

The Schools of Psychology

Read the following sentences and decide which school of psychology would *most* agree with it. Use the following schools only: *Behavioral, Biological, Cognitive, Humanistic, & Psychoanalytical*. You should identify four different statements for each of the five schools.

- _____ 1. People are free spirits, and science will never be able to really understand what causes their behavior.
- _____ 2. Basically, our personalities are shaped and determined by the consequences for the things we do throughout our lives.
- _____ 3. I believe that hormonal changes, brain anomalies, and neurochemical differences help determine a person's actions.
- _____ 4. Difficulties often stem from a person's false sense of reality.
- _____ 5. Our body has an enormous impact on our feelings and emotions.
- _____ 6. Most of the time we do what we do in order to defend ourselves against "threats" that are hidden inside our own minds.
- _____ or
_____ 7. Most people's personalities are set by the time they are 5 or 6 years old. I don't think people really change much after that.
- _____ me.
_____ 8. All this talk of deep-rooted forces seems like garbage to me. We should just worry about what people actually do.
- _____ 9. I believe that an individual's mental processing is an important determinant of behavior.
- _____ 10. Science makes a mistake when it tries to take everything apart. If you want to understand a person, you have to look at him or her as a whole person who has value as an individual.
- _____ 11. The best thing about people is that we are free to make choices and direct our lives.
- _____ 12. Symptoms of depression are often the result of a chemical imbalance in the brain.
- _____ 13. Strong unconscious drives like sex and aggression cause people to behave in certain ways.
- _____ 14. I think that anyone could grow up to be a criminal if he or she was raised in the wrong environment.
- _____ 15. If someone is constantly thinking of negative things about himself, this could lead to mental problems or difficulty coping with life.

_____ 16. I think people are not really conscious of the kinds of hidden forces that direct their behavior.

_____ 17. The consequences that you receive for your behavior will shape your personality.

_____ 18. We are first and foremost thinking creatures able to compare the past with the present and make judgments.

_____ 19. The way we feel about ourselves and how we think others feel about us are the most important causes of our behavior.

_____ 20. Abnormal behaviors that are seen in several members of a family must have a genetic component.