Arizona State University (ASU) PSY101 Introduction to Psychology Exam 2 Practice (Sample)

Study Guide

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Questions

1. What effect does actively testing oneself on material have on retention?

   A. It weakens recall ability

   B. It enhances encoding and retention

   C. It leads to overconfidence

   D. It creates confusion

2. What treatment is commonly used for sleep apnea?

   A. Avoiding caffeine

   B. Behavioral therapy

   C. Medication

   D. Wearing a mask

3. In Bandura's Bobo doll study, how did children learn behaviors according to the observation method?

   A. Through reinforcement

   B. By modeling

   C. Via verbal instruction

   D. Through direct experience

4. Flashbulb memories are characterized by what kind of involvement?

   A. Emotional involvement

   B. Cognitive involvement

   C. Social involvement

   D. Physical involvement

5. What is the name of the nucleus located within the hypothalamus that plays a key role in regulating circadian rhythms?

   A. Suprachiasmic nucleus (SCN)

   B. Supraoptic nucleus

   C. Paraventricular nucleus

   D. Ventromedial nucleus

6. What type of learning occurs when individuals watch and imitate the behavior of others?

A. Operant conditioning

B. Observational learning

C. Classical conditioning

D. Insight learning

7. Which term describes the ability to differentiate between similar stimuli and respond only to the original conditioned stimulus?

A. Stimulus generalization

B. Stimulus discrimination

C. Unconditioned response

D. Conditioned reflex

8. According to psychological theories, what are dreams primarily associated with?

A. Information processing

B. Wish fulfillment

C. Day residue

D. Manifest content

9. What term describes problems that require arranging elements in a systematic way to find a solution?

A. Functional fixedness

B. Transformation problems

C. Arrangement problems

D. Dissociative identity disorder

10. What aspect of memory involves filing new information with existing knowledge?

A. Encoding

B. Storage

C. Retention

D. Retrieval

Answers

1. B
2. D
3. B
4. A
5. A
6. B
7. B
8. B
9. C
10. D

Explanations

1. What effect does actively testing oneself on material have on retention?

A. It weakens recall ability

B. It enhances encoding and retention

C. It leads to overconfidence

D. It creates confusion

Actively testing oneself on material significantly enhances both encoding and retention of information. This process, known as retrieval practice, involves recalling information from memory, which strengthens the neural connections associated with that information. When individuals engage in self-testing, they are not only reinforcing their memory but also identifying gaps in their knowledge, allowing them to target specific areas for further study. Research has shown that retrieval practice is more effective than simply re-reading or reviewing material because it forces the brain to engage with the material more actively. As a result, information becomes better encoded in long-term memory, making it easier to retrieve in the future. This cumulative strengthening of memory traces is essential for effective learning. Furthermore, this process leads to improved understanding because it often involves reorganizing and integrating new information with what the learner already knows, fostering deeper cognitive processing. Thus, actively testing oneself is a powerful technique for enhancing learning outcomes and ensuring greater retention of knowledge.

2. What treatment is commonly used for sleep apnea?

A. Avoiding caffeine

B. Behavioral therapy

C. Medication

D. Wearing a mask

Wearing a mask is commonly used for the treatment of sleep apnea, particularly in the case of obstructive sleep apnea. This treatment typically involves the use of Continuous Positive Airway Pressure (CPAP) therapy, where a mask connected to a machine delivers a steady stream of air to keep the airways open during sleep. This method is effective at preventing the airway collapse that characterizes sleep apnea, thereby reducing or eliminating the interruptions in breathing that can occur during sleep. In contrast, while avoiding caffeine and behavioral therapy may contribute to overall sleep health, they are not the primary treatments specifically targeting sleep apnea. Similarly, medication is generally not the first-line treatment for sleep apnea; instead, lifestyle changes and mechanical devices like CPAP are the most commonly recommended interventions. The effectiveness of the mask and CPAP therapy in managing sleep apnea symptoms makes it the most widely endorsed treatment option in clinical practice.

3. In Bandura's Bobo doll study, how did children learn behaviors according to the observation method?

A. Through reinforcement

B. By modeling

C. Via verbal instruction

D. Through direct experience

In Bandura's Bobo doll experiment, children learned behaviors primarily by modeling, which is a key concept in social learning theory. This method involves observing and imitating the actions of others, in this case, the behaviors exhibited by adults towards the Bobo doll. The children watched adults display aggression towards the doll and then had the opportunity to play with the same doll afterward. Their subsequent behavior showed that they had internalized and replicated what they had observed, demonstrating that they could learn without direct reinforcement or personal experience. This process emphasizes the power of observational learning, revealing how children can acquire new behaviors simply by watching others, rather than through reinforcement or direct experience.

4. Flashbulb memories are characterized by what kind of involvement?

A. Emotional involvement

B. Cognitive involvement

C. Social involvement

D. Physical involvement

Flashbulb memories are particularly notable for their emotional involvement. These memories are vivid and detailed recollections of momentous events that elicit strong emotional reactions. For example, individuals often remember where they were, what they were doing, and how they felt at the time of significant historical events, such as major disasters or personal milestones. This intense emotional response contributes to the clarity and longevity of the memory, making it stand out compared to ordinary memories. The nature of flashbulb memories highlights the connection between emotion and memory processing, showing that emotionally charged events are often encoded and stored in our memory systems with greater detail and resilience than less emotional experiences. While cognitive involvement can also play a role in memory formation, it is the emotional aspect that primarily characterizes flashbulb memories. Social and physical involvements, while relevant in different contexts, do not encapsulate the essence of flashbulb memories as effectively as emotional involvement does.

5. What is the name of the nucleus located within the hypothalamus that plays a key role in regulating circadian rhythms?

A. Suprachiasmic nucleus (SCN)

B. Supraoptic nucleus

C. Paraventricular nucleus

D. Ventromedial nucleus

The suprachiasmatic nucleus (SCN) is a small region of the hypothalamus that is critically involved in maintaining circadian rhythms, which are the physical, mental, and behavioral changes that follow a 24-hour cycle, primarily responding to light and darkness in the environment. The SCN receives direct signals from the retina, allowing it to synchronize the body's internal clock with the external light-dark cycle. This synchronization impacts various physiological processes, including hormone release, sleep-wake cycles, and body temperature. In contrast, the supraoptic nucleus is mainly associated with the production of oxytocin and vasopressin, the paraventricular nucleus is involved in stress response and energy balance regulation, and the ventromedial nucleus plays a role in satiety and feeding behavior. Each of these areas serves distinct functions that do not directly pertain to the regulation of circadian rhythms. Thus, understanding the unique role of the SCN in this context is essential for grasping how biological rhythms are influenced by environmental cues.

6. What type of learning occurs when individuals watch and imitate the behavior of others?

A. Operant conditioning

B. Observational learning

C. Classical conditioning

D. Insight learning

Observational learning is a type of learning that occurs through watching the actions of others and the consequences that follow those actions. This process was extensively studied by psychologist Albert Bandura, who demonstrated that people can acquire new behaviors simply by observing models, without direct reinforcement or punishment. In his famous Bobo doll experiment, children who observed adults behaving aggressively towards a doll tended to imitate that behavior when given the opportunity to play with the doll themselves. This type of learning also underscores the importance of social influences on behavior; when individuals see others rewarded for specific actions, they are more likely to imitate those behaviors in hopes of receiving similar rewards. Observational learning thus emphasizes the cognitive processes involved in learning, showcasing that it can occur through social interaction rather than solely through direct experience. The other types of learning mentioned, such as operant conditioning, classical conditioning, and insight learning, involve different mechanisms and processes in acquiring knowledge or skills. Operant conditioning focuses on learning through consequences (reinforcements and punishments), while classical conditioning involves associating an involuntary response to a stimulus. Insight learning refers to a sudden realization or understanding of a problem's solution, which does not rely on observational methods.

7. Which term describes the ability to differentiate between similar stimuli and respond only to the original conditioned stimulus?

A. Stimulus generalization

B. Stimulus discrimination

C. Unconditioned response

D. Conditioned reflex

The ability to differentiate between similar stimuli and respond only to the original conditioned stimulus is known as stimulus discrimination. This process allows an individual to recognize and react specifically to a particular stimulus while ignoring other similar but distinct stimuli. In classical conditioning, for example, if a dog learns to associate a specific sound (the conditioned stimulus) with food, stimulus discrimination enables the dog to respond only to that sound and not to other similar sounds that do not signal the arrival of food. This skill is crucial for adapting behavior to the environment, ensuring that responses are accurate and relevant. Stimulus generalization, on the other hand, is when an organism responds similarly to different but related stimuli, indicating a broader reaction than intended. Unconditioned response refers to a natural, reflexive reaction that occurs without prior conditioning. A conditioned reflex describes a learned response that has been established through conditioning, but it does not specifically cover the ability to differentiate stimuli, which is the focus of the correct term.

8. According to psychological theories, what are dreams primarily associated with?

A. Information processing

B. Wish fulfillment

C. Day residue

D. Manifest content

In psychological theories, dreams have often been associated with wish fulfillment, a concept prominently put forth by Sigmund Freud. According to Freud, dreams serve as a means to satisfy unconscious desires and fantasies. In his view, they allow individuals to fulfill wishes that may not be possible or socially acceptable in waking life. This concept illustrates how dreams can reveal deeper insights about a person's thoughts, feelings, and unresolved conflicts. Freud believed that through the process of dreaming, individuals can confront and explore their hidden desires, using symbols and themes that may not be immediately obvious. This perspective on dreams emphasizes the psychological and emotional significance of what we experience while dreaming, linking our subconscious mind to our waking experiences. While the options related to information processing, day residue, and manifest content each provide intriguing aspects of dream interpretation, they focus more on other functions or elements of dreaming rather than the central idea of wish fulfillment. Dreams indeed may help with processing information and can reflect everyday experiences (day residue) or take on specific forms (manifest content), but the core association with fulfilling wishes distinguishes the answer concerning their psychological significance.

9. What term describes problems that require arranging elements in a systematic way to find a solution?

A. Functional fixedness

B. Transformation problems

C. Arrangement problems

D. Dissociative identity disorder

The term that best fits the description of problems requiring the arrangement of elements in a systematic way to find a solution is "Arrangement problems." These types of problems involve organizing or rearranging different components to achieve a specific goal or to uncover a solution, which is central to the definition provided in the question. For example, an arrangement problem could involve tasks like solving a puzzle or organizing a set of items based on certain criteria. These problems are characterized by the need for reconfiguration of the given elements, emphasizing the importance of strategic thinking and arrangement as a means to solve challenges. Alternatively, the other terms do not align with the definition. Functional fixedness refers to a cognitive bias that limits a person's ability to use an object in a new way. Transformation problems involve changing the initial state of a problem into a desired end state, focusing more on processes rather than arrangement. Dissociative identity disorder is a mental health condition and is not related to problem-solving strategies in the context of systematic arrangement.

10. What aspect of memory involves filing new information with existing knowledge?

A. Encoding

B. Storage

C. Retention

D. Retrieval

The aspect of memory that involves filing new information with existing knowledge is primarily related to the process of encoding. Encoding refers to how information is transformed into a format that can be stored in memory. It is during this process that new information is integrated with what is already stored, thereby creating associations that help with understanding and recall. When new information is encoded alongside existing knowledge, it creates a richer memory trace, making it easier to retrieve that information later. This process often relies on various strategies such as mnemonic devices, visual imagery, and organizational techniques that link new data to pre-existing concepts. While retrieval refers to the ability to access and bring to consciousness information that has been stored, it does not involve the initial filing of new information with existing knowledge; rather, it is the process that occurs after the information has been encoded and stored. Thus, encoding is the correct choice regarding the integration of new information with existing knowledge.