Web Quiz

# Chapter 1: Welcome to Positive Psychology

1. Dr. Rodriguez is a positive psychologist interested in studying people who succeed in business. She reads the biographies of these successful people and uses qualitative coding procedures to determine what predicts success. What aspects of the interactions might warrant the most of her attention?

A. childhood history and positive emotions

\*B. human strengths and positive emotions

C. human strengths and quality of education

D. ACT/SAT/GRE scores and quality of graduate education

2. Which of the following missions of psychology have been largely forgotten until recently?

A. making the lives of people better and researching mental illness

B. nurturing genius and making psychology more accessible

C. researching mental illness and understanding the roots of personality

\*D. making the lives of people better and nurturing genius

3. Which of the following statements most accurately summarizes a fundamental theme of positive psychology?

A. focusing only on the good in the world

B. suppressing negative explanations of human nature

\*C. developing an inclusive approach that examines both people’s weaknesses and strengths

D. increasing people’s standard of living

4. What is the process by which people arrive at agreed-upon world views or definitions?

\*A. reality negotiation

B. cultural pluralism

C. scholarly construction

D. worldview manipulation

5. Freud’s definition of “normalcy” is \_\_\_\_\_\_.

\*A. the capacity to love, work, and play

B. the ability to leave behind unconscious conflicts

C. the capacity to overcome fixations

D. the capacity to self-actualize

6. Which of the following would NOT be an example of one of the steps in the “Personal Mini-Experiment” introduced by your authors in the first chapter of the text?

\*A. attribute your negative feelings about a future event to others’ weaknesses

B. repeat the phrase, “I chose how to focus my thoughts”

C. let go of what you want not to happen

D. identify three good things you would like to happen tomorrow

7. What is the best description of positive psychology?

\*A. the science and applications related to the study of human psychological strengths

B. the science and applications related to the study of happy people

C. the psychological study of healthy children and adolescents

D. the practice of examining historical accounts of positive events

8. Given what you learned in the introductory chapter of the text, which study do you think would be most appropriate for inclusion in the reference list?

A. Developmental Insults and the Influence on the Early Onset of Psychotic Symptoms

B. The Reliability and Validity of the Edwards Depressive Symptoms Inventory

\*C. Capitalizing on Human Strengths in Pursuit of Academic Success

D. The Role of the Prefontal Lobe in Passive-Aggressive Interactions

9. The question of “what is wrong with people” does not give us many insights into human nature.

A. True

\*B. False

10. Positive psychology is more about human interactions and less about science.

A. True

\*B. False

11. Reality resides in people’s perceptions of events and happenings in their worlds.

\*A. True

B. False

12. According to your authors, a good life will be the guaranteed outcome of full engagement in the pursuits of love, work, and play.

A. True

\*B. False

13. The United States of the 21st century is prosperous, stable, and poised for peace.

\*A. True

B. False