Motivation & Emotion

1. Which of the following statements most accurately describes the relationship between the stomach and hunger according to contemporary researchers?
   a. An empty stomach contracts and causes the sensation of hunger.
   b. Sensory input from the stomach is necessary before someone will feel hunger.
   c. The stomach and other parts of the gastrointestinal tract release chemicals that effect hunger.
   d. The level of fluid in the stomach is negatively related to the degree of hunger experienced by a person.

2. When Michael was younger he played basketball day and night just because he enjoyed it. A few years ago he started playing ball for a pro team. He is making more money than he ever dreamed he would just by playing basketball. The strange thing is he doesn’t enjoy basketball as much now as he did when he was younger. The best explanation for the change in Michael’s feelings toward basketball is that
   a. his need for achievement dropped when he began making money.
   b. his level of sensation seeking changed from high to low when he began making money.
   c. his focus changed from an intrinsic to an extrinsic reward when he began making money.
   d. all of the above.
   e. none of the above.

3. According to your textbook, the three primary components of emotions under investigation by researchers are
   a. cognitive, physiological, and behavioral.
   b. social, historical, and cultural.
   c. instinct, drive, and incentive.
   d. electrical, chemical, and hormonal

4. Which of the following statements is/are true regarding culture and emotional expression?
   a. Some researchers believe that human feelings are expressed in 7-10 culturally universal emotions.
   b. Researchers have found that people from different cultures display similar facial expressions when experiencing the same events.
   c. Researchers have found that every culture shares the same display rules governing the expression of emotion to facilitate communication between cultures.
   d. both a and b.
   e. both a and c.

5. The fact that Monkeys will perform various tasks for the simple “reward” of a brief look around an experimental laboratory is an example of:
   a. Cognitive theory
   b. Arousal theory
   c. Hierarchy of needs
   d. Drive-reduction

6. Drive-reduction theory suggests that internal factors _______ people in certain directions while incentive theory maintains that external stimuli _______ people toward desirable goals.
   a. pull - push
   b. push - pull
   c. drive - direct
   d. direct - drive

7. By destroying a section of the __________ a rat can be induced to triple its body weight.
   a. pituitary
   b. spleen
8. Emotional experience appears to be the result of interactions among several brain areas including the cerebral cortex and ____________
   a. the limbic system.
   b. the cerebellum.
   c. brain stem.
   d. peripheral nervous system.

9. According to the James-Lange model you
   a. experience an emotion, your body reacts to that and then you perceive the event.
   b. perceive an event, your body reacts and then you interpret the bodily changes.
   c. your body reacts, you perceive the event and then you label the emotion.
   d. none of the above.

10. The facial feedback model suggests that holding a pencil between your teeth will
    a. make your face muscles tired.
    b. make your angry.
    c. make you feel better.
    d. help you remember an event.

11. Jill was leaving the gym when an attractive stranger stopped to talk to her. She noticed that her heart rate was elevated and started to feel attracted to the stranger. This event would best be explained by:
    a. Cannon-Bard Theory
    b. Drive-Reduction Theory
    c. Cognitive Theory
    d. Schachter’s 2 Factor Theory

12. The eating disorder characterized by self-starvation, unrealistic body image, and loss of bone density is:
    a. anorexia
    b. bulimia
    c. dysthymia
    d. nervosa

**Intelligence**

1. Mentally acting upon information by forming ideas, reasoning, solving problems, drawing conclusions, expressing thoughts, and comprehending the thoughts of others is called _____.
   a) thinking
   b) cognition
   c) judging
   d) problem-solving

2. Mental representations of previously stored sensory experiences are called _____.
   a) illusions
   b) psychoses
   c) mental images
   d) mental propositions

3. All of the following are examples of concepts EXCEPT _____.
   a) blue
b) tools
c) trees
d) umbrellas

4. A roller blade must have at least a boot piece and wheels that are in a line. This is an example of a _____ concept.
   a) relational
   b) conjunctive
   c) prototype
   d) disjunctive

5. This is a representation of the "best" or most typical example of a category.
   a) a natural concept
   b) an artificial concept
   c) an attribute
   d) a prototype

6. Means-end analysis, working backward, and creating subgoals are _____.
   a) mnemonic devices
   b) algorithmic solutions
   c) heuristics
   d) problem-solving sets

7. The tendency to think of an object functioning only in its usual or customary way is called _____.
   a) functional rigidity
   b) functional fixedness
   c) problem-solving fixedness
   d) a mental set

8. Estimating the probability of something based on how well the circumstances match your prototype for that event or object (using the representative heuristic) is one problem with:
   a) logic
   b) creativity
   c) intuition
   d) cultural barrier

9. Creative thinking is related to _____.
   a) fluency, flexibility, and originality
   b) genetics, environmental reinforcement, and lack of punishment
   c) convergent, divergent, and nonfunctional thinking
   d) personality, motivation, and intellectual ability

10. Which of the following is the most basic unit of human speech?
    a) morphemes
    b) morphine
    c) phonemes
    d) pragmatics

11. _____ is the set of rules that specify how phonemes, morphemes, words, and phrases should be combined to express meaningful thoughts.
    a) Syntax
b) Pragmatics
c) Semantics
d) Grammar

12. Which of the following sentences breaks the rules for English syntax?
a) The limb crawled out on the lamb of the tree.
b) Streets fatal accidents rainy causes.
c) 'Twas brillig, and the slithy toves/Did gyre and gimble in the wabe.
d) all of these options

13. Human language differs from communication of nonhuman animals in that it is _____.
a) used more creatively to express thoughts and ideas
b) the expression of an innate capacity
c) essential for thought
d) composed of sounds

14. The definition of intelligence stated in your textbook stresses the capacity to _____.
a) perform in school and on the job
b) read, write, and make computations
c) think rationally, act purposefully, and deal effectively with the environment
d) perform verbally and physically

15. The cause(s) of mental retardation is(are) _____.
a) genetic abnormalities
b) environmental factors
c) many times unknown
d) all of these options

16. The mathematical and spatial (parietal lobe) area in Einstein's brain was 15% larger than the same area in other people. This is most likely an example of:
a) genetics giving someone the potential for a certain kind of intelligence
b) environmental conditions that encouraged healthy brain growth
c) opportunities and experiences that used and developed that part of the brain
d) all of these options

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.
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?
    a. very slow, high-amplitude delta waves
    b. story-like dreams
    c. the brain is most receptive to foreign language or other learning tapes
    d. 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 _____.
    a. experiencing an episode of sleep apnea
    b. in Stage 4 sleep
c. in REM sleep
d. in a drug-induced hypnogogic state

12. Which of the following is NOT characteristic of REM sleep?
   a. sexual arousal may occur
   b. muscles are paralyzed
   c. most dreams occur here
   d. 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 _____.
   a. Yes, the baby appears to be coming out of Stage 1 sleep.
   b. No, the baby is showing signs of a transition between sleep stages.
   c. Yes, the baby has obviously been awake for several minutes.
   d. 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 _____.
   a. have more than the usual amount of REM sleep.
   b. have more than the usual amount of non-REM sleep.
   c. sleep more hours than usual, and get an equal amount of REM and non-REM sleep.
   d. have nightmares about being kicked out of college.

15. The repair/restoration theory of sleep says that sleep serves _____.
   a. a recuperative function, following depletion of key brain and body resources
   b. to protect animals from predators, and restore the balance of nature
   c. to conserve energy for use the following day
   d. all of these options

16. The evolutionary/adaptive theory of sleep says that sleep _____.
   a. evolved to decrease the number of hours of daydreaming
   b. conserves energy and protects us from predators
   c. restores the biological rhythms that would otherwise be disrupted by round-the-clock wakefulness
   d. 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.
   a. repressed
   b. transference
   c. manifest
   d. latent

18. The _____ content of a dream is the true, unconscious meaning of the dream.
   a. expressed
   b. countertransference
   c. latent
   d. 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 _____.
   a. pushing her off the cliff; wishing she were dead  
   b. wishing she were dead; pushing her off the cliff  
   c. pushing her off the cliff; angry feelings  
   d. angry feelings; wishing she were dead

20. The persistent inability to fall or stay asleep, or awakening too early is a symptom of _____.
   a. narcolepsy  
   b. insomnia  
   c. sleep apnea  
   d. all of these options

21. Which of the following persons is clearly experiencing insomnia?
   a. Kipp frequently cannot fall asleep the night before a final exam.  
   b. Kaula regularly sleeps less than eight hours per night.  
   c. Consuela persistently has difficulty falling or staying asleep.  
   d. all of these persons are clearly experiencing insomnia.

22. A nightmare occurs during _____.
   a. non-REM sleep  
   b. REM sleep  
   c. episodes of sleep apnea  
   d. all of these options

23. Sleepwalking is MOST likely to occur in _____.
   a. adults  
   b. hypnogogic sleep  
   c. NREM sleep  
   d. REM sleep

24. _____ waves are associated with drowsy relaxation.
   a. Alpha  
   b. Beta  
   c. Theta  
   d. Delta

25. The _____ theory says that sleep allows us to replenish what was depleted during daytime activities.
   a. repair/restoration  
   b. evolutionary/circadian  
   c. supply-demand  
   d. conservation of energy

26. Insomnia occurs when you persistently _____.
   a. have difficulty staying awake  
   b. go to sleep too early  
   c. awake too early
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. a hypnogogic transition between wakefulness and sleep
   b. a daydreaming state
   c. Stage 1 sleep
   d. Stage 2 sleep

28. Which of the following is NOT characteristic of REM sleep?
   a. irregular breathing
   b. eyes moving back and forth
   c. dreaming
   d. low-frequency brain waves

29. REM is associated with
   a. deep sleep
   b. wakefulness
   c. dreaming
   d. coma

30. Activation-synthesis hypothesis states that dreams occur because:
   a. the pons activates different parts of the brain and we interpret it
   b. the unconscious brings out our desires in our sleep
   c. experiences during the day cause us to dream
   d. our hidden emotions activate our brain and cause dreams
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