PY 101 Exam 2 Practice Questions

1. Jill tries shrimp for the first time and later that night gets sick. Now if she smells or even sees shrimp, she feels nauseous. What are the US, UR, CS, and CR for this example?

US – bad shrimp CS – smell or sight of shrimp

UR – illness CR – feel nauseous

1. A friend of mine used to go to aerobics class and the instructor would play a certain Sting song during the cool down. The cool down caused her heart rate to decrease. One morning she is driving to work and that same Sting song comes on the ratio. She notices that her heart rate decreases. What are the US, UR, CS, and CR for this example?

US – the cool down CS – Sting song

UR – heart rate decreases CR – heart rate decreases

1. All of the following are drugs classified as depressants except
2. Pentobarbital
3. Alcohol
4. **Marijuana**
5. Xanax
6. What do stimulant drugs do to neural firing rate?
   1. **increase it**
   2. decrease it
   3. there is no change in neural firing rate
   4. at first decrease it, and then increase it
7. Most hallucinogenic drugs are agonists for what neurotransmitter?
   1. Dopamine
   2. **Serotonin**
   3. Acetylcholine
   4. Endorphins
8. If you are having trouble sleeping, what should you look at first?
   1. How much and when you drink alcohol
   2. **How much and when you have caffeine**
   3. Your diet
   4. None of the above
9. Which of the following is NOT true of sleep?
   1. Sleep is thought to be important for helping us to remember information.
   2. There are many lifestyle changes you can make to improve the quality of sleep.
   3. During REM sleep, most people’s muscles are paralyzed.
   4. **If you are having trouble sleeping, the first thing you should do is try a sleeping pill**.
10. True or False, subliminal messages are often used to influence your behavior, at the movie theatre, for instance.

True

**False**

1. True or False, there is a lack of scientific research showing that meditation is beneficial for health.

True

**False**

1. Which of the following is the view that we sleep to keep us safe during the dark?
   1. Rest and Restoration
   2. The activation synthesis theory
   3. Freuds theory of unconscious conflicts
   4. **Following circadian rhythms**
2. True or False, all of our dreams occur during REM sleep.

True

**False**

1. Which part of a list of words are you least likely to remember?
   1. The beginning
   2. **The middle**
   3. The end
   4. You are equally likely to remember the words no matter where they fall in the list
2. What does the Sperling experiment illustrate?
   1. **That for a brief period of time we can remember about 12 items**
   2. That the average amount of remembered items is about 5-9
   3. That we can only remember about 4 items
   4. That the memory for a visual seen is echoic memory
3. Which type of EEG waves are most likely to be seen in deep sleep (stages 3-4)?
   1. Alpha
   2. Beta
   3. **Delta**
   4. Gamma
4. Which of the following is an operant response (as opposed to Pavlovian)?
   1. A blink
   2. A flinch
   3. **Running**
   4. Fear
5. Which of the following is NOT true of the Law of Effect?
   1. Behavior is a function of its’ consequences
   2. A satisfying event will be repeated
   3. An annoying event will not be repeated
   4. **It was proposed by B.F. Skinner**
6. True or **False,** REM sleep behavior disorder is classified as a type of insomnia.
7. True or **False**, you tend to overestimate the amount of sleep you get at night.
8. If I dream that a large monster is crouched on my chest and won’t move, this is most likely
   1. A night terror
   2. A Non REM dream
   3. Sleep Apnea
   4. **Both A and B**
9. All of the following are true of alcohol except
   1. At low doses it impairs judgement.
   2. **It only impairs driving ability at high doses**.
   3. At the level of anesthesia, alcohol is likely to cause death.
   4. It makes seizure-prone individuals less likely to have a seizure