

1. Define multicultural psychology and explain how it differs from traditional psychology.
2. Discuss the differences between racism as a biological construct and racism as a sociocultural construct, including how both of these ideas developed historically.
3. Describe four out of the six ways the term *culture* is used in everyday language (Kroeber & Kluckhohn, 1952; Berry, Poortinga, Segal, & Dasen, 1992). Give the definition and specific examples for each.
4. Discuss how the cases of O. J. Simpson, Trayvon Martin, and Michael Brown illustrate differences in worldview.
5. Describe at least four of the basic assumptions of multiculturalism as a philosophy.
6. Discuss the difference between *equality* and *equity*. Give specific examples to support your answer.
7. Describe the five levels of the biopsychosocial model and how behavior is explained at each of these levels.
8. Discuss three of the basic tenets of multicultural theory.
9. Discuss the rise of multiculturalism using specific examples.
10. What major themes emerge from the history of multiculturalism? Discuss at least three.
11. The term *culture* is typically used in everyday language to refer to all of the following *except*
 - A) regular or expected behaviors of a particular group.
 - B) different types of music, art, and dance.
 - C) food, clothing, history, and traditions.
 - D) genetic determinants of behavior.

12. Which of the following is NOT one of the six ways *culture* is used in everyday language?
- A) Genetic
 - B) Structural
 - C) Prescriptive
 - D) Historical
13. Which of the following best defines *descriptive culture*?
- A) The specific behaviors and activities associated with a culture
 - B) The rules that govern the behavior of a particular group
 - C) The specific attitudes and beliefs associated with a culture
 - D) A group's heritage and traditions
14. Traditional gender roles and machismo are examples of _____ culture.
- A) normative
 - B) structural
 - C) descriptive
 - D) historical
15. Psychologists who study culture say that *culture* refers to all of the following **except**
- A) the values of a particular group of people.
 - B) the guiding beliefs or principles of a particular group of people.
 - C) the behaviors or typical activities of a particular group of people.
 - D) an individual's personal thoughts and beliefs regarding likes and dislikes.
16. The textbook defines culture as the values, beliefs, and practices of a group of people, shared through symbols
- A) that die out from generation to generation.
 - B) and passed down from generation to generation.
 - C) that are only practiced by the elders in the population.
 - D) that represent the phenotypic features shared by the population.
17. Art, music, food, and language are all _____ of the values and beliefs of a cultural group.
- A) definitions
 - B) stages
 - C) symbol representations
 - D) racial categories

18. The field of multicultural psychology distinguishes between a(n) _____ and a _____ definition of culture.
- A) broad; diverse
 - B) individual; collective
 - C) broad; narrow
 - D) specific; diverse
19. A broad definition of culture includes
- A) physical ability
 - B) religion
 - C) sexual orientation
 - D) all of the above
20. Most people use the term *culture* to refer to someone's race, ethnicity, or country of origin. This is known as a _____ definition of culture.
- A) broad
 - B) narrow
 - C) modern
 - D) historical
21. What example was given in the textbook to illustrate differing worldviews?
- A) The O. J. Simpson trial
 - B) Global warming
 - C) World poverty
 - D) The spread of HIV
22. The dramatically different responses of the African American and European American communities to the O. J. Simpson trial were used in the textbook as an example of
- A) the historical development of racial categories.
 - B) important events in the history of multicultural psychology.
 - C) differing definitions of culture.
 - D) differences in worldview.
23. Which of the following cases illustrates differences in worldview?
- A) O. J. Simpson
 - B) Michael Brown
 - C) Trayvon Martin
 - D) All of the above

24. The cases of Trayvon Martin and Michael Brown were used in Chapter 1 to illustrate
- A) the “browning of America.”
 - B) definitions of culture.
 - C) the history of racism in this country.
 - D) differences in worldview.
25. Worldviews are shaped by
- A) our behaviors.
 - B) our past experiences.
 - C) our perceptions.
 - D) all of the above.
26. _____ is determined by both physical and cultural characteristics.
- A) Race
 - B) Ethnicity
 - C) Genotype
 - D) Nationality
27. *Race* differs from *culture* in that culture focuses on
- A) biological differences.
 - B) the shared attitudes and beliefs of a group.
 - C) the degree to which one assimilates to a new surrounding.
 - D) the socially constructed meaning of phenotypic differences.
28. From a biological perspective, *race* is determined by
- A) the shared attitudes and beliefs of a group.
 - B) the degree to which one assimilates into the dominant group.
 - C) phenotype, or the shared noticeable physical characteristics of a group.
 - D) the shared language and history of a group.
29. The scientific notion of race as a biological construct was first developed during the
- A) Age of Enlightenment.
 - B) prehistoric era.
 - C) Victorian era.
 - D) civil rights movement.

30. The earliest taxonomies placed human beings in categories based on
- A) behavioral and psychological characteristics.
 - B) genetic makeup.
 - C) cultural customs and traditions.
 - D) superficial phenotypic characteristics.
31. One of the most influential taxonomies of human beings, which still influences conceptualizations of race today, was developed by
- A) Friedrich Blumenbach
 - B) Charles Darwin
 - C) the ancient Egyptians
 - D) Sir Francis Galton
32. The _____ was a medieval belief in the hierarchical structure of all life in which those nearest the top of the hierarchy were considered closest to perfection, or to God.
- A) Origin of the Species
 - B) Survival of the Fittest
 - C) Great Chain of Being
 - D) Stairway to Heaven
33. During the 18th century, scientists began to include behavioral and psychological characteristics in their racial categories. This led to the development of race as a _____ construct.
- A) sociocultural
 - B) multicultural
 - C) biological
 - D) narrow
34. What forces influenced the development of different racial and cultural groups?
- A) Migration
 - B) Geographic isolation
 - C) Inbreeding
 - D) All of the above

35. Most differences between racial groups can be accounted for by
- A) the percentage of genes that are different between groups.
 - B) the fact that different racial groups represent different species within the human race.
 - C) patterns of migration and adaptation between the different groups.
 - D) none of the above—There are absolutely no differences in either genotype or phenotype between the groups.
36. According to Angier (2000), how much genetic variation occurs between populations?
- A) 88–90%
 - B) 10–12%
 - C) 0–5%
 - D) 100%
37. Why does race continue to be such a widely used concept in today's society?
- A) Because the term has become useful in our interpersonal, group, and societal relationships
 - B) Because of the known genetic difference between racial groups
 - C) Because scientific evidence supports the idea of significant genetic differences between racial groups
 - D) Because psychologists agree that race continues to be a useful term
38. _____ refers to the meaningful ways in which various social statuses (e.g., race, gender, social class) interact and result in differing experiences with oppression and privilege.
- A) Intersectionality
 - B) Worldview
 - C) Racism
 - D) Cross-cultural psychology
39. In his coming-out process, TaShaun struggled with the different parts of his identity. As a male, he has many privileges because he's in the dominant group. However, as a gay man, he faces homophobia, and as an African American, he faces racism. TaShaun's struggles around identity illustrate the concept of
- A) tolerance.
 - B) multicultural counseling and therapy.
 - C) intersectionality.
 - D) social institutions.

40. _____ refers to critical incidents where people from different cultural, ethnic, or linguistic backgrounds come into social contact with each other.
- A) Culture contact
 - B) Ethnical psychology
 - C) Ethnocentrism
 - D) Introspection
41. Which of the following statements is FALSE?
- A) Multiculturalism as a philosophy has influenced a wide range of disciplines.
 - B) Multiculturalism applies to settings in which more than one culture exists.
 - C) Multiculturalism as a philosophy only applies to the field of psychology.
 - D) Multiculturalism represents a set of beliefs about how different cultural groups should coexist.
42. The basic assumptions of multiculturalism include tolerance, respect, inclusion, sensitivity, and
- A) equity.
 - B) injustice.
 - C) socialism.
 - D) freedom.
43. In today's society, the term _____ has come to mean a fair, open, and objective attitude toward people and ideas that differ from yours.
- A) justice
 - B) tolerance
 - C) equity
 - D) inclusion
44. Which of the following statements is FALSE?
- A) Tolerance should be the minimum standard for multiculturalism.
 - B) Tolerance is the ideal standard for multiculturalism.
 - C) Multiculturalism should include valuing and appreciating differences.
 - D) Mutual enrichment should be the ideal standard of multiculturalism.
45. _____ assumes that everyone starts at the same level, while _____ recognizes not everyone has equal access.
- A) Equity; equality
 - B) Tolerance; sensitivity
 - C) Respect; social justice
 - D) Equality; equity

46. _____ means providing remedies for past social injustices to level the playing field of opportunity for various groups.
- A) Equality
 - B) Equity
 - C) Tolerance
 - D) Mutual enrichment
47. _____ says all schools should receive the same funding per student, regardless of the socioeconomic status of the students being served.
- A) Equity
 - B) Social justice
 - C) Equality
 - D) Multiculturalism
48. Under the Americans with Disabilities Act (ADA), public buildings must include accommodations so those with disabilities can have access to those places. Which basic assumption of multiculturalism does this illustrate?
- A) Freedom
 - B) Inclusion
 - C) Tolerance
 - D) Respect
49. Justin politely told his grandfather that today it is more appropriate to say “Asian” instead of “Oriental.” Which basic assumption of multiculturalism did Justin follow by doing this?
- A) Equity
 - B) Tolerance
 - C) Sensitivity
 - D) Racism
50. Suzanne strongly believes that all people, regardless of their background, deserve to have access to the same resources, such as quality housing, food, education, and health care. Which basic assumption of multiculturalism does this illustrate?
- A) Tolerance
 - B) Sensitivity
 - C) Equity
 - D) Respect

51. Which ideals represent a more action-oriented approach to multiculturalism?
- A) Empowerment, social justice, and social change
 - B) Capitalism, socialism, and communism
 - C) Tolerance, sensitivity, and respect
 - D) Equity, inclusion, and fairness
52. From an action-oriented perspective, multiculturalism is seen as
- A) a method to promote dialogue about our differences.
 - B) a philosophy.
 - C) a more effective method of counseling and psychotherapy.
 - D) a social, intellectual, and moral movement, with the goal of changing individuals, institutions, and society as a whole.
53. An action-oriented approach to multiculturalism says that we must work to implement policies and practices in schools, corporations, and the government to ensure everyone is treated equally and fairly. This represents change at what level?
- A) The individual level
 - B) The societal level
 - C) The cultural level
 - D) The social institutional level
54. What is the *Obama Effect*?
- A) The ability of Obama to get people of all races to vote for him
 - B) The proof we now live in a postracial society
 - C) The rise in racist incidents during Obama's presidency
 - D) The hypothesis that exposure to Obama produces positive changes in racial attitudes
55. What is the current conclusion from research results regarding the impact of Obama's success on racial attitudes?
- A) Obama's success has had a clear, positive impact on racial attitudes.
 - B) There has actually been a rise in racism since Obama took office.
 - C) Research results are mixed, so there is no solid conclusion about the impact of Obama on racial attitudes.
 - D) None of the above—No research results are out on this topic yet.

56. In 2013, Nina Davaluri was the first Indian American to win the Miss America pageant. In the wake of her victory, Ms. Davaluri received both hateful and supportive reactions. What does this example say about the current state of race relations in the United States?
- A) The United States is a country still plagued by racism.
 - B) The United States has made a lot of progress in terms of race.
 - C) The Miss America pageant is an outdated, sexist ritual.
 - D) Both a and b
57. All of the following groups voted for Obama **except**
- A) Women
 - B) Young people
 - C) People of color
 - D) Whites
58. *Multiculturalism* emphasizes all of the following **except**
- A) cultural pluralism.
 - B) analytic thinking involving multiple perspectives.
 - C) change at the individual, organizational, and societal levels.
 - D) the imposition of one's values and beliefs on others.
59. Multicultural psychology is primarily concerned with behavior, cognition, and affect as they occur
- A) in settings where everyone is the same.
 - B) at the biological level.
 - C) in settings where people of many different backgrounds coexist.
 - D) in inferior races of people.
60. One of the major premises of multicultural psychology is that
- A) all cultures are the same.
 - B) all behavior can be explained by genetic influences.
 - C) all behavior occurs in a cultural context.
 - D) culture is too complex to be understood or studied effectively.
61. While all groups showed an increase in numbers between the 2000 and 2010 Census, which of the following groups showed the largest increase?
- A) African American
 - B) White/European American
 - C) Hawaiian/Pacific Islander
 - D) Asian

62. In 2009 the U.S. Census Bureau reported that foreign-born and first-generation residents made up 12% of the entire U.S. population. Among the foreign born, where were more than half of them born?
- A) Asia
 - B) Europe
 - C) The Middle East
 - D) Latin America
63. What two major forces are responsible for the increasing diversification of the U.S. population?
- A) Immigration rates and birthrates
 - B) The wars in the Middle East and the economy
 - C) The increase in racism and discrimination
 - D) The conflict between the liberals and the conservatives
64. Which of the following groups has the highest birthrates?
- A) European Americans
 - B) African Americans
 - C) Mexican Americans
 - D) Vietnamese Americans
65. U.S. Census projections indicate that sometime in the next century the United States will become a _____ society.
- A) minority majority
 - B) majority minority
 - C) homogeneous
 - D) more tolerant
66. What does the “browning of America” mean?
- A) The increasing amount of pollution in our air and water
 - B) The destruction of the soil due to the use of pesticides
 - C) The changing population of the United States due to immigration and differing birthrates
 - D) The increased discrimination against immigrants

67. Which of the following is considered the “fourth force” in psychology?
- A) Psychoanalysis
 - B) Multicultural psychology
 - C) Humanistic psychology
 - D) Behaviorism
68. “We know that when we are stressed, our immune system is weakened, and we are more likely to get sick.” This quotation illustrates which level of the biopsychosocial model?
- A) Biological
 - B) Cultural
 - C) Social-interpersonal
 - D) Cognitive-affective
69. What is the final level of the biopsychosocial model?
- A) Cultural
 - B) Cognitive-affective
 - C) Social-institutional
 - D) Social-interpersonal
70. Which of the following is NOT one of the levels of the biopsychosocial model?
- A) Biological
 - B) Cultural
 - C) Psychological
 - D) Cognitive-affective
71. Lily felt that one reason she did poorly in school was because she came from a Korean family, and many Korean parents have high expectations for their children and pressure them to work hard and make good grades. It was hard for Lily to understand this mentality because, while her parents were born in Korea, she was born and raised in the United States. According to the biopsychosocial model, this is a _____-level explanation for Lily's poor grades.
- A) cultural
 - B) biological
 - C) social-institutional
 - D) cognitive-affective

72. The field of multicultural psychology evolved primarily out of _____.
- A) physiological psychology
 - B) social psychology
 - C) anthropology
 - D) clinical and counseling psychology
73. Which psychologist(s) developed a theory of multicultural counseling and therapy (MCT)?
- A) Sue, Ivey, and Pedersen
 - B) Sigmund Freud
 - C) Kohlberg and Gilligan
 - D) David Reimer
74. What is a *metatheory*?
- A) A theory about a specific aspect of human behavior
 - B) A generic theory that provides a framework for understanding other therapeutic approaches
 - C) A theory that integrates the best parts of all the other theories
 - D) There is no such thing as a metatheory.
75. Pastors, priests, rabbis, and other clergy are all considered
- A) professional therapists.
 - B) indigenous helpers.
 - C) unimportant in multicultural counseling and therapy.
 - D) multicultural psychologists.
76. Which of the following statements is FALSE regarding cultural identity?
- A) Cultural identity plays a major role in one's attitudes toward the self.
 - B) Cultural identity plays a major role in one's attitudes toward others in the same cultural group.
 - C) Cultural identity plays a major role in one's attitudes toward others in different cultural groups.
 - D) Cultural identity is influenced primarily by one's genetic makeup.
77. Therapists are most effective when they
- A) take into account the culture of the client.
 - B) assume all people are alike.
 - C) impose their own cultural values on clients.
 - D) see their own culture as the norm.

78. In multicultural counseling and therapy (MCT), therapists are trained to
- A) primarily work in private practice.
 - B) collaborate with other community resources in helping clients.
 - C) use their own culture as the standard by which to judge clients.
 - D) view cultural differences as irrelevant to the therapeutic process.
79. Cultural identity is composed of
- A) gender.
 - B) race.
 - C) sexual orientation.
 - D) all of the above.
80. Cultural identity is shaped by
- A) individual attitudes, feelings, and behaviors.
 - B) interactions with minority groups.
 - C) interactions with the dominant group.
 - D) all of the above.
81. Which term refers to the need for psychologists to break out of the traditional mode of thinking and go beyond the individualistic, Western perspective?
- A) Dynamic consciousness
 - B) Ethnocentrism
 - C) Liberation of consciousness
 - D) Cultural identity
82. _____ involves the ability of individuals to take perspective on their immediate cultural, social, and political environment and to engage in critical dialogue with it.
- A) Critical consciousness
 - B) Intersectionality
 - C) Multiculturalism
 - D) Social justice
83. Which term refers to the study of the minds of other races and peoples?
- A) Ethnical psychology
 - B) Racial psychology
 - C) Multicultural psychology
 - D) Multiethnic psychology

84. _____ is a movement that believes that only “good genes” should be passed from generation to generation and that “undesirable” groups should be prevented from reproducing.
- A) Ethnical psychology
 - B) Structuralism
 - C) Popular genetics
 - D) Eugenics
85. Early psychological research conducted by Europeans and European Americans on racial group differences often concluded that
- A) we are all members of one race, the human race.
 - B) Whites are inferior to other races.
 - C) members of other racial groups are inferior to Whites
 - D) Whites are higher in intelligence, but other groups are higher in personality.
86. The work of many of the first African American psychologists focused on
- A) proving White racial superiority.
 - B) refuting beliefs about Black mental inferiority.
 - C) developing psychological theories from an Afrocentric perspective.
 - D) ethnic identity.
87. The research findings of Clark and Clark's (1939) doll study played a crucial role in which of the following Supreme Court decisions?
- A) *Loving v. Virginia*
 - B) *Plessy v. Ferguson*
 - C) *Brown v. Board of Education*
 - D) *Roe v. Wade*
88. Which term refers to the tendency for people to use their culture as the standard for evaluating others?
- A) False consensus effect
 - B) Psychological reactance
 - C) Values-belief fallacy
 - D) Ethnocentrism

89. Which of the following best represents the conclusion of Carol Gilligan regarding studies on moral development and gender?
- A) Women are “less moral” than men.
 - B) Men are “less moral” than women.
 - C) Children's moral reasoning changes with age and maturity.
 - D) Factors at the biological, social-interpersonal, and cultural levels interact to result in the differing reactions of men and women to moral dilemmas.
90. When using Kohlberg's stages of moral development, Carol Gilligan found that _____ tended to based moral choices on abstract principles, such as justice and fairness.
- A) women
 - B) children
 - C) men
 - D) both men and women
91. The first generation of research on lesbian, gay, and bisexual (LGB) issues focused on
- A) depathologizing homosexuality.
 - B) LGB identity.
 - C) the coming-out process.
 - D) homosexuality as a psychological disorder.
92. Which of the following statements best reflects psychology's approach to multicultural issues?
- A) Open
 - B) Supportive
 - C) Responsive
 - D) Resistant
93. In the 1960s and 1970s minority groups responded to psychology's lack of interest in their concerns by
- A) forming their own special-interest organizations.
 - B) leaving psychology and going into other professions.
 - C) suing the American Psychological Association for discrimination.
 - D) assimilating into the mainstream of the American Psychological Association.

94. What office did the American Psychological Association (APA) establish in 1979 to handle issues related to cultural diversity?
- A) Division 45, The Society for the Study of Ethnic Minority Issues
 - B) The Association of Black Psychologists (ABPsy)
 - C) The Multicultural Competencies
 - D) The Office of Ethnic Minority Affairs (OEMA)
95. All of the following events mark the rise of multiculturalism in psychology **except**
- A) minority groups breaking away from APA and forming their own organizations.
 - B) publication of the Stanford-Binet Intelligence Test.
 - C) the organization of divisions within APA concerned with diversity issues.
 - D) Publication of the Multicultural Guidelines by APA.
96. What event in the history of multicultural psychology did Comas-Diaz (2009) say marked the mainstreaming of ethnicity, race, and culture into the field of psychology?
- A) *Brown v. the Board of Education*
 - B) The founding of the Association of Black Psychologists (ABPsy)
 - C) The establishment of APA Division 45, The Society for the Psychological Study of Ethnic Minority Issues
 - D) The establishment of the APA Office of Ethnic Minority Affairs (OEMA)
97. At which conference was the decision made that graduate training programs in psychology must include courses on multicultural issues?
- A) The Vail conference in 1973
 - B) The APA convention in 1968
 - C) The Dulles conference in 1977
 - D) The Multicultural Summit in 1999
98. Which conference marked the first official national gathering of ethnic minority psychologists?
- A) The Vail conference in 1973
 - B) The APA convention in 1968
 - C) The Dulles conference in 1977
 - D) The Multicultural Summit in 1999

99. Which event in the history of multicultural psychology had the stated purpose to bring together “scientists, practitioners, scholars, and students from psychology and related fields, to inform and inspire multicultural theory, research, and practice”?
- A) The National Multicultural Conference and Summit
 - B) The founding of the American Association of Black Psychologists
 - C) The Vail Conference
 - D) The Dulles Conference
100. What was the purpose of the first National Multicultural Conference and Summit in 1999?
- A) To discuss how to train professional psychologist to work with diverse populations
 - B) To discuss how psychology could address the growing mental health needs of historically marginalized groups and disenfranchised individuals
 - C) To enhance the role of psychologists of color in the field
 - D) To demonstrate the commitment of the American Psychological Association to multicultural issues
101. Which of the following is NOT a major theme in the history of multicultural psychology?
- A) The central role of culture, history, pride, and resilience in the experiences of historically marginalized and underrepresented groups
 - B) The movement toward de-emphasizing differences and emphasizing our common experiences as human beings
 - C) The influence of the deficit model in ethnic minority literature and research
 - D) The transition from ethnic minority psychology to multicultural psychology in an effort to seek allies and be more inclusive

Answer Key

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11. D
12. A
13. A
14. A
15. D
16. B
17. C
18. C
19. D
20. B
21. A
22. D
23. D
24. D
25. D
26. B
27. B
28. C
29. A
30. D
31. A
32. C
33. A
34. C
35. C
36. B
37. A
38. A
39. C
40. A
41. C
42. A
43. B
44. B

45. A
46. B
47. C
48. B
49. C
50. C
51. A
52. D
53. D
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59. C
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62. D
63. A
64. D
65. B
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68. A
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90. C

- 91. D
- 92. D
- 93. A
- 94. D
- 95. B
- 96. C
- 97. A
- 98. C
- 99. A
- 100. B
- 101. B