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A Self-Teaching Guide

Frank J. Bruno, Ph.D.



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*To those who seek a greater
understanding of human behavior*

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Preface

To help you learn psychology on your own, *Psychology: A Self-Teaching Guide* employs the following distinctive features:

- Each chapter begins with a five-question true-or-false preview quiz; answers can be found near the end of a given chapter.
- Immediately following the quiz there is a short list of chapter objectives.
- Following each section there are one or several questions pertaining to the material in the section. The questions are of the fill-in-the-blank variety. Answers are provided immediately following the questions.
- A ten-question multiple-choice self-test appears toward the end of each chapter. Answers to the self-test immediately follow.
- A list of key terms appears at the end of each chapter.

How Do You Use the Book?

I hope that you will use the book by being an active, not a passive, learner. You can accomplish this by following a step-by-step process for each chapter:

1. Take the five-question true-or-false quiz. Even if you don't know an answer, make a guess. This will get you involved in the material. Turn to the answer key at the end of the chapter. Score the test. You should, of course, be pleased if you get four or five questions correct. On the other hand, don't be concerned if you only get two or three correct. Obviously, you haven't studied the material yet. The purpose of the quiz is to break the ice, verify what you already know, and give you a preview of what is to come in the chapter.
2. Preview the chapter objectives. Determine if to give you some idea of what you need to pay attention to in the chapter. The objectives help to give your study focus and direct you to what is of particular importance in the chapter.
3. Read each section and pay particular attention to the emphasized terms and their meanings.
4. Respond to the fill-in-the-blank sentences at the end of each section before moving on to the next one. Attempt the answers through the use of mental

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