

Instructions: Circle the correct answer for each question. If more than one answer is circled, then the question will be marked incorrect.

HANDOUT P-1 The Story of Psychology

Fact or Falsehood?

- T F** 1. Questions about human nature date back to the speculations of the ancient philosopher Aristotle.
- T F** 2. Sigmund Freud established the first psychology laboratory at the University of Vienna, Austria.
- T F** 3. The science of psychology developed from the more established fields of biology and philosophy.
- T F** 4. Psychology is best defined today as the study of mental life.
- T F** 5. Psychology is a way of asking and answering questions.
- T F** 6. The biggest and most persistent issue in psychology concerns the nature–nurture controversy—that is, the relative contributions of biology and experience to psycho- logical traits and behavior.
- T F** 7. Evolution has become an important principle for psychology.
- T F** 8. In contrast to sociology and anthropology, contemporary psychology has little inter-est in how behavior varies across cultures.
- T F** 9. Psychology’s different perspectives contradict one another.
- T F** 10. Psychiatry is a branch of psychology that involves the assessment and treatment of psychological disorders.

HANDOUT 1–1 Thinking Critically With Psychological Science

Fact or Falsehood?

- T F** 1. Human intuition is remarkably accurate and free from error.
- T F** 2. Most people seem to lack confidence in the accuracy of their beliefs.
- T F** 3. Most people suffer from unrealistically low self-esteem.
- T F** 4. Research suggests that college students spend more than 25 percent of their waking hours in conversation.
- T F** 5. The opinions of 1500 randomly selected people can provide a very accurate picture of the opinions of an entire nation.
- T F** 6. The scientific finding that depressed people tend to have low self-esteem proves that depression causes people to be down on themselves.
- T F** 7. The purpose of the experiment is to re-create behaviors exactly as they occur in everyday life.
- T F** 8. Under ethical and legal guidelines, researchers must ensure the comfort, health, and humane treatment of animals.
- T F** 9. As a science, psychology is objective and value-free.
- T F** 10. The wealthiest 20 percent in the United States possess 58 percent of the wealth.

HANDOUT 2-1 The Biology of Mind

Fact or Falsehood?

- T F** 1. Neural impulses travel through the human body at the same speed that electricity travels through a wire.
- T F** 2. The human brain produces its own natural opiates that elevate mood and ease pain.
- T F** 3. Electrically stimulating a cat's brain at a certain point can cause the animal to cower in terror in the presence of a small mouse.
- T F** 4. Both animals and humans seem to have reward centers located in the brain.
- T F** 5. We ordinarily use only 10 percent of our brains.
- T F** 6. Most people would advocate pushing someone in front of a runaway boxcar to save five others.
- T F** 7. If a blind person uses one finger to read Braille, the brain area dedicated to that finger expands.
- T F** 8. Adult humans cannot generate new brain cells.
- T F** 9. Some people have had the hemispheres of their brains split with no apparent ill effect.
- T F** 10. Hearing people usually use the left hemisphere of the brain to process language, and deaf people usually use the left hemisphere to process sign language.

HANDOUT 3–1 Consciousness and the Two-Track Mind

Fact or Falsehood?

- T F** 1. By observing our brain activity, researchers can tell which of 10 similar objects (hammer, drill, and so forth) we are viewing.
- T F** 2. Much of our everyday thinking, feeling, and acting operate outside our conscious awareness.
- T F** 3. Long-haul truck drivers, because they are experienced drivers, are able to text while driving without any serious effects on their safety.
- T F** 4. Allowed to sleep unhindered, most adults will sleep at least 9 hours a night.
- T F** 5. People who sleep 7 to 8 hours a night tend to outlive those who are chronically sleep deprived.
- T F** 6. The most common dreams are those with sexual imagery.
- T F** 7. Most psychologists believe that dreams provide a key to understanding our inner conflicts.
- T F** 8. Most people who try cocaine become addicted to the drug.
- T F** 9. In large amounts, alcohol is a depressant; in small amounts, it is a stimulant.
- T F** 10. THC, the main ingredient in marijuana, stays in the system for only a short time.

HANDOUT 4–1 Nature, Nurture, and Human Diversity

Fact or Falsehood?

- T F** 1. People everywhere return favors.
- T F** 2. Even complex human traits are determined by a single gene.
- T F** 3. Adoptees' traits such as extraversion and agreeableness bear more similarities to their adoptive parents than to their biological parents.
- T F** 4. The most emotionally intense preschoolers tend to be relatively intense young adults.
- T F** 5. If after a worldwide catastrophe only Icelanders or Kenyans survived, the human species would suffer a huge reduction in its genetic diversity.
- T F** 6. In many places around the world, females are more likely than males to initiate sexual activity.
- T F** 7. A child who hears English spoken with one accent at home and another in the neighborhood and at school invariably adopts the accent of his or her peers, not the parents.
- T F** 8. Compared with Westerners, people in Japanese and Chinese cultures exhibit greater concern for social harmony and loyalty.
- T F** 9. Seven weeks after conception, males and females remain anatomically indistinguishable.
- T F** 10. Even when families discourage traditional gender typing, children usually organize themselves into "boy worlds" and "girl worlds," each guided by rules for what boys and girls do.

HANDOUT 5–1 Developing Through the Life Span

Fact or Falsehood?

- T F** 1. The first two years of life provide a good basis for predicting a person's eventual personality traits.
- T F** 2. Teens whose mothers drank when pregnant are at risk for heavy drinking and alcohol dependence.
- T F** 3. Newborns gaze longer at a drawing of a face-like image than at a bull's-eye pattern.
- T F** 4. On the day we are born, we have most of the brain cells we will ever have.
- T F** 5. Infants initially develop close attachment to their mothers merely because they provide nourishment.
- T F** 6. Most abusive parents report having been battered or neglected as children.
- T F** 7. High school girls who have the most affectionate relationships with their mothers tend also to enjoy the most intimate friendships with girlfriends.
- T F** 8. Compared with 20-year-olds, those over 65 are much less likely to suffer upper respiratory flu each year.
- T F** 9. Most mothers are depressed for a time after their children grow up, leave home, and marry.
- T F** 10. The risk of depression increases in later life.

HANDOUT 6–1 Sensation and Perception

Fact or Falsehood?

- T F** 1. Advertisers can powerfully shape our buying habits through subliminal messages.
- T F** 2. If we stare at a green square for a while and then look at a white sheet of paper, we see red.
- T F** 3. Infants just learning to crawl do not perceive depth.
- T F** 4. Persons who have sight in only one eye are totally unable to gauge distances.
- T F** 5. A person who is born blind but gains sight as an adult cannot recognize objects that were familiar by touch.
- T F** 6. If required to look through a pair of glasses that turns the world upside down, we soon adapt and coordinate our movements without difficulty.
- T F** 7. Touching adjacent cold and pressure spots triggers a sense of wetness.
- T F** 8. People who are born without the ability to feel pain may die by early adulthood.
- T F** 9. Without their smells, a cold cup of coffee may be hard to distinguish from a glass of red wine.
- T F** 10. Laboratory evidence clearly indicates that some people do have ESP.

HANDOUT 7-1 Learning

Fact or Falsehood?

- T F** 1. Lowly animals, like sea slugs, behave by instinct and are incapable of learning.
- T F** 2. Humans are the only animals that can learn behaviors merely by observing others perform them.
- T F** 3. The study of inner thoughts, feelings, and motives has always occupied a central place in psychology.
- T F** 4. A person can be more readily conditioned to dislike a particular food than to dislike the place where the food was eaten.
- T F** 5. With training, pigeons can be taught to discriminate between Bach's music and Stravinsky's.
- T F** 6. Negative reinforcement is another term for punishment.
- T F** 7. Psychologists agree that punishment, regardless of its form, has little effect on behavior.
- T F** 8. Animals learn only when rewards are given.
- T F** 9. Animals can learn to make virtually any response if consistently rewarded for it.
- T F** 10. Research indicates that televised violence leads to aggressive behavior by children and teenagers who watch the programs.

HANDOUT 8–1 Memory

Fact or Falsehood?

- T F** 1. Memory storage is never automatic; it always takes effort.
- T F** 2. Only a few people have any type of photographic memory.
- T F** 3. Memory aids (for example, those that use imagery and devices for organization) are no more useful than simple rehearsal of information.
- T F** 4. Although our capacity for storing information is large, we are still limited in the number of permanent memories we can form.
- T F** 5. We store information in memory as libraries store their books, that is, in discrete, precise locations.
- T F** 6. When people learn something while intoxicated, they recall it best when they are again intoxicated.
- T F** 7. The day after you are introduced to a number of new co-workers, you will more easily recall the names of those you met first.
- T F** 8. The hour before sleep is a good time to commit information to memory.
- T F** 9. Repeatedly imagining a nonexistent event can lead us to believe it actually happened.
- T F** 10. Children typically will repress any memory of having seen one of their parents being murdered.

HANDOUT 9-1 Thinking and Language

Fact or Falsehood?

- T F** 1. People more easily detect male prejudice against females than female against males or female against females.
- T F** 2. In general, people underestimate how much they really know.
- T F** 3. It takes less compelling evidence to change our beliefs than it did to create them in the first place.
- T F** 4. In making complex decisions, we benefit by letting our brains work on a problem without thinking about it.
- T F** 5. Only human beings seem capable of insight (the sudden realization of a problem's solution).
- T F** 6. The babbling of an infant at 4 months of age makes it clear whether the infant is French, Korean, or Ethiopian.
- T F** 7. Some people can write but not read.
- T F** 8. Many bilinguals report that they have different senses of self, depending on which language they are using.
- T F** 9. Imagining a physical activity triggers action in the same brain areas that are triggered when actually performing that activity.
- T F** 10. Apes are capable of communicating meaning by using symbols.

HANDOUT 10–1 Intelligence

Fact or Falsehood?

- T F** 1. Intelligence has the same meaning to everyone worldwide.
- T F** 2. Some people who score low on intelligence tests and have limited or no language ability may have one exceptional skill, such as to compute complicated calculations quickly and accurately.
- T F** 3. A common ingredient of expert performance in chess, dancing, sports, computer programming, music, and medicine is many years of intense, daily practice.
- T F** 4. The concern with individual differences in intelligence is strictly a twentieth-century American phenomenon.
- T F** 5. Today's Americans score higher on intelligence tests than Americans did in the 1930s.
- T F** 6. General aptitude tests are as predictive as they are reliable.
- T F** 7. Research has consistently found that intelligence declines with age.
- T F** 8. As adopted children grow older, their intelligence scores become more similar to those of their biological parents than to those of their adoptive parents.
- T F** 9. Compared with the anatomical and physiological similarities between men and women, their differences are minor.
- T F** 10. Aptitude scores, such as SAT scores, are a much better predictor of the college performance of Whites than it is of Blacks.

HANDOUT 11–1 What Drives Us: Hunger, Sex, Friendship, and Achievement

Fact or Falsehood?

- T F** 1. In wealthy nations, financial satisfaction more strongly predicts feelings of well-being.
- T F** 2. Humans who have had ulcerated or cancerous stomachs removed do not experience hunger.
- T F** 3. Part of knowing when to eat is our memory of our last meal.
- T F** 4. It is possible for two people of the same height, age, and activity level to maintain the same weight, even if one of them eats much more than the other does.
- T F** 5. Starving all day and eating one big meal at night slows metabolism.
- T F** 6. Normal fluctuations in sex hormones have a significant effect on human sexual desire.
- T F** 7. Research shows that viewing movies with sexual content is related to higher and earlier sexual activity in adolescents.
- T F** 8. Texting has been shown to be just as socially rewarding as face-to-face contact.
- T F** 9. When asked “What is it that makes your life meaningful?” most people mention “meaningful work” before anything else.
- T F** 10. Self-discipline has surpassed intelligence test scores to better predict school performance, attendance, and graduation honors.

HANDOUT 12-1 Emotions, Stress, and Health

Fact or Falsehood?

- T F** 1. Some emotional responses involve no conscious thinking.
- T F** 2. The polygraph has proved to be extremely effective in detecting lies.
- T F** 3. Introverts are superior to extraverts at reading others' emotions.
- T F** 4. Facial expressions associated with emotions such as happiness and fear are the same the world over.
- T F** 5. Occasionally blowing off steam seems to reduce anger and aggression in the long run.
- T F** 6. Kidney dialysis patients report being just as happy as healthy non-patients.
- T F** 7. Compared with others, pessimists are more than twice as likely to develop heart disease.
- T F** 8. Researchers agree that stress creates cancer cells.
- T F** 9. Only 1 in 4 people in the United States exercise for at least a half-hour on five or more days of the week.
- T F** 10. Religious faith and health show a strong positive correlation.

HANDOUT 13–1 Social Psychology

Fact or Falsehood?

- T F** 1. Compared with people in Western countries, those in East Asian cultures are more sensitive to situational influences on behavior.
- T F** 2. To change people's racist behaviors, we first need to change their racist attitudes.
- T F** 3. Chimps are more likely to yawn after observing another chimp yawn.
- T F** 4. Most people would refuse to obey an authority figure who told them to hurt an innocent person.
- T F** 5. Studies of college and professional athletic events indicate that home teams win about 6 in 10 games.
- T F** 6. Individuals pull harder in a team tug-of-war than when they pull in a one-on-one tug-of-war.
- T F** 7. The higher the morale and harmony of a social group, the more likely are its members to make a good decision.
- T F** 8. Researchers project that, other things being equal, global warming of 4 degrees Fahrenheit (or about 2 degrees centigrade) would induce tens of thousands of additional assaults and murders in the United States alone.
- T F** 9. From research on liking and loving, it is clear that opposites do attract.
- T F** 10. We are less likely to offer help to a stranger if other bystanders are present.

HANDOUT 14–1 Personality

Fact or Falsehood?

- T F** 1. Freud believed that boys develop unconscious sexual desires for their mother when they are between 3 and 6 years of age.
- T F** 2. One of the most reliable and valid measures of personality is the Rorschach inkblot test.
- T F** 3. Freud believed that personality forms during the first few years of life.
- T F** 4. Psychologists generally agree that painful experiences commonly get pushed out of awareness and into the unconscious.
- T F** 5. Dreams are disguised wish fulfillments that can be interpreted by skilled analysts.
- T F** 6. Personality differences among dogs are as evident and as consistently judged as personality differences among humans.
- T F** 7. Extraverts more than introverts prefer communicating by e-mail.
- T F** 8. From a few minutes' inspection of our living and working spaces, someone can, with reasonable accuracy, assess our emotional stability.
- T F** 9. The best means of predicting future behavior is a personality test or an interviewer's intuition.
- T F** 10. The majority of people suffer from low self-esteem.

HANDOUT 15–1 Psychological Disorders

Fact or Falsehood?

- T F** 1. In some cultures, depression and schizophrenia are nonexistent.
- T F** 2. Ritalin and Adderall are stimulants but can possibly help calm hyperactivity in some children with ADHD.
- T F** 3. About 30 percent of psychologically disordered people are dangerous; that is, they are more likely than other people to commit a crime.
- T F** 4. About 1 in 4 adult Americans suffer from a diagnosable mental disorder in a given year.
- T F** 5. By age 50, emotions have become stronger and anxiety disorders more common.
- T F** 6. Identical twins who have been raised separately sometimes develop the same phobias.
- T F** 7. In North America, today's young adults are three times as likely as their grandparents to report having experienced depression.
- T F** 8. Whites and Native Americans commit suicide nearly twice as often as Black Americans do.
- T F** 9. There is strong evidence for a genetic predisposition to schizophrenia.
- T F** 10. Dissociative identity disorder is a type of schizophrenia.

HANDOUT 16–1 Therapy

Fact or Falsehood?

- T F** 1. “Psychoanalysis” is another word for “psychotherapy.”
- T F** 2. Regardless of their theoretical orientation, therapists agree that *self-awareness* is the key to overcoming psychological problems.
- T F** 3. The most effective treatment for alcohol use disorder is to associate alcoholic drinks with a nausea-producing drug.
- T F** 4. Most people who suffer psychological problems become worse without therapy.
- T F** 5. Daily exposure to bright light successfully counteracts winter depression for many people.
- T F** 6. The various therapies are so different that it is impossible to find any commonalities.
- T F** 7. The training and experience of the therapist are crucial factors in determining therapeutic success.
- T F** 8. The use of drugs has liberated hundreds of thousands of people with severe psychological disorders from hospital confinement.
- T F** 9. Many people have found relief from bipolar mood swings with a daily dose of a cheap salt.
- T F** 10. Electroconvulsive therapy is no longer used in the treatment of psychological disorders.