

Intro to Psychology Basics

Introduction To Psychology · Practice Test · 18 Questions

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