

## Chapter 4: Consciousness

1. Consciousness is defined in your text as \_\_\_\_\_.
  - a. ordinary and extraordinary wakefulness
  - b. an awareness everything that is going on around you at any given moment
  - c. mental representations of the world in the here and now
  - d. any mental state that requires thinking and processing of sensory stimuli
  
2. Consciousness \_\_\_\_\_.
  - a. is a relatively simple phenomenon
  - b. exists on a continuum
  - c. is an all-or-nothing phenomenon
  - d. includes only those states in which someone is fully alert
  
3. Biological rhythms that occur on a daily basis are called \_\_\_\_\_ rhythms.
  - a. circuitous
  - b. chronobiology
  - c. calendrical
  - d. circadian
  
4. Which of the following is a circadian rhythm?
  - a. the sleep-wake cycle
  - b. the menstrual cycle
  - c. jet lag
  - d. all of these options
  
5. This is involved in the operation of circadian rhythms.
  - a. hypothalamus
  - b. pineal gland
  - c. suprachiasmatic nucleus
  - d. all of these options
  
6. Melatonin influences \_\_\_\_\_.
  - a. sleep
  - b. sexual arousal
  - c. puberty and aging
  - d. all of these options
  
7. Researchers have documented all EXCEPT which of the following hazards of sleep deprivation?
  - a. reduced cortisol levels
  - b. reduced concentration and motivation
  - c. increased irritability
  - d. reduced motor skills
  
8. Martha's children are playing in the waves and sand, while she is resting on shore. It is most likely that Martha's brain waves are primarily \_\_\_\_\_, while her children's brain waves are primarily \_\_\_\_\_.
  - a. hypnotic; hypnogogic
  - b. alpha; beta
  - c. delta; beta
  - d. gamma; delta
  
9. Which of the following is NOT characteristic of Stage 2 sleep?
  - a. sleep spindles
  - b. sleep apnea
  - c. more relaxation
  - d. less responsive to external stimuli

10. Which of the following is characteristic of Stages 3 and 4 sleep?
- very slow, high-amplitude delta waves
  - story-like dreams
  - the brain is most receptive to foreign language or other learning tapes
  - all of these options
11. Darius is sleeping right through the sounds of fire engine and police car sirens right outside his window. It is MOST likely that Darius is \_\_\_\_\_.
- experiencing an episode of sleep apnea
  - in Stage 4 sleep
  - in REM sleep
  - in a drug-induced hypnogogic state
12. Which of the following is NOT characteristic of REM sleep?
- sexual arousal may occur
  - muscles are paralyzed
  - most dreams occur here
  - a mixture of theta and delta waves
13. Galen's new baby is scrunching up her face, breathing irregularly, making little sounds, and moving her eyes rapidly back and forth under closed lids. Galen asks you if this means the baby is waking up. Based on what you know about sleep cycles, your BEST answer would be \_\_\_\_\_.
- Yes, the baby appears to be coming out of Stage 1 sleep.
  - No, the baby is showing signs of a transition between sleep stages.
  - Yes, the baby has obviously been awake for several minutes.
  - No, the baby is most likely in the REM sleep stage
14. If you foolishly cram before final exams, missing several nights sleep, what is MOST likely to happen to your sleep cycles the first time you get uninterrupted sleep? You will \_\_\_\_\_.
- have more than the usual amount of REM sleep.
  - have more than the usual amount of non-REM sleep.
  - sleep more hours than usual, and get an equal amount of REM and non-REM sleep.
  - have nightmares about being kicked out of college.
15. The repair/restoration theory of sleep says that sleep serves \_\_\_\_\_.
- a recuperative function, following depletion of key brain and body resources
  - to protect animals from predators, and restore the balance of nature
  - to conserve energy for use the following day
  - all of these options
16. The evolutionary/adaptive theory of sleep says that sleep \_\_\_\_\_.
- evolved to decrease the number of hours of daydreaming
  - conserves energy and protects us from predators
  - restores the biological rhythms that would otherwise be disrupted by round-the-clock wakefulness
  - is necessary for the evolution of our species into spiritual beings
17. The \_\_\_\_\_ content of a dream contains the surface symbols that disguise the underlying meaning of the dream.
- repressed
  - transference
  - manifest
  - latent

18. The \_\_\_\_\_ content of a dream is the true, unconscious meaning of the dream.
- expressed
  - countertransference
  - latent
  - repressed
19. Durango was very angry with his stepmother, and wished she were dead. That night Durango dreamed that he pushed her off a cliff. According to Freud, the latent content of Durango's dream would be \_\_\_\_\_, while the manifest content would be \_\_\_\_\_.
- pushing her off the cliff; wishing she were dead
  - wishing she were dead; pushing her off the cliff
  - pushing her off the cliff; angry feelings
  - angry feelings; wishing she were dead
20. The persistent inability to fall or stay asleep, or awakening too early is a symptom of \_\_\_\_\_.
- narcolepsy
  - insomnia
  - sleep apnea
  - all of these options
21. Which of the following persons is clearly experiencing insomnia?
- Kipp frequently cannot fall asleep the night before a final exam.
  - Kaula regularly sleeps less than eight hours per night.
  - Consuela persistently has difficulty falling or staying asleep.
  - all of these persons are clearly experiencing insomnia.
22. A nightmare occurs during \_\_\_\_\_.
- non-REM sleep
  - REM sleep
  - episodes of sleep apnea
  - all of these options
23. Sleepwalking is MOST likely to occur in \_\_\_\_\_.
- adults
  - hypnagogic sleep
  - NREM sleep
  - REM sleep
24. \_\_\_\_\_ waves are associated with drowsy relaxation.
- Alpha
  - Beta
  - Theta
  - Delta
25. The \_\_\_\_\_ theory says that sleep allows us to replenish what was depleted during daytime activities.
- repair/restoration
  - evolutionary/circadian
  - supply-demand
  - conservation of energy
26. Insomnia occurs when you persistently \_\_\_\_\_.
- have difficulty staying awake
  - go to sleep too early
  - awake too early
  - all of these options

27. Your breathing is regular, your heart rate and blood pressure are slowing, and you can be awakened easily. It is most likely that you are in \_\_\_\_\_.
- a hypnagogic transition between wakefulness and sleep
  - a daydreaming state
  - Stage 1 sleep
  - Stage 2 sleep
28. Which of the following is NOT characteristic of REM sleep?
- irregular breathing
  - eyes moving back and forth
  - dreaming
  - low-frequency brain waves
29. REM is associated with
- deep sleep
  - wakefulness
  - dreaming
  - coma
30. Activation-synthesis hypothesis states that dreams occur because:
- the pons activates different parts of the brain and we interpret it
  - the unconscious brings out our desires in our sleep
  - experiences during the day cause us to dream
- our hidden emotions activate our brain and cause dreams

### Learning

1. A stimulus that, before conditioning, does not naturally bring about the response of interest is called \_\_\_\_\_.  
a) a neutral stimulus  
b) irrelevant  
c) an unconditioned stimulus  
d) an unnatural condition
2. A Vietnam veteran experiences an intense emotional reaction to a clap of thunder. His emotional response is an example of a(n) \_\_\_\_\_.  
a) Conditioned Stimulus  
b) Unconditioned Stimulus  
c) Conditioned Response  
d) Unconditioned Response
3. Most phobias are explained by \_\_\_\_\_.  
a) personality defects  
b) latent learning  
c) classical conditioning  
d) operant conditioning
4. An event that increases the probability that a response will be repeated is called \_\_\_\_\_.  
a) a positive operation  
b) reinforcement  
c) an operational directive  
d) a discriminative stimulus
5. An event that decreases the likelihood that a response will be repeated is called \_\_\_\_\_.  
a) a negative operant

- b) punishment
- c) negative reinforcement
- d) a discriminative stimulus

6. As a social worker, you are concerned about Little Albert and want to weaken his conditioned response to white rats. You repeatedly show Little Albert a white rat but don't make any loud noises. Eventually Little Albert stops showing fear and once again shows an interest in white rats. You have successfully
- a. Created a higher-order condition
  - b. Created a new neutral stimulus
  - c. Used a reinforcer
  - d. Used extinction

7. Taking away an unpleasant stimulus that strengthens or increases a response is called \_\_\_\_\_.

- a) secondary punishment
- b) primary punishment
- c) negative reinforcement
- d) primary reinforcement

8. The occurrence of a learned response only to a specific stimulus, but not to other, similar stimuli is called stimulus \_\_\_\_\_.

- a) inflexibility
- b) recovery
- c) differentiation
- d) discrimination

9. This hidden learning exists without behavioral signs until there is some reason to demonstrate it.

- a) subliminal learning
- b) subconscious learning
- c) lucid learning
- d) latent learning

10. The occurrence of a learned response to stimuli that are similar to the original stimulus is called stimulus \_\_\_\_\_.

- a) inflexibility
- b) behavior
- c) generalization
- d) responsiveness

11. Operant conditioning occurs when

- a. a neutral stimulus is associated with an unconditioned stimulus to elicit a conditioned response.
- b. voluntary responses are controlled by their consequences.
- c. new behavior or information is learned by watching others.
- d. learning takes place but there are no behavioral signs of learning.

12. Bartholomew the Norwegian Hooded rat has been working in a study in which he is reinforced by a food pellet after different amounts of time. Bartholomew is being reinforced on a \_\_\_\_\_ schedule.

- a. fixed ratio
- b. fixed interval
- c. variable ratio
- d. variable interval

13. To be effective punishment should be

- a. public and painful.
- b. threatened and acted upon.
- c. hard and unyielding.
- d. immediate and consistent.

14. The sudden understanding of a problem that implies the solution is called a(n) \_\_\_\_\_.

- a) idea
- b) inspiration
- c) insight
- d) cognitive awakening

15. When a neutral stimulus (NS) becomes a conditioned stimulus (CS) because of pairings with a previously created CS it is called

- a. combined conditioning.
- b. higher-order conditioning.
- c. response generalization.
- d. stimulus generalization.

16. School grades are examples of what type of reinforcer.

- a. primary
- b. secondary
- c. tertiary
- d. punishing

17. Which is not one of the possible problems of punishment?

- a. extinction
- b. imitating the punishing behavior
- c. a climate too stressful for learning
- d. increased aggression

18. Which of the following is an example of the use of classical conditioning in everyday life?

- a) Treating alcoholism with a drug that causes nausea when alcohol is consumed
- b) The use of seductive women to sell cars
- c) Politicians associating themselves with home, family, babies, and the American flag
- d) all of these options

19. The reappearance of a previously extinguished conditioned response after a period of time without exposure to the Conditioned Stimulus is called \_\_\_\_\_.

- a) a flashback
- b) immediate recall
- c) spontaneous recovery
- d) sudden recall

20. Reinforcement and punishment are defined in terms of \_\_\_\_\_.

- a) whether they increase or decrease responses that follow
- b) whether they cause pleasure and pain
- c) adaptive significance
- d) intrinsic and extrinsic motives

21. The addition of a(n) \_\_\_\_\_ stimulus results in positive reinforcement; whereas the subtraction of a(n) \_\_\_\_\_ stimulus results in negative reinforcement.

- a) desirable; painful or annoying
- b) primary; secondary
- c) operant; classical
- d) higher order; lower order

22. Continuous reinforcement occurs when \_\_\_\_\_.

- a) all responses are rewarded
- b) all rewards are reinforcing
- c) every correct response is rewarded
- d) all of these options

23. When you put nickels in a gum-ball machine, you receive a \_\_\_\_\_ schedule of reinforcement; when you put nickels in a slot machine, you receive a \_\_\_\_\_ schedule of reinforcement.

- a) continuous; continuous
- b) fixed; variable
- c) variable; fixed
- d) partial; partial

### Development

24. At birth the least developed sensory system is

- a. taste.
- b. touch.
- c. hearing.
- d. vision.

25. This is the first stage of prenatal development (from conception to implantation), characterized by rapid cell division.

- a) embryonic period
- b) zygote stage
- c) critical period
- d) germinal period

26. The major body organs and systems develop during this period of pregnancy, from implantation through the 8th week.

- a) embryonic
- b) fetal
- c) zygotic
- d) germinal

27. Studies of an infant's attachment to a parent and an adult's love for a romantic partner have found that \_\_\_\_\_.

- a) insecurely attached infants become ambivalently attached adults
- b) infant attachment is closely correlated with later patterns of romantic love in adulthood
- c) securely attached infants tend to be less attached as adolescents
- d) avoidant infants tend to be obsessed with their romantic partners as adults

28. Which of the following is NOT true regarding infant sensory and perceptual development?

- a) Vision is almost 20/20 at birth.
- b) A newborn's sense of pain is highly developed at birth.
- c) An infant can recognize, and prefers, its own mother's breastmilk by smell.
- d) An infant can recognize, and prefers, its own mother's breastmilk by taste.

29. An environmental agent that causes damage during prenatal development is known as a
- critical period.
  - scaffolding.
  - embryo.
  - teratogen.
30. According to Baumrind, what are the three major parenting styles?
- permissive, authoritative, authoritarian
  - securely attached, avoidant, and anxious/ambivalent
  - sensorimotor, preoperational, concrete operational
  - none of the above
31. Tesia said, "The rain quit falling because I wanted to go out to play." This is an example of \_\_\_\_\_, which indicates that Tesia is in the \_\_\_\_\_ of cognitive development.
- animism; sensorimotor stage
  - subjective permanence; preoperational
  - egocentrism; preoperational stage
  - conservation; concrete operational stage
32. Once a child can perform mental operations on concrete objects, and understand the principles of conservation and reversibility, she has reached Piaget's \_\_\_\_\_ stage.
- post-operational
  - operational
  - formal operational
  - concrete operational
33. The ability to think abstractly or hypothetically occurs in Piaget's \_\_\_\_\_ stage.
- egocentric
  - post-operational
  - formal operational
  - concrete operational
34. \_\_\_\_\_ refers to a young child's inability to experience anyone else's point of view.
- Preoperational egocentrism
  - Social egoism
  - Preoperational ethnocentrism
  - Preoperational ego-fantasy
35. Conception occurs when a(n) \_\_\_\_\_.
- fertilized egg implants in the uterine lining
  - ovum undergoes its first cell division
  - ejaculation occurs
  - sperm cell unites with an ovum
36. Menopause is \_\_\_\_\_.
- another name for the onset of the menstrual cycle
  - a time of wild mood swings for all women due to fluctuations in hormones
  - the cessation of the menstrual cycle
  - the result of increases in estrogen levels
37. The physical and psychological changes associated with middle age in men are called the \_\_\_\_\_.



- a) testosterone crisis
- b) andropause
- c) reproductive decline
- d) male refractory period

38. Roberta refuses to go to school today because she's afraid everyone will notice that she is having a really bad hair day. Her fears most clearly illustrate \_\_\_\_\_.

- a) formal operational thinking
- b) peer pressure
- c) adolescent ethnocentrism
- d) imaginary audience

39. According to Baumrind, the \_\_\_\_\_ parenting style is most likely to produce self-reliant and high achieving children.

- a) permissive
- b) autonomous
- c) authoritative
- d) authoritarian

40. Eric is demanding and disobedient, has no respect for the property or rights of others, and is impulsive, immature, and out of control. According to Baumrind, it is MOST likely that his parents are engaged in \_\_\_\_\_ parenting.

- a) abusive
- b) authoritarian
- c) authoritative
- d) permissive

ANSWERS

Consciousness

- 1 B
- 2 B
- 3 D
- 4 A
- 5 D
- 6 A
- 7 A
- 8 B
- 9 A
- 10 B
- 11 D
- 12 D
- 13 D
- 14 B
- 15 A
- 16 B
- 17 C
- 18 C
- 19 B
- 20 B
- 21 C
- 22 B
- 23 C
- 24 A
- 25 A
- 26 C
- 27 C
- 28 D
- 29 C
- 30 A

1. A Learning

2. C
3. C
4. B
5. B
6. D
7. C
8. D
9. D
10. C
11. B
12. D
13. D
14. C
15. B
16. B
17. A
18. D
19. C
20. A
21. A
22. C
23. B
24. D Development
25. D
26. A
27. B
28. A
29. D
30. A
31. C
32. D
33. C
34. A
35. A
36. C
37. B
38. D
39. C
40. D