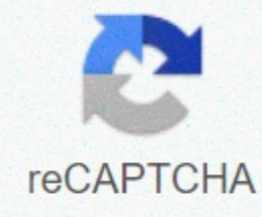




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# Introduction to psychology test 1 answers

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Supporting users have an ad free experience! Home Chapter Projects Quizlet Other Resources Practice vocabulary with these Hawkes' verified Quizlet sets. Sleep, mood, and arousal are all affected by serotonin. Serotonin is a neurotransmitter that regulates these activities in the brain depending on how much serotonin the brain is receiving. People who suffer from some forms of depression are said to have low levels of serotonin.2. The correct answer is (d), somatic.The somatic nervous system does two things. One, it transfers data to the central nervous system from the sense organs, muscles, and skin. This allows a person to feel pain, pressure, and temperature. Two, it sends information to the skeletal muscles from the central nervous system. This causes voluntary physical reactions. The somatic nervous system is a division of the peripheral nervous system.3. The correct answer is (e), sympathetic.The sympathetic nervous system is responsible for elevating blood sugar levels. Its job is to get a person ready to act by making him or her cognizant of something that is scary, exciting, or disturbing. The sympathetic nervous system does this by not only elevating blood sugar, but making the heart beat faster, minimizing digestion, and widening the arteries as well as stimulating sweat glands. Additionally, the sympathetic nervous system is one of the divisions of the autonomic nervous system. The other division of the autonomic nervous system is the parasympathetic nervous system.4. The correct answer is (a), autonomic.The autonomic nervous system is responsible for regulating a person's internal organs and glands, including some muscles. Generally, the autonomic nervous system works involuntarily, though it can work voluntarily. It consists of two divisions which control opposite functions. The two divisions of the autonomic nervous system are the sympathetic nervous system and the parasympathetic nervous system. The sympathetic nervous system is responsible for getting a person excited or alarmed, whereas the parasympathetic nervous system is responsible for what happens to a person in a state of relaxation, such as slowing down a person's heart rate, breathing, and digestion.5. The correct answer is (b), hippocampus.The hippocampus deals with the functioning of a person's memory. It is important to note that the brain is made up of a bunch of groups of neurons called neural networks. These neural networks have similar but unique jobs. Even though the networks or groups of neurons each have their own function, the groups often physically run through other parts of the brain. The hippocampus is a part of the limbic system.6. The correct answer is (b), perception.Perception is the mental development of a picture of one's environment.7. The correct answer is (c), sensation.Psychophysics is the part of psychology that deals with sensation. Sensation is the capacity one has to sense stimuli through the various senses.8. The correct answer is (d), sensory adaptation.A person experiences sensory adaptation when her awareness of a table in the kitchen diminishes to the point where she gives almost no thought to it. When people see certain items all the time, they stop taking note of them, diminishing sensitivity to these items. In order for attention to stimulus to remain constant, the stimulus must change in some way.9. The correct answer is (e), signal detection theory.Signal detection theory is dependent upon an individual's expectations, past experiences, and motivation. These psychological factors determine a person's capacity to give attention to stimulus. Psychology exams can be stress-inducing, but there is no need to panic as test day approaches. While there are no sure-fire shortcuts when studying for a psychology test, there are things that you can do to get the most out of your study time. Preparation is always the key to doing well on any exam, so by starting early and making the most of the time and resources that are available, you will feel better able to tackle the test and less likely to experience test anxiety. By following these relatively simple strategies, you can be sure that you'll be ready when test day arrives. 1 Hero Images / Getty Images Don't wait until the night before an exam to start hitting the books. From the very first day of class, establish a regular study schedule. Plan to spend at least one hour studying for every hour that you spend in class, but be prepared to set aside more time as you delve deeper into the subject. It is also important to consider your own abilities, weaknesses, and the subject-matter at hand when creating a study schedule. There might be certain areas where you excel that require less focused attention, while other areas might be much more of a struggle. Devise a study schedule that allows you to review all of the information covered in class and still spend extra time on those particularly difficult concepts. 2 Kristian Sekulic / Getty Images Class lectures are not a time to kick back and let the instructor drone on. Instead, focus on becoming an active listener and participant in psychology lectures and discussions. Read the assigned textbook material before each class session and make note of any questions you may have. During the lecture, take quality psychology notes that you can review later. Don't worry about writing down everything that the instructor says, but do try to outline major topics, ideas, and questions. Also remember, if the lecturer feels that something is important enough to write down on the board or overhead slide, then you should definitely include it in your lecture notes. There is a very strong probability that the information will end up appearing on your next test. 3 Howard Kingsnorth / Getty Images After taking careful psychology lecture notes, it is time to put them to good use. If you have a little time directly after class, sit down and spend 15 to 20 minutes going over your notes for the day. In addition to your regular review time, spend a few hours each week studying your notes in greater depth. Consider creating flashcards and practice tests to memorize vocabulary terms and psychological concepts. 4 Howard Kingsnorth / Getty Images Studying in small groups is a great way to challenge yourself, review important concepts, and discuss the theories you have learned in class. Ideally, you should form a group of about three to five individuals. Try to get together at least once a week to talk about the material from class lectures and assigned readings. Another option if you are unable to participate in a small study group is to attend study sessions hosted by the class instructor or teaching assistant. 5 Martin Shields / Getty Images Practice quizzes are a great way to determine which concepts you understand and which ones you still need to work on. In addition to developing your own quizzes, you can often find practice quizzes at the end of every chapter in your textbook. Another option is to look for psychology tests and quizzes on the Internet. 6 Christa Brunt / Getty Images As you learn about different psychological theories, think about how these concepts might apply in the real world. Consider examples from your own life or in the lives of people you know. For example, if you were reviewing Piaget's stages of cognitive development you could think of children you know who are at different points of development such as the preoperational and concrete operational stages. This type of study exercise is a great way to prepare for psychology tests, which often require students to identify examples of different psychological principles. 7 Philipp Nemenz / Getty Images Don't let yourself fall into a study rut. Instead, challenge yourself to learn the material in multiple ways and experiment with different study techniques. Using devices such as mnemonics, flash cards, practice exams, and group discussions helps reinforce the material in your memory. 8 Winslow Productions / Getty Images Many psychology textbook publishers also offer textbook websites that features a variety of different study tools for students. Flashcards, practice tests, and discussion boards are just a few of the tools that might be available with your textbook. Don't ignore these valuable resources! In many cases, your instructor might draw many of the test questions directly from the book publisher's test bank. 9 Blend Images - JGI/Jamie Grill / Getty Images While it may be tempting to focus on the easiest material, studying the most difficult concepts first is generally the best way to prepare for a psychology test. Tackling difficult material when your mind is fresh and active ensures that you'll have the mental energy and resources to fully focus on the material. Remember, however, to give yourself regular breaks during study sessions. If you are still struggling to understand certain concepts, make an appointment with your instructor to further discuss the material. 10 Hill Street Studios / Getty Images All the study hints, tips, and techniques cannot replace one of the key factors for succeeding on psychology tests – time. Study strategies are a great way to focus your attention and get the most value out of your study time, but it is essential to devote several hours each week to studying for each individual class. The rule of thumb that most universities suggest is that you should spend at least two hours studying for each and every hour you spend in class. While this time commitment may sound daunting, remember that you can break these hours up throughout the week. Spend some time coming up with a study schedule that works with your own life and personal obligations including school, family, and work. Thanks for your feedback! What are your concerns? Verywell Mind uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. Hartwig MK, Dunlosky J. 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