# English for Specific Purposes World Resources

VOCABULARY FOR PSYCHOLOGISTS: SELF-CHECK EXERCISES Galina Kavaliauskienė Mykolas Romeris University, Vilnius, Lithuania

- The scientific study of behavior and mental processes is called A psychology B behavioral genetics C developmental psychology D social psychology
- 2 Nature versus nurture means
  A behavior versus mental processes B heredity versus environment
  C free will versus determinism
  D conscious behavior versus unconscious behavior
- Gestalt laws of organization
  A are general perceptual mechanisms B guide higher level knowledge, experience and motivation C consist of recognizing and processing information D are principals of organizing information into meaningful pieces
- 4 Depth perception is A binocular disparity B the ability to perceive distance in three dimensions C a monocular cue D a linear perspective
- 5 Circadian rhythms are A biological processes that occur regularly B fantasies that people create in sleep C represent unconscious wishes D the disguised meanings of dreams
- 6 Drug-stimulants are A alcohol B cocaine C heroin D cannabis
- 7 Depressants are A alcohol B morphine C LSD D amphetamines
- 8 Narcotics are A cocaine B barbiturates C heroin D ecstasy
- 9 Memory is the process of A initial recording of information B saving information for future use C retrieval of stored information D encoding, storing and retrieving information
- 10 Short-term memory holds information A from 15 to 25 seconds B from 1 to 5 seconds C from 3 to 5 minutes D up to an hour
- 11 Episodic memory is

A memory for factual information like faces, names, dates B memory for skills and habits C memory for events that occur in a particular place D memory for general knowledge and facts

12 Tip-of-the-tongue phenomenon is A the inability to recall information that a person knows B retrieving potentially relevant information C a search through memory D regarding whether the information is accurate

#### 13 Flashbulb memories are

A influenced by the meaning that people give to events B centered on a specific and important vivid event C stored in memory that bias how information is interpreted D memories of which people are not aware

#### 14 Decay is

A the loss of information in memory through its nonuse B the disruption in recalling information C forgetting earlier information D difficulty in the recall of new materials

#### 15 Thinking is

A the analysis of information B the recollection of information C the understanding of information D the manipulation of mental representations of information

#### 16 Concepts are

A typical examples B categorizations of objects, events or people with common properties C representations of the events or objects in the mind D unique sets of properties or features

#### 17 Steps in problem solving are

A judgment, preparation, production B preparation, production, judgment C production, judgment, preparation D diagnosing problems and generating solutions

#### 18 ental set is

A the tendency for old patterns of problem solving to persist B the tendency to think of an object in terms of its typical use C the tendency to favor information that supports initial hypothesis D the tendency to ignore contradictory information

19 Semantics is

A the rules that determine human thoughts B the rules that govern the meaning of words and sentences C the study of phonemes D the study of combining phrases to make sentences

20 Fluid intelligence

A reflects understanding of the world B reflects rational thinking C reflects reasoning, memory and information processing ability D reflects skills and learned strategies

## 21 Gardner's theory of multiple intelligencies describes A four intelligencies B six intelligencies C eight intelligencies D ten intelligencies

## 22 IQ takes into account

A an individual's mental and chronological ages B an individual's mental age C an individual's chronological age D deviations between the score and the average

## 23 Motivation

A determines inborn patterns of behavior B maintains a steady internal state C directs and energizes human behavior D maintains certain levels of stimulation and activity

## 24 Maslow's hierarchy pyramid shows motivation progress from

A biological needs to self-actualization B safety needs to self-esteem C love to belongings

- D physiological needs to safety
- 25 Body Mass Index (BMI) is based on

A a ratio of height to weight B a ratio of weight to height C 20% above the average weight D 20% above the average height

- 26 Negative emotions of anger are A jealousy and hostility B agony and guilt C horror and worry D grief and loneliness
- 27 Positive emotion of joy is A fondness B infatuation C bliss D love
- 28 Cross-sectional research

A compares people of different ages at the same time B studies people as they age C considers different age groups at several points in time D none of these

29 Fetus is

A a developed zygote that has human organs B a newborn child C a developing individual from 8 weeks after conception until birth D the new cell made by the union of sperm and an egg

- 30 In Erikson's theory of psychosocial development, people proceed through A 4 stages B 8 stages C 10 stages D 12 stages
- 31 According to Freud,

A personality consists of three components: the id, the ego, and the superego B personality consists of two components: conscious and unconscious C personality consists of fixations: conflicts or concerns D the id, the ego, and the superego do not exist in the brain

32 The Big Five personality Factors include

A independence, imagination, practicality, preference for variety, preference for routine B carelessness, carefulness, discipline, organization, impulsiveness C sociability, sympathy, friendship, anxiety, security D openness to experience, conscientiousness, extraversion, agreeableness, neuroticism

33 Stress is

A everyday annoyances B a phenomenon in which a person experiences vivid flashbacks C a negative consequence of tragic events D a person's response to challenging or threatening events

34 General Adaptation Syndrome (GAS) suggests that

A alarm and mobilization occur when people are unaware of a stressor B physiological response to stress does not depend on its cause C resistance helps to cope with a stressor D exhaustion occurs when a person is unable to adapt to the stressor

- 35 A personality characteristic "hardiness" consists of A commitment, challenge, and control B tolerance to threats C avoidant coping D defense mechanism
- 36 Abnormality

A is a deviation from the average B is the inability to function effectively C causes people to experience distress D all of these

37 Obsession is

A a persistent, unwanted idea that keeps recurring B an irresistible urge to carry out strange actions C intense fear of objects or situations D the panic attack that may last several hours

38 Hypochondriasis

A are psychological difficulties without medical cause B is complete or partial inability o move a leg / arm C is a disorder in which people have fear of illness D is a disorder when a person displays two or more personalities

39 Mania is

A the state of intense, wild elation B a disturbance in emotional experience C a severe form of depression D a severe distortion of reality

40 Psychoanalysis is

A the transfer of feelings to a psychoanalyst B Freudian psychotherapy which aims at releasing hidden unconscious thoughts C therapy to individuals or couples who have a national certification D therapy that usually regard common family problems

41 Aversive conditioning

A builds on the basic processes of learning, e.g. extinction and reinforcement B is a behavioral technique in which exposure to a stimulus is paired with relaxation C reduces the frequency of undesired behavior D helps people achieve a sense of calmness

42 Exposure is a treatment for

A anxiety in which people are confronted with a fear stimulus B people to accept who they are C people to teach them to change their cognitions about the world D people to restructure their belief system into a more logical set of views

- 43 Short-term therapy that focuses on current social relationships is known as A the group therapy B a family therapy C a person-centered therapy D interpersonal therapy
- 44 Schemas are

A sets of cognitions about people and social experiences B the cognitive processes which help people understand others and themselves C two contradictory attitudes or thoughts D message interpretations

45 A change in behavior or attitudes brought about by a desire to follow he standards of others is called

A social influence B conformity C compliance D social support

- 46 A change in behavior in response to the commands is A obedience B compliance C conformity D groupthink
- 47 A negative or positive evaluation of a particular group is known as A an attitude B discrimination C a stereotype D prejudice
- 48 The process of discharging built-up aggressive energy is called A catharsis B aggression C reciprocity D antisocial behavior

#### ANSWER KEY

1 A	2 B	3 D	4 B	5 A	6 B	7 A	8 C	9 D	10 A
11 C	12 A	13 B	14 A	15 D	16 B	17 B	18 A	19 B	20 C
21 C	22 A	23 C	24 A	25 B	26 A	27 C	28 A	29 C	30 B
31 A	32 D	33 D	34 B	35 A	36 D	37 A	38 C	39 A	40 B
41 C	42 A	43 D	44 A	45 B	46 A	47 D	48 A		