

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.

- 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 13–1 Social Psychology

Fact or Falsehood?

## 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.