

1. Katie was able to remember the number 111 by associating it with Admiral Nelson, who happened to have one eye, one arm, and one leg. **T**his is an example of:
  - (A) Retrieving
  - (B) Storing
  - (C) Encoding
  - (D) Memory
  - (E) Imagery
  
2. Which of the following examples best illustrates episodic memory?
  - (A) Remembering that you got a bicycle for your 12th birthday
  - (B) Knowing that Christopher Columbus sailed in 1492
  - (C) Teaching someone how to play tennis
  - (D) Reciting the alphabet
  - (E) Understanding a conversation someone is having in a foreign language
  
3. When asked why she fears spiders, Sophia is unable to explain her fears, where they came from, or how she got them. **T**his is an example of:
  - (A) Semantic memory, which helps us avoid painful memories
  - (B) Episodic memory, which has knowledge of specific personal memories
  - (C) Procedural memory, which holds memories that we are not aware of
  - (D) Echoic memory, which holds memories we cannot retrieve
  - (E) Iconic memory, which allows us to forget fear-inducing thoughts

56 > 500 AP Psychology Questions to Know by Test Day

4. Which of the following brain structures plays an important role in memory storage, from STM to LTM?
- (A) Thalamus
  - (B) Hypothalamus
  - (C) Amygdala
  - (D) Hippocampus
  - (E) Cerebrum
5. Suppose you are absorbed in reading a novel and a friend asks you a question. You stop reading and ask, “What did you say?” As soon as the words leave your mouth, you realize you can recall your friend’s exact words. What is the reason for your ability to play back these words?
- (A) Iconic memory
  - (B) Echoic memory
  - (C) Semantic memory
  - (D) Sensory memory
  - (E) Short-term memory
6. According to the information-processing model, which is the correct order of inputting information?
- (A) Encode semantically, retrieve elaborately, store information
  - (B) Retrieve from long-term memory, encode in short-term memory, encode in sensory memory
  - (C) Encode in sensory memory, encode in short-term memory, encode in long-term memory
  - (D) Store information, retrieve upon demand, encode necessary information
  - (E) Encode with sensory receptors, store information, retrieve upon demand
7. Which of the following statements is *not* true?
- (A) Deep processing involves elaborate rehearsal.
  - (B) Automatic processing is unconscious encoding of information.
  - (C) Interference results when new information enters short-term memory and pushes out old information.
  - (D) Levels of processing theory says that remembering depends on how information is encoded.
  - (E) Declarative memory involves memories for skills, habits, and things learned through classical conditioning.

8. While walking home from a party drunk, Jeff witnessed a crime. When questioned by the police the following day, he could not remember what he saw. After drinking some liquor, Jeff remembered the crime. This phenomenon best illustrates:
- (A) The framing effect
  - (B) Short-term memory loss
  - (C) Hypnotic amnesia
  - (D) State-dependent memory
  - (E) Anterograde amnesia
9. Which type of memory is also referred to as working memory?
- (A) Long-term memory
  - (B) Short-term memory
  - (C) Sensory memory
  - (D) Semantic memory
  - (E) Episodic memory
10. The ability to maintain exact detailed visual memories over a significant period of time is called:
- (A) Flashbulb memory
  - (B) Semantic memory
  - (C) Eidetic memory
  - (D) Echoic memory
  - (E) Iconic memory
11. The amygdala is responsible for which of the following types of memories?
- (A) Emotional
  - (B) Procedural
  - (C) Factual
  - (D) Iconic
  - (E) Visual

12. The primacy effect is best explained by which of the following statements?
- (A) Items on a list with unique meaning are more likely to be remembered.
  - (B) The first items on a list are likely to be more effectively rehearsed and therefore more likely to be remembered.
  - (C) Items on a list presented more recently are more likely to be remembered.
  - (D) Items on a list with simplistic meaning are more likely to be remembered.
  - (E) The last items on a list are more likely to be encoded first and therefore remembered.
13. During his English class, Ben is able to recall the author of *The Scarlet Letter*. This type of memory is called:
- (A) Procedural
  - (B) Episodic
  - (C) Long term
  - (D) Semantic
  - (E) Constructive
14. Which of the following statements best explains one major difference between short-term memory and long-term memory?
- (A) Long-term memory is unlimited in capacity while short-term memory is not.
  - (B) Long-term memory holds only episodic memories while short-term memory does not.
  - (C) Long-term memory varies a great deal from one person to another, while short-term memory does not.
  - (D) In terms of processing, long-term memory comes directly from the sensory memory while short-term memory does not.
  - (E) Long-term memory depends on neural connections in the limbic system while short-term memory does not.
15. Maintenance rehearsal involves:
- (A) Recalling the words at the end of a list
  - (B) Intentionally repeating information
  - (C) Processing visual memories
  - (D) Systematically recalling information
  - (E) Processing iconic memories

16. Linda looks up a telephone number for take-out pizza. She repeats it over and over as she dials the number. However, after giving her order and hanging up, she has forgotten the number. This is an example of the use of what memory process?
- (A) Short-term memory
  - (B) Sensory memory
  - (C) Automatic processing
  - (D) Echoic memory
  - (E) Iconic memory
17. After forgetting the combination to several other locks, Nate was trying to find a way to remember the combination to the new lock he bought last week. The combination is 19, 20, 9. To remember the combination, he thinks of the year 1929. His method to remember this is an example of:
- (A) Elaborate rehearsal
  - (B) Maintenance rehearsal
  - (C) Short-term memory
  - (D) Chunking
  - (E) Decoding
18. The process of encoding information from short-term memory to long-term memory is most efficient when it:
- (A) Has a procedural manner
  - (B) Involves some kind of association
  - (C) Uses repetition
  - (D) Does not use repetition
  - (E) Uses semantic memory
19. Maintenance rehearsal is to elaborate rehearsal as:
- (A) Long-term memory is to short-term memory
  - (B) Sensory memory is to long-term memory
  - (C) Short-term memory is to long-term memory
  - (D) Sensory memory is to short-term memory
  - (E) Automatic memory is to long-term memory
20. Which of the following is *not* an example of effortful encoding?
- (A) Maintenance rehearsal
  - (B) Repetition
  - (C) Meaningful associations
  - (D) Chunking
  - (E) Transferring information from STM to LTM

## Remembering and Forgetting

21. Which of the following statements is correct regarding why eyewitness testimony is not always accurate?
- (A) People do not have the capacity to remember.
  - (B) People may be asked misleading questions.
  - (C) People do not have a strong recognition.
  - (D) People do not have a strong ability to recall past information.
  - (E) People lie too often.
22. What is the correct name of the memory files that contain related information about a specific topic or category?
- (A) Prototypes
  - (B) Nerve cells
  - (C) Nodes
  - (D) Networks
  - (E) Schemas
23. One of the earliest psychologists to study memory and forgetting was Herman Ebbinghaus, who used himself as a subject to test his own recall of a list of nonsense syllables, previously learned through rehearsal. From his work he came up with the concept of a forgetting curve. This suggests:
- (A) Remembering nonsense syllables can be encoded faster than meaningful information.
  - (B) Old information will interfere with new information being encoded into LTM.
  - (C) New information will interfere with old information already stored in LTM.
  - (D) Recall of meaningless information drops very soon after initial learning and then levels off.
  - (E) Recall of meaningless information cannot be retrieved more than three hours after encoding.

24. Maya is currently enrolled in an Italian class at her local college. While on spring break, Maya travels to Italy. She is excited to practice her new skills, but when she gets there she is having trouble. Every time she tries to speak Italian, Spanish words she learned in high school come out. **This** is an example of:
- (A) Retroactive interference
  - (B) Proactive interference
  - (C) Retrograde amnesia
  - (D) Anterograde amnesia
  - (E) Dissociative interference
25. Retrograde amnesia can best be defined as:
- (A) Memory loss for events that occur a**fter** the time of the incident
  - (B) Memory loss that occurs from childbirth
  - (C) Memory loss for events that have occurred before the time of the incident
  - (D) Memory loss without any specific cause
  - (E) Memory loss for events that have occurred before and a**fter** the incident
26. Jayden consciously pushes the due date for his term project out of his mind, so much so that on the day it is due, Jayden must take an incomplete from his teacher. **This** is an example of:
- (A) Repression
  - (B) Aggression
  - (C) Amnesia
  - (D) Forgetting
  - (E) Suppression
27. A**fter** his car accident, Paul cannot make any new memories. In fact, to remember his daily activities Paul must write everything down. **This** is known as:
- (A) Retrograde amnesia
  - (B) Anterograde amnesia
  - (C) Proactive interference
  - (D) Retroactive interference
  - (E) Dissociative amnesia

28. The method of loci includes which of the following three steps?
- (A) Create visual places, memorize those places, create vivid imagery
  - (B) Create vivid associations, memorize visual sequences, put associations into places
  - (C) Memorize visual sequence of places, create vivid associations, put associations into selected places
  - (D) Memorize selected places, create vivid imagery, memorize vivid imagery
  - (E) Create vivid associations, memorize associations, put associations into places
29. The ability to transfer information about words, facts, and events (declarative information) from STM to LTM depends on activity in which part of the brain?
- (A) Hypothalamus
  - (B) Thalamus
  - (C) Amygdala
  - (D) Hippocampus
  - (E) Medulla
30. Talking to yourself over and over again, repeating information silently or out loud, is called:
- (A) Elaborate rehearsal
  - (B) Rote rehearsal
  - (C) Procedural memory
  - (D) Declarative memory
  - (E) Semantic memory
31. Subjects in an experiment learned a sequence of letters (PSQ). Then they were given a three-digit number (167) and asked to count backwards by threes: 167, 164, 161, and so on, for 18 seconds. At the end they were asked to recall the three letters. The subjects showed a rapid decline in their ability to remember the letters. This phenomenon is known as:
- (A) Proactive interference
  - (B) Retroactive interference
  - (C) Decay theory
  - (D) Forgetting curve
  - (E) Episodic interference



64 > 500 AP Psychology Questions to Know by Test Day

32. Which of the following exemplifies retrograde interference?
- (A) Ella failed her French test because she was confusing it with Spanish words she studied last year.
  - (B) Ava, a medical student, failed her test on the bones in the hand because she studied for the bones in the foot aTher studying the hand.
  - (C) Isabella can no longer form new memories aTher her head trauma.
  - (D) Nya remembers only the last three items her mom put on the grocery shopping list.
  - (E) Emma cannot remember her third-grade teacher’s name, but she does remember her fourth-grade teacher’s name.
33. ATher studying for a test, Jack realized he remembered exactly where a particular piece of information appeared on a page in his textbook, even though he did not try to remember the item. **T**his is an example of:
- (A) Explicit memory
  - (B) Procedural memory
  - (C) Declarative memory
  - (D) Implicit memory
  - (E) Semantic memory
34. Recognition involves which of the following?
- (A) Retrieving previously learned information without the presence of any cues
  - (B) Using the available cues to identify information that has already been learned
  - (C) Filling in a specific amount of information without the use of any newly learned cues
  - (D) Using available cues to create an entirely new response
  - (E) Encoding new information to replace previously learned information
35. Corey sits at his kitchen table to think about what he needs to buy at the grocery store. He is using his ability to:
- (A) Recognize
  - (B) Recite
  - (C) Memorize
  - (D) Recall
  - (E) Initiate

36. After making a mess of the playroom, Mason visualizes where each toy should be placed in the room. He is using:
- (A) Method of loci
  - (B) Peg method
  - (C) Visualization
  - (D) Elaborate rehearsal
  - (E) Procedural memory
37. Based on Herman Ebbinghaus's forgetting curve research using nonsense syllables, unfamiliar information is:
- (A) Forgotten within the first eight hours
  - (B) Forgotten within the first hour
  - (C) Forgotten within the first day
  - (D) Forgotten within the first two days
  - (E) Forgotten within the first week
38. The forgetting curve measures which of the following?
- (A) The amount of previously learned information that subjects remember across time
  - (B) The amount of new information that can remain in the short-term memory
  - (C) Memory that cannot be consciously remembered overtime
  - (D) The amount of information children can retain over age five
  - (E) The amount of information one can memorize in any given day
39. Recognition is to recall as:
- (A) Fill-in is to multiple choice
  - (B) Fill-in is to essay
  - (C) Multiple choice is to fill-in
  - (D) Multiple choice is to essay
  - (E) Multiple choice is to matching
40. Kimberly knows she did something embarrassing at her friend's birthday party many years before, but she cannot remember what it was. This is an example of:
- (A) Repression
  - (B) Amnesia
  - (C) Forgetting curve
  - (D) Implicit memory
  - (E) Interference

## Intelligence and Testing

41. Mental age can best be defined as:
- (A) A method of estimating a child's intellectual ability by comparing the child's score on intelligence tests and his or her age
  - (B) A method of estimating a child's intellectual ability based on raw scores on intelligence tests
  - (C) Comparing a child's actual age with his or her computed age
  - (D) Basing a child's age level on his or her scores on a standardized test
  - (E) Charting a child's age based on the level of correct responses on an intelligence test
42. When an intelligence test measures what it is supposed to, the test is considered to be:
- (A) Reliable
  - (B) Valid
  - (C) Accurate
  - (D) Standardized
  - (E) Comparative
43. Which of the following psychologists believed that intelligence was a collection of mental abilities?
- (A) Wechsler
  - (B) Broca
  - (C) Binet
  - (D) Terman
  - (E) Galton

68 > 500 AP Psychology Questions to Know by Test Day

44. The extent to which traits, abilities, or IQ scores may increase or decrease as a result of environmental factors is called:
- (A) Nature-nurture question
  - (B) Heritability
  - (C) Independent variables
  - (D) Reaction range
  - (E) Ecological testing
45. If a four-year-old girl correctly answered questions on an intelligence exam similar to a five-year-old girl, she would be said to have a mental age of five. In this case her intelligence quotient (IQ) would be:
- (A) 100
  - (B) 95
  - (C) 150
  - (D) 125
  - (E) 110
46. Which of the following psychologists added a performance scale in an attempt to measure nonverbal skills and rule out other cultural or educational biases?
- (A) Wechsler
  - (B) Binet
  - (C) Gardner
  - (D) Sternberg
  - (E) Terman
47. Charles Spearman's two-factor theory of intelligence referred to which of the following?
- (A) Mathematical skills and spatial intelligence
  - (B) Analytical problem solving and interpersonal skills
  - (C) Ability to perform complex mental work and mathematical or verbal skills
  - (D) Analytical problem solving and intrapersonal skills
  - (E) Ability to reason logically and demonstrate written language and thinking skills

48. Robert Sternberg's triarchic theory of intelligence was divided into three categories. Which three categories are correct?
- (A) Practical, intrapersonal, creative
  - (B) Experimental, analytical, problem solving
  - (C) Experimental, problem solving, practical
  - (D) Analytical, logical, practical
  - (E) Analytical, problem solving, practical
49. According to Raymond Cattell, what is the major difference between crystallized intelligence and fluid intelligence?
- (A) Crystallized intelligence refers to problem-solving abilities, while fluid intelligence is the ability to absorb and retain information.
  - (B) Crystallized intelligence is the ability to absorb and retain information, while fluid intelligence refers to problem-solving abilities.
  - (C) Crystallized intelligence is the ability to be analytical, while fluid intelligence is the ability to read and write.
  - (D) Crystallized intelligence is the ability to read and write, while fluid intelligence is the ability to be analytical.
  - (E) Crystallized intelligence is the ability to absorb information, while fluid intelligence is the ability to analyze the information.
50. An architect would likely have good spatial intelligence, a gymnast or dancer would likely have good body-kinesthetic intelligence, and a psychologist would probably have good intrapersonal skills. Which of the following psychologists would agree with this statement?
- (A) Gardner
  - (B) Spearman
  - (C) Thurstone
  - (D) Guilford
  - (E) Terman
51. On a normal distribution of IQ test scores, with a mean of 100 and a standard deviation of 15 points, a score of 85 places you approximately in what percentile of the population?
- (A) 16th
  - (B) 50th
  - (C) 97th
  - (D) 76th
  - (E) 24th

70 > 500 AP Psychology Questions to Know by Test Day

52. Which of the following types of tests measures the capacity of a test taker to perform some task or role in the future?
- (A) Achievement
  - (B) Aptitude
  - (C) Conventional
  - (D) Self-monitored
  - (E) Adult intelligence scale
53. A savant can best be defined as:
- (A) A mentally handicapped individual
  - (B) A child between the ages of 8 and 12 who suffers from autism
  - (C) A mentally handicapped individual with exceptional ability in mathematical calculations, memory, art, or music
  - (D) A male adult who suffers from delusional thoughts and erratic behavior
  - (E) A social loner who has exceptional abilities in the field of science or math
54. Which of the following psychologists did *not* suggest the existence of more than one kind of intelligence?
- (A) Gardner
  - (B) Sternberg
  - (C) Guilford
  - (D) Thurstone
  - (E) Spearman
55. The American Psychiatric Association established IQ ranges for various levels of retardation. Below 25 is considered to be:
- (A) Profound retardation
  - (B) Severe retardation
  - (C) Mild retardation
  - (D) Moderate retardation
  - (E) Extreme retardation
56. The WAIS and the WISC are credited for:
- (A) Creating early intervention programs for the mentally ill
  - (B) Creating intelligence tests specific to different age groups
  - (C) Creating one standardized test equal for all cultures and races
  - (D) Creating a new understanding of the term *mental age*
  - (E) Creating intelligence tests that only test verbal skills

57. The MMPI (Minnesota multiphasic inventories) is designed to:
- (A) Measure a person's verbal and mathematical skills
  - (B) Measure a student's academic potential
  - (C) Require students to tell stories about a particular photograph
  - (D) Identify characteristics of personality and behavior
  - (E) Measure the aptitude of high school students
58. Which of these tests is projective, requiring subjects to tell stories about photographs or drawings?
- (A) MMPI
  - (B) WAIS
  - (C) TAT
  - (D) Rorschach Test
  - (E) Myers-Briggs Type Indicator
59. Which of the following statements best defines the concept of equivalent form reliability?
- (A) The score received on the first half of a test should correlate with the score received on the second half of the test.
  - (B) The score received on a test should correlate with a score received on another test of the same material.
  - (C) The score a grader assigns to one assessment should match that of another grader.
  - (D) The score received on the test should reflect the scores received on previous standardized tests.
  - (E) The score received on the test should reflect current academic achievement.
60. Alfred Binet is known as the father of intelligence mainly because of his work in:
- (A) The assessment of one's ability to learn and the creation of the mental age
  - (B) The creation of the intelligence quotient (IQ)
  - (C) The creation of both the mental age and the intelligence quotient
  - (D) The assessment of one's ability to learn and the intelligence quotient
  - (E) The understanding of the heritability factors in terms of intelligence

61. Because Lela did not want to raise her child in poverty, she put her baby up for adoption. A middle-class family, in a good home, is now raising Lela's baby. What effect could this have on the child's IQ?
- (A) It will probably be lower than the IQs of children who stay with their biological parents.
  - (B) It will not be significantly different from the IQs of children who stay in a disadvantaged setting.
  - (C) It will be higher than the IQs of children who stay in disadvantaged settings only if adoptive parents have above-average IQs.
  - (D) It may be as much as 10 to 15 points higher than the IQs of children who stay in disadvantaged settings.
  - (E) It will make no difference because an individual's IQ is based solely on genetic factors.
62. The concept of reaction range indicates that:
- (A) Intelligence is fixed at birth, because it is based on genetic factors.
  - (B) Intelligence may increase or decrease as a result of the environment.
  - (C) Intelligence is completely variable due to environmental factors.
  - (D) Heredity establishes a very narrow range for intellectual development.
  - (E) Intelligence is completely determined by age five.
63. If genetic factors contribute to IQ scores, then fraternal twins should have:
- (A) Less similar IQ scores than identical twins
  - (B) More similar IQ scores than identical twins
  - (C) More similar than IQ scores of siblings
  - (D) Completely different IQ scores
  - (E) No connection at all
64. In a normal distribution of IQ scores, what percentage of people has a score between 85 and 115?
- (A) 35 percent
  - (B) 54 percent
  - (C) 68.26 percent
  - (D) 79.32 percent
  - (E) 95.44 percent



65. A normal distribution is one in which:
- (A) The majority of scores are high.
  - (B) The majority of scores are low.
  - (C) All scores fall in the middle range.
  - (D) The majority of scores fall in the middle range.
  - (E) All scores are above the mean.

## Thought and Language

66. Because it has all the features commonly associated with the concept of a dog, a poodle is considered:
- (A) An algorithm
  - (B) A heuristic
  - (C) A prototype
  - (D) A phoneme
  - (E) A concept
67. Which of the following is an example of functional fixedness?
- (A) Using a blanket as a floor mat
  - (B) Not being able to solve a math problem because you are using the incorrect formula
  - (C) Replacing oil with applesauce when baking a cake
  - (D) Failing to use your keys to open a package when you can't find a pair of scissors
  - (E) Picking up a tangerine and calling it an orange
68. To become a chess or checkers champion one must use:
- (A) Algorithms
  - (B) Heuristics
  - (C) Concepts
  - (D) Prototypes
  - (E) Morphemes

76 > 500 AP Psychology Questions to Know by Test Day

69. After watching the evening news, Khloe believes the newscast contains only tragic events like floods, earthquakes, and murders. When asked to think carefully about the newscast, she did recall many other events. **This** is an example of:
- (A) Representative heuristic
  - (B) Availability heuristic
  - (C) Algorithm
  - (D) Functional fixedness
  - (E) Insight
70. Compared to divergent thinkers, convergent thinkers are more likely to:
- (A) Think “outside the box” when problem solving
  - (B) Generate many different solutions when problem solving
  - (C) Choose to problem solve using an algorithm rather than a heuristic
  - (D) Use representative heuristics to problem solve
  - (E) Never allow functional fixedness to get in the way of problem solving
71. On her way to London, Janet was invited into the cockpit to meet the pilot, Alex. She was surprised to see that Alex was a woman. **This** is an example of:
- (A) Confirmation bias
  - (B) Convergent thinking
  - (C) Insight
  - (D) Representative heuristic
  - (E) Availability heuristic
72. Phonemes are best defined as:
- (A) The smallest meaningful combination of sounds in a language
  - (B) The basic sounds of consonants and vowels
  - (C) Something that specifies the meaning of words and phrases
  - (D) A set of rules that specify how we combine words to form meaningful sentences
  - (E) A special form of communication
73. Noam Chomsky’s language theory included the idea that:
- (A) Language development occurs between the ages of three and five.
  - (B) Children learn language through positive and negative reinforcement.
  - (C) Children make the same grammatical errors as their parents.
  - (D) Children model language development from those around them.
  - (E) Children have an innate mental grammar.

74. There is evidence to support the idea that there is an inborn tendency to absorb language. Which of the following psychologists would agree with this statement?
- (A) Chomsky
  - (B) Whorf
  - (C) Skinner
  - (D) Saffron
  - (E) Sapir
75. Which of the following statements is *not* supported by the Whorf-Sapir linguistic relativity hypothesis?
- (A) The language a person speaks determines the way a person thinks.
  - (B) If language lacks expression, the thought that corresponds will likely not occur.
  - (C) There is evidence to support that language development has inborn tendencies.
  - (D) If language affects our ability to store information, it should affect our thought process.
  - (E) To understand new vocabulary, it is easier to think about the relationship between language and thought.
76. Suppose you consider elderly people to be infirm and mentally slow. Every time you see elderly people in need of care or assistance, you take it as evidence of your belief, while ignoring the many cases of healthy, active elderly people. **T**his is an example of:
- (A) Representative heuristic
  - (B) Availability heuristic
  - (C) Prototype
  - (D) Confirmation bias
  - (E) Functional fixedness
77. Angie and Brad are looking to buy a new home. One criterion is a preference for a brick house. However, they would consider changing their minds and buying a wood house if it were located in a good school district and reasonably priced. In this case the attractive features offset the lack of brick exterior. **T**his is an example of:
- (A) Representative heuristic
  - (B) Compensatory model
  - (C) Noncompensatory model
  - (D) Availability heuristic
  - (E) Confirmation bias

78 > 500 AP Psychology Questions to Know by Test Day

78. Which of the following sentences best explains the idea of overregularization?
- (A) Yesterday I goed to the store.
  - (B) I ain't going to the store.
  - (C) I no want to go to store.
  - (D) I want store.
  - (E) No store please.
79. Which of the following psychologists believes in the LAD, the language acquisition device?
- (A) Whorf
  - (B) Seligman
  - (C) Kahneman
  - (D) Chomsky
  - (E) Sapir
80. When Mariah's mother drops her off at preschool, Mariah says only one word, "Mama." **T**his is an example of:
- (A) A heuristic
  - (B) Overgeneralization
  - (C) Framing
  - (D) Holophrase
  - (E) Phoneme
81. Which of the following statements best illustrates the concept of framing?
- (A) A PSA for breast mammograms chooses to use the statement "you can die if you don't," rather than "this can save your life."
  - (B) Lily assumes her doctor named Chris is a male, when in fact she is female.
  - (C) An advertiser uses divergent thinking to come up with a commercial slogan.
  - (D) A person remembers items on a list depending on which order they appear in.
  - (E) A cigarette company puts beautiful women in its commercials.

82. Which of the following terms is an example of an innate sound program in the brain that involves making and processing sounds that will eventually be used to form words?
- (A) Grammar
  - (B) Babbling
  - (C) Talking
  - (D) Sentences
  - (E) Morphemes
83. Rules of grammar can best be defined as:
- (A) Acquiring language through four stages
  - (B) Phonemes and morphemes
  - (C) Problem solving using language
  - (D) Forming sentences that range from three to eight words
  - (E) Speaking in sentences that are stated in different ways but have the same meaning
84. Which of the following is *not* a good example of the ability to overcome functional fixedness?
- (A) A potato is used as a temporary gas cap.
  - (B) A paper clip is used to make earrings.
  - (C) A glass is used as a paperweight.
  - (D) A credit card is used as a bookmark.
  - (E) A math formula is used to solve a math problem.
85. To develop a concept of an office, the definition theory states that one must:
- (A) List all essential features of an office
  - (B) Construct an ideal office
  - (C) Look at the average office
  - (D) Visit various offices
  - (E) Transform a room into an office

80 > 500 AP Psychology Questions to Know by Test Day

86. Which of the following statements best describes an example of availability heuristic?
- (A) After speaking in front of 200 people, Tim is no longer afraid of public speaking.
  - (B) Jane thinks all men will eventually cheat on her.
  - (C) Steven complains to his wife about work after a very bad day, but at the office party Steven's wife sees how much he enjoys what he does.
  - (D) Rob claims that when he is confronted with a problem, he likes to come up with one correct solution.
  - (E) After meeting a celebrity, Todd now wants to become an actor and eventually become famous.
87. Which of the following statements best defines information retrieval?
- (A) Having memories of your 16th birthday party
  - (B) Thinking all dog owners are sensitive people
  - (C) Memorizing information that might be needed in an emergency
  - (D) Picking out the proper outfit to wear to a friend's housewarming party
  - (E) Writing a term paper
88. When solving an anagram one must try every possible combination of letters until the hidden word appears. This is an example of:
- (A) A heuristic
  - (B) A concept
  - (C) A subgoal
  - (D) An image
  - (E) An algorithm
89. Which of the following terms is not an example of a problem-solving technique?
- (A) Functional fixedness
  - (B) Trial and error
  - (C) Subgoals
  - (D) Brainstorming
  - (E) Heuristics

90. This problem-solving technique involves analyzing the difference between the current situation and the desired end, and then doing something to reduce that difference.
- (A) Subgoals
  - (B) Means-end analysis
  - (C) Brainstorming
  - (D) Heuristic
  - (E) Algorithm



## Motivation

91. Motivation can best be defined as:
- (A) An innate biological force that produces a fixed set of behaviors
  - (B) Various physiological and psychological factors that cause a person to act in a particular way
  - (C) A biological state in which an organism lacks something essential for survival
  - (D) **The** tendency or need for a body to stay in a balanced state
  - (E) Environmental factors that reward, reinforce, or encourage our behavior
92. Repulsion, curiosity, pugnacity, and humility are all examples of
- (A) Needs
  - (B) Emotions
  - (C) Instincts
  - (D) Motivations
  - (E) Incentives
93. If a person does not eat for a period of time, it causes a need for food. **This** need produces a state of tension. **The** tension energizes the person to act in some way to find food, thereby returning the body to homeostasis. **This** is an example of:
- (A) Intrinsic action pattern
  - (B) Sympathetic nervous system
  - (C) Extrinsic motivation
  - (D) Drive reduction theory
  - (E) Biological needs

**84** > 500 AP Psychology Questions to Know by Test Day

- 94.** A fixed action pattern is best illustrated by which of the following examples?
- (A) Jackie's need to climb mountains
  - (B) Marlon's motivation to make a lot of money
  - (C) A baboon rising on hind feet when threatened
  - (D) A dog sitting by the window an hour before his owner comes home
  - (E) Michael's cat purring when she hears the can opener
- 95.** Which of the following examples best illustrates an intrinsic motivation?
- (A) Running a marathon to support breast cancer
  - (B) Rock climbing to win first prize
  - (C) Graduating with honors
  - (D) Trying out for the high school basketball team
  - (E) A teacher praising a student when she raises her hand
- 96.** According to Maslow's hierarchy of needs, an adolescent who is beginning to form serious romantic relationships would be in what level?
- (A) Level 1
  - (B) Level 2
  - (C) Level 3
  - (D) Level 4
  - (E) Level 5
- 97.** According to Maslow's hierarchy of needs, an individual who quits his job and moves to Africa to do philanthropic work would be in what level?
- (A) Level 1
  - (B) Level 2
  - (C) Level 3
  - (D) Level 4
  - (E) Level 5
- 98.** Which of the following statements best illustrates Maslow's esteem needs?
- (A) Moving to a safe community to raise your children
  - (B) Going to school to earn a master's degree in counseling
  - (C) Getting married to your high school sweetheart
  - (D) Donating a large sum of money to charity
  - (E) Going to the gym three days a week to improve your health

99. Which of the following factors signals hunger in our body?
- (A) High levels of glucose
  - (B) Stimulation of the lateral hypothalamus
  - (C) Stimulation of the ventromedial hypothalamus
  - (D) High levels of cholecystokinin
  - (E) Stomach contractions
100. Homeostasis is best defined as:
- (A) The physiological need to satisfy your hunger or thirst
  - (B) The body's tendency to maintain balance
  - (C) The arousal of the autonomic nervous system
  - (D) The release of the hormone serotonin
  - (E) The biological need for safety and security
101. If the ventromedial hypothalamus of a rat is destroyed:
- (A) The rat will starve to death.
  - (B) The rat will only eat when it feels hungry.
  - (C) The rat will begin to feel full.
  - (D) The rat will become obese.
  - (E) The rat's blood glucose level will remain constant.
102. Which of the following statements best defines setpoint?
- (A) It refers to how efficiently the body breaks food down.
  - (B) It refers to how quickly the body turns food into energy.
  - (C) It controls the body's metabolism.
  - (D) It plays a role in influencing appetite.
  - (E) It refers to a certain level of body fat that the body maintains.
103. An individual with a low metabolic rate is:
- (A) More likely to have a fatter body
  - (B) Less likely to have a fatter body
  - (C) Less likely to store excess fuel
  - (D) More likely to eat more than someone with a high metabolic rate
  - (E) More likely to have an easier time losing weight
104. Which of the following is *not* an example of a psychological hunger factor?
- (A) Social-cultural
  - (B) Learned associations
  - (C) Personality traits
  - (D) Peer pressure
  - (E) Nutrition

105. An individual's subjective experience and feeling of being either a male or female is referred to as:
- (A) Gender roles
  - (B) Sexual orientation
  - (C) Gender identity
  - (D) Transgender
  - (E) Sex categories
106. By age five, children have acquired many of the complex thoughts and behaviors that accompany being male or female. This is best known as:
- (A) Gender identity
  - (B) Gender roles
  - (C) Sexual identity
  - (D) Sexual cognition
  - (E) Gender cognition
107. Which of the following brain structures is most responsible for hunger and satiety, respectively?
- (A) The ventromedial hypothalamus, the lateral hypothalamus
  - (B) The lateral hypothalamus, the ventromedial hypothalamus
  - (C) The amygdala, the hippocampus
  - (D) The hippocampus, the amygdala
  - (E) The cerebellum, the lateral hypothalamus
108. Which of the following statements is the core concept of Maslow's hierarchy of needs?
- (A) Individuals who fail to reach self-actualization feel a sense of failure.
  - (B) Level 1 is the need for safety and security.
  - (C) Men are more concerned with safety needs and women are more concerned with esteem needs.
  - (D) Physiological needs must be met before an individual can attain self-actualization.
  - (E) An individual can skip levels 1, 2, and 3 and go directly to finding success at level 4.

- 109.** A journalist chooses to go to Afghanistan to cover the war hoping to acquire the admiration of his peers and a promotion. Which of the following theories of motivation best explains this decision?
- (A) Drive theory
  - (B) Incentive theory
  - (C) Fixed action pattern
  - (D) Socio-cognitive theory
  - (E) Motivation
- 110.** Motivation starts with an individual's:
- (A) Emotion
  - (B) Arousal
  - (C) Need
  - (D) Drive
  - (E) Incentive

## Emotion

- 111.** Which of the following sequences is correct according to the James-Lange theory of emotion?
- (A) Physiological changes, feel emotion, interpretation of emotion, observable behavior
  - (B) Physiological changes, interpretation of physiological change, feel emotion, observable behavior
  - (C) Feel emotion, physiological changes, interpretation of physiological change, observable behavior
  - (D) Brain interpretation, physiological changes, observable behavior
  - (E) Interpretation of stimuli, brain interpretation, physiological changes, observable behavior
- 112.** What was the name of the theory on emotion that originated from the work of Charles Darwin?
- (A) Facial feedback theory
  - (B) Cannon-Bard theory
  - (C) Cognitive-appraisal theory
  - (D) Affective-primacy theory
  - (E) Two-factor theory
- 113.** What was one major criticism of the James-Lange theory on emotion?
- (A) Emotions are usually associated with one specific physiological change in the body.
  - (B) Physiological changes do not vary in intensity.
  - (C) Different emotions are not necessarily associated with different patterns of physiological responses.
  - (D) Most emotions do not need a large amount of interpretation.
  - (E) Cognition has no direct affect on the physiological changes in the body.

114. Which of the following theories on emotion assumes that our interpretation or appraisal of a situation is the primary cause of emotion?
- (A) Cannon-Bard theory
  - (B) Facial feedback theory
  - (C) James-Lange theory
  - (D) Schachter-Singer theory
  - (E) Peripheral theory
115. Which of the following statements best supports the Schachter-Singer theory of emotion?
- (A) A friend walks up to you and tells you he saw someone back into your car and drive away—making you angry.
  - (B) You hear a loud noise, your heart starts to pound, and you know you are scared.
  - (C) You feel sad because you are crying.
  - (D) You know you are happy because you have been smiling all day.
  - (E) Your heart is racing but you are not sure why.
116. Unlike the cognitive-appraisal theory, the affective-primacy theory states:
- (A) Physiological changes in the body happen simultaneously with the brain's interpretation of an event.
  - (B) The brain is entirely responsible for interpretations of any emotion one is having.
  - (C) Physiological changes in the body often determine the emotion one is feeling.
  - (D) In some situations, a person feels an emotion before having time to interpret the situation.
  - (E) Sometimes a person's interpretation of a situation is the primary cause of an emotion.
117. The six universal emotions specified that inherited facial patterns of expression are:
- (A) Worried, sadness, anger, resentment, disgust, fear
  - (B) Happiness, sadness, anger, surprise, disgust, fear
  - (C) Happiness, excitement, anger, sadness, fear
  - (D) Confusion, happiness, sadness, anger, fear, disgust
  - (E) Happiness, sadness, resentment, anger, disgust, fear

118. Which of the following statements supports the results of the Ekman-Friesen experiment?
- (A) Between five and seven months of age, infants show fear.
  - (B) It is difficult to communicate with people of different cultures.
  - (C) People show disgust for many different reasons.
  - (D) Babies smile due to modeling behavior.
  - (E) Children exhibit emotion differently than adults do.
119. Which statement best exemplifies the Yerkes-Dodson law?
- (A) Many of Leo's friends think he is depressed due to his lack of any facial expressions.
  - (B) Josh has a look of disgust on his face after smelling the rotten milk.
  - (C) Linda spends hours playing a challenging video game because this activity arouses and motivates her.
  - (D) William's test anxiety helps him score higher on the exam.
  - (E) Jacob falls asleep in his physics class after being so bored.
120. Happiness includes all of the following *except*:
- (A) Feeling a positive emotion
  - (B) Being satisfied with your life
  - (C) Not experiencing a negative emotion
  - (D) Having a high-paying job
  - (E) Both environmental and inherited factors
121. Three weeks after winning the lottery, Tanya gave birth to Sophia. Tanya claimed that winning the lottery was the most exciting thing to happen to her until she gave birth to her daughter. This is an example of:
- (A) The adaptation level theory
  - (B) The rules of happiness theory
  - (C) The Yerkes-Dodson law
  - (D) The psycho-revolutionary theory
  - (E) The relative deprivation theory
122. Which statement best defines display rules?
- (A) Specific inherited facial patterns or expressions are universal.
  - (B) People innately have a tendency to show affection in public.
  - (C) Many cultures do not allow public displays of emotion.
  - (D) Specific cultural norms regulate how much emotion we express socially.
  - (E) In some situations people feel an emotion before they have time to appraise the situation.



123. An interpretation or appraisal of a situation as having a positive or negative impact on your life resulting in a subjective feeling is called:
- (A) The affective-primacy theory
  - (B) The James-Lange theory
  - (C) The Cannon-Bard theory
  - (D) The facial feedback theory
  - (E) The cognitive-appraisal theory
124. While sitting in a waiting room, a man next to you begins yelling and acting aggressively. Your heart begins beating fast. You interpret your environmental cues as the cause of your arousal. Which theory of emotion would support this explanation?
- (A) The James-Lange theory
  - (B) The Schachter-Singer theory
  - (C) The affective-primacy theory
  - (D) All of the above
  - (E) None of the above
125. Which of the following theories of emotion support the idea that emotions and bodily responses occur simultaneously?
- (A) The James-Lange theory
  - (B) The Schachter-Singer theory
  - (C) The Cannon-Bard theory
  - (D) The cognitive-appraisal theory
  - (E) The affective-primacy theory
126. Which of the following theories of emotion supports the importance of an individual's personal assessment of a situation?
- (A) The cognitive-appraisal theory
  - (B) The Cannon-Bard theory
  - (C) The facial feedback theory
  - (D) The James-Lange theory
  - (E) The peripheral theory
127. "We feel sorry when we cry and afraid because we tremble." This quote is supported by which theory of emotion?
- (A) The Cannon-Bard theory
  - (B) The James-Lange theory
  - (C) The Cannon-Lange theory
  - (D) The James-Bard theory
  - (E) The facial feedback theory

128. Larry really wants to buy his wife the diamond watch she always wanted for her birthday, but he knows he should be more conservative with his money. What type of conflict is he facing?
- (A) Approach-approach
  - (B) Approach-avoidance
  - (C) Avoidance-avoidance
  - (D) Positive approach
  - (E) Negative approach
129. Which of the following examples best illustrates the concept of approach-approach conflict?
- (A) Ariel must work at Bloomingdale's while in college.
  - (B) Sabrina is forced to call the home of one of her students because he is not doing his homework.
  - (C) Latoya has to choose between Princeton and Yale University.
  - (D) Wendy just got a promotion, but she now has to fire someone else.
  - (E) Randy works as a stand-up comedian, but he needs to make more money.
130. According to the Cannon-Bard theory of emotion, which part of the brain is vital in terms of physiological responses to emotion?
- (A) The cerebellum
  - (B) The temporal lobe
  - (C) The frontal lobe
  - (D) The limbic system
  - (E) The left hemisphere
131. If we are about to jump out of an airplane for the first time, we tend to feel extreme fear along with low levels of elation. Later, when we decide to jump again, we experience more elation and less fear. This scenario is supported by which theory of emotion?
- (A) The James-Lange theory
  - (B) The affective-primacy theory
  - (C) The opponent-process theory
  - (D) The Cannon-Bard theory
  - (E) None of the above

132. Emotional responses develop before complex thinking occurs. Which of the following psychologists would agree with this statement?
- (A) Ekman
  - (B) Schachter
  - (C) Bard
  - (D) Lange
  - (E) Zajonc
133. Which area of the brain is extremely stimulated when an individual is feeling sad?
- (A) Hypothalamus
  - (B) Thalamus
  - (C) Temporal lobe
  - (D) Parietal lobe
  - (E) Amygdala
134. Which example best illustrates the adaptation level theory?
- (A) Michelle takes her mother's inheritance for granted.
  - (B) Regina has so much to do with so little free time to do it in.
  - (C) Natasha hired another assistant to help lessen her workload.
  - (D) Cathryn lost her brand-new wallet and bought a more expensive one.
  - (E) Alexis sold her engagement ring to send her son to college.
135. To achieve high performance on a simple task, the Yerkes-Dodson law recommends:
- (A) High arousal
  - (B) Low arousal
  - (C) Medium arousal
  - (D) Extreme anxiety
  - (E) Moderate anxiety

## Developmental Psychology: Infancy and Childhood

- 136.** Cross-sectional research differs from longitudinal research in that:
- (A) Cross-sectional research studies the developmental changes of subjects who are of different ages.
  - (B) Cross-sectional research studies developmental changes using the same group of subjects over time as they grow older.
  - (C) Cross-sectional research is more reliable than developmental research.
  - (D) Cross-sectional research is too specific to the group of people being used for research.
  - (E) Cross-sectional research takes too much time to gather results.
- 137.** Of the following sets of themes, which pair best represents the core emphasis of developmental psychology?
- (A) Cross-sectional versus longitudinal and self-esteem versus self-doubt
  - (B) Individual versus shared and stability versus change
  - (C) Young versus old and stability versus change
  - (D) Individual versus shared and young versus old
  - (E) Stability versus change and self-esteem versus self-doubt
- 138.** Which of the following reflexes is *not* a reflex infants enter the world equipped with?
- (A) Sucking
  - (B) Swallowing
  - (C) Stepping
  - (D) Rooting
  - (E) Licking

139. Temperament is best defined as:
- (A) Personality traits inherited from biological parents
  - (B) Learned behavioral tendencies of a young child
  - (C) Physical and emotional characteristics of a newborn child and young infant
  - (D) Psychological and physiological personality traits a young child models from his or her environment
  - (E) Emotional traits that infants outgrow by the time they turn two years old
140. Research has determined that, between the ages of 6 and 12 months, all babies have acquired:
- (A) Three-dimensional dreaming
  - (B) The ability to walk
  - (C) The ability to talk
  - (D) Depth perception
  - (E) Potty-training abilities
141. Motor development in babies develops in a proximodistal fashion. This is best described as:
- (A) From nearest to the center of the body to the farthest from the center
  - (B) From the top of the head to the bottom of the feet
  - (C) From the farthest from the center to the nearest to the center
  - (D) From the bottom of the body to the top of the body
  - (E) From the left of the body to the right of the body
142. Which of the following statements best defines maturation?
- (A) It is directly based on social cognitive learning.
  - (B) It is the basis for all physiological and psychological development.
  - (C) It is an automatic biological development of the body and nervous system that naturally unfolds over time.
  - (D) It does not take place in all human beings.
  - (E) It is directly associated with genetic links.
143. According to Jean Piaget, at what stages of development are children able to grasp the concepts of object permanence and conservation, respectively?
- (A) Formal operational; preoperational
  - (B) Concrete operational; formal operational
  - (C) Concrete operational; sensorimotor
  - (D) Sensorimotor; preoperational
  - (E) Sensorimotor; concrete operational

- 144.** Jean Piaget defined egocentrism as:
- (A) The belief that young adults don't listen to their parents
  - (B) The idea that preschool children cannot see things from another's point of view
  - (C) The understanding that young children cannot learn outside of a structured classroom
  - (D) The idea that young children are selfish and grow out of it over time
  - (E) The belief that children cannot do more than one task at a time
- 145.** According to Jean Piaget, what type of learning do individuals acquire during the formal operational stage?
- (A) Abstract thought
  - (B) Symbolism
  - (C) Memorization skills
  - (D) Visual learning
  - (E) Auditory learning
- 146.** An awareness that objects continue to exist when out of sight is called:
- (A) Mental images
  - (B) Sensory-motor
  - (C) Object permanence
  - (D) Object understanding
  - (E) Conservation
- 147.** According to Jean Piaget, children understand the concept of symbolism during which stage of development?
- (A) Sensory-motor
  - (B) Preoperational
  - (C) Concrete operational
  - (D) Formal operational
  - (E) Operational

- 148.** One major difference between assimilation and accommodation is that assimilation:
- (A) Is a process by which children use old methods to deal with new situations
  - (B) Is a process by which children change their thought process to meet the needs of their world
  - (C) Is a process by which children gain an understanding of the world around them
  - (D) Is a process by which individuals shape their lives based on learned observations
  - (E) Is a process by which individuals begin using hypothetical thinking skills
- 149.** According to Lawrence Kohlberg, during the preconventional stage of moral development children tend to:
- (A) Use abstract thoughts or principles to determine their behavior
  - (B) Make behavioral decisions based on legal issues
  - (C) Understand morality based on customs or values
  - (D) Interpret behavior in terms of concrete consequences
  - (E) Define good behavior as that which pleases other people
- 150.** During a discussion in class regarding cheating in school, a student argues, “Cheating is wrong; it is important to follow rules.” Lawrence Kohlberg would say this student is in what stage of moral development?
- (A) Preconventional
  - (B) Conventional
  - (C) Postconventional
  - (D) Nonconventional
  - (E) Advanced conventional
- 151.** As a preschooler, Emma has developed a number of cognitive and social skills that she will use to assume responsibility. According to Erik Erikson, what stage of psychosocial development is Emma in?
- (A) Trust versus mistrust
  - (B) Autonomy versus self-doubt
  - (C) Initiative versus guilt
  - (D) Industry versus inferiority
  - (E) Identity versus role confusion

- 152.** When Daniel begins walking, talking, and exploring, he is bound to get into conflict with his parents. If his parents punish his explorations, Daniel may develop a feeling that independence is bad. According to Erik Erikson, what stage of psychosocial development would this occur in?
- (A) Identity versus role confusion
  - (B) Industry versus inferiority
  - (C) Initiative versus guilt
  - (D) Autonomy versus self-doubt
  - (E) Trust versus mistrust
- 153.** According to Sigmund Freud, what is the correct order of the five psychosexual stages of development?
- (A) Oral, anal, phallic, early, genital
  - (B) Oral, anal, phallic, latency, genital
  - (C) Anal, phallic, latency, genital, oral
  - (D) Genital, oral, latency, phallic, anal
  - (E) Phallic, anal, oral, latency, genital
- 154.** If individuals successfully solve their problems during each stage of life, they will develop good social traits. If they do not, their problem-solving skills will be hindered, causing new problems at the next stage. Which psychologist(s) would agree with this statement?
- (A) Freud
  - (B) Piaget
  - (C) Erikson
  - (D) A and B
  - (E) A and C
- 155.** Monica is extremely neat and orderly. She cannot stand it when people touch things on her desk. She also has a problem lending money to even her closest friends. Freud would say she is stuck in what psychosexual stage?
- (A) Oral
  - (B) Anal
  - (C) Phallic
  - (D) Latency
  - (E) Genital



156. Jenna is extremely sarcastic. She uses this to cover up her low self-esteem. Freud would say she is stuck in which psychosexual stage?
- (A) Oral
  - (B) Anal
  - (C) Phallic
  - (D) Latency
  - (E) Genital
157. If a child believes stealing in order to save a life is OK because life is even more important than following the law, this child would be in what stage of moral development?
- (A) Level one: preconventional
  - (B) Level two: conventional
  - (C) Level three: postconventional
  - (D) Level four: operational
  - (E) Level five: formal operational
158. Which of the following statements is a major criticism of Jean Piaget's work with cognitive development?
- (A) Piaget failed to include clear age differences for his stages.
  - (B) Piaget placed too much emphasis on cognitive differences between young children and adolescents.
  - (C) Piaget overestimated the cognitive abilities of children.
  - (D) Piaget underestimated the cognitive abilities of children.
  - (E) Piaget gave little credit to other psychologists who helped him develop his theory.
159. The rooting reflex is an infant's tendency to:
- (A) Throw legs up in the air
  - (B) Wave arms when startled
  - (C) Open mouth and turn head when touched on the cheek
  - (D) Follow a moving object with eyes
  - (E) Grasp nearby objects
160. Harry Harlow's experiment with monkeys and surrogate mothers emphasized the importance of:
- (A) Satisfying hunger
  - (B) Body temperature
  - (C) Fulfilling needs
  - (D) Intrinsic motivation
  - (E) Contact

## Developmental Psychology: Adolescence and Adulthood

161. When adolescents were asked about their major concerns for their future, top answers on their lists were getting married, having friends, getting a job, and doing well in school. Each of these concerns involves the ability to understand abstract thought and concepts. According to Jean Piaget, what stage of cognitive learning is this?
- (A) Sensorimotor
  - (B) Preoperational
  - (C) Operational
  - (D) Formal operational
  - (E) Postoperational
162. While at her friend's party, Angelica begins to feel self-conscious because she assumes everyone is staring at her. According to David Elkind, what adolescent belief is Angelica feeling?
- (A) Imaginary audience
  - (B) Personal fable
  - (C) Awkwardness
  - (D) Insecure attachment
  - (E) Imaginary persona
163. Which of the following examples best illustrates a personal fable?
- (A) Talia feels insecure when she is making her presentation in front of her class.
  - (B) Lola feels as though no one else could possibly be so much in love as she is.
  - (C) Dina lies to her parents about going to her boyfriend's birthday party.
  - (D) Alexa is no longer interested in her schoolwork; all she wants to do is hang out with her friends.
  - (E) Joanna falls into a severe depression when her boyfriend breaks up with her.

- 164.** Authoritative parents can best be defined as:
- (A) Parents who befriend their children and do not use discipline
  - (B) Parents who are less controlling and behave with a more accepting attitude
  - (C) Parents who try to control the behavior of their children in accordance with a set standard of conduct
  - (D) Supportive parents who discuss their rules and policies with their children
  - (E) Parents who command obedience and teach their values with little communication
- 165.** According to Erik Erikson, what is one major conflict teenagers deal with during the identity versus role confusion stage of psychosocial development?
- (A) Finding a more purposeful life as an adult
  - (B) Achieving personal satisfaction
  - (C) Reflecting on previous life challenges
  - (D) Finding intimacy by developing loving relationships
  - (E) Achieving generativity through family relationships
- 166.** According to Robert Sternberg, what are the three components of love?
- (A) Passion, romance, attraction
  - (B) Commitment, intimacy, companionship
  - (C) Passion, intimacy, commitment
  - (D) Intimacy, trust, attraction
  - (E) Intimacy, companionship, attraction
- 167.** Carol Gilligan believed moral decision making is dependent primarily on which of the following?
- (A) Age
  - (B) Culture
  - (C) Religion
  - (D) Gender
  - (E) Nationality
- 168.** Which of the following parenting styles results in the most socially responsible adults?
- (A) Authoritarian
  - (B) Authoritative
  - (C) Permissive
  - (D) Autocratic
  - (E) Sensitive

- 169.** A failure to develop a consistent identity results in:
- (A) Role confusion
  - (B) Inferiority
  - (C) Insecurity
  - (D) Stagnation
  - (E) Social isolation
- 170.** According to Erikson, teachers, friends, and other people outside of the home first become important in shaping attitudes of a child during what psychosocial stage?
- (A) Autonomy versus self-doubt
  - (B) Initiative versus guilt
  - (C) Industry versus inferiority
  - (D) Integrity versus despair
  - (E) Trust versus mistrust
- 171.** Daniel Levinson studied:
- (A) Child development
  - (B) Adolescent behavior
  - (C) Death and dying
  - (D) Male adult psychosocial stages
  - (E) Female adult psychosocial stages
- 172.** According to Erikson, a child who is learning the importance of academic success in school based on receiving a report card is in what psychosocial stage?
- (A) Industry versus inferiority
  - (B) Generativity versus stagnation
  - (C) Identity versus role confusion
  - (D) Initiative versus guilt
  - (E) Integrity versus despair
- 173.** I am in my early fifties. If I do not reach out to others, especially young people, Erik Erikson says I will experience:
- (A) Shame
  - (B) Depression
  - (C) Isolation
  - (D) Stagnation
  - (E) Despair

174. According to Lawrence Kohlberg, behavior directed by self-accepted moral principles is an example of what stage of moral development?
- (A) Preconventional
  - (B) Conventional
  - (C) Postconventional
  - (D) Nonconventional
  - (E) Unconventional
175. According to Erik Erikson, as a young adult you are most interested in developing:
- (A) Initiative
  - (B) Integrity
  - (C) Generativity
  - (D) Trust
  - (E) Intimacy
176. Which group of stages from Erikson, Kohlberg, and Levinson identify the same phase of life?
- (A) Identity, conventional, age 50 crisis
  - (B) Generativity, postconventional, age 50 crisis
  - (C) Generativity, preconventional, midlife transition
  - (D) Intimacy, preconventional, midlife transition
  - (E) Initiative, conventional, age 30 crisis
177. According to Freud adolescents are in what psychosexual stage?
- (A) Oral
  - (B) Anal
  - (C) Phallic
  - (D) Latency
  - (E) Genital
178. Which three psychologists focused their work on adolescent development?
- (A) Freud, Kohlberg, Gilligan
  - (B) Gilligan, Erikson, Havighurst
  - (C) Havighurst, Elkind, Marcia
  - (D) Marcia, Levinson, Elkind
  - (E) Elkind, Freud, Piaget

- 179.** As children begin their elementary school years, they enter Erikson's stage of:
- (A) Trust versus mistrust
  - (B) Autonomy versus doubt
  - (C) Initiative versus guilt
  - (D) Industry versus inferiority
  - (E) Identity versus role confusion
- 180.** Robert Havighurst believed adolescents must:
- (A) Complete a series of tasks
  - (B) Fall in love
  - (C) Graduate college
  - (D) Get along with their parents
  - (E) Find a summer job

## Developmental Psychology: Death and Dying

- 181.** Claire just celebrated her 90th birthday with her family and close friends. According to Erik Erikson, she has probably achieved:
- (A) Isolation
  - (B) Integrity
  - (C) Despair
  - (D) Autonomy
  - (E) Stagnation
- 182.** Which is the correct order of the five stages of dealing with death or loss?
- (A) Denial, anger, bargaining, depression, acceptance
  - (B) Anger, denial, bargaining, depression, acceptance
  - (C) Bargaining, anger, denial, depression, acceptance
  - (D) Depression, bargaining, anger, denial, acceptance
  - (E) Depression, anger, denial, bargaining, acceptance
- 183.** Which of the following psychologists formulated a stage theory addressing our encounters with grief?
- (A) Sigmund Freud
  - (B) Erik Erikson
  - (C) Elisabeth Kubler-Ross
  - (D) Carol Gilligan
  - (E) Lawrence Kohlberg

- 184.** In late adulthood, individuals experience a decrease in which of the following?
- (A) Sexual desire
  - (B) Cognitive abilities
  - (C) Creativity
  - (D) Intellect
  - (E) Compassion for others
- 185.** Ethel, who is 80 years old, lost her husband last year, and her children hardly ever come to visit. She looks back on her life with a lot of regret. According to Erik Erikson she is experiencing:
- (A) Stagnation
  - (B) Depression
  - (C) Regression
  - (D) Despair
  - (E) Isolation



## Freudian Psychology

- 186.** Freud's psychodynamic theory of personality emphasizes:
- (A) The importance of early childhood experiences
  - (B) The importance of sibling rivalries
  - (C) The role genetics plays in personality development
  - (D) The nature-nurture debate
  - (E) The conscious thought process only
- 187.** To explain why we do things that we cannot explain, Freud used the concept of:
- (A) Conscious forces
  - (B) Subconscious tendencies
  - (C) Unconscious motivation
  - (D) Preconscious motivation
  - (E) Conscious association
- 188.** The Freudian technique in which clients are encouraged to talk about any thoughts that enter their mind to help with uncensored talk is called:
- (A) Unconscious motivation
  - (B) Free association
  - (C) Free analysis
  - (D) Freudian interpretation
  - (E) Psychodynamic theory
- 189.** Freud believed the mental process must have a source of energy called:
- (A) Ego
  - (B) Superego
  - (C) Id
  - (D) Conscious
  - (E) Unconscious

- 190.** As children learn they must follow rules and regulations in satisfying their wishes, they develop:
- (A) A superego
  - (B) An id
  - (C) An ego
  - (D) A preconscious
  - (E) An unconscious
- 191.** As infants discover that parents put restrictions on satisfying their wishes, infants learn to control their wishes. According to Freud they do this through the development of:
- (A) An id
  - (B) A superego
  - (C) An ego
  - (D) A conscious
  - (E) A subconscious
- 192.** Which of the following examples best illustrates the pleasure principle?
- (A) A student takes pleasure in reporting a fellow classmate for cheating.
  - (B) A new mother breastfeeds her infant.
  - (C) A corporate executive takes a vacation after working extremely hard the past month.
  - (D) A spoiled child acts out by throwing his toys at the wall when he doesn't get the Christmas gift he wanted.
  - (E) A mother and father fight about whether their son should have the privilege of staying out late to attend a party.
- 193.** A defense mechanism is best defined by Freud as:
- (A) A systematic process used to avoid confrontation
  - (B) A thought process that operates at an unconscious level to help an individual reduce anxiety
  - (C) The creation of acceptable excuses for unacceptable behavior
  - (D) The transfer of feelings from the unconscious to the conscious
  - (E) A thought process by which forbidden desires are acknowledged

- 194.** Todd has had a crush on Donna for the past year, but he does not have the courage to ask her out. He is frustrated with himself and begins taking a kickboxing class at his local gym. **This** scenario best illustrates which defense mechanism?
- (A) Displacement
  - (B) Projection
  - (C) Reaction formation
  - (D) Rationalization
  - (E) Sublimation
- 195.** Which of the following statements best illustrates rationalization?
- (A) Jay fails his math class and blames it on his teacher not liking him.
  - (B) After fighting with her best friend, Annie starts an argument with her mother.
  - (C) Janie feels so guilty about cheating, she confesses to her teacher.
  - (D) Conner is a heavy smoker but disregards all the evidence that says smoking can kill you.
  - (E) Jarred doesn't want to believe that his pastor could have molested his younger brother.
- 196.** Tom is still in love with his girlfriend, who broke up with him last week, but he acts as if he doesn't care and is actually happy to be rid of her. **This** is an example of which of the following defense mechanisms?
- (A) Regression
  - (B) Projection
  - (C) Sublimation
  - (D) Displacement
  - (E) Reaction formation
- 197.** According to Freud, what is the preconscious?
- (A) Another name for conscious
  - (B) The opposing force for the unconscious
  - (C) The part of the mind that is right below the conscious surface
  - (D) The part of the mind that works directly with the id
  - (E) The part of the unconscious that does not hold repressed desires

- 198.** According to Freud, in what stage of psychosexual development does the Oedipus complex take place?
- (A) Oral
  - (B) Anal
  - (C) Latency
  - (D) Phallic
  - (E) Genital
- 199.** The female version of the Oedipus complex is called
- (A) Victoria complex
  - (B) Isabella complex
  - (C) Pleasure complex
  - (D) Electra complex
  - (E) Octavia complex
- 200.** According to Freud's psychosexual theory of development, a man's repression of sexual urges is a result of which of the following?
- (A) Fixation in the latency stage
  - (B) Fixation in the oral stage
  - (C) Fixation in the anal stage
  - (D) Fixation in the genital stage
  - (E) Fixation in the phallic stage
- 201.** One major criticism of Freudian psychoanalytic theory is that it:
- (A) Focuses too much attention on sexual conflicts and fixations
  - (B) Assumes all behaviors are learned during childhood
  - (C) Is too pessimistic about the future of humanity
  - (D) Focuses too much attention on the id and not enough on the ego
  - (E) Gives too much power to conscious behavior
- 202.** A three-year-old boy is rejecting his father and only wants to be around his mother. Freud would theorize the child is going through which phase?
- (A) Electra complex
  - (B) Pleasure principle
  - (C) Oedipus complex
  - (D) Reality principle
  - (E) Latency period

- 203.** Grace realizes she got back an extra hundred dollars from the bank teller. She has to decide whether or not she should return to the bank and inform the bank teller of the mistake. Grace is currently in conflict between her:
- (A) Conscious and unconscious
  - (B) Id and superego
  - (C) Ego and superego
  - (D) Preconscious and unconscious
  - (E) Id and conscious
- 204.** A fixation in the oral stage will include all of the following behaviors *except*:
- (A) Overeating
  - (B) Low self-esteem
  - (C) Sarcasm
  - (D) Self-consciousness
  - (E) Aggressiveness
- 205.** James has been divorced twice. Now anytime he even goes out on a date with women, they tell him he is very misogynistic. James could be fixated in what psychosexual stage of development?
- (A) Oral
  - (B) Anal
  - (C) Phallic
  - (D) Latency
  - (E) Genital

## Personality Psychology

- 206.** The “anima,” “animus,” “persona,” and “shadow” are all:
- (A) Archetypes in the collective unconscious according to Carl Jung
  - (B) Parts of the drive for superiority according to Alfred Adler
  - (C) Components of Karen Horney’s beliefs on neurotic needs
  - (D) Terms used by Sigmund Freud to explain the Oedipus complex
  - (E) Roles encouraged by neo-Freudians
- 207.** Which theory of personality emphasizes the value and importance of unconditional positive regard with regard to relationships?
- (A) Psychoanalytic psychology
  - (B) Humanistic psychology
  - (C) Cognitive psychology
  - (D) Developmental psychology
  - (E) Behavioral psychology
- 208.** The “Big Five” personality characteristics are:
- (A) Emotionality, extroversion, openness, neuroticism, and agreeableness
  - (B) Anxiety, extroversion, agreeableness, neuroticism, and sociability
  - (C) Outgoing, conscientiousness, extroversion, agreeableness, and neuroticism
  - (D) Openness, conscientiousness, extroversion, agreeableness, and neuroticism
  - (E) Extroversion, neuroticism, anxiety, agreeableness, and openness
- 209.** Research shows that individuals with a type A personality are more prone to:
- (A) Extroversion
  - (B) Cardiac health problems
  - (C) Poverty
  - (D) Sexual dysfunction
  - (E) Psychoticism

- 210.** Which of the following statements is a good example of a Jungian archetype?
- (A) Owen, who is 37, still wants to please his domineering mother.
  - (B) Erica does not want anyone to know she uses food stamps.
  - (C) George runs for class president because he wants his classmates to believe he is a confident person.
  - (D) Tanya consciously strives to become the best golf player on her team.
  - (E) Joan, who is haunted by her memories of child abuse, seeks help by going to a psychotherapist.
- 211.** Which of the following tests is an example of a projective test, consisting of a set of ambiguous pictures about which people are asked to tell a story?
- (A) MMPI-2
  - (B) Rorschach
  - (C) LSAT
  - (D) TAT
  - (E) ASW
- 212.** Which of the following terms does *not* describe the assumption behind Carl Rogers's self theory?
- (A) Unconditional positive regard
  - (B) Congruency
  - (C) Self-actualization
  - (D) Empathic understanding
  - (E) Extraversion
- 213.** According to Carl Rogers, a client's personality is determined by measuring the difference between:
- (A) Introversion and extraversion
  - (B) Ideal self and real self
  - (C) Self-efficacy and self-esteem
  - (D) Persona and shadow
  - (E) Self-actualization and esteem needs

- 214.** According to Albert Bandura, self-efficacy is best described as:
- (A) The way in which an individual views his or her self-worth
  - (B) A voluntary decision to postpone a personal reward until a specific task is completed
  - (C) An individual's personal beliefs regarding how capable he or she is in controlling events and completing tasks
  - (D) An individual's social, political, and cultural views on issues that influence his or her learning potential
  - (E) An individual's beliefs about how much control he or she has over choices he or she has and decisions he or she makes
- 215.** Ted believes that when he graduates depends primarily on his motivation and determination. **T**his thought process is called:
- (A) Self-efficacy
  - (B) Self-actualization
  - (C) Social cognition
  - (D) Internal locus of control
  - (E) External locus of control
- 216.** Raymond Cattell claimed that 35 basic traits could describe all differences among personalities. He called these \_\_\_\_\_ traits.
- (A) External
  - (B) Internal
  - (C) Social
  - (D) Source
  - (E) Diverse
- 217.** The trait theory can best be defined as:
- (A) The analysis of how much personality or behavioral traits are influenced by genetics
  - (B) The analysis of the structure of personality by classifying similarities and differences in personality characteristics
  - (C) A factor analysis that studies common personality characteristics
  - (D) The organization of personality traits using specific categories to describe all characteristics
  - (E) Grouping individual behaviors based on interactions between particular personality characteristics



- 218.** A true-false self-report questionnaire that describes a wide range of normal and abnormal behaviors is called:
- (A) Thematic Apperception Test
  - (B) Validity Test
  - (C) Rorschach Test
  - (D) Objective Personality Test
  - (E) Minnesota Multiphasic Personality Inventory
- 219.** Complete the following statement: The \_\_\_\_\_ theory minimized the role of the unconscious.
- (A) Humanistic
  - (B) Trait
  - (C) Psychoanalytic
  - (D) Behaviorist
  - (E) Functionalist
- 220.** According to Carl Jung, the collective unconscious consists of:
- (A) Inherent tendencies to help people develop their true potential
  - (B) Mental processes of which we are unaware but which automatically influence our thought patterns
  - (C) Ancient memories and symbols that are passed down from birth and shared by all people in all cultures
  - (D) Forces that influence our behavior
  - (E) Biological drives shared by all people in all cultures
- 221.** Alfred Adler proposed that humans are motivated by:
- (A) Conscious drives
  - (B) Neurotic needs
  - (C) Empathic understanding
  - (D) Social urges
  - (E) Intrinsic motivation
- 222.** Which of the following neo-Freudians believed that the major influence on personality development is found in the child-parent social interaction?
- (A) Adler
  - (B) Horney
  - (C) Jung
  - (D) Rogers
  - (E) Bandura

- 223.** According to Alfred Adler, fictional finalism is best defined as:
- (A) The belief that people live by many ideals that have no relation to reality
  - (B) The desire people have to do good for their community
  - (C) An individual's need to be in complete control over his or her life
  - (D) The desire for power that all human beings innately struggle with
  - (E) The social urges all people are motivated by and the unique way individuals deal with those urges
- 224.** Neo-Freudians agree with Freud on all of the following basic ideas *except*:
- (A) Importance of the unconscious
  - (B) The division of the mind
  - (C) The use of defense mechanisms
  - (D) The importance of sexual drives and conflicts
  - (E) The protection of the ego
- 225.** The importance of our capacity for personal growth, development of our potential, and freedom to choose our destiny is the emphasis of which psychological theory?
- (A) Psychoanalytic psychology
  - (B) Existentialism
  - (C) Behaviorism
  - (D) Humanism
  - (E) Cognitive psychology

## Stress and Coping

226. Stress is *best* defined as:
- (A) A subjective evaluation of a situation that we believe to be overwhelming
  - (B) A threatening feeling that comes when we interpret a situation as more than our psychological or physiological resources can handle
  - (C) A potentially harmful situation from which we can potentially sustain some harm or damage
  - (D) A situation that we see as a challenge to our psyche
  - (E) A measure of how much we can handle a potentially threatening situation
227. Lamar was asked to give blood. He has a terrible fear of doing so. He automatically thinks this will have negative effects on his well-being. **T**his is an example of what type of appraisal?
- (A) Harm/loss
  - (B) Challenge
  - (C) Threat
  - (D) Stress
  - (E) Negative
228. Which of the following statements is true regarding the fight-flight response?
- (A) It can be triggered by physical stimuli that threaten our survival.
  - (B) It directs a great source of energy from the brain to the muscles.
  - (C) It calms the body down after the response to a stress stimuli has occurred.
  - (D) It stimulates the thyroid gland to release a stress hormone called adrenaline.
  - (E) It automatically reduces physiological stress triggers by slowing down the heart rate.

229. Physical symptoms such as headaches, muscle pain, and stomach problems brought on by psychological factors like worry and tension are called:
- (A) Resistance symptoms
  - (B) Prolonged stress symptoms
  - (C) Psychological symptoms
  - (D) Psychosomatic symptoms
  - (E) Appraisal symptoms
230. Stress appraisal stimulates which part of the brain?
- (A) Thalamus
  - (B) Hypothalamus
  - (C) Amygdala
  - (D) Cerebrum
  - (E) Medulla
231. When the adrenal medulla is activated by the sympathetic nervous system, \_\_\_\_\_ is secreted.
- (A) Epinephrine
  - (B) Dopamine
  - (C) Serotonin
  - (D) Acetylcholine
  - (E) Glycogen
232. What are the three stages of the general adaptation syndrome (GAS)?
- (A) Alarm, fight, relaxation
  - (B) Alarm, control, exhaustion
  - (C) Resistance, alarm, homeostasis
  - (D) Alarm, resistance, exhaustion
  - (E) Resistance, exhaustion, relaxation
233. Which of the following examples best illustrates frustration?
- (A) A basketball coach loses his temper when his team loses a game they should have won.
  - (B) Two wolves fight to become the leader of the pack.
  - (C) A child starts crying when his mother says good-bye to him in preschool.
  - (D) A spider eats a fly.
  - (E) A farmer kills a chicken to eat for dinner.

- 234.** When we balance the demands of a potentially stressful situation with our ability to meet these demands, it is called:
- (A) Secondary appraisal
  - (B) Threat appraisal
  - (C) Harm/loss appraisal
  - (D) Challenge appraisal
  - (E) Primary appraisal
- 235.** Eva's professor keeps telling her how the tests and quizzes she takes in his class are opportunities to demonstrate her understanding of the material. Eva's professor is attempting to elicit what kind of appraisal?
- (A) Harm/loss
  - (B) Threat
  - (C) Challenge
  - (D) Primary
  - (E) Secondary
- 236.** What effect do harm/loss appraisals have that challenge appraisals do not have?
- (A) Lower physiological arousal
  - (B) Higher levels of negative emotions
  - (C) More psychological stimulation
  - (D) A triggering of physiological arousal
  - (E) Increased activity of the parasympathetic nervous system
- 237.** In what stage of the general adaptation syndrome is there a breakdown to internal organs and a weakening of the immune system?
- (A) Alarm
  - (B) Resistance
  - (C) Exhaustion
  - (D) Relaxation
  - (E) Negative
- 238.** Just before her solo at her chorus concert, Charlene's heart begins to race and her face becomes flushed. According to Hans Selye, Charlene is in what stage of stress?
- (A) Alarm
  - (B) Resistance
  - (C) Exhaustion
  - (D) Primary
  - (E) Psychosomatic

239. Which of the following is *not* an example of a major source of stress?

- (A) Hassles
- (B) Change
- (C) Pressure
- (D) Frustration
- (E) Fear

240. Richard Lazarus's theory on stress emphasizes which of the following as the first step in experiencing stress?

- (A) Fear
- (B) Threat
- (C) Flight
- (D) Appraisal
- (E) Threat