

► **Review Worksheet (continued)**

- _____ 8. Which of the following is(are) *not* a characteristic of a sound weight-control program?
- a. fasting and fad diets
 - b. reducing calorie intake
 - c. gaining better knowledge about nutrition
 - d. an exercise program
- _____ 9. What are desires for stimulation called?
- a. sensory deprivation
 - b. homeostasis
 - c. stimulus motives
 - d. instincts
- _____ 10. People who strive to move ahead in their careers demonstrate
- a. sensory deprivation.
 - b. sensory stimulation.
 - c. manipulation.
 - d. achievement motivation.
- _____ 11. Which of the following is a reward that would satisfy a person who was driven by learning goals?
- a. good grades
 - b. self-satisfaction
 - c. good income
 - d. praise from others
- _____ 12. Thinking and behaving in a way that fits one's beliefs reflect
- a. cognitive consistency.
 - b. achievement.
 - c. exploration.
 - d. sensory stimulation.
- _____ 13. People helping other people and joining groups demonstrate the need for
- a. cognitive consistency.
 - b. achievement.
 - c. affiliation.
 - d. sensory deprivation.
- _____ 14. A state of feeling is which of the following?
- a. need
 - b. emotion
 - c. drive
 - d. instinct
- _____ 15. What two emotions do psychologists believe are common to all people?
- a. love and fear
 - b. surprise and curiosity
 - c. anger and happiness
 - d. sadness and disgust
- _____ 16. What theory of emotion suggests that people's emotions follow bodily responses?
- a. James-Lange theory
 - b. opponent-process theory
 - c. the Cannon-Bard theory
 - d. theory of cognitive appraisal