is the **8** _____. This brain structure monitors **9** _____ levels and relays messages to correct imbalances.

Neurotransmitters and hormones control the actions of the nervous system. Hormones travel through the **10** _____. Some chemicals such as **11** _____ function as both a neurotransmitter and a hormone.

Directions: Answer the following question in the space provided.

12. What are the differences in communication with the brain between the nervous system and the endocrine system?

Vocabulary Activity 6-4 **Heredity and Environment**

Directions: Use the clues to fill in the blanks to complete the words.

- 1. _____ the basic building blocks of heredity
- 2. _____ two children that result from the same pregnancy and who come from two different eggs fertilized by two different sperm
- 3. _____ the genetic transmission of characteristics from parents to their offspring
- 4. _____ two children that result from the same pregnancy and who come from one egg

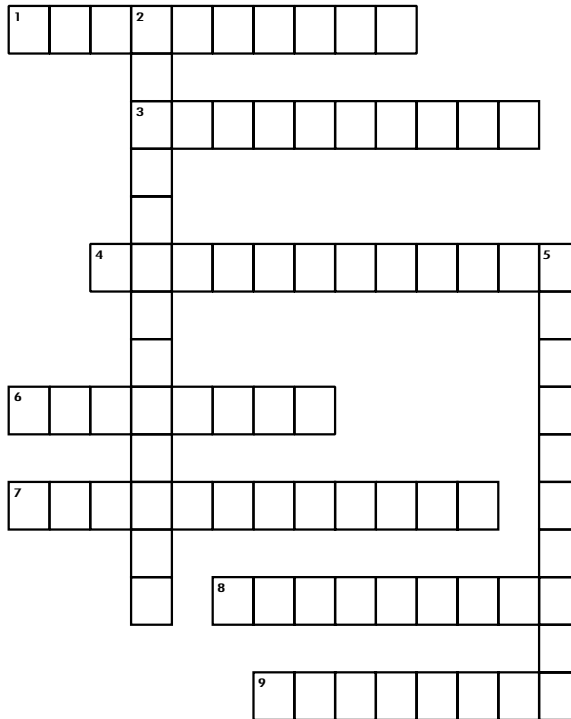
Directions: Answer the following question in the space provided.

- 5. Write a paragraph that uses all four terms above and describes the nature-nurture argument.

Vocabulary Activity 7-1

Sleep and Dreams

Directions: Use the following clues to complete the puzzle below, then answer the question in the space provided.



ACROSS

1. a sleep disorder in which someone falls asleep suddenly during the day
3. frightening dreams
4. sleep disruptions during Stage IV sleep involving screaming, panic, or confusion
6. the stage of sleep during which dreaming occurs
7. walking or carrying out behaviors while asleep
8. the rhythm set by a biological clock that regulates physiological processes
9. a prolonged inability to get enough sleep

DOWN

2. a state of awareness
5. a sleep disorder that causes frequent interruption in breathing

Directions: Answer the following question in the space provided.

10. Why do we dream?

Vocabulary Activity 7-2 **Hypnosis, Biofeedback, and Meditation**

Directions: Read each statement below and then write the letter of the correct answer in the space provided.

- _____ 1. An altered state of consciousness characterized by heightened suggestibility is
A. biofeedback. B. hypnosis. C. meditation. D. posthypnotic suggestion.
- _____ 2. A person learns to control his or her physiological processes by using
A. biofeedback. B. hypnosis. C. meditation. D. posthypnotic suggestion.
- _____ 3. Ideas given during hypnosis to suppress memory are a form of
A. biofeedback. B. hypnosis. C. meditation. D. posthypnotic suggestion.
- _____ 4. Theodore Barber believed _____ was not a special state of consciousness.
A. biofeedback B. hypnosis C. meditation D. posthypnotic suggestion
- _____ 5. Focused attention that clears one’s mind and results in relaxation is known as
A. biofeedback. B. hypnosis. C. meditation. D. posthypnotic suggestion.
- _____ 6. Mindfulness _____ focuses on the present moment.
A. biofeedback B. hypnosis C. meditation D. posthypnotic suggestion
- _____ 7. _____ involves using machines to inform a person of subtle changes in his or her body.
A. Biofeedback B. Hypnosis C. Meditation D. Posthypnotic suggestion
- _____ 8. Therapists use _____ to help clients reveal their problems and gain insights into their lives.
A. biofeedback B. hypnosis C. meditation D. posthypnotic suggestion
- _____ 9. When a person starts sneezing whenever she starts to light a cigarette, _____ may have been employed to help her change unwanted behaviors such as smoking or overeating.
A. biofeedback B. hypnosis C. meditation D. posthypnotic suggestion
- _____ 10. Using _____, a person can learn to relax a single muscle.
A. biofeedback B. hypnosis C. meditation D. posthypnotic suggestion

Directions: Answer the following question in the space provided.

11. What are common uses of hypnosis?

Vocabulary Activity 7-3

Drugs and Consciousness

Directions: Complete each sentence using the terms below.


hallucinations	marijuana	hallucinogens
psychoactive drugs	LSD	

- _____ is the dried leaves and flowers of the Indian hemp plant.
- _____ are perceptions that have no direct external cause.
- _____ interact with the central nervous system to alter a person's mood, perception, and behavior.
- The best known and most potent hallucinogen is _____.
- Psychedelic drugs are also known as _____.

Directions: Answer the following questions in the space provided.

- What are the common effects of LSD?

- List five categories of psychoactive drugs and an example of each.

Vocabulary Activity 8-1  **Sensation**

Directions: Complete each sentence by writing the term that best completes the sentence.

- absolute threshold
- sensation
- difference threshold
- signal-detection theory
- perception
- Weber's law
- psychophysics

1. The organization of information received through our senses is known as _____.
2. The _____ for vision is the ability to see a candle flame 30 miles away on a clear night.
3. Researchers study _____ to understand the relationship between sensory experiences and the stimuli that cause these experiences.
4. If a person is carrying a 40-pound backpack, _____ states that he or she will be less likely to notice a one-pound weight being added to the pack than a person who has the weight added to a five-pound pack.
5. When you come into a warm room after being outside in a cold wind, your skin experiences a(n) _____ as the warm air touches the skin.
6. The _____ describes the smallest change in a physical stimulus such as light or sound that can be detected.
7. The _____ explains how you can hear your name spoken from across a crowded, noisy room.

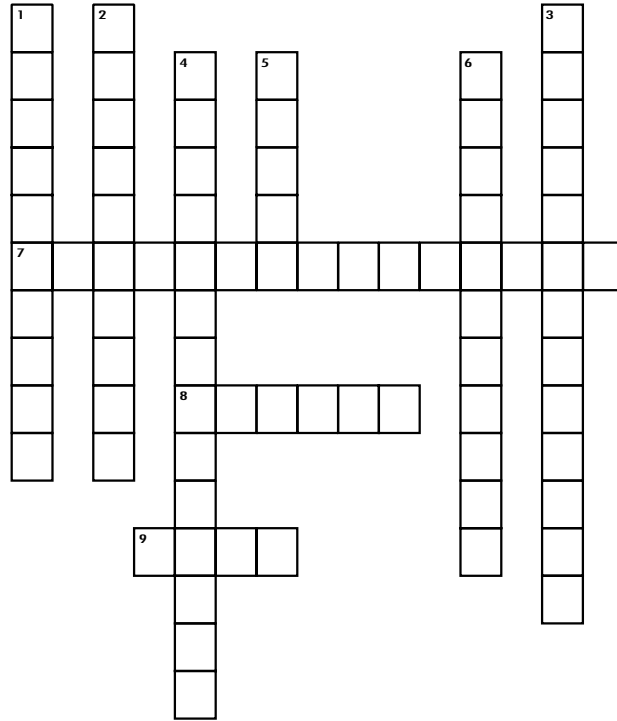
Directions: Answer the following questions in the space provided.

8. Explain how Weber's law works using the sense of hearing.

9. Explain the difference between the absolute threshold and the difference threshold.

Vocabulary Activity 8-2 **The Senses**

Directions: Use the following clues to complete the puzzle below, then answer the questions in the space provided.



DOWN

1. the system in the inner ear that controls balance
2. the nerve that carries impulses from the retina to the brain
3. the nerve that sends signals from the inner ear to the brain
4. the nerve that carries signals from the nose to the brain
5. the opening in the iris that controls the amount of light entering the eye
6. the sense of movement and body position

ACROSS

7. the combination of two images into one
8. the back of the eye that contains the light sensitive receptor cells
9. transparent structure in the eye that changes shape to focus light on the retina

Directions: Answer the following questions in the space provided.

10. What is retinal disparity? Why is it important to your sense of sight?

Vocabulary Activity 8-3 **Perception**

Directions: Read each statement below and then write the letter of the correct answer in the space provided.

- _____ 1. A brief auditory or visual signal that occurs below the absolute threshold for that sense is known as a(n)
 - A. motion parallax.
 - B. subliminal message.
 - C. illusion.
 - D. extrasensory perception.

- _____ 2. The perception principle that assumes that the whole is greater than the sum of its parts is
 - A. constancy.
 - B. motion parallax.
 - C. Gestalt.
 - D. illusion.

- _____ 3. Perceiving information about the world through means other than the senses is known as
 - A. extrasensory perception.
 - B. illusion.
 - C. constancy.
 - D. Gestalt.

- _____ 4. Perceiving objects in the same way regardless of their distance, angle, or lighting is known as
 - A. extrasensory perception.
 - B. illusion.
 - C. constancy.
 - D. motion parallax.

- _____ 5. When you move your head from side to side or walk around, the apparent movement of stationary objects relative to one another is the
 - A. constancy cue.
 - B. Gestalt cue.
 - C. subliminal cue.
 - D. motion parallax cue.

- _____ 6. Misrepresentations of physical stimuli are known as
 - A. subliminal messages.
 - B. Gestalt messages.
 - C. illusions.
 - D. motion parallax.

Directions: Answer the following question in the space provided.

- 7. What Gestalt principles are commonly used to explain how perceptions are organized? Show an example of one of the principles.

Vocabulary Activity 9-1

Classical Conditioning

Directions: Choose the term from the list below that best completes each sentence. Write the correct term in the space provided.

- | | |
|------------------------|------------------------|
| classical conditioning | generalization |
| conditioned response | neutral stimulus |
| discrimination | unconditioned response |
| extinction | unconditioned stimulus |

1. A(n) _____ leads to a predictable response without previous training.
2. A(n) _____ before training has nothing to do with the response.
3. A(n) _____ is a neutral event that leads to a specific response after training.
4. _____ is a type of learning in which an old response attaches to a new stimulus.
5. A(n) _____ occurs naturally and predictably without training.
6. _____ is the loss of a conditioned response when the conditioned stimulus is removed.
7. _____ is the ability to respond differently to different stimuli.
8. You are using _____ when you respond to a second stimulus that is similar to a conditioned stimulus without additional training.

Directions: Explain the difference in meaning between each word pair.

9. unconditioned response (UCR) and conditioned response (CR) _____

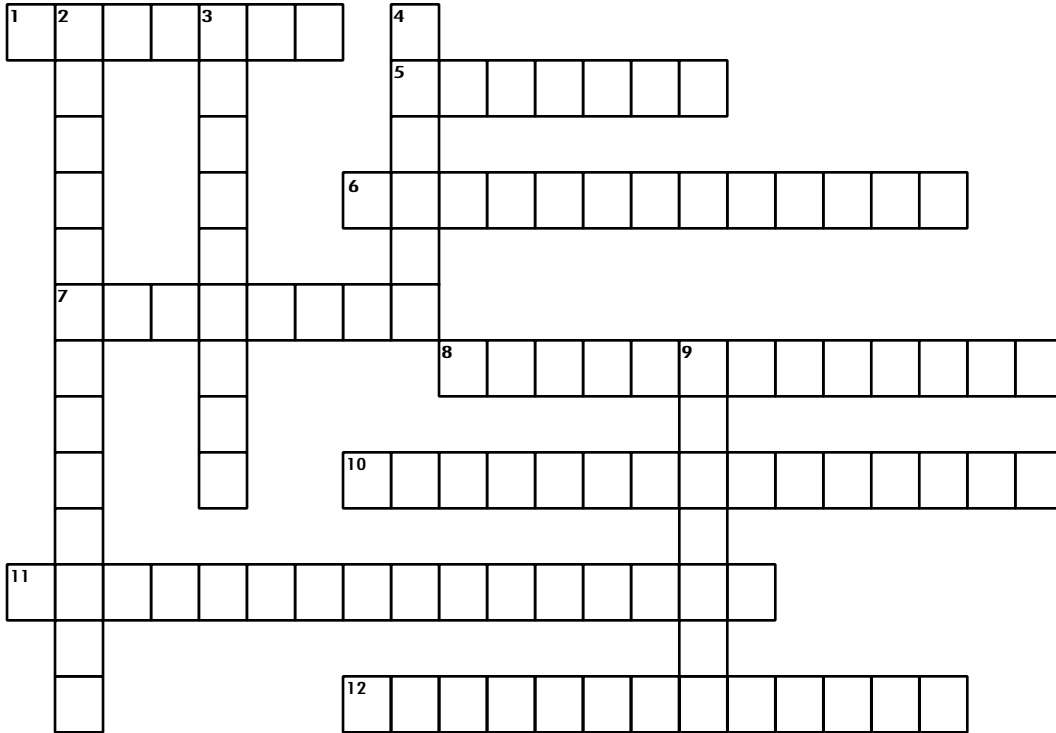
10. generalization and discrimination _____

Vocabulary Activity

9-2

Operant Conditioning

Directions: Complete the crossword puzzle by spelling out the term defined by each clue.



ACROSS

1. A(n) _____ reinforcer satisfies a biological need.
5. _____ uses reinforcement to create new responses out of old responses.
6. A(n) _____ schedule provides reinforcement after a random number of responses.
7. _____ reinforcement results when the removal of unpleasant consequences increases the frequency of behavior.
8. _____ is a stimulus or event that affects the likelihood that a behavior will be repeated.
10. _____ is a type of learning that results from unpleasant consequences.
11. A(n) _____ schedule provides reinforcement based on a random amount of time.
12. A(n) _____ schedule provides reinforcement based on a specific amount of time.

DOWN

2. Responses that occur in sequence are part of a(n) _____ .
3. In _____ conditioning, the person's behavior prevents an unpleasant experience from happening.
4. In _____ conditioning, the person's behavior causes the unpleasant event to stop.
9. _____ conditioning is learning from the consequences of behavior.

Directions: Answer the following question in the space provided.

13. Explain the difference between variable schedules and fixed schedules. _____

Vocabulary Activity 9-3



Social Learning

Directions: Unscramble the following vocabulary terms and enter the terms on the lines provided. Then match each numbered term to the correct lettered definition by placing the number of the term on the line to the right of the definitions.

1. TTAELN REINNGAL

2. DIMGELON

3. ALSOCI GLARNEIN

4. KNOTE NOYMOEC

5. ELNDARE SESNHSLESPLE

6. VOIEGCINT ARGNELNI

7. TNVOICEGI AMP

8. VRAIBOEH CITMAFDOINOI

A. learning that involves how people make decisions and act upon the available information _____

B. a mental picture of a place _____

C. learning principles applied systematically to change people's actions and feelings _____

D. focuses on how information is obtained, processed, and organized _____

E. learning that results from observation and imitation _____

F. a system that provides tangible rewards for desired behaviors _____

G. learning that occurs in the absence of a reinforcer _____

H. results in a lowered sense of self-esteem and a lack of effort _____


Directions: Explain the following elements of learned helplessness.

9. Stability _____

10. Globality _____

11. Internality _____

Vocabulary Activity 10-1



Taking in and Storing Information

Directions: Match each description in Column A with the correct term in Column B. Write the correct letters in the blanks to the left of the numbers.

Column A

- _____ 1. the briefest of memories that occurs immediately following the reception of a stimulus
- _____ 2. the memory process of transforming information so that the nervous system can process it
- _____ 3. knowledge of language and grammar
- _____ 4. the memory process by which information is maintained over a period of time
- _____ 5. the conscious recall of information when you need to use it
- _____ 6. the process of grouping items together so that they are easier to remember
- _____ 7. the storage and retrieval of information that has been learned or experienced
- _____ 8. the type of memory that is limited to about seven items
- _____ 9. learned skills that you do not have to consciously recall in order to use
- _____ 10. memory of events of your life including when the events occurred
- _____ 11. the memory process that involves obtaining information that has been previously stored
- _____ 12. repeating information to yourself so that it will remain in your memory longer

Column B

- A.** chunking
- B.** declarative memory
- C.** encoding
- D.** episodic memory
- E.** maintenance rehearsal
- F.** memory
- G.** procedural memory
- H.** retrieval
- I.** semantic memory
- J.** sensory memory
- K.** short-term memory
- L.** storage

Directions: Answer the following questions in the space provided.

13. What are the three processes of memory?

14. What are the three stages of memory?

Vocabulary Activity 10-2 **Retrieving Information**

Directions: Complete each sentence using the terms below.

confabulation	mnemonic devices	decay
recall	eidetic memory	recognition
elaborative rehearsal	reconstructive processes	interference
schemas		

1. The active reconstruction of information already learned is known as _____.
2. The _____ memory process allows us to identify objects, ideas, or situations that have not been encountered before.
3. Memories fade over time as a result of _____.
4. All people use _____ as a framework to make sense of their world.
5. Our recall may be influenced by _____.
6. About 5 percent of children have _____, a form of “photographic memory.”
7. One mistake that people make when they remember things is _____, which is recalling information that has not been stored in memory.
8. Relating new information to information that is already known is known as _____.
9. The blocking of memories by previous or subsequent events is known as _____.
10. A(n) _____ is a memorization technique that uses associations.

Directions: Answer the following question in the space provided.

11. What is the difference between reconstructive processes and confabulation? Give an example of each.

Vocabulary Activity 11-1

Thinking and Problem Solving

Directions: Use the clues below to find the hidden words.

R E C O M B I N A T I O N K H
 S L U S K P Y Z Z O M O Y A M
 T Y F L E X I B I L I T Y H G
 P P M W K M Q M J T I H T D F
 L C E B A X U E I V R I I W E
 X M R C O E N N I S R N N Q J
 L Q T U N L G T N O V K S U O
 Q Z O T L O A A G Y H I I A L
 G R D C C E C L M M X N G K L
 B A R A R Q A S M I F G H W M
 M N T C R H H E U R I S T I C
 W E P R O T O T Y P E J I N C
 M R U W W I T U J C C U B V G

CLUES

1. The process of changing and reorganizing information stored in memory to create new information is known as _____.
2. A(n) _____ is a visual, mental representation of an event or object.
3. A(n) _____ is an abstract unit of thought that represents an object or a quality.
4. The relationship between concepts may be stated as a _____.
5. An example of a concept that has most of the features of that concept is known as a(n) _____.
6. A label used for a class of objects that share at least one common attribute is a(n) _____.
7. Being aware of one's own mental processes is known as _____.
8. A(n) _____ is an apparent sudden realization of the solution to a problem.
9. A(n) _____ is a step-by-step process for solving a problem.
10. A test of mental _____ involves thinking of as many uses for a product as possible.
11. A rule-of-thumb problem-solving strategy is a(n) _____.
12. People develop a(n) _____, which is using the same strategy or pattern to solve problems.
13. The ability to use information and abilities in unique ways is _____.
14. Rearranging elements of a problem to find a solution is the process of _____.

Directions: Answer the following question in the space provided.

15. How does functional fixedness interfere with problem solving?

Vocabulary Activity 11-2 **Language**

Directions: Unscramble the following vocabulary terms and enter the terms on the lines provided. Then match each numbered term to the correct lettered definition by placing the number of the term on the line to the right of the definitions.

- | | |
|--------------------------------------|--|
| <p>1. EMPEHON
_____</p> | <p>A. the expression of ideas through symbols and sounds that are arranged according to rules _____</p> |
| <p>2. ASNXTY
_____</p> | <p>B. the smallest unit of meaning in a given language _____</p> |
| <p>3. AENGULAG
_____</p> | <p>C. language rules that govern how words can be combined to form meaningful phrases and sentences _____</p> |
| <p>4. EANTSCIMS
_____</p> | <p>D. the study of meaning in language _____</p> |
| <p>5. PEEMRHOM
_____</p> | <p>E. an individual sound that is the basic structural element of language _____</p> |

Directions: Answer the following questions in the space provided.

- 6.** What is the difference between a phoneme and a morpheme?
- _____
- _____
- _____
- 7.** How many phonemes are there in the word *tributary*? How many morphemes are there in the word *spellbound*?
- _____
- _____
- _____
- 8.** How do we use language?
- _____
- _____
- _____
- _____

Vocabulary Activity 12-1 **Theories of Motivation**

Directions: Write the letter of the response that best fits the description in the blank to the left of each sentence.

- _____ 1. The biological or psychological requirements of an organism are known as
A. instincts. C. incentives.
B. drives. D. needs.
- _____ 2. Eating to satisfy our hunger is an example of
A. intrinsic motivation. C. homeostasis.
B. extrinsic motivation. D. instincts.
- _____ 3. The physiological and psychological factors that cause us to behave as we do describe our
A. incentives. C. instincts.
B. motivation. D. drives.
- _____ 4. The tendency of all organisms to correct imbalances in their normal states is known as
A. homeostasis. C. intrinsic motivation.
B. extrinsic motivation. D. instincts.
- _____ 5. Natural or inherited tendencies of an organism are its
A. incentives. C. instincts.
B. drives. D. needs.
- _____ 6. Spending hours playing a computer game because you love the challenge is an example of a(n)
A. extrinsic motivation. C. incentives.
B. intrinsic motivation. D. instincts.
- _____ 7. An internal condition that orients a person toward a particular goal is known as a(n)
A. drive. C. instinct.
B. incentive. D. need.
- _____ 8. An object we seek or the result we are trying to achieve through our motivated behavior is a(n)
A. drive. C. incentive.
B. need. D. instinct.

Directions: Answer the following question in the space provided.

- 9. Compare and contrast extrinsic and intrinsic motivation.

Vocabulary Activity 12-2 **Biological and Social Motives**


Directions: Complete each sentence using the terms below. Some terms are used twice.

fundamental needs self-actualization needs psychological needs
lateral hypothalamus (LH) ventromedial hypothalamus (VMH)

1. If the _____ is stimulated with electrodes, a laboratory animal will begin to eat, even if the animal has just finished a large meal.
2. If the _____ is stimulated with electrodes, an animal will slow down or stop eating, even if it has not had any food for a long time.
3. In Abraham Maslow's hierarchy of needs, _____ refer to the need to fulfill one's unique potential.
4. In Maslow's hierarchy of needs, _____ refer to the need for food, water, sex, and physical safety.
5. In Maslow's hierarchy of needs, _____ refer to the need to belong, to give and receive love, and to acquire esteem.
6. Martina's parents are getting a divorce. Martina feels like she might be to blame for this. She is probably trying to fulfill her _____ at this time.
7. Dr. Tracie Arquette has just been appointed by the president to the position of U.S. surgeon general. Dr. Arquette is most likely in the process of fulfilling her _____.
8. Philip is homeless. He probably strives daily to fulfill his _____.

Directions: Answer the following question in the space provided.

9. What biological factors other than the lateral and ventromedial hypothalamus influence hunger?

Vocabulary Activity 12-3  **Emotions**

Directions: Fill in each blank below with the word or words that best fit the sentence.

Emotions have three parts. These include the **1** _____, the **2** _____, and the **3** _____ parts.

Psychologists have proposed both physiological and cognitive theories of emotions. There are two major physiological theories of emotions. These are the **4** _____ theory, which holds that emotions are the perception of certain internal bodily changes, and the **5** _____ theory, which argues that the thalamus in the lower brain is the seat of all emotion.

Cognitive theorists believe that bodily changes work together with thinking to produce emotions. The **6** _____ experiment demonstrated that internal components of emotion affect a person differently, depending on his or her perception of the situation. The **7** _____ theory states that the sympathetic system and the parasympathetic system act in concert to regulate and manipulate emotions.

Directions: Answer the following questions in the space provided.

8. What is the function of *emotional intelligence*?

9. Does emotional expression vary among cultures? Why or why not?

Vocabulary Activity 13-1

Characteristics of Psychological Tests

Directions: Write the letter of the response that best completes the sentence in the blanks to the left of each sentence.

- _____ 1. The ability of a test to measure what it is intended to measure is its

A. norm.	C. reliability.
B. percentile system.	D. validity.

- _____ 2. Ranking of test scores in a way that indicates the ratio of scores lower and higher than a given score is done in the

A. norm.	C. reliability.
B. percentile system.	D. validity.

- _____ 3. The ability of a test to arrive at the same result under a variety of different circumstances is its

A. norm.	C. reliability.
B. percentile system.	D. validity.

- _____ 4. How well a test predicts performance is called its predictive

A. norm.	C. reliability.
B. percentile system.	D. validity.

- _____ 5. Standards of comparison for test results developed by giving the test to large, well-defined groups of people are the test's

A. norms.	C. reliability.
B. percentile system.	D. validity.

- _____ 6. If you divide a test in half, score each half separately, and the two scores are approximately the same, the test has split-half

A. norms.	C. reliability.
B. percentile system.	D. validity.

Directions: Answer the following question in the space provided.

- 7. What does your percentile score on an aptitude test such as the Scholastic Assessment Test (SAT) show?

Vocabulary Activity 13-2

Intelligence Testing

Directions: Unscramble the following vocabulary terms and enter the terms on the lines provided. Then match each numbered term to the correct lettered definition by placing the number of the term on the line to the right of the definitions.

- | | |
|--|--|
| <p>1. SBIA LUUTRCAL
_____</p> | <p>A. Robert Sternberg's theory of the ways that we process information _____</p> |
| <p>2. TGCEINLLINEE
_____</p> | <p>B. the ability to acquire new ideas and new behavior and to adapt to new situations _____</p> |
| <p>3. OCO-TFATRW TRYEOH
_____</p> | <p>C. a child's mental age divided by his or her chronological age _____</p> |
| <p>4. MOENOTALI NLLIENTEIGCE

_____</p> | <p>D. a potential problem with intelligence tests in which the wording of questions may be more familiar to people of one social group than to another social group _____</p> |
| <p>5. ILERAYITBITH
_____</p> | <p>E. Charles Spearman's theory that intelligence is composed of general intelligence and a person's specific mental abilities _____</p> |
| <p>6. NTNEIGLLIECE TUIOTEQN

_____</p> | <p>F. concepts of interpersonal and intrapersonal intelligences _____</p> |
| <p>7. CHARITRIC RYEHOT
_____</p> | <p>G. the degree to which a characteristic such as intelligence is related to one's genes _____</p> |

Directions: Answer the following question in the space provided.

8. What are the major aspects of emotional intelligence?
- _____
- _____
- _____
- _____
- _____

Vocabulary Activity 13-3 **Measuring Achievement, Abilities, and Interests**

Directions: Complete each sentence using the terms below. Each term is used at least twice.

achievement test **aptitude test** **interest inventory**

1. An _____ administered by computer may be called *adaptive testing*.
2. The purpose of an _____ is to determine a person's preferences, attitudes, and interests.
3. An _____ attempts to discover a person's talents and to predict how well he or she will be able to learn a new skill.
4. The Kuder Preference Record (KPR) is a type of _____.
5. An _____ is validated in terms of its content validity.
6. The American College Test (ACT) is an example of an _____.
7. To decide on an occupation you might like, you would take an _____.
8. An _____ is assessed primarily in terms of its predictive validity.
9. An _____ allows not only instructors to assess students' knowledge, but also allows students to assess their own progress.

Directions: Answer the following questions in the space provided.

10. What is the purpose of computer-based adaptive testing?

11. What is the purpose of the Kuder Preference Record?

Vocabulary Activity 13-4 **Personality Testing**

Directions: Read each statement below and then write the letter of the correct answer in the space provided.

- _____ 1. When taking a(n) _____, a person must select one of a small number of possible responses.
A. objective test
B. personality test
C. projective test
- _____ 2. A(n) _____ encourages test takers to respond freely and often invites them to tell stories about pictures, diagrams, or objects.
A. objective test
B. personality test
C. projective test
- _____ 3. A(n) _____ is used to assess an individual's characteristics, identify problems and psychological disorders, and to predict a person's future behavior.
A. objective test
B. personality test
C. projective test
- _____ 4. The revised Minnesota Multiphasic Personality Inventory (MMPI-2) is an example of a(n) _____ of personality because the test taker's responses are limited to *true, false, or cannot say*.
A. objective test
B. personality test
C. projective test
- _____ 5. The Thematic Apperception Test (TAT) is an example of a(n) _____ of personality because the test taker is asked to tell a story about 20 different pictures.
A. objective test
B. personality test
C. projective test
- _____ 6. The Myers-Briggs test is an example of a(n) _____ of personality because the test takers answer a series of multiple choice questions.
A. objective test
B. personality test
C. projective test

Directions: Answer the following question in the space provided.

- 7. What is the theory underlying the Rorschach inkblot test?

Vocabulary Activity 14-1

Purposes of Personality Theories

Directions: Fill in each blank below with the word or words that best fit the sentence.

That “something inside” people that makes them think, feel, and act differently is what we mean by

1 _____. Personality consists of the **2** _____, **3** _____, and **4** _____ characteristics of a person.

The first purpose of **5** _____ is to provide a way of organizing the many characteristics you know about yourself and other people. A second purpose is to explain the differences among **6** _____. A third purpose is to explore how people **7** _____ their lives. A fourth purpose of personality theories is to determine how life can be **8** _____.

Directions: Answer the following questions in the space provided.

9. Why do most personality theorists begin their careers as psychotherapists?

10. What are the major schools of thought among personality theorists?

Vocabulary Activity 14-2

Psychoanalytic Theories

Directions: Write the letter of the response that best fits the description in the blank to the left of each sentence.

- ____ 1. The ego unconsciously protects itself against unpleasant impulses or circumstances using
 - A. the superego.
 - B. defense mechanisms.
 - C. archetypes.
 - D. the collective unconscious.

- ____ 2. The part of the mind that contains material of which we are unaware but that strongly influences how we behave is the
 - A. archetype.
 - B. ego.
 - C. superego.
 - D. unconscious.

- ____ 3. Carl Jung's concept of inherited, universal ideas is known as a(n)
 - A. archetype.
 - B. collective unconscious.
 - C. id.
 - D. ego.

- ____ 4. A person's instinctual and biological urges are the
 - A. ego.
 - B. id.
 - C. superego.
 - D. archetype.

- ____ 5. A person who continually battles feelings of inadequacy suffers from a(n)
 - A. archetype.
 - B. collective unconscious.
 - C. inferiority complex.
 - D. unconscious.

- ____ 6. The part of the personality that is influenced by the reality principle is the
 - A. ego.
 - B. id.
 - C. superego.
 - D. unconscious.

- ____ 7. The part of the mind that contains inherited instincts, urges, and memories that are common to all people is the
 - A. ego.
 - B. superego.
 - C. collective unconscious.
 - D. unconscious.

- ____ 8. The part of the personality that operates using moral principles is the
 - A. ego.
 - B. superego.
 - C. id.
 - D. collective unconscious.

Directions: Answer the following question in the space provided.

9. Describe how the id, ego, and superego work together.

Vocabulary Activity 14-3 **Learning Theories**

Directions: Fill in each blank below with the word or words that best fit the sentence.

John Watson's belief that only objectively observable behavior is the proper subject matter of psychology led to the field of **1** _____. Behaviorists believe that as individuals differ in their learning experiences, they acquire different behaviors and, hence, different **2** _____.

B.F. Skinner focused on precisely what causes a person to act in a specific way. He sought to understand the **3** _____ on behavior. These can be viewed as **4** _____ or **5** _____ that shape a person's behavior.

Directions: Answer the following questions in the space provided.

- 6.** Write a paragraph applying the concept of contingencies of reinforcement to a situation that you have observed at school.

- 7.** What are the two main learning theories that explain personality development? How do they differ?

Vocabulary Activity 14-4 **Humanistic and Cognitive Theories**

Directions: Complete each sentence by writing the term that best completes the sentence.

- conditions of worth
- self
- fully functioning
- self-actualization
- humanistic psychology
- unconditional positive regard
- positive regard

1. One's experience or image of oneself developed through interaction with others is referred to as the _____.
2. In a(n) _____ person, the individual and the self are one.
3. A person must meet the _____ that are learned from parents, teachers, and other significant individuals in order to regard himself or herself positively.
4. By stressing each individual's uniqueness, _____ rebelled against the pessimistic view of human nature that dominated personality theory in the early 1900s.
5. Another term for approval is _____.
6. Humanists called the realization of our potentialities as unique human beings _____.
7. You experience _____ when significant others convey the feeling that they value you for what you are in your entirety.

Directions: Answer the following questions in the space provided.

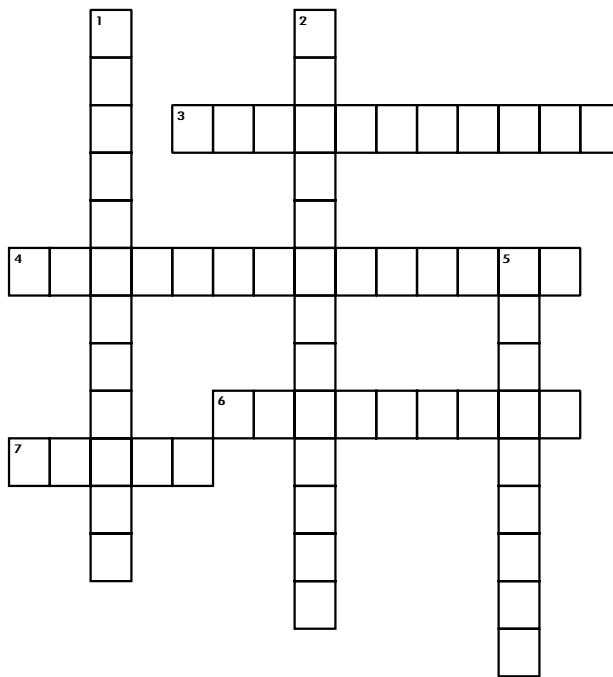
8. List five characteristics of self-actualizing individuals.

9. What happens after a person establishes an unconditional positive regard for himself or herself?

Vocabulary Activity 14-5

Trait Theories

Directions: Use the clues below to complete the puzzle.



ACROSS

- 3. a characteristic that describes the core of one's personality
- 4. a statistical analysis used to identify the reasons that variables are correlated
- 6. a sociable, outgoing person
- 7. a way of reacting to a situation that remains stable over time

DOWN

- 1. an observable characteristic
- 2. a trait so pervasive that a person is almost identified with it
- 5. a thoughtful, reserved, quiet person

Directions: Answer the following questions in the space provided.

- 8. Besides cardinal traits, what two other traits did trait theorist Gordon Allport describe? Of what significance are these types of traits?

Vocabulary Activity 15-1 **Sources of Stress**

Directions: Complete each sentence by writing the term that best completes the sentence. Terms may be used more than once.

conflict situation	stress
distress	stressor
eustress	stress reaction

1. Our bodies show a(n) _____ when they produce an observable response to a stressor.
2. We feel _____ when we are unable to cope with a certain tense event or situation.
3. Another term for negative stress is _____.
4. We find ourselves in a(n) _____ when we must choose between two or more options that may result from opposing motives.
5. _____ results from the positive strivings and challenges that spice up our lives.
6. An event or situation that produces stress can be called a(n) _____.
7. A(n) _____ in which an individual must choose between two attractive alternatives is called an approach-approach conflict.
8. _____ is a normal part of life that goes along with working toward any goal or facing any challenge.
9. Being a passenger in a car is a(n) _____ to a person who experiences motion sickness.

Directions: Answer the following question in the space provided.

10. Describe the two ways of appraising a conflict situation.

Vocabulary Activity 15-2 **Reactions to Stress**

Directions: Read each statement below, and then write the letter of the correct answer in the space provided.

- ____ 1. The reaction likely to result from frustration is
 - A. anger.
 - B. anxiety.
 - C. fear.

- ____ 2. In severe cases, _____ may result in panic and prevent the individual from acting.
 - A. anger
 - B. anxiety
 - C. fear

- ____ 3. A feeling of imminent but unclear threat is
 - A. anger.
 - B. anxiety.
 - C. fear.

- ____ 4. When a stressor involves real danger, _____ is the common reaction.
 - A. anger
 - B. anxiety
 - C. fear

- ____ 5. "Free-floating" hostility is _____ that has no real object or focus.
 - A. anger
 - B. anxiety
 - C. fear

- ____ 6. _____ is the most common response to a sudden and powerful stressor.
 - A. Anger
 - B. Anxiety
 - C. Fear

Directions: Answer the following question in the space provided.

- 7. Define social support. List and give examples of the four kinds of social support that groups seem to offer.

Vocabulary Activity 15-3 **Coping With Stress**

Directions: Fill in each blank below with the word or words that best fit the sentence.

- | | |
|----------------------------|-------------------------------|
| biofeedback | intellectualization |
| cognitive appraisal | meditation |
| denial | progressive relaxation |


Suppose you are taking your examination to get your driver's license tomorrow. Your **1** _____ describes how you interpret the event and how much stress it will cause. We use various coping strategies to influence the impact of stress. One strategy we may use is **2** _____, or the conscious decision that the event or situation is really not a stressor. When we become emotionally detached from the situation, we are using **3** _____ as a coping strategy.

Active coping strategies for dealing with stress recognize the stressors, but seek to reduce their threat. Dr. Edmond Jacobson devised **4** _____ as a way to reduce muscle tension caused by stress. The mind can also learn to relax using **5** _____ to focus attention on clearing one's mind and producing inner peace. Finally, **6** _____ is a technique for consciously controlling specific physiological functions using machines to provide feedback.

Directions: Answer the following question in the space provided.

- 7.** List and describe seven active coping strategies.
-
-
-
-
-
-
-

Vocabulary Activity

15-4

Stress in Your Life

Directions: Unscramble the following vocabulary terms, and enter the terms on the lines provided. Then match each numbered term to the correct lettered definition by placing the number of the term on the line to the right of the definitions.

- | | |
|---|---|
| <p>1. SNESYHETISR
_____</p> <p>2. LERABCPAOM TROHW
_____</p> <p>3. UYNATOOM
_____</p> <p>4. PEEDTOVLLMEAN PENFISHIRD

_____</p> <p>5. EARCER
_____</p> | <p>A. concept that women and men should receive equal pay for jobs calling for similar skill and responsibility _____</p> <p>B. results in mutual reexamination of basic assumptions _____</p> <p>C. vocation in which a person works at least a few years _____</p> <p>D. combining old ideas with new ones and reorganizing feelings in order to renew one's identity _____</p> <p>E. ability to take care of oneself and make one's own decisions _____</p> |
|---|---|

Directions: Answer the following questions in the space provided.

6. Discuss the pros and cons of changing careers one or more times during a lifetime.
- _____
- _____
- _____
- _____
- _____
7. How is the concept of comparable worth being fulfilled in the workplace?
- _____
- _____
- _____
- _____
- _____

Vocabulary Activity 16-1 **What Are Psychological Disorders?**

Directions: Fill in each blank below with the word or words that best fit the sentence.

The fourth version of the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders* is referred to as the **1** _____. Each diagnostic category in this publication includes the following descriptions:

- 2** _____ of the disorder, which are the characteristics that define the disorder;
- 3** _____ of the disorder, or additional features that are usually present; information on **4** _____, which distinguishes this disorder from others; and
- 5** _____, which is a list of symptoms that must be present for the patient to be given a particular diagnostic label.

Directions: Answer the following question in the space provided.

- 6.** The DSM-IV is divided into five major dimensions, known as axes. Write a paragraph that includes a description for each of these five dimensions.

Vocabulary Activity 16-2 **Anxiety Disorders**

Directions: Read each statement below, and then write the letter of the correct answer in the space provided.

- _____ 1. _____ is characterized by sudden and unexplainable attacks of intense anxiety, leading to the individual's feeling a sense of inevitable doom or death.
 - A. Anxiety
 - B. Phobia
 - C. Panic disorder
 - D. Post-traumatic stress disorder

- _____ 2. Continuous, generalized _____ may result in the inability to make decisions or enjoy life.
 - A. anxiety
 - B. phobia
 - C. panic disorder
 - D. post-traumatic stress disorder

- _____ 3. A(n) _____ is anxiety focused on a particular object, animal, activity, or situation that seems out of proportion to any real danger involved.
 - A. anxiety
 - B. phobia
 - C. panic disorder
 - D. post-traumatic stress disorder

- _____ 4. People who suffer a specific _____ often develop elaborate plans to avoid the situations they fear.
 - A. anxiety
 - B. phobia
 - C. panic disorder
 - D. post-traumatic stress disorder

- _____ 5. Symptoms of _____ may include a sense of smothering, choking, or breathing difficulty; faintness or dizziness; nausea; and chest pains.
 - A. anxiety
 - B. phobia
 - C. panic disorder
 - D. post-traumatic stress disorder

Directions: Answer the following question in the space provided.

- 6. What is post-traumatic stress disorder, and who is likely to develop this disorder?

Vocabulary Activity 16-3 **Somatoform and Dissociative Disorders**

Directions: Complete each sentence by writing the term that best completes the sentence. Terms may be used more than once.

- conversion disorder
- dissociative amnesia
- dissociative disorder
- dissociative fugue
- dissociative identity disorder
- somatoform disorder

1. A person who has _____ is unable to recall important personal events or information.
2. People exhibit two or more personality states when they have _____.
3. When a person manifests physical symptoms that have no apparent cause, he or she is said to have _____.
4. What had been called multiple personality disorder is now called _____.
5. A _____ changes emotional difficulties into a loss of a specific voluntary body function.
6. The memory loss associated with _____ is usually associated with stressful events.
7. In _____, a person experiences alterations in memory, identity, or consciousness.
8. A person suffering from _____ might accept the loss of physical function with a calmness referred to as *la belle indifférence*.
9. When coming out of _____, the individual will have no memory of what he or she has done during this state of consciousness.

Directions: Answer the following question in the space provided.

10. Compare and contrast dissociative amnesia and dissociative fugue.

Vocabulary Activity 16-4

Schizophrenia and Mood Disorders

Directions: Unscramble the following vocabulary terms, and enter the terms on the lines provided. Then match each numbered term to the correct lettered definition by placing the number of the term on the line to the right of the definitions.

- | | |
|---|---|
| <p>1. SIELUSDON
_____</p> | <p>A. individual alternates between feelings of mania and depression _____</p> |
| <p>2. ORIPBLA IROSRDED
_____</p> | <p>B. severe form of lowered mood in which a person experiences feelings of worthlessness _____</p> |
| <p>3. HONCHIZAPSREI
_____</p> | <p>C. perceptions that have no direct external cause _____</p> |
| <p>4. LUNACHAITSILON
_____</p> | <p>D. false beliefs that a person maintains in the face of contrary evidence _____</p> |
| <p>5. RAJMO PSERESIVED RODISDRE

_____</p> | <p>E. a group of disorders characterized by confused and disconnected thoughts, emotions, and perceptions _____</p> |

Directions: Answer the following questions in the space provided.

6. What have researchers found to be the causes of schizophrenia?
- _____
- _____
- _____
- _____
7. Name and describe the two phases of bipolar disorder.
- _____
- _____
- _____
- _____

Vocabulary Activity

16-5

Personality Disorders and Drug Addiction

Directions: Use the clues below to find the hidden words.

P S Y C H O L O G I C A L
E W N F Z D J O T D U E G
R L T O L E R A N C E V B
S Q A D I M O V Q C E L S
O A W B R T O P A U A C X
N P S H F I C Q N W R R M
A N T I S O C I A L F T T
L A H T V Q D R D C D D B
I R B H V Z D T U D W A L
T X V R X H Y M Z X A H G
Y V J M T P R L N X O Q F
J C X I V R G K D A O T K
R E W G A D Q Y Y O M T L

CLUES

1. A(n) _____ is a pattern of drug abuse characterized by an overwhelming and compulsive desire to obtain and use it.
2. A(n) _____ personality is characterized by irresponsibility, shallow emotions, and a lack of conscience.
3. Unique from other psychological disorders, _____ disorders are maladaptive or inflexible ways of dealing with others and with one’s environment.
4. A(n) _____ dependence on drugs occurs when users depend on the feeling of well-being they obtain from the drug so much that they feel compelled to continue using it.
5. Once a person is addicted to a drug, she develops a(n) _____ to it and must use increasingly larger doses to obtain the same “high.”
6. When a person discontinues using a drug, he may experience _____ as his body and mind revolt against and finally get used to the absence of the drug.

Directions: Answer the following question in the space provided.

7. What occurs to a person’s mind and body when he or she becomes addicted to drugs or alcohol?

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Vocabulary Activity 17-1

What Is Psychotherapy?

Directions: Unscramble the following vocabulary terms, and enter the terms on the lines provided. Then match each numbered term to the correct lettered definition by placing the number of the term on the line to the right of the definitions.

- | | |
|--|---|
| <p>1. ELABCOP CETFEF
_____</p> <p>2. URPGO ETYRAHP
_____</p> <p>3. RPYHOSCTHEYAP
_____</p> <p>4. CELECCTI PAROPACH
_____</p> <p>5. MAPHYET
_____</p> | <p>A. any treatment used by therapists to help troubled individuals overcome their problems _____</p> <p>B. capacity for warmth and understanding _____</p> <p>C. method that combines various kinds of therapy or combinations of therapies _____</p> <p>D. the influence that a patient's hopes and expectations have on his or her improvement during therapy _____</p> <p>E. patients work together with the aid of a leader to resolve interpersonal problems _____</p> |
|--|---|

Directions: Answer the following questions in the space provided.

6. What is the literal meaning of the word *psychotherapy*?

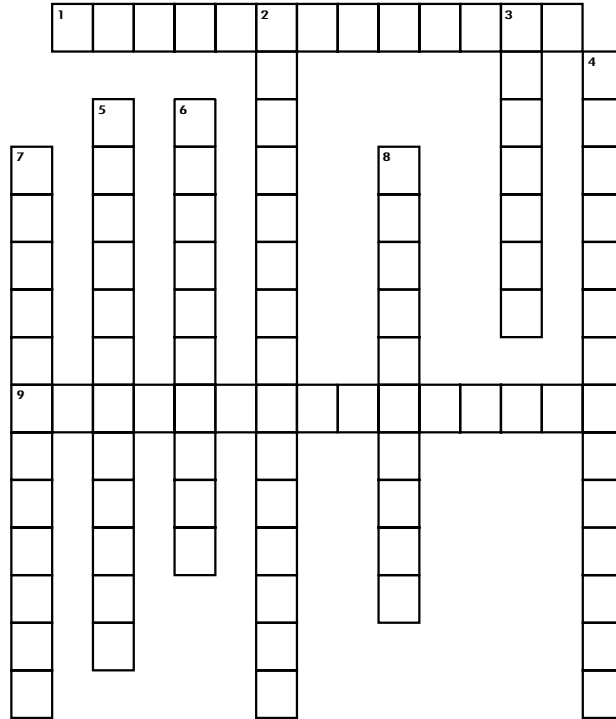
7. Where did the term *placebo effect* originate?

8. What are the advantages of group therapy?

Vocabulary Activity 17-2

Psychoanalysis and Humanistic Therapy

Directions: Use the clues below to find the hidden words.



ACROSS

- 1. a psychoanalysis technique in which the content of a patient's dreams is interpreted (2 words)
- 9. a psychoanalysis technique in which the patient says whatever comes into his or her mind (2 words)

DOWN

- 2. a communication process in which the listener restates and clarifies what the speaker has said (2 words)
- 3. the sudden realization of the solution to a problem
- 4. therapy aimed at making patients aware of their unconscious motives so as to gain control over their behavior
- 5. an approach to therapy that allows a free flow of ideas and images with no particular direction
- 6. a patient's reluctance to talk about painful feelings or long-standing behavior problems
- 7. a patient's feeling toward the analyst the way he or she feels about some other important figure in his or her life
- 8. an approach to therapy that focuses on helping people realize their full potential

Directions: Answer the following question in the space provided.

- 10. What is client-centered therapy?

Vocabulary Activity 17-3

Cognitive and Behavior Therapies

Directions: Choose the term from the list below that best completes each sentence. Write the correct term in the space provided.

- aversive conditioning
- contingency management
- behavior modification
- rational-emotive therapy (RET)
- behavior therapy
- systematic desensitization
- cognitive-behavior therapy
- token economy
- cognitive therapy

1. The therapist and patient decide what old, undesirable behavior needs to be eliminated and what new, desirable behavior needs to appear when they are using _____.
2. The goal of _____ is to change the way people think.
3. A specific systematic method of changing an undesirable behavior is a technique known as _____.
4. _____ focuses on setting goals for changing a client's behavior and emphasizes changing the client's interpretation of his or her situation.
5. The goal of _____ is changing unrealistic assumptions about oneself and others.
6. Some mental hospitals feature a _____ wherein psychologists reinforce desirable behaviors with points that can be exchanged for rewards.
7. The goal of _____ is to make certain acts unpleasant so that they will be avoided.
8. A counterconditioning technique used to overcome irrational fears and anxieties the patient has learned is _____.
9. The goal of _____ is modifying a person's behavior rather than changing one's thought processes.

Directions: Answer the following question in the space provided.

10. Explain the idea behind behavior therapy.

Vocabulary Activity 17-4 **Biological Approaches to Treatment**

Directions: Read each statement below, and then write the letter of the correct answer in the space provided.

- ____ 1. A drug or drugs used to treat schizophrenia is/are
A. antianxiety drugs. C. antipsychotic drugs.
B. antidepressants. D. lithium carbonate.
- ____ 2. A drug or drugs that work through affecting the levels of neurotransmitters such as serotonin and norepinephrine is/are
A. antianxiety drugs. C. antipsychotic drugs.
B. antidepressants. D. lithium carbonate.
- ____ 3. Valium is an example of a(n)
A. antianxiety drug. C. antipsychotic drug.
B. antidepressant. D. electroconvulsive therapy.
- ____ 4. A drug or drugs that work(s) through decreasing dopamine levels in the brain is/are
A. antianxiety drugs. C. antipsychotic drugs.
B. antidepressants. D. lithium carbonate.
- ____ 5. _____ is/are used to treat phobias and obsessive-compulsive disorders.
A. Antianxiety drugs C. Antipsychotic drugs
B. Antidepressants D. Lithium carbonate
- ____ 6. _____ is/are used in the treatment of bipolar disorder.
A. Antianxiety drugs C. Antipsychotic drugs
B. Antidepressants D. Lithium carbonate
- ____ 7. The most common type of psychosurgery that involves destroying the front portion of the brain is
A. electroconvulsive therapy. C. psychosurgery.
B. prefrontal lobotomy. D. drug therapy.
- ____ 8. _____ induces a physical response similar to an epileptic seizure.
A. Electroconvulsive therapy C. Psychosurgery
B. Prefrontal lobotomy D. Drug therapy

Directions: Answer the following questions in the space provided.

9. What are the disadvantages of drug therapy?

10. Why is psychosurgery controversial?

Vocabulary Activity 18-1

Interpersonal Attraction

Directions: Choose the term from the list below that best completes each sentence. Write the correct term in the space provided.

- complementarity
- ego-support value
- physical proximity
- social cognition
- social psychology
- stimulation value
- utility value

1. An attraction between opposite types of people might develop due to the principle of _____.
2. The field of _____ studies how we perceive, store, and retrieve information about social interactions.
3. The friends you study with have _____ because they help you to achieve your goal of getting good grades.
4. The field of _____ studies how our thoughts, feelings, perceptions, and behaviors are influenced by our interaction with others.
5. Your friend Margie is always there for you, in good times and bad. You appreciate Margie for her _____.
6. The closer the _____ of two individuals, the more likely they are to become friends.
7. A friend who is interesting or imaginative and who can introduce you to new ideas or experiences has _____.

Directions: Answer the following question in the space provided.

8. Why do you think the study of social psychology is important?

Vocabulary Activity 18-2 **Social Perception**

Directions: Circle the letter of the response that best fits the description.

- ____ 1. A collection of principles based on our explanations of the causes of events, other people's behavior, and our own behaviors is the
 - A. primacy effect.
 - B. attribution theory.
 - C. fundamental attribution error.
 - D. actor-observer bias.

- ____ 2. The tendency to form opinions of others based on first impressions is the
 - A. primacy effect.
 - B. attribution theory.
 - C. stereotype.
 - D. actor-observer bias.

- ____ 3. The process of conveying a message from a sender to a receiver using space, body language, and facial expressions is
 - A. a stereotype.
 - B. actor-observer bias.
 - C. self-serving bias.
 - D. nonverbal communication.

- ____ 4. A set of assumptions about an identifiable group of people that may contain positive or negative information is known as a(n)
 - A. stereotype.
 - B. actor-observer bias.
 - C. self-serving bias.
 - D. fundamental attribution error.

- ____ 5. A common inclination to attribute others' behavior to internal causes and discount the situational factors contributing to their behavior is called a(n)
 - A. stereotype.
 - B. primacy effect.
 - C. nonverbal communication.
 - D. fundamental attribution error.


- ____ 6. The tendency to claim that successes are due to our own efforts and failures are due to circumstances beyond our control is a(n)
 - A. stereotype.
 - B. primacy effect.
 - C. self-serving bias.
 - D. nonverbal communication.

- ____ 7. The tendency to attribute our own behavior to outside causes, while attributing others' behavior to internal causes is an example of
 - A. nonverbal communication.
 - B. actor-observer bias.
 - C. self-serving bias.
 - D. stereotypes.

Directions: Answer the following question in the space provided.

- 8. Give an example of an actor-observer bias.

Vocabulary Activity 19-1



Group Behavior

Directions: Use the clues below to find the hidden words.

P O L A R I Z A T I O N I
 D Q L G Y H A O N Z O J O
 Z C R R S O B H S I K W P
 L G M O O B I N T Q M D N
 I S D U C B O A C I C X M
 P Q J P I D T I N U E E E
 J V M T A I D E O L O G Y
 W L I H L K T V R C E G A
 S O C I O G R A M B F W I
 N O C N F D V V S K M N Z
 Z A Y K B K B C I K O X K
 F B C X D I H J F H R X X

CLUES

1. A(n) _____ is a collection of people who have shared goals, a degree of interdependence, and some amount of communication.
2. Groups serve a(n) _____ function when their activities are directed toward getting a job done.
3. Groups serve a(n) _____ function when they work toward satisfying the emotional needs of members.
4. The _____ of a group are its shared standards of behavior accepted by and expected of group members.
5. A group's _____ is a set of principles, attitudes, and defined objectives for which the group stands.
6. A person's performance is better in front of a crowd due to social _____.
7. Some people experience social _____ in which their performance declines when in front of a crowd.
8. Group _____ describes the theory that a group's discussion reinforces the majority view and moves the group members' opinions to a more extreme position.
9. Poor group decision making may result from _____ in which the group emphasizes unity over critical thinking.
10. A(n) _____ represents the relationships within a group, especially the likes and dislikes of members for other members.

Directions: Answer the following questions in the space provided.

11. What is the difference between a group's norms and ideology?

Vocabulary Activity 19-2

Conformity and Obedience

Directions: Read each statement below and then write the letter of the correct answer in the space provided.

- ____ 1. Behavior in response to orders given by respected authority figures is called _____.
A. conformity
B. obedience
C. neither of the above
- ____ 2. The Asch experiment on _____ was designed to test the effect of peer pressure.
A. conformity
B. obedience
C. neither of the above
- ____ 3. _____ occurs when we give in to social pressure in our public behavior.
A. Conformity
B. Obedience
C. Neither of the above
- ____ 4. _____ is defined as acting in accord with group norms or customs.
A. Conformity
B. Obedience
C. Neither of the above
- ____ 5. _____ is more likely to occur when the authority figure giving the orders is present.
A. Conformity
B. Obedience
C. Neither of the above
- ____ 6. The Milgram experiment on _____ found that social conditioning for going along with legitimate authority figures is so strongly ingrained that people often lack the ability to do otherwise.
A. conformity
B. obedience
C. neither of the above
- ____ 7. _____ in a group increases as the size of the group reaches up to at least eight people.
A. Conformity
B. Obedience
C. Neither of the above

Directions: Answer the following question in the space provided.

8. Compare and contrast *conformity* and *obedience*.

Vocabulary Activity 19-3 **Conflict and Cooperation**

Directions: Choose the term from the list below that best completes each sentence. Write the correct term in the space provided.

- aggression
- deindividuation
- altruism
- diffusion of responsibility
- bystander effect
- social loafing
- catharsis

1. You may feel a reduced sense of accountability when you are a member of a large group due to the _____ concept.
2. Helping others out of a sense of _____ may involve risk to oneself but does not involve the expectation of a reward.
3. When _____ occurs, people lose their sense of self and follow group behaviors.
4. Any behavior intended to cause physical or psychological harm is _____.
5. Critics of _____ believe that expressing aggression may lead to more aggression.
6. The _____ occurs when a person refrains from taking action because of the presence of others.
7. With _____, the presence of others lessens an individual's feelings of responsibility for his or her actions.

Directions: Answer the following question in the space provided.

8. What are the theories proposed to explain aggression? Defend one of these theories.

Vocabulary Activity 20-1 **Attitude Formation**

Directions: Fill in each blank below with the word or words that best fit the sentence.

A(n) **1** _____ is a predisposition to respond in particular ways toward specific things. It has three main elements: a(n) **2** _____ about something, **3** _____ about that thing, and a(n) **4** _____ toward that thing in certain ways.

Attitudes are formed through **5** _____, **6** _____ learning, and **7** _____. Attitudes are also shaped by the **8** _____ in which we are raised, our **9** _____, through whom we acquire our basic attitudes, and our **10** _____ groups.

Our attitudes also shape our **11** _____, which refers to how we see or describe ourselves. People with a(n) **12** _____ self-concept tend to act and feel optimistically and constructively; people with a(n) **13** _____ self-concept tend to act and feel pessimistically or self-destructively.

Directions: Answer the following question in the space provided.

14. Why do we have attitudes?

Vocabulary Activity 20-2

Attitude Change and Prejudice

Directions: Write the letter of the response that best fits the description in the space provided.

- _____ 1. Attitudes may be formed through a process of _____ in which we adopt the attitudes of someone or some group that we admire or seek to be like.

A. compliance	C. identification
B. internalization	D. self-justification

- _____ 2. An uncomfortable feeling experienced when our actions do not match our attitudes, beliefs, or feelings is known as

A. compliance.	C. self-justification.
B. cognitive dissonance.	D. counterattitudinal behavior.

- _____ 3. The need to rationalize our attitudes and behaviors is called

A. compliance.	C. self-justification.
B. cognitive dissonance.	D. counterattitudinal behavior.

- _____ 4. Unequal treatment of individuals on the basis of their race, ethnic origin, age, gender, or other characteristic is called

A. discrimination.	C. compliance.
B. prejudice.	D. internalization.

- _____ 5. A(n) _____ is a belief, prediction, or expectation that operates to bring about its own fulfillment.

A. identification	C. self-justification
B. prejudice	D. self-fulfilling prophecy

- _____ 6. A change in behavior that occurs to avoid rejection or gain approval is known as

A. internalization.	C. compliance.
B. cognitive dissonance.	D. identification.

- _____ 7. A(n) _____ is a preconceived attitude toward a person or group that was formed without sufficient evidence.

A. prejudice	C. counterattitudinal behavior
B. discrimination	D. self-justification


- _____ 8. Incorporating standards, values, and ideas of others as part of ourselves is

A. discrimination.	C. compliance.
B. self-justification.	D. internalization.

Directions: Answer the following question in the space provided.

9. Give an example of a counterattitudinal behavior.

Vocabulary Activity

20-3

Persuasion

Directions: Unscramble the following vocabulary terms and enter the terms on the lines provided. Then match each numbered term to the correct lettered definition by placing the number of the term on the line to the right of the definition.


- | | |
|--|--|
| <p>1. UNERSAPSOI
_____</p> <p>2. AOGOMERNB FTEFEC
_____</p> <p>3. EPSELER TEFCEF
_____</p> <p>4. SWAGINARHINB
_____</p> <p>5. CNOONULIATI CEFTEF

_____</p> | <p>A. developing resistance to persuasion by exposing a person to arguments that challenge his or her beliefs _____</p> <p>B. the delayed impact on attitude change of a persuasive communication _____</p> <p>C. a direct attempt to influence attitudes _____</p> <p>D. a change in attitude or behavior opposite the one the persuader desires _____</p> <p>E. extreme form of attitude change that involves psychological gamesmanship and physical torture _____</p> |
|--|--|

Directions: Answer the following questions in the space provided.

6. Compare and contrast the *boomerang effect* and the *sleeper effect*.
- _____
- _____
- _____
- _____
- _____
7. What is the goal of brainwashing?
- _____
- _____
- _____
- _____
- _____

Vocabulary Activity **21-1**



Careers in Psychology

Directions: Write a script that reflects the dialogue between a fictitious caller to a crisis intervention program and the crisis hot line adviser who answers the call. Edit your story to ensure proper spelling, grammar, and punctuation. Use additional paper, if needed.

Vocabulary Activity 21-2 **Psychology's Contributions**

Directions: Choose the term from the list below that best completes each sentence. Write the correct term in the space provided.

- ACT
- forensic psychology
- gerontology
- industrial/organizational psychology
- SAT
- sports psychology
- visualization

1. If you are interested in psychology applied to the legal system, the field of _____ might appeal to you.
2. Golfers use _____ when they get a mental picture of where they want the ball to go before they swing their golf clubs.
3. The _____ is a standardized test that measures verbal and mathematical reasoning abilities.
4. The _____ is a standardized test that measures academic development through four assessment tests.
5. A psychologist who deals with workplace issues specializes in the field of _____.
6. The field of _____ will become more important as the average age of citizens in North America continues to increase.
7. Amateur and professional athletes may use the services of psychologists who work in the field of _____.

Directions: Answer the following question in the space provided.

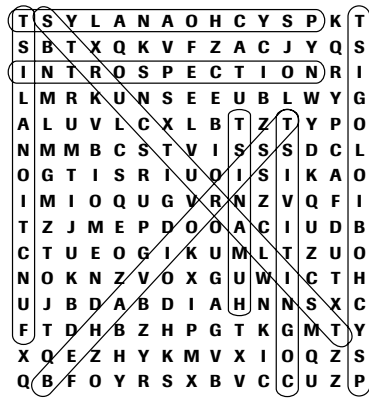
8. Which of the four fields of psychology explained in this section most interests you? Explain your answer.

Answer Key

Vocabulary Activity 1-1

1. physiological
2. basic science
3. psychology
4. hypothesis
5. cognitive
6. theory
7. scientific method
8. applied science
9. Physiological needs are physical needs like sleep and hunger. Cognitive needs satisfy feelings, emotions, and motivations.
10. A hypothesis is a reasoned assumption or prediction that will be proven or disproven through scientific research. A theory is an explanation of behavior based on scientific study.

Vocabulary Activity 1-2



1. psychoanalyst
2. introspection
3. humanist
4. structuralist
5. cognitivist
6. functionalist
7. psychobiologist
8. behaviorist
9. Dualism was the popular 17th century notion that the mind and body are separate entities.
10. Descartes believed that the mind and body were linked, with the mind controlling the body.

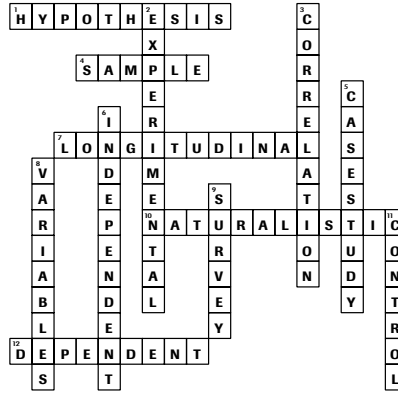
Vocabulary Activity 1-3

1. A
2. D
3. B
4. C
5. B
6. C
7. A
8. D
9. A psychologist is a professional who practices basic or applied science relating to human or animal behavior. A psychiatrist is a medical profes-

sional who can prescribe medication or operate on people.

10. An educational psychologist might work under categories 2, 10, 15, 16, 26, 33, 37, and 54. An industrial/organizational psychologist might work under categories 14, 18, 19, 46, and 47.

Vocabulary Activity 2-1



13. A longitudinal study is conducted over a number of years with the same participants, while a cross-sectional study is conducted at one time with different segments of the entire population being studied.

Vocabulary Activity 2-2

1. C
2. B
3. D
4. A
5. A
6. D
7. C
8. The belief that the treatment will be effective may alter a participant's reaction.

Vocabulary Activity 2-3

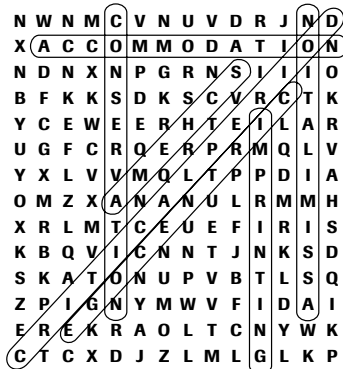
1. Statistics
2. central tendency
3. correlation coefficient
4. Descriptive statistics
5. standard deviation
6. variance
7. Inferential statistics
8. frequency distribution
9. normal curve
10. A normal curve is the visual depiction of a normal frequency distribution.

Vocabulary Activity 3-1

1. telegraphic
2. developmental
3. grasping

4. maturation
5. rooting
6. Student answers will vary. The following is an example: One continuing area of research in developmental psychology is which traits and abilities are innate and which are learned. We know that most newborns are born with certain built-in reactions including the grasping reflex and the rooting reflex. These help the infant with basic survival.

Vocabulary Activity 3-2



1. schema
2. accommodation
3. assimilation
4. conservation
5. egocentric
6. Imprinting
7. critical period
8. Object permanence refers to a child's knowledge that an object exists even when the child cannot see it. Representational thought is the ability to picture an object in one's mind.
9. Object permanence develops first. Until a child knows that the object exists when it cannot be seen, he or she cannot picture the object in his or her mind.

Vocabulary Activity 3-3

1. democratic/authoritative
2. oral stage
3. role taking
4. genital stage
5. authoritarian
6. anal stage
7. socialization
8. permissive/laissez-faire
9. phallic stage
10. latency stage
11. Most societies have rules of behavior that are appropriate for each gender. During the identification process, the child adopts the principles and values of the same-gender parent. This will aid socialization as the child matures.

12. During sublimation, children redirect their sexual impulses into a wide variety of learning tasks. One of the ongoing learning tasks for a child is learning how to take on adult roles.

Vocabulary Activity 4-1

1. B
2. A
3. C
4. B
5. D
6. Puberty tends to occur in females before males. During puberty females develop more fat tissue, their breasts and hips fill out, and they experience menarche. For males, their shoulders broaden, their trunk thickens, their voices deepen, and they acquire more muscle tissue. Males also experience spermatogenesis during puberty.

Vocabulary Activity 4-2

1. rationalization
2. social learning theory
3. identity crisis
4. identity crisis
5. social learning theory
6. rationalization
7. The identity crisis explanation assumes that all adolescents experience a time of personal angst during which they are seeking an identity. The social learning theory suggests that many adolescents, especially those in other cultures, do not experience an identity crisis. To social learning theorists, adolescence is a natural transition from childhood to adulthood. During each stage of development, the key factor in how development occurs is the interaction of the person with others.
8. Student answers will vary. Common rationalizations include explanations of why one did poorly on a test or came home late.

Vocabulary Activity 4-3

1. C
2. B
3. D
4. A
5. B
6. D
7. C
8. A
9. Cliques help adolescents establish an identity in several ways. Cliques help adolescents build self-confidence, clarify their values, experiment with new roles, and become independent of their families.
10. Cliques can create peer pressure and demand conformity. This may lead an adolescent to do something against his or her better judgement.

Answer Key

Vocabulary Activity 4-4

1. gender role (B)
2. gender schema (D)
3. androgynous (A)
4. gender identity (E)
5. gender stereotype (C)
6. Gender identity is the biologically determined gender group to which the individual belongs. Gender roles are a set of behaviors determined by society to be appropriate for each gender.
7. Modern technology and birth control have made sharp gender-role differences unnecessary in the labor force.
8. Sandra Bem's study indicated that people with androgynous traits were more flexible and therefore better able to adapt to the complexities of the modern world.

Vocabulary Activity 5-1

1. generativity
2. menopause
3. generativity
4. stagnation
5. menopause
6. stagnation
7. Menopause
8. stagnation
9. The climacteric is a stage women experience between ages 45 and 50. Women stop ovulating and menstruating. Some women experience depression and irritability. Others become more calm and confident. The climacteric is a time of both physical and psychological change.
10. The age 30 crisis happens to men. At about age 30 men reexamine their life because they feel they must make changes now before it becomes too late.

Vocabulary Activity 5-2

1. C
2. B
3. A
4. C
5. D
6. C
7. Alzheimer's disease is a form of senile dementia that is incurable. Senile dementia also encompasses other forms of dementia, some of which are treatable and some of which are not.

Vocabulary Activity 5-3

1. thanatology
2. denial
3. anger
4. bargaining
5. depression

6. accepts
7. hospice
8. Hospices provide a more homelike atmosphere than a hospital and the doctors administer drugs as needed to relieve pain and suffering. They do not try to prolong life. Instead, they try to improve the quality of life.

Vocabulary Activity 6-1

1. A
2. C
3. D
4. B
5. C
6. D
7. A
8. Afferent neurons relay messages from the sense organs to the brain. Efferent neurons send signals from the brain to the glands and muscles. Interneurons carry impulses between neurons.

Vocabulary Activity 6-2

1. hindbrain
2. Computerized axial tomography (CAT)
3. forebrain
4. Magnetic resonance imaging (MRI)
5. electroencephalograph (EEG)
6. lobes
7. midbrain
8. positron emission topography (PET)
9. The thalamus relays all information that travels to and from the cortex. The hypothalamus controls such functions as hunger, thirst, and sexual behavior. The outer layer of the forebrain is the cerebral cortex; it gives us the ability to learn and store complex information. The limbic system contains the brain's structures that regulate emotions and motivation.
10. They record the brain's activity using an EEG. They stimulate areas of the brain. They create lesions or cuts in experimental situations to study the effects. They use CAT, PET, and MRI scans to create images of the brain.

Vocabulary Activity 6-3

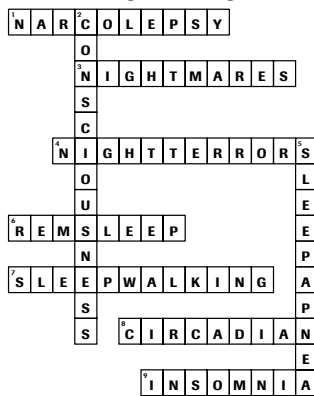
1. endocrine
- (Note that the answers to items 2–5 may appear in any order.)
2. pituitary gland
 3. thyroid gland
 4. adrenal glands
 5. sex glands
 6. pituitary gland
 7. near the midbrain and hypothalamus
 8. hypothalamus
 9. hormone

10. bloodstream
11. norepinephrine
12. The nervous system sends rapid, specific messages to the brain. The endocrine system sends slow, widespread communication to the brain.

Vocabulary Activity 6-4

1. genes
2. fraternal twins
3. heredity
4. identical twins
5. Student answers will vary. An example is as follows. Psychologists have long wondered what part heredity and the environment play in human behavior. Most agree that both have significant influence. One way to sort out this question is to study identical twins, especially those who were separated at birth and grew up in different environments. New technologies allow researchers to study the genes of identical twins, fraternal twins, siblings, and their parents to identify similarities and differences that may affect behavior.

Vocabulary Activity 7-1



1. narcolepsy
2. consciousness
3. nightmares
4. night terrors
5. sleep apnea
6. REM sleep
7. sleep walking
8. circadian
9. insomnia
10. No one knows the reason we dream. Theories include: (a) dreams have hidden meanings that reveal our unconscious thoughts; (b) dreams have no purpose; (c) dreams serve as a problem-solving tool; and (d) dreams are a way of removing unneeded memories.

Vocabulary Activity 7-2

1. B
2. A

3. D
4. B
5. C
6. C
7. A
8. B
9. D
10. A
11. Hypnosis may be used as entertainment, to enhance memories, to manage pain, to reveal problems, and to change unwanted behaviors.

Vocabulary Activity 7-3

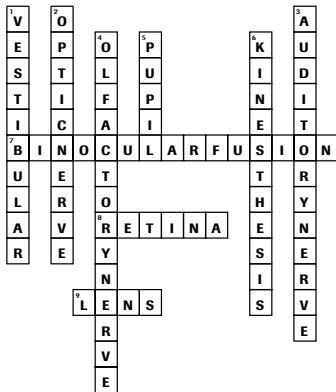
1. Marijuana
2. Hallucinations
3. Psychoactive drugs
4. LSD
5. hallucinogens
6. A person may experience intense and rapidly changing perceptions. Perceptual hallucinations are common. Dissociation of the self and distortions of time are also common. LSD impairs thinking although users believe they are thinking more clearly.
7. The categories are depressants (alcohol), tranquilizers (barbiturates), opiates (heroin), stimulants (caffeine), mixed stimulants-depressants (nicotine), distortions of experience (marijuana), and hallucinogens (LSD).

Vocabulary Activity 8-1

1. perception
2. absolute threshold
3. psychophysics
4. Weber's law
5. sensation
6. difference threshold
7. signal-detection theory
8. A person sitting in a quiet room would notice a small percentage increase in the volume of sound outside the room more readily than a person at a noisy mall would notice the same percentage increase in volume.
9. The absolute threshold for a sensation is the smallest amount of a stimulus that a person can perceive. It starts from a point of no stimulus. The difference threshold measures the smallest change in a stimulus that can be detected. It assumes that the stimulus, for example sound or light, is already present.

Answer Key

Vocabulary Activity 8-2



1. vestibular
2. optic nerve
3. auditory nerve
4. olfactory nerve
5. pupil
6. kinesthesia
7. binocular fusion
8. retina
9. lens
10. Retinal disparity is the fact that your two eyes see slightly different images. It is essential to your sense of depth perception.

Vocabulary Activity 8-3

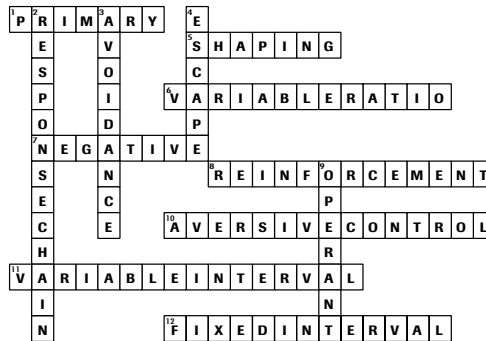
1. B
2. C
3. A
4. C
5. D
6. C
7. The principles are proximity, similarity, closure, continuity, and simplicity. Students' examples will vary. Use Figure 8.12 in the student text as a model.

Vocabulary Activity 9-1

1. unconditioned stimulus
2. neutral stimulus
3. conditioned response
4. Classical conditioning
5. unconditioned response
6. Extinction
7. Discrimination
8. generalization
9. An unconditioned response occurs naturally and automatically when an unconditioned stimulus is presented. A conditioned response results after learning to respond to a normally neutral event, a conditioned stimulus.
10. Generalization occurs when a stimulus that is similar to a conditioned stimulus results in the same conditioned response. Discrimination occurs when the subject distinguishes between a condi-

tioned stimulus and a similar stimulus and responds only to the conditioned stimulus.

Vocabulary Activity 9-2



1. primary
2. response chain
3. avoidance
4. escape
5. Shaping
6. variable-ratio
7. Negative
8. Reinforcement
9. Operant
10. Aversive control
11. variable-interval
12. fixed-interval
13. Variable schedules operate on unpredictable schedules, whereas fixed schedules operate on predictable amounts of time. Once a behavior is learned it is more likely to occur again when the person knows that a reward will occur, but does not know when it will occur. Since the next instance of the behavior may result in the reward, people tend to repeat the behavior more consistently than when they can predict when the reward will occur. So learned behavior becomes more consistent when reinforced according to variable schedules.

Vocabulary Activity 9-3

1. latent learning (g)
2. modeling (e)
3. social learning (a)
4. token economy (f)
5. learned helplessness (h)
6. cognitive learning (d)
7. cognitive map (b)
8. behavior modification (c)
9. Stability is the belief that the state of helplessness is permanent and cannot be changed.
10. Globality is the belief that a failure in one area is an example of a general failure in all, or most, areas.
11. Internality focuses on the person as the cause for all failures.

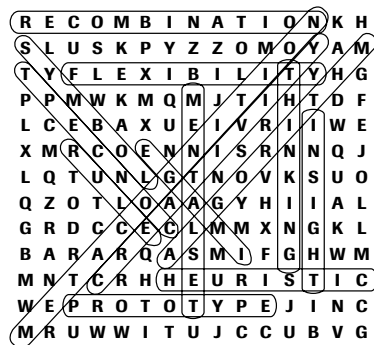
Vocabulary Activity 10-1

1. J
2. C
3. I
4. L
5. B
6. A
7. F
8. K
9. G
10. D
11. H
12. E
13. The three memory processes are encoding, storage, and retrieval.
14. The three stages of memory are sensory, short-term, and long-term.

Vocabulary Activity 10-2

1. recall
2. recognition
3. decay
4. schemas
5. reconstructive processes
6. eidetic memory
7. confabulation
8. elaborate rehearsal
9. interference
10. mnemonic device
11. Reconstructive processes are the alteration of recalled memories that result from our experiences or attitudes. For example, two students may have different memories of a final exam based on their confidence about passing the test. Confabulation is “remembering” information that was never stored in memory. For example, you may have heard the story of your family’s move across the country so many times that you describe it as though you were there, even though the move occurred before you were born.

Vocabulary Activity 11-1



1. thinking
2. image
3. symbol

4. rule
5. prototype
6. concept
7. metacognition
8. insight
9. algorithm
10. flexibility
11. heuristic
12. mental set
13. creativity
14. recombination
15. Functional fixedness interferes with problem solving because the person only sees one use for an object and cannot imagine a different use for it that may solve a problem.

Vocabulary Activity 11-2

1. phoneme (E)
2. syntax (C)
3. language (A)
4. semantics (D)
5. morpheme (B)
6. Phonemes relate to the units of sound in language, whereas morphemes relate to units of meaning.
7. The word *tributary* has 4 phonemes; the word *spellbound* has 2 morphemes.
8. Answers will vary. Students may mention that language is used to communicate facts and ideas and to solve problems.

Vocabulary Activity 12-1

1. D
2. B
3. B
4. A
5. C
6. B
7. A
8. C
9. Extrinsic motivation refers to activities that reduce biological needs or help us obtain external rewards. Intrinsic motivation refers to activities that bring fulfillment or help satisfy our beliefs and expectations. The cognitive theory of motivation suggests that our behaviors are motivated either extrinsically or intrinsically.

Vocabulary Activity 12-2

1. lateral hypothalamus (LH)
2. ventromedial hypothalamus (VH)
3. self-actualization needs
4. fundamental needs
5. psychological needs
6. psychological needs
7. self-actualization needs

Answer Key

- fundamental needs
- The biological factors other than the lateral and ventromedial hypothalamus that influence hunger are the amount of glucose in the blood and set-point weight.

Vocabulary Activity 12-3

(Note that the answers to items 1–3 may appear in any order.)

- physical
- behavioral
- cognitive
- James-Lange
- Cannon-Bard
- Schachter-Singer
- opponent-process
- Emotional intelligence allows us to perceive, imagine, and understand emotions and to use that information in decision making.
- Certain basic emotional expressions are innate, such as the universally recognized facial expressions identified by Carroll Izard. Other expressions differ due to cultural learning.

Vocabulary Activity 13-1

- D
- B
- C
- D
- A
- C
- Your percentile score reflects your standing among people of your age and grade who have taken the exam.

Vocabulary Activity 13-2

- cultural bias (D)
- intelligence (B)
- two-factor theory (E)
- emotional intelligence (F)
- heritability (G)
- intelligence quotient (C)
- triarchic theory (A)
- The major aspects are: (a) the ability to perceive and express emotions accurately and appropriately; (b) the ability to use emotions while thinking; (c) the ability to understand emotions and use the knowledge effectively; and (d) the ability to regulate one's emotions to promote personal growth.

Vocabulary Activity 13-3

- achievement test
- interest inventory
- aptitude test
- interest inventory
- achievement test

- aptitude test
- interest inventory
- aptitude test
- achievement test
- This method measures your ability by finding the difficulty level where you correctly answer most, but not all, of the problems. This method is more accurate than standard testing.
- The purpose of the Kuder Preference Record is to help people find the career that is right for them.

Vocabulary Activity 13-4

- A
- C
- B
- A
- C
- A
- The theory underlying the Rorschach inkblot test is that anything that someone does or says will reveal an aspect of his or her personality.

Vocabulary Activity 14-1

- personality
- consistent
- enduring
- unique
- personality theories
- individuals
- conduct
- improved
- Most personality theorists begin as psychotherapists because in working with people who have difficulty coping with everyday problems, psychotherapists develop ideas about what it takes to live a relatively happy, untroubled life.
- The major schools of thought among personality theorists include psychoanalytic theories, behaviorist theories, social learning theories, cognitive theories, humanistic theories, and trait theories.

Vocabulary Activity 14-2

- B
- D
- A
- B
- C
- A
- C
- B
- The id and the superego make opposite demands on the ego. The id encourages immediate gratification of needs and desires. The superego encourages proper behavior in terms of what is right and what is wrong. The ego must balance the demands of the two opposing forces.

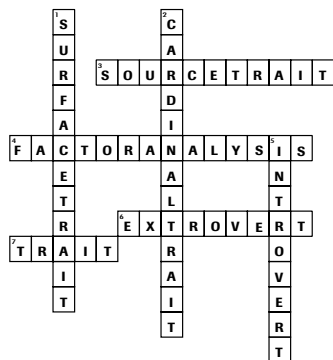
Vocabulary Activity 14-3

1. behaviorism
2. personalities
3. contingencies of reinforcement
4. rewards
5. punishments
6. Situations to which students apply the contingencies of reinforcement will vary. Each situation should be described in terms of the rewards and punishments used to shape someone's behavior. For example, a student who is often praised will believe that he or she is a good student and will study to maintain that status. A student who is cut from the basketball team may learn to think of himself or herself as a poor athlete and not try out for other sports teams.
7. The two theories are the behaviorist theory and the social cognitive theory. They differ in that the behaviorist theory assumes that learning is the result of rewards and punishments. The social cognitive theory recognizes the role of observational learning and modeling in personality development.

Vocabulary Activity 14-4

1. self
2. fully functioning
3. conditions of worth
4. humanistic psychology
5. positive regard
6. self-actualization
7. unconditional positive regard
8. Students' lists of characteristics for self-actualizing individuals will vary but should be based on those given in Figure 14.12 in the textbook. Examples include spontaneous, problem-centered, independent, and democratic values and attitudes.
9. When individuals develop an unconditional positive regard for themselves, they become fully functioning individuals.

Vocabulary Activity 14-5



1. surface trait
2. cardinal trait

3. source trait
4. factor analysis
5. introvert
6. extravert
7. trait
8. Allport also identified secondary traits, which have a less consistent influence on us, and central traits, those that make us predictable.

Vocabulary Activity 15-1

1. stress reaction
2. stress or distress
3. distress
4. conflict situation
5. Eustress
6. stressor
7. conflict situation
8. Stress
9. stressor
10. Conflict situations are appraised through primary appraisal, which refers to our immediate evaluation of the situation, and secondary appraisal, which refers to how we decide to deal with the situation.

Vocabulary Activity 15-2

1. A
2. C
3. B
4. C
5. A
6. B
7. Social support is the information that leads someone to believe that he or she is cared for, loved, respected, and part of a network of communication and mutual obligation. The four types of support social groups offer include emotional support, appraisal support, informational support, and instrumental support. Students' examples for the types of support will vary.

Vocabulary Activity 15-3

1. cognitive appraisal
2. denial
3. intellectualization
4. progressive relaxation
5. meditation
6. biofeedback
7. Students may list and describe any seven of the following. Hardiness is a personality trait of control, commitment, and challenge that helps us reduce the stress that we feel. We can control our exposure to stressful situations through withdrawal or avoidance. We can use problem-solving strategies to confront problems and resolve them before they become too stressful. We can focus on

Answer Key

optimistic ways of thinking, rather than pessimistic. We can use relaxation techniques, meditation, and biofeedback. We can maintain a sense of humor through difficult times, since laughter releases tension. Physical exercise helps many people reduce their level of stress. Seeking guidance from self-help and support groups can effectively manage stress. When the stress results from our relationships with others, we can reduce the stress by improving our interpersonal skills.

Vocabulary Activity 15-4

1. resynthesis (D)
2. comparable worth (A)
3. autonomy (E)
4. developmental friendship (B)
5. career (C)
6. Students' answers will vary. Pros mentioned may include that people may change careers to escape an unhappy situation; changing careers early may allow people to find the type of work that best suits them; people may change careers after retirement, to do something different. Cons may include that changing careers too often may prevent a person from achieving career success.
7. Comparable worth is being achieved in the workplace through the efforts of groups such as the National Organization for Women and labor unions. Also, Congress has passed the Equal Pay Act of 1963 and the Civil Rights Act of 1964 to further the cause of comparable worth.

Vocabulary Activity 16-1

1. DSM-IV
2. essential features
3. associated features
4. differential diagnosis
5. diagnostic criteria
6. Axis I is used to classify current symptoms into explicitly defined categories. Axis II is used to describe developmental disorders and long-standing personality disorders or maladaptive traits. It also is used to describe specific developmental disorders for children, adolescents, and some adult cases. Axis III is used to describe physical disorders or medical conditions that are potentially relevant to understanding or caring for the person, such as brain damage or a chemical imbalance. Axis IV is a measurement of the individual's current stress level. Axis V is used to describe the highest level of adaptive functioning present within the past year.

Vocabulary Activity 16-2

1. C
2. A

3. B
4. B
5. C
6. Post-traumatic stress disorder is a condition in which a person who has experienced a traumatic event feels severe and long-lasting aftereffects. Those most likely to develop this disorder are people who are exposed repeatedly or over a long period of time to distressing conditions, such as veterans and survivors of natural disasters.

Vocabulary Activity 16-3

1. dissociative amnesia or dissociative fugue
2. dissociative identity disorder
3. somatoform disorder
4. dissociative identity disorder
5. conversion disorder
6. dissociative amnesia
7. dissociative disorder
8. conversion disorder
9. dissociative fugue
10. Both dissociative amnesia and dissociative fugue are an attempt to escape from problems by blotting them out completely. Dissociative fugue adds to this an active flight to a different environment.

Vocabulary Activity 16-4

1. delusions (D)
2. bipolar disorder (A)
3. schizophrenia (E)
4. hallucinations (C)
5. major depressive disorder (B)
6. Causes of schizophrenia include biological influences (such as genetic history), biochemistry and physiology (including an excess of dopamine in the brain and deteriorated brain tissue), and environment (including one's family background and interactions).
7. In the *manic phase* of bipolar disorder, the person is elated, confused, distracted, and has racing thoughts. In the *depressive phase*, the person is overcome with feelings of failure, sinfulness, worthlessness, and despair.

Vocabulary Activity 16-5

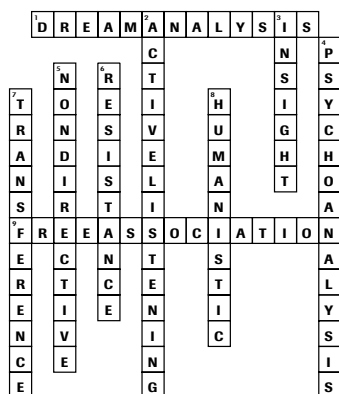
P	S	Y	C	H	O	L	O	G	I	C	A	L
E	W	N	F	Z	D	J	O	T	D	U	E	G
R	L	T	O	L	E	R	A	N	C	E	V	B
S	Q	A	D	I	M	O	V	Q	C	E	L	S
O	A	W	B	R	T	O	P	A	U	A	C	X
N	P	S	H	F	I	C	N	W	R	R	M	
A	N	T	I	S	O	C	I	A	L	F	T	T
L	A	H	T	V	Q	D	R	D	C	D	D	B
I	R	B	H	V	Z	D	T	U	D	W	A	L
T	X	V	R	X	H	Y	M	Z	X	A	H	G
Y	V	J	M	T	P	R	L	N	X	O	Q	F
J	C	X	I	V	R	G	K	D	A	O	T	K
R	E	W	G	A	D	Q	Y	O	M	T	L	

1. addiction
2. antisocial
3. personality
4. psychological
5. tolerance
6. withdrawal
7. When a person begins using drugs, his mind and body react to the drugs and may create a sense of well-being when high. The person may become psychologically dependent on the drugs, believing them necessary to live happily. Eventually, the body also comes to depend on the drugs; this is known as addiction. As the person continues to use the drugs, the body develops a tolerance and the person must use greater quantities or stronger drugs to achieve the same feelings. At this point, both the body and the mind are dependent on the drug, and its absence will cause withdrawal.

Vocabulary Activity 17-1

1. placebo effect (D)
2. group therapy (E)
3. psychotherapy (A)
4. eclectic approach (C)
5. empathy (B)
6. Psychotherapy literally means “healing of the soul.”
7. The term *placebo effect* originated from giving medical patients sugar pills as placebos when they complain of ailments that do not seem to have physiological bases. The patients’ symptoms will disappear after the pills are taken.
8. Advantages of group therapy include the following: people in therapy can see how other people are struggling with similar problems; they discover what other people think of them and can express what they think of others, which helps to clarify mistaken views; they receive hope of recovery from seeing others’ recoveries; group therapy is more efficient because one therapist can help a large number of people.

Vocabulary Activity 17-2



1. dream analysis
2. active listening
3. insight
4. psychoanalysis
5. nondirective
6. resistance
7. transference
8. humanistic
9. free association
10. Client-centered therapy is an approach to therapy that considers the patient and the therapist to be partners in the therapy process. It assumes that people are basically good and capable of handling their own lives.

Vocabulary Activity 17-3

1. contingency management
2. cognitive therapy
3. behavior modification
4. Cognitive-behavior therapy
5. rational-emotive therapy (RET)
6. token economy
7. aversive conditioning
8. systematic desensitization
9. behavior therapy
10. The idea behind behavior therapy is that a disturbed person has learned to behave in an undesirable way and so can unlearn the undesirable behavior.

Vocabulary Activity 17-4

1. C
2. B
3. A
4. C
5. B
6. D
7. B
8. A
9. The disadvantages of drug therapy are that symptoms may reappear when the patient stops taking the drug, and it does not remove the causes of the disorder.
10. Psychosurgery, such as the prefrontal lobotomy operation, is controversial because the effects are permanent. Patients may become apathetic and less creative after surgery.

Vocabulary Activity 18-1

1. complementarity
2. social cognition
3. utility value
4. social psychology
5. ego-support value
6. physical proximity
7. stimulation value

Answer Key

- Answers will vary depending on each student's point of view about interacting with other people. Students may mention the fact that being with others is often preferable to being alone; thus, we should be aware of how we are influenced by our interactions with others.

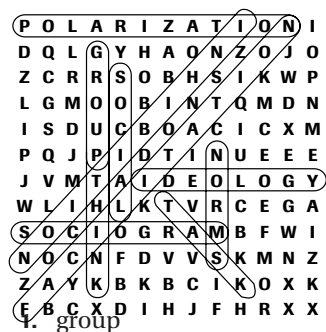
Vocabulary Activity 18-2

- B
- A
- D
- A
- D
- C
- B
- Students' examples will vary. A common example occurs with road rage. When we are driving too aggressively, we may say that we have had a bad day and everyone is cutting us off. If we see someone else driving too aggressively, we are likely to say that he is using poor judgment and needs to find some other outlet for his anger.

Vocabulary Activity 18-3

Students' stories will vary. Although they may be loosely based on their own experiences, the stories should be fictitious. Have students share their stories within class. Also have them exchange papers to check each other's spelling, grammar, and punctuation.

Vocabulary 19-1



- group
- task
- social
- norms
- ideology
- facilitation
- inhibition
- polarization
- groupthink
- sociogram
- Ideology involves common attitudes, ideas, and goals to which group members subscribe. Norms are ways of behaving that are expected of group members.

Vocabulary Activity 19-2

- B
- A
- C (Compliance)
- A
- B
- B
- A
- Students' answers may vary. The terms *conformity* and *obedience* are similar in that they both refer to changes in behavior in response to external pressures. Both involve social pressure to comply with others. The difference between the terms is that with obedience, an authority figure gives a specific order.

Vocabulary Activity 19-3

- social loafing
- altruism
- deindividuation
- aggression
- catharsis
- bystander effect
- diffusion of responsibility
- The four theories advanced to explain aggression include the biological influences theory, the cognitive factors theory, the personality factors theory, and the environmental factors theory. Students should choose one of these theories and explain why they feel this theory makes sense to them.

Vocabulary Activity 20-1

- attitude
- belief or opinion
- feelings
- tendency to act
- conditioning
- observational
- cognitive evaluation
- culture
- parents
- peer
- self-concept
- positive
- negative
- We have attitudes to help us evaluate our beliefs and values, which in turn, allow us to define ourselves, interpret objects and events we encounter, and determine how to act in given situations.

Vocabulary Activity 20-2

- C
- B
- C
- A
- D

6. C
7. A
8. D
9. Students' examples will vary. An example would be participating in a campaign to reduce litter in the neighborhood, but regularly emptying trash from your car onto the street as you are driving.

Vocabulary Activity 20-3

1. persuasion (C)
2. boomerang effect (D)
3. sleeper effect (B)
4. brainwashing (E)
5. inoculation effect (A)
6. Both the boomerang effect and the sleeper effect result from a persuasive communication. The difference is that with the boomerang effect, the persuasive communication achieves a change in attitude or behavior opposite the one desired; with the sleeper effect, the intended change in attitude or behavior is delayed.
7. The goal of brainwashing is to change attitudes and create a new person at the same time.

Vocabulary Activity 21-1

Students' dialogues will vary. The dialogues should be fictitious but should be based on a reasonable call to a crisis intervention program. Have students share their dialogues in class. Also have them exchange papers to check each other's spelling, grammar, and punctuation.

Vocabulary Activity 21-2

1. forensic psychology
2. visualization
3. SAT
4. ACT
5. industrial/organizational psychology
6. gerontology
7. sports psychology
8. Answers will vary depending on which of the four fields most interests him or her. Students should offer a compelling reason for their interest in the field such as an interest in the law or in police work being a reason for an interest in forensic psychology.

Teacher's Notes

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