

# Intro to Psychology Basics

Introduction To Psychology · Answer Key · 18 Questions

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## 1. What is the primary goal of psychology?

- A) To understand and explain thoughts, feelings, and behaviors.**
- B) To discover new planets in outer space.
- C) To invent new technologies for communication.
- D) To cure all diseases in the human body.

## 2. Which part of the brain is most involved in basic functions like breathing and heart rate?

- A) Brainstem**
- B) Cerebellum
- C) Cerebrum
- D) Amygdala

## 3. What is the process of learning through rewards and punishments called?

- A) Operant conditioning**
- B) Classical conditioning
- C) Observational learning
- D) Cognitive bias

## 4. The ability to remember specific events from your own life is known as what type of memory?

- A) Episodic memory**
- B) Semantic memory
- C) Procedural memory
- D) Working memory

## 5. What is the term for the study of how people change throughout their lifespan?

- A) Developmental psychology**
- B) Social psychology
- C) Clinical psychology
- D) Cognitive psychology

## 6. Which famous psychologist is known for his theory of classical conditioning?

- A) Ivan Pavlov**
- B) Sigmund Freud
- C) B.F. Skinner
- D) Jean Piaget

**7. What is the chemical messenger that carries signals between nerve cells in the brain?**

**A) Neurotransmitter**

- B) Hormone
- C) Enzyme
- D) Antibody

**8. The tendency for people to perform better on simple tasks when in the presence of others is called:**

**A) Social facilitation**

- B) Social loafing
- C) Deindividuation
- D) Bystander effect

**9. What is the basic unit of the nervous system?**

**A) Neuron**

- B) Cell
- C) Molecule
- D) Atom

**10. What is the psychological term for the ability to understand and share the feelings of another?**

**A) Empathy**

- B) Sympathy
- C) Apathy
- D) Antipathy

**11. The study of how our minds process information, such as thinking, memory, and problem-solving, is called:**

**A) Cognitive psychology**

- B) Behavioral psychology
- C) Psychoanalytic psychology
- D) Humanistic psychology

**12. What is the name of the process where we convert sensory information into a form that our brain can understand?**

**A) Transduction**

- B) Perception
- C) Attention
- D) Sensation

**13. Who is considered the founder of psychoanalysis?**

**A) Sigmund Freud**

B) William James

C) Carl Rogers

D) Albert Bandura

**14. What is the capacity to retain and recall information?**

**A) Memory**

B) Attention

C) Learning

D) Intelligence

**15. The part of the brain responsible for conscious thought, decision-making, and language is the:**

**A) Cerebrum**

B) Cerebellum

C) Brainstem

D) Spinal cord

**16. Learning by watching and imitating others is known as:**

**A) Observational learning**

B) Classical conditioning

C) Operant conditioning

D) Habituation

**17. What is the primary function of the amygdala in the brain?**

**A) Processing emotions, especially fear**

B) Regulating sleep-wake cycles

C) Coordinating voluntary movements

D) Storing long-term memories

**18. Which type of psychologist focuses on diagnosing and treating mental, emotional, and behavioral disorders?**

**A) Clinical psychologist**

B) Educational psychologist

C) Industrial-organizational psychologist

D) Sports psychologist