

Fundamentals of Psychology

Psychology · Practice Test · 20 Questions

1. What is the main organ of the human nervous system that controls behavior and thoughts?

- A) Heart
- B) Lungs
- C) Brain
- D) Stomach

2. Which term refers to the process of acquiring new knowledge or skills through experience?

- A) Learning
- B) Sleeping
- C) Digesting
- D) Breathing

3. What are the five primary senses humans use to perceive the world?

- A) Sight, smell, taste, touch, hearing
- B) Memory, logic, focus, sleep, hunger
- C) Reading, writing, math, art, music
- D) Love, hate, anger, joy, fear

4. Which part of the brain is primarily responsible for balance and coordination?

- A) Cerebellum
- B) Frontal lobe
- C) Hippocampus
- D) Brain stem

5. What is the term for the biological clock that regulates our sleep-wake cycle?

- A) Circadian rhythm
- B) Metabolism
- C) Reflex
- D) Instinct

6. In psychology, what is the 'nature vs. nurture' debate about?

- A) Genetics vs. environment
- B) Physics vs. chemistry
- C) Sports vs. academics
- D) Cooking vs. eating

7. Which chemical messenger transmits signals across the gap between two neurons?

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

8. What is the psychological term for the ability to remember past experiences?

- A) Memory
- B) Imagination
- C) Vision
- D) Reflex

9. Which emotion is typically associated with a physical 'fight or flight' response?

- A) Fear
- B) Happiness
- C) Relaxation
- D) Boredom

10. What is the name for a recurring pattern of behavior?

- A) Habit
- B) Dream
- C) Hallucination
- D) Phobia

11. What type of psychologist specializes in diagnosing and treating mental health conditions?

- A) Clinical psychologist
- B) Geologist
- C) Architect
- D) Dentist

12. Which term describes the unconscious or automatic movement in response to a stimulus?

- A) Reflex
- B) Thinking
- C) Decision
- D) Goal

13. What is the study of how people change and grow from infancy to old age called?

- A) Developmental psychology
- B) Marine biology
- C) Astronomy
- D) Botany

14. Which structure in the brain is often associated with the formation of new memories?

- A) Hippocampus
- B) Liver
- C) Kidney
- D) Lung

15. What is the definition of 'perception' in psychology?

- A) How the brain interprets sensory information
- B) The speed of a heart rate
- C) The act of closing your eyes
- D) Learning a new language

16. Which lobe of the brain is associated with planning, decision-making, and personality?

- A) Frontal lobe
- B) Occipital lobe
- C) Temporal lobe
- D) Parietal lobe

17. What is an irrational, extreme fear of a specific object or situation called?

- A) Phobia
- B) Habit
- C) Instinct
- D) Reflex

18. Which state of consciousness is characterized by reduced awareness of the surrounding environment?

- A) Sleep
- B) Exercise
- C) Problem-solving
- D) Conversation

19. What do psychologists call the basic unit of the nervous system?

- A) Neuron
- B) Cell body
- C) Atom
- D) Molecule

20. Which term describes the influence of peers on a person's choices and actions?

- A) Peer pressure
- B) Social media
- C) Independent thought
- D) Personal goal