

c2

Student: _____

1. The most researched topic in psychology today is
 - A.
 - B.
 - C.
 - D.
2. Your description of what qualities encompass who you are defines your
 - A.
 - B.
 - C.
 - D.
3. Popular advocates of intuitive thinking believe that when judging others and ourselves we should
 - A.
 - B.
 - C.
 - D.
4. The text book defines the type of thinking that is reflective, deliberate, and conscious as
 - A.
 - B.
 - C.
 - D.
5. Which of the following represents and example of automatic thinking?
 - A.
 - B.
 - C.
 - D.

6. A research participant who suffered brain injury and whose vision has been reduced by the injury is shown a bunch of stimuli that could be perceived if she had normal vision. She is then tested on her accuracy of remembering the position of the objects as shown during the testing. She gets them all right. This is an example of
- A.
 - B.
 - C.
 - D.
7. Baldwin and his colleagues (1989) found that subliminal priming influences self-evaluations. They found that Catholic women who were invested in their faith rated themselves lower on various dimensions of their self-concept when exposed to a subliminal picture of a frowning Pope, relative to a frowning stranger or blank image. This study is an example of
- A.
 - B.
 - C.
 - D.
8. Nisbett and Schacter (1966) investigated whether people who were given a fake pill that supposedly gave them reactions mimicking those of being electrocuted would tolerate more shock than those who did not take any pills. They found that
- A.
 - B.
 - C.
 - D.
9. According to the text, several researchers investigated the effects of people's intuition about what factors affect their mood. Their results show that
- A.
 - B.
 - C.
 - D.

10. According to the text, people
- A.
 - B.
 - C.
 - D.
11. Epley and Dunning (2000) discovered that we can
- A.
 - B.
 - C.
 - D.
12. According to research cited in your text, people have difficulty predicting
- A.
 - B.
 - C.
 - D.
13. According to research in your text, people overestimate the enduring impact of emotion-causing negative events. For example,
- A.
 - B.
 - C.
 - D.
14. Carlos often thinks about his future and looks forward to graduating, getting married, and having children. He feels strongly that these events will make him a very happy man and he will feel a deep sense of contentment and satisfaction. According to the research by Wilson and Gilbert (2003) that has found that people often mispredict how they will feel at some point in the future, Carlos' beliefs about his future happiness
- A.
 - B.
 - C.
 - D.

15. Jan waited weeks to learn if she would land her dream job, then found out that she did get the job. When she finally starts the new job, which scenario is most likely to be true?
- A.
 - B.
 - C.
 - D.
16. Gilbert and his colleagues (2004) report that
- A.
 - B.
 - C.
 - D.
17. Wilson et al. (1989; 2002) found that
- A.
 - B.
 - C.
 - D.
18. Research suggests that drawing people's attention to _____ diminishes the usefulness of attitude reports in predicting behaviours driven by _____.
- A.
 - B.
 - C.
 - D.
19. Why might a large-scale survey *not* be the best method for a social psychologist to study self-knowledge?
- A.
 - B.
 - C.
 - D.

20. Which of the following is a practical implication of findings discussed in the chapter on the self?
- A.
 - B.
 - C.
 - D.
21. Research on self-knowledge suggests that
- A.
 - B.
 - C.
 - D.
22. The notion that we often have implicit attitudes that differ from our explicit attitudes defines the concept of
- A.
 - B.
 - C.
 - D.
23. According to the concept of dual attitudes, although _____ attitudes may change with education and persuasion, _____ attitudes change slowly, with practice that forms new habits.
- A.
 - B.
 - C.
 - D.
24. Jessica attends a friend's wedding wearing last year's fashions. Jessica feels as if everyone is looking at her and noticing her dress, and as a result, feels very self-conscious and uncomfortable. Her self-evaluations are related to the concepts of
- A.
 - B.
 - C.
 - D.

25. Cooley (1902) argued that we come to know ourselves by seeing our reflection in how we appear to others. Other people's judgments, then, help to shape what he called
- A.
 - B.
 - C.
 - D.
26. In your first year of university, it appeared that all your professors thought you were a very competent student. As a result, you enter second year confident of your academic abilities. This is an example of
- A.
 - B.
 - C.
 - D.
27. Baumeister and colleagues (2003) have researched the "dark side of self-esteem" and found that individuals with low self-esteem, when feeling bad or threatened, are more likely to
- A.
 - B.
 - C.
 - D.
28. If you wanted to improve the self-evaluations of your sales staff, when would be the best time to show them a video celebrating the achievements of a top sales representative?
- A.
 - B.
 - C.
 - D.

29. Monica was participating in a psychology experiment and was asked to discuss her sense of who she is. She mentioned that she is a psychology major, volleyball player, Canadian, woman, daughter, sister, and a volunteer. This definition of who Monica is best encompasses her
- A.
 - B.
 - C.
 - D.
30. Children that have just learned how to read tend to have more positive school self-concepts in classes with fewer students that know how to read. This fact reflects
- A.
 - B.
 - C.
 - D.
31. According to _____ theory, a ballet dancer who excelled during her time with a local dance company may find her self-esteem threatened once she joins a nationally famous dance company.
- A.
 - B.
 - C.
 - D.
32. We come to know ourselves in part by looking at others and evaluating our abilities and opinions in light of those others. This process is known as
- A.
 - B.
 - C.
 - D.

33. A person's overall self-evaluation or sense of self-worth constitutes his or her
- A.
 - B.
 - C.
 - D.
34. Our self-concept is often shaped by
- A.
 - B.
 - C.
 - D.
35. According to research by Abraham Tesser, who among the following is likely to have the strongest motive for self-esteem maintenance?
- A.
 - B.
 - C.
 - D.
36. Emily and her two sisters are all musicians. According to research on the self-esteem maintenance model, Emily will be most motivated to act in ways that maintain her own self-esteem if
- A.
 - B.
 - C.
 - D.
37. In an experiment by Bushman and Baumeister (1998), high-self-esteem individuals who had previously been criticized by their opponent were
- A.
 - B.
 - C.
 - D.

38. Which group of people is more likely to be obnoxious, to interrupt, and to talk at people rather than with them?
- A.
B.
C.
D.
39. According to the text, which people are more likely to be shy, modest, and self-effacing?
- A.
B.
C.
D.
40. Which group of people is somewhat more vulnerable to assorted clinical problems including anxiety, loneliness, and eating disorders?
- A.
B.
C.
D.
41. Which people, when feeling bad or threatened, are more likely to notice and remember others worst behaviours and to think their partners don't love them?
- A.
B.
C.
D.
42. Jenny, who has low self-esteem, has also recently experienced difficulties in her relationship with her boyfriend Travis. She
- A.
B.
C.
D.

43. Low self-esteem predicts increased risk of drug abuse, some forms of delinquency, and
- A.
 - B.
 - C.
 - D.
44. When facing failure, high-self-esteem people sustain their self-worth by
- A.
 - B.
 - C.
 - D.
45. Teen males who engage in sexual activity at an "inappropriately young age" tend to
- A.
 - B.
 - C.
 - D.
46. Teen gang leaders, extreme ethnocentrists, and terrorists tend to
- A.
 - B.
 - C.
 - D.
47. When they find their favourable self-esteem threatened, people often react by
- A.
 - B.
 - C.
 - D.

48. According to the text, when a youth with a big ego is threatened or deflated by social rejection, he or she is
- A.
 - B.
 - C.
 - D.
49. In response to a threat to self-esteem, high-self-esteem people become considerably more
- A.
 - B.
 - C.
 - D.
50. James is a highly narcissistic male with a big ego. He participates in a psychology experiment where he first received negative feedback from another student about his performance on a writing task, and then played a game against this student and won. As a result of winning, James was given the task of deciding the intensity and duration of an aversive auditory stimulus that would be played to the other student. According to research, James would have administered _____ auditory torture compared to people with normal self-esteem because wounded pride motivates _____.
- A.
 - B.
 - C.
 - D.
51. Research indicates that people with high self-esteem tend to
- A.
 - B.
 - C.
 - D.

52. Which groups of people is most likely to exhibit a defensive, self-aggrandizing form of self-esteem?
- A.
B.
C.
D.
53. Which people are more often found defending the victims of bullying?
- A.
B.
C.
D.
54. Which people feel secure self-worth without seeking to be the centre of attention?
- A.
B.
C.
D.
55. Which people are less likely to inflate those who like them and berate those who don't?
- A.
B.
C.
D.
56. Jordan and colleagues (2003, 2005) have found that individuals have two forms of self-esteem: explicit and implicit. When individuals show a high explicit self-esteem but negative implicit views of themselves, they are said to have _____ self-esteem. On the other hand, high explicit self-esteem and positive implicit views are associated with _____ self-esteem.
- A.
B.
C.
D.

57. The aspect of our self-concept that comes from our group memberships is called
- A.
 - B.
 - C.
 - D.
58. We are more likely to be conscious of our social identity when our social group
- A.
 - B.
 - C.
 - D.
59. According to social identity theory, when is Rose most likely to be aware of being female?
- A.
 - B.
 - C.
 - D.
60. Imagine that John is a white man attending a multi-racial support group for stay-at-home-parents. There are 40% Whites, 30% Blacks, and 30% Hispanics attending. Ninety percent of the group are mothers. John is most likely to be conscious of his identity as
- A.
 - B.
 - C.
 - D.
61. Our perceiving ourselves as musical, intellectual, artistic, or assertive constitutes our
- A.
 - B.
 - C.
 - D.

62. When information is relevant to our self-concepts, we process it quickly and remember it well. This concept is referred to as
- A.
 - B.
 - C.
 - D.
63. The self-reference effect illustrates that
- A.
 - B.
 - C.
 - D.
64. In a musical performance, Ayube makes a small mistake. Research on the self-reference effect suggests Ayube will
- A.
 - B.
 - C.
 - D.
65. Although you heard your teacher give everyone in your group feedback about your group presentation, you can really only recall her comments about your own particular role. Why might this be?
- A.
 - B.
 - C.
 - D.
66. John works out everyday. He also tends to notice others' bodies and athletic skills. Compared to Tim, who never works out and doesn't pay any attention to others' physiques, John probably has
- A.
 - B.
 - C.
 - D.

67. The images of what we dream of or dread becoming in the future constitute our _____ selves.
- A.
 - B.
 - C.
 - D.
68. Psychologists would consider your dream of becoming a famous politician and your recurrent fear of being unemployed to be part of your _____.
- A.
 - B.
 - C.
 - D.
69. The bottom-up view of self-esteem means _____.
- A.
 - B.
 - C.
 - D.
70. According to the "top-down" theory of global self-esteem, if Jerzy feels _____ about himself in general, he is likely to feel _____ about his ability to pass an exam.
- A.
 - B.
 - C.
 - D.
71. The top-down view of self-esteem holds that _____.
- A.
 - B.
 - C.
 - D.

72. Baumeister and Exline (2000) suggest that self-control
- A.
 - B.
 - C.
 - D.
73. People who learn a sense of helplessness by suppressing forbidden thoughts
- A.
 - B.
 - C.
 - D.
74. Martin Seligman notes a basic similarity between learned helplessness in dogs and _____ in people.
- A.
 - B.
 - C.
 - D.
75. Which of the following situations best portrays learned helplessness?
- A.
 - B.
 - C.
 - D.
76. Prisoners given some control over their environments (e.g., being able to move chairs, control TV sets, and switch the lights)
- A.
 - B.
 - C.
 - D.

77. Given that every time he falls in love with a woman he gets dumped no matter how hard he tries to please her, John has decided not to get involved in any love relationships with women. John's behaviour most clearly demonstrates
- A.
B.
C.
D.
78. Langer and Rodin found that nursing home residents improved in alertness, activity, and happiness if they were
- A.
B.
C.
D.
79. The experience of repeated uncontrollable bad events contributes to
- A.
B.
C.
D.
80. After moving into a nursing home and experiencing little control over his daily schedule, Mr. Roark became apathetic, stopped eating, and even seemed to lose the will to live. Mr. Roark's reaction most clearly illustrates
- A.
B.
C.
D.
81. Hospital patients trained to believe in their ability to control stress tend to
- A.
B.
C.
D.

82. Sometimes people exhibit a tendency to perceive themselves more favourably than the situation really dictates. This is known as:
- A.
 - B.
 - C.
 - D.
83. Which of the following is least representative of a self-serving bias?
- A.
 - B.
 - C.
 - D.
84. Which of the following statements is incorrect?
- A.
 - B.
 - C.
 - D.
85. We tend to _____ the commonality of our unsuccessful behaviours and _____ the commonality of our successful behaviours.
- A.
 - B.
 - C.
 - D.
86. In their study of young married Canadians, Ross and Sicoly reported a tendency for them to
- A.
 - B.
 - C.
 - D.

87. After receiving an examination grade, students who do well
- A.
 - B.
 - C.
 - D.
88. Jenny failed her last chemistry test. Which of the following conclusions would be most representative of a self-serving bias on Jenny's part?
- A.
 - B.
 - C.
 - D.
89. Research suggests that individual group members expect _____ rewards when their organization does well and _____ blame when it does not.
- A.
 - B.
 - C.
 - D.
90. According to research, students are more likely to rate themselves superior in _____ than in _____.
- A.
 - B.
 - C.
 - D.
91. Which of the following are not among the many facets of self-serving bias?
- A.
 - B.
 - C.
 - D.

92. Which of the following is particularly likely to increase our vulnerability to misfortune?
- A.
 - B.
 - C.
 - D.
93. Which of the following statements is true?
- A.
 - B.
 - C.
 - D.
94. In Scotland most late adolescents think they are much less likely than their peers to become infected by the AIDS virus. This best illustrates
- A.
 - B.
 - C.
 - D.
95. Lynne is an optimistic individual, and decides to go out one night to the casino to play some blackjack. Given her optimism, Lynne is most likely to
- A.
 - B.
 - C.
 - D.
96. University students perceive themselves as far more likely than their classmates to _____ and as far less likely to _____.
- A.
 - B.
 - C.
 - D.

97. Nearly half of all marriages end in divorce. Yet in a study of 137 applying for a marriage license, most rated their own chance of divorce as zero. This finding illustrates
- A.
B.
C.
D.
98. Jack cheats on his income taxes and consoles himself with the thought that everyone else probably cheats a little, too. This rationalization represents
- A.
B.
C.
D.
99. Marla objects when Tim asks her to help write his social psychology paper. "Come on", Tim whines, "we wouldn't be the only ones. Everyone's working together on it! The teacher doesn't really expect us to work alone." Tim's argument most clearly illustrates the
- A.
B.
C.
D.
100. Those who evade paying income tax but who give generously to charity will probably _____ the number of others who evade taxes and _____ the number of others who give generously to charity.
- A.
B.
C.
D.

101. The tendency to overestimate the commonality of one's opinions and undesirable behaviours is known as the
- A.
B.
C.
D.
102. The tendency to underestimate the commonality of one's abilities and desirable behaviours is known as
- A.
B.
C.
D.
103. Although Jeff frequently exceeds the speed limit by at least 10 kilometres per hour, he justifies his behaviour by erroneously thinking that most other drivers do the same. His mistaken belief best illustrates
- A.
B.
C.
D.
104. Brian watches smugly as the car ahead of his is pulled over for speeding. Although he has just slowed his vehicle to the speed limit, he considers himself the "only one on the road" who is obeying the speed limit. Brian's thinking most clearly reflects
- A.
B.
C.
D.

105. Those who drink heavily but use seat belts will _____ the number of other heavy drinkers and _____ the number of seat belt users.
- A.
B.
C.
D.
106. Which of the following is most likely to trigger a false uniqueness effect in your thinking?
- A.
B.
C.
D.
107. A comparison between how the self is viewed now and how the self was viewed in the past or how the self is expected to be viewed in the future is referred to as
- A.
B.
C.
D.
108. Research suggests that people maintain a positive view of themselves by downplaying (disparaging) their
- A.
B.
C.
D.
109. Temporal comparison occurs when we compare who we are with
- A.
B.
C.
D.

110. Wilson and Ross's studies of social comparison show that university students maintain a positive view of themselves by
- A.
 - B.
 - C.
 - D.
111. Ross and Wilson's (2002) study of temporal comparison shows that people perceive positive past selves as
- A.
 - B.
 - C.
 - D.
112. Research on the self has made it clear that people are motivated
- A.
 - B.
 - C.
 - D.
113. Which of the following is not one of the major sources of the self-serving bias?
- A.
 - B.
 - C.
 - D.
114. People whose self-esteem, is temporarily bruised — say by being told they did miserably on an intelligence test — are more likely to disparage others. Those whose egos have recently been _____ are more prone to self-serving explanations of _____.
- A.
 - B.
 - C.
 - D.

115. Mildly depressed people tend to
- A.
 - B.
 - C.
 - D.
116. Which of the following is true of the self-serving bias?
- A.
 - B.
 - C.
 - D.
117. According to the text, self-serving bias
- A.
 - B.
 - C.
 - D.
118. Participants who worked in groups were given false feedback that they had done either well or poorly. Results indicated that, in comparison to the members of unsuccessful groups,
- A.
 - B.
 - C.
 - D.
119. Tara and her friends are out shopping and she is having not feeling good about herself because she can't find any outfits she likes. She comments to her friends that she thinks she looks ugly in an outfit, seeking the reassurance from her friends that she looks fine. The best example of what Tara is engaging in is
- A.
 - B.
 - C.
 - D.

120. Students who were asked to write anonymously about "an important success experience"
- A.
B.
C.
D.
121. When presenting ourselves to others we sometimes put ourselves down or publicly extol an opponent's strength. According to the text, such false modesty is
- A.
B.
C.
D.
122. According to the text, the common practice of publicly exalting one's opponents before a big game likely serves a _____ function.
- A.
B.
C.
D.
123. People are most likely to resort to self-handicapping when
- A.
B.
C.
D.
124. Which of the following represents a way in which people self-handicap?
- A.
B.
C.
D.

125. David has an important tennis match in one week against the highest-rated player in the state. Instead of practising daily, David has actually reduced his playing time since knowing he would play such a formidable opponent. Which of the following may best describe David's behaviour?
- A.
 - B.
 - C.
 - D.
126. Experimental participants guessed answers to very difficult aptitude questions and were told they had done well. While they still felt lucky, they were given a choice of drugs to take before answering the remaining questions. Most chose to take the drug they believed would
- A.
 - B.
 - C.
 - D.
127. Creating a handy excuse for later failure in order to protect one's self-image is known as
- A.
 - B.
 - C.
 - D.
128. Tomorrow morning Harry Smith has an interview that will determine whether he will be accepted into medical school. Rather than getting a good night's sleep, he is going to an all-night party with his friends. From the material presented in the text, which of the following may best describe Harry's behaviour?
- A.
 - B.
 - C.
 - D.

129. The act of expressing oneself and behaving in ways designed to create a favourable impression or an impression that corresponds to one's ideals is referred to as

- A.
- B.
- C.
- D.

130. According to Leary (1998, 1999) self-esteem feelings are like a fuel gauge in that they alert us threatened social rejection, motivating us to

- A.
- B.
- C.
- D.

131. Self-presentation, self-handicapping, and self-monitoring all reflect human efforts at

- A.
- B.
- C.
- D.

132. People who score high on a scale of _____ tend to act like social chameleons: they adjust their behaviour in response to external situations.

- A.
- B.
- C.
- D.

133. The tendency to self-present modesty and restrained optimism is probably highest in

- A.
- B.
- C.
- D.

134. Discuss the influences that help us construct our own self-concept.
135. Give four examples of automatic thinking and discuss their implications for our self-concept.
136. What is the dual attitude system? Describe this, and provide an example identifying how these attitudes differ and what the implications are for psychological research.

137. What kinds of events or behaviours can threaten people with high self-esteem? How do people with high self-esteem react when their self-esteem is threatened?
138. What kinds of problems may be consequences of having a low self-esteem?
139. Discuss the evidence for the top-down view of self-esteem. From this perspective, how can we help people with low self-esteem?

140. What is learned helplessness? Apply this to an example that a student could face in a university or classroom setting.
141. Give an example of false consensus and an example of false uniqueness. Clearly label which is which.
142. Is the self-serving bias adaptive or maladaptive? Defend your view.

c2 Key

1.
(p. 37)

The most researched topic in psychology today is

- A.
- B.
- C.
- D.

*Myers - Chapter 02 #1
QT: Factual*

2.
(p. 37)

Your description of what qualities encompass who you are defines your

- A.
- B.
- C.
- D.

*Myers - Chapter 02 #2
QT: Definition*

3.
(p. 37)

Popular advocates of intuitive thinking believe that when judging others and ourselves we should

- A.
- B.
- C.
- D.

*Myers - Chapter 02 #3
QT: Factual*

4.
(p. 38)

The text book defines the type of thinking that is reflective, deliberate, and conscious as

- A.
- B.
- C.
- D.

*Myers - Chapter 02 #4
QT: Definition*

5.
(p. 38)

Which of the following represents an example of automatic thinking?

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #5
QT: Factual

6.
(p. 38)

A research participant who suffered brain injury and whose vision has been reduced by the injury is shown a bunch of stimuli that could be perceived if she had normal vision. She is then tested on her accuracy of remembering the position of the objects as shown during the testing. She gets them all right. This is an example of

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #6
QT: Conceptual

7.
(p. 39)

Baldwin and his colleagues (1989) found that subliminal priming influences self-evaluations. They found that Catholic women who were invested in their faith rated themselves lower on various dimensions of their self-concept when exposed to a subliminal picture of a frowning Pope, relative to a frowning stranger or blank image. This study is an example of

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #7
QT: Conceptual

8.
(p. 40)

Nisbett and Schacter (1966) investigated whether people who were given a fake pill that supposedly gave them reactions mimicking those of being electrocuted would tolerate more shock than those who did not take any pills. They found that

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #8
QT: Factual

9.
(p. 40)

According to the text, several researchers investigated the effects of people's intuition about what factors affect their mood. Their results show that

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #9
QT: Factual

10.
(p. 40)

According to the text, people

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #10
QT: Factual

11.
(p. 41)

Epley and Dunning (2000) discovered that we can

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #11
QT: Factual

12.
(p. 41-42)

According to research cited in your text, people have difficulty predicting

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #12
QT: Factual

13.
(p. 42)

According to research in your text, people overestimate the enduring impact of emotion-causing negative events. For example,

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #13
QT: Factual

14.
(p. 42)

Carlos often thinks about his future and looks forward to graduating, getting married, and having children. He feels strongly that these events will make him a very happy man and he will feel a deep sense of contentment and satisfaction. According to the research by Wilson and Gilbert (2003) that has found that people often mispredict how they will feel at some point in the future, Carlos' beliefs about his future happiness

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #14
QT: Conceptual

15.
(p. 42)

Jan waited weeks to learn if she would land her dream job, then found out that she did get the job. When she finally starts the new job, which scenario is most likely to be true?

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #15
QT: Conceptual

16.
(p. 43)

Gilbert and his colleagues (2004) report that

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #16
QT: Factual

17.
(p. 43-44)

Wilson et al. (1989; 2002) found that

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #17
QT: Factual

18.
(p. 43-44)

Research suggests that drawing people's attention to _____ diminishes the usefulness of attitude reports in predicting behaviours driven by _____.

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #18
QT: Factual

19.
(p. 44)

Why might a large-scale survey *not* be the best method for a social psychologist to study self-knowledge?

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #19
QT: Conceptual

20.
(p. 44)

Which of the following is a practical implication of findings discussed in the chapter on the self?

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #20
QT: Factual

21.
(p. 44)

Research on self-knowledge suggests that

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #21
QT: Conceptual

22.
(p. 44)

The notion that we often have implicit attitudes that differ from our explicit attitudes defines the concept of

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #22
QT: Definition

23.
(p. 44)

According to the concept of dual attitudes, although _____ attitudes may change with education and persuasion, _____ attitudes change slowly, with practice that forms new habits.

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #23
QT: Factual

24.
(p. 44-45)

Jessica attends a friend's wedding wearing last year's fashions. Jessica feels as if everyone is looking at her and noticing her dress, and as a result, feels very self-conscious and uncomfortable. Her self-evaluations are related to the concepts of

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #24
QT: Conceptual

25.
(p. 45)

Cooley (1902) argued that we come to know ourselves by seeing our reflection in how we appear to others. Other people's judgments, then, help to shape what he called

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #25
QT: Factual

26.
(p. 45)

In your first year of university, it appeared that all your professors thought you were a very competent student. As a result, you enter second year confident of your academic abilities. This is an example of

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #26
QT: Conceptual

27.
(p. 47-48)

Baumeister and colleagues (2003) have researched the "dark side of self-esteem" and found that individuals with low self-esteem, when feeling bad or threatened, are more likely to

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #27
QT: Factual

28.
(p. 45)

If you wanted to improve the self-evaluations of your sales staff, when would be the best time to show them a video celebrating the achievements of a top sales representative?

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #28
QT: Conceptual

29.
(p. 49)

Monica was participating in a psychology experiment and was asked to discuss her sense of who she is. She mentioned that she is a psychology major, volleyball player, Canadian, woman, daughter, sister, and a volunteer. This definition of who Monica is best encompasses her

- A.
- B.
- C.
- D.**

*Myers - Chapter 02 #29
QT: Conceptual*

30.
(p. 46)

Children that have just learned how to read tend to have more positive school self-concepts in classes with fewer students that know how to read. This fact reflects

- A.
- B.
- C.
- D.**

*Myers - Chapter 02 #30
QT: Conceptual*

31.
(p. 46)

According to _____ theory, a ballet dancer who excelled during her time with a local dance company may find her self-esteem threatened once she joins a nationally famous dance company.

- A.
- B.
- C.**
- D.

*Myers - Chapter 02 #31
QT: Conceptual*

32.
(p. 46)

We come to know ourselves in part by looking at others and evaluating our abilities and opinions in light of those others. This process is known as

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #32
QT: Definition

33.
(p. 46)

A person's overall self-evaluation or sense of self-worth constitutes his or her

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #33
QT: Definition

34.
(p. 46)

Our self-concept is often shaped by

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #34
QT: Factual

35.
(p. 46)

According to research by Abraham Tesser, who among the following is likely to have the strongest motive for self-esteem maintenance?

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #35
QT: Factual

36.
(p. 46)

Emily and her two sisters are all musicians. According to research on the self-esteem maintenance model, Emily will be most motivated to act in ways that maintain her own self-esteem if

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #36
QT: Conceptual

37.
(p. 47)

In an experiment by Bushman and Baumeister (1998), high-self-esteem individuals who had previously been criticized by their opponent were

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #37
QT: Factual

38.
(p. 47)

Which group of people is more likely to be obnoxious, to interrupt, and to talk at people rather than with them?

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #38
QT: Factual

39.
(p. 48)

According to the text, which people are more likely to be shy, modest, and self-effacing?

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #39
QT: Factual

40.
(p. 48)

Which group of people is somewhat more vulnerable to assorted clinical problems including anxiety, loneliness, and eating disorders?

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #40
QT: Factual

41.
(p. 48)

Which people, when feeling bad or threatened, are more likely to notice and remember others worst behaviours and to think their partners don't love them?

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #41
QT: Factual

42.
(p. 48)

Jenny, who has low self-esteem, has also recently experienced difficulties in her relationship with her boyfriend Travis. She

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #42
QT: Conceptual

43.
(p. 47)

Low self-esteem predicts increased risk of drug abuse, some forms of delinquency, and

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #43
QT: Factual

44.
(p. 47-48)

When facing failure, high-self-esteem people sustain their self-worth by

- A.
- B.
- C.
- D.

Myers - Chapter 02 #44
QT: Factual

45.
(p. 47)

Teen males who engage in sexual activity at an "inappropriately young age" tend to

- A.
- B.
- C.
- D.

Myers - Chapter 02 #45
QT: Factual

46.
(p. 47)

Teen gang leaders, extreme ethnocentrists, and terrorists tend to

- A.
- B.
- C.
- D.

Myers - Chapter 02 #46
QT: Factual

47.
(p. 47)

When they find their favourable self-esteem threatened, people often react by

- A.
- B.
- C.
- D.

Myers - Chapter 02 #47
QT: Factual

48.
(p. 47)

According to the text, when a youth with a big ego is threatened or deflated by social rejection, he or she is

- A.
- B.
- C.
- D.

Myers - Chapter 02 #48
QT: Factual

49.
(p. 47)

In response to a threat to self-esteem, high-self-esteem people become considerably more

- A.
- B.
- C.
- D.

Myers - Chapter 02 #49
QT: Factual

50.
(p. 47)

James is a highly narcissistic male with a big ego. He participates in a psychology experiment where he first received negative feedback from another student about his performance on a writing task, and then played a game against this student and won. As a result of winning, James was given the task of deciding the intensity and duration of an aversive auditory stimulus that would be played to the other student. According to research, James would have administered _____ auditory torture compared to people with normal self-esteem because wounded pride motivates _____.

- A.
- B.
- C.
- D.

Myers - Chapter 02 #50
QT: Conceptual

51.
(p. 53)

Research indicates that people with high self-esteem tend to

- A.
- B.
- C.
- D.**

*Myers - Chapter 02 #51
QT: Conceptual*

52.
(p. 49)

Which groups of people is most likely to exhibit a defensive, self-aggrandizing form of self-esteem?

- A.
- B.
- C.
- D.**

*Myers - Chapter 02 #52
QT: Conceptual*

53.
(p. 49)

Which people are more often found defending the victims of bullying?

- A.
- B.
- C.
- D.**

*Myers - Chapter 02 #53
QT: Conceptual*

54.
(p. 49)

Which people feel secure self-worth without seeking to be the centre of attention?

- A.
- B.
- C.
- D.**

*Myers - Chapter 02 #54
QT: Conceptual*

55.
(p. 49)

Which people are less likely to inflate those who like them and berate those who don't?

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #55
QT: Conceptual

56.
(p. 49)

Jordan and colleagues (2003, 2005) have found that individuals have two forms of self-esteem: explicit and implicit. When individuals show a high explicit self-esteem but negative implicit views of themselves, they are said to have _____ self-esteem. On the other hand, high explicit self-esteem and positive implicit views are associated with _____ self-esteem.

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #56
QT: Factual

57.
(p. 49)

The aspect of our self-concept that comes from our group memberships is called

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #57
QT: Definition

58.
(p. 49)

We are more likely to be conscious of our social identity when our social group

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #58
QT: Factual

59.
(p. 49)

According to social identity theory, when is Rose most likely to be aware of being female?

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #59
QT: Conceptual

60.
(p. 49)

Imagine that John is a white man attending a multi-racial support group for stay-at-home-parents. There are 40% Whites, 30% Blacks, and 30% Hispanics attending. Ninety percent of the group are mothers. John is most likely to be conscious of his identity as

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #60
QT: Conceptual

61.
(p. 50)

Our perceiving ourselves as musical, intellectual, artistic, or assertive constitutes our

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #61
QT: Factual

62.
(p. 50)

When information is relevant to our self-concepts, we process it quickly and remember it well. This is concept is referred to as

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #62
QT: Definition

63.
(p. 50-51)

The self-reference effect illustrates that

- A.
- B.
- C.
- D.

Myers - Chapter 02 #63
QT: Factual

64.
(p. 51)

In a musical performance, Ayube makes a small mistake. Research on the self-reference effect suggests Ayube will

- A.
- B.
- C.
- D.

Myers - Chapter 02 #64
QT: Conceptual

65.
(p. 50)

Although you heard your teacher give everyone in your group feedback about your group presentation, you can really only recall her comments about your own particular role. Why might this be?

- A.
- B.
- C.
- D.

Myers - Chapter 02 #65
QT: Conceptual

66.
(p. 50)

John works out everyday. He also tends to notice others' bodies and athletic skills. Compared to Tim, who never works out and doesn't pay any attention to others' physiques, John probably has

- A.
- B.
- C.
- D.

Myers - Chapter 02 #66
QT: Conceptual

67.
(p. 51)

The images of what we dream of or dread becoming in the future constitute our _____ selves.

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #67
QT: Definition

68.
(p. 51)

Psychologists would consider your dream of becoming a famous politician and your recurrent fear of being unemployed to be part of your

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #68
QT: Conceptual

69.
(p. 51)

The bottom-up view of self-esteem means

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #69
QT: Definition

70.
(p. 51)

According to the "top-down" theory of global self-esteem, if Jerzy feels _____ about himself in general, he is likely to feel _____ about his ability to pass an exam.

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #70
QT: Conceptual

71.
(p. 51)

The top-down view of self-esteem holds that

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #71
QT: Factual

72.
(p. 52)

Baumeister and Exline (2000) suggest that self-control

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #72
QT: Factual

73.
(p. 52)

People who learn a sense of helplessness by suppressing forbidden thoughts

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #73
QT: Factual

74.
(p. 52)

Martin Seligman notes a basic similarity between learned helplessness in dogs and _____ in people.

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #74
QT: Factual

75.
(p. 52)

Which of the following situations best portrays learned helplessness?

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #75
QT: Conceptual

76.
(p. 53)

Prisoners given some control over their environments (e.g., being able to move chairs, control TV sets, and switch the lights)

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #76
QT: Factual

77.
(p. 52-53)

Given that every time he falls in love with a woman he gets dumped no matter how hard he tries to please her, John has decided not to get involved in any love relationships with women. John's behaviour most clearly demonstrates

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #77
QT: Conceptual

78.
(p. 52-53)

Langer and Rodin found that nursing home residents improved in alertness, activity, and happiness if they were

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #78
QT: Factual

79.
(p. 52)

The experience of repeated uncontrollable bad events contributes to

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #79
QT: Factual

80.
(p. 52-53)

After moving into a nursing home and experiencing little control over his daily schedule, Mr. Roark became apathetic, stopped eating, and even seemed to lose the will to live. Mr. Roark's reaction most clearly illustrates

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #80
QT: Conceptual

81.
(p. 52-53)

Hospital patients trained to believe in their ability to control stress tend to

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #81
QT: Factual

82.
(p. 55)

Sometimes people exhibit a tendency to perceive themselves more favourably than the situation really dictates. This is known as:

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #82
QT: Definition

83.
(p. 55)

Which of the following is least representative of a self-serving bias?

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #83
QT: Conceptual

84.
(p. 55)

Which of the following statements is incorrect?

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #84
QT: Factual

85.
(p. 55)

We tend to _____ the commonality of our unsuccessful behaviours and _____ the commonality of our successful behaviours.

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #85
QT: Factual

86.
(p. 58)

In their study of young married Canadians, Ross and Sicolý reported a tendency for them to

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #86
QT: Factual

87.
(p. 56)

After receiving an examination grade, students who do well

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #87
QT: Factual

88.
(p. 55-56)

Jenny failed her last chemistry test. Which of the following conclusions would be most representative of a self-serving bias on Jenny's part?

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #88
QT: Conceptual

89.
(p. 56)

Research suggests that individual group members expect _____ rewards when their organization does well and _____ blame when it does not.

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #89
QT: Conceptual

90.
(p. 58)

According to research, students are more likely to rate themselves superior in _____ than in _____.

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #90
QT: Factual

91.
(p. 57)

Which of the following are not among the many facets of self-serving bias?

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #91
QT: Factual

92.
(p. 59)

Which of the following is particularly likely to increase our vulnerability to misfortune?

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #92
QT: Factual

93.
(p. 60)

Which of the following statements is true?

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #93
QT: Factual

94.
(p. 59)

In Scotland most late adolescents think they are much less likely than their peers to become infected by the AIDS virus. This best illustrates

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #94
QT: Factual

95.
(p. 59)

Lynne is an optimistic individual, and decides to go out one night to the casino to play some blackjack. Given her optimism, Lynne is most likely to

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #95
QT: Conceptual

96.
(p. 59)

University students perceive themselves as far more likely than their classmates to _____ and as far less likely to _____.

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #96
QT: Factual

97.
(p. 59)

Nearly half of all marriages end in divorce. Yet in a study of 137 applying for a marriage license, most rated their own chance of divorce as zero. This finding illustrates

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #97
QT: Factual

98.
(p. 60)

Jack cheats on his income taxes and consoles himself with the thought that everyone else probably cheats a little, too. This rationalization represents

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #98
QT: Conceptual

99.
(p. 60)

Marla objects when Tim asks her to help write his social psychology paper. "Come on", Tim whines, "we wouldn't be the only ones. Everyone's working together on it! The teacher doesn't really expect us to work alone." Tim's argument most clearly illustrates the

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #99
QT: Conceptual

100.
(p. 60)

Those who evade paying income tax but who give generously to charity will probably _____ the number of others who evade taxes and _____ the number of others who give generously to charity.

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #100
QT: Conceptual

101.
(p. 60)

The tendency to overestimate the commonality of one's opinions and undesirable behaviours is known as the

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #101
QT: Definition

102.
(p. 60)

The tendency to underestimate the commonality of one's abilities and desirable behaviours is known as

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #102

103.
(p. 60)

Although Jeff frequently exceeds the speed limit by at least 10 kilometres per hour, he justifies his behaviour by erroneously thinking that most other drivers do the same. His mistaken belief best illustrates

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #103
QT: Conceptual

104.
(p. 61)

Brian watches smugly as the car ahead of his is pulled over for speeding. Although he has just slowed his vehicle to the speed limit, he considers himself the "only one on the road" who is obeying the speed limit. Brian's thinking most clearly reflects

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #104
QT: Conceptual

105.
(p. 61)

Those who drink heavily but use seat belts will _____ the number of other heavy drinkers and _____ the number of seat belt users.

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #105
QT: Conceptual

106.
(p. 61)

Which of the following is most likely to trigger a false uniqueness effect in your thinking?

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #106
QT: Conceptual

107.
(p. 61)

A comparison between how the self is viewed now and how the self was viewed in the past or how the self is expected to be viewed in the future is referred to as

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #107
QT: Definition

108.
(p. 61)

Research suggests that people maintain a positive view of themselves by downplaying (disparaging) their

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #108
QT: Factual

109.
(p. 61)

Temporal comparison occurs when we compare who we are with

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #109
QT: Conceptual

110.
(p. 61)

Wilson and Ross's studies of social comparison show that university students maintain a positive view of themselves by

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #110
QT: Factual

111.
(p. 61)

Ross and Wilson's (2002) study of temporal comparison shows that people perceive positive past selves as

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #111
QT: Factual

112.
(p. 63)

Research on the self has made it clear that people are motivated

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #112
QT: Factual

113.
(p. 62)

Which of the following is not one of the major sources of the self-serving bias?

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #113
QT: Factual

114.
(p. 63)

People whose self-esteem, is temporarily bruised — say by being told they did miserably on an intelligence test — are more likely to disparage others. Those whose egos have recently been _____ are more prone to self-serving explanations of _____.

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #114
QT: Factual

115.
(p. 64)

Mildly depressed people tend to

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #115
QT: Factual

116.
(p. 64)

Which of the following is true of the self-serving bias?

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #116
QT: Factual

117.
(p. 64)

According to the text, self-serving bias

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #117
QT: Factual

118.
(p. 65)

Participants who worked in groups were given false feedback that they had done either well or poorly. Results indicated that, in comparison to the members of unsuccessful groups,

- A.
- B.
- C.
- D.

Myers - Chapter 02 #118
QT: Factual

119.
(p. 63)

Tara and her friends are out shopping and she is having not feeling good about herself because she can't find any outfits she likes. She comments to her friends that she thinks she looks ugly in an outfit, seeking the reassurance from her friends that she looks fine. The best example of what Tara is engaging in is

- A.
- B.
- C.
- D.

Myers - Chapter 02 #119
QT: Conceptual

120.
(p. 67)

Students who were asked to write anonymously about "an important success experience"

- A.
- B.
- C.
- D.

Myers - Chapter 02 #120
QT: Factual

121.
(p. 66)

When presenting ourselves to others we sometimes put ourselves down or publicly extol an opponent's strength. According to the text, such false modesty is

- A.
- B.
- C.
- D.

Myers - Chapter 02 #121

122.
(p. 66)

According to the text, the common practice of publicly exalting one's opponents before a big game likely serves a _____ function.

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #122
QT: Factual

123.
(p. 67)

People are most likely to resort to self-handicapping when

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #123
QT: Factual

124.
(p. 67)

Which of the following represents a way in which people self-handicap?

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #124
QT: Factual

125.
(p. 67)

David has an important tennis match in one week against the highest-rated player in the state. Instead of practising daily, David has actually reduced his playing time since knowing he would play such a formidable opponent. Which of the following may best describe David's behaviour?

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #125
QT: Conceptual

126.
(p. 67)

Experimental participants guessed answers to very difficult aptitude questions and were told they had done well. While they still felt lucky, they were given a choice of drugs to take before answering the remaining questions. Most chose to take the drug they believed would

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #126
QT: Factual

127.
(p. 67)

Creating a handy excuse for later failure in order to protect one's self-image is known as

- A.**
- B.
- C.
- D.

Myers - Chapter 02 #127
QT: Definition

128.
(p. 67)

Tomorrow morning Harry Smith has an interview that will determine whether he will be accepted into medical school. Rather than getting a good night's sleep, he is going to an all-night party with his friends. From the material presented in the text, which of the following may best describe Harry's behaviour?

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #128
QT: Conceptual

129.
(p. 68)

The act of expressing oneself and behaving in ways designed to create a favourable impression or an impression that corresponds to one's ideals is referred to as

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #129
QT: Definition

130.
(p. 68)

According to Leary (1998, 1999) self-esteem feelings are like a fuel gauge in that they alert us threatened social rejection, motivating us to

- A.
- B.
- C.**
- D.

Myers - Chapter 02 #130
QT: Conceptual

131.
(p. 68)

Self-presentation, self-handicapping, and self-monitoring all reflect human efforts at

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #131
QT: Factual

132.
(p. 68)

People who score high on a scale of _____ tend to act like social chameleons: they adjust their behaviour in response to external situations.

- A.
- B.**
- C.
- D.

Myers - Chapter 02 #132
QT: Definition

133.
(p. 69)

The tendency to self-present modesty and restrained optimism is probably highest in

- A.
- B.
- C.
- D.**

Myers - Chapter 02 #133
QT: Factual

134.
(p. 36-37)

Discuss the influences that help us construct our own self-concept.

Answers will vary

Myers - Chapter 02 #134

135.
(p. 38-39)

Give four examples of automatic thinking and discuss their implications for our self-concept.

Answers will vary

Myers - Chapter 02 #135

136.
(p. 44)

What is the dual attitude system? Describe this, and provide an example identifying how these attitudes differ and what the implications are for psychological research.

Answers will vary

Myers - Chapter 02 #136

137.
(p. 47-49)

What kinds of events or behaviours can threaten people with high self-esteem? How do people with high self-esteem react when their self-esteem is threatened?

Answers will vary

Myers - Chapter 02 #137

138.
(p. 46-47)

What kinds of problems may be consequences of having a low self-esteem?

Answers will vary

Myers - Chapter 02 #138

139.
(p. 51)

Discuss the evidence for the top-down view of self-esteem. From this perspective, how can we help people with low self-esteem?

Answers will vary

Myers - Chapter 02 #139

140.
(p. 52-53)

What is learned helplessness? Apply this to an example that a student could face in a university or classroom setting.

Answers will vary

Myers - Chapter 02 #140

141.
(p. 60-61)

Give an example of false consensus and an example of false uniqueness. Clearly label which is which.

Answers will vary

Myers - Chapter 02 #141

142.
(p. 63-65.)

Is the self-serving bias adaptive or maladaptive?
Defend your view.

Answers will vary

Myers - Chapter 02 #142

c2 Summary