

## Test 1: Rosenhan, Humanistic Psychology, Adolescence

Questions you may have to answer... All questions are either identifying a term or terms or characteristics, or writing a sentence.

### Rosenhan

1. How did patients get admitted to a mental institution, and how did they act and talk about themselves afterwards?
2. How did the label of schizophrenia affect the way doctors interpreted the fake patients' behavior?
3. What was the fake patients' diagnosis on discharge?
4. What was the longest, shortest, and average stay in the mental institution for fake patients?

### Humanistic Psychology

1. According to Carl Rogers, what are the two characteristics of the self, or inner nature?
2. According to Carl Rogers, what are the two most important needs that human beings are trying to satisfy?
3. What is the difference between Conditional and Unconditional Positive Regard?
4. List the needs of the hierarchy of needs, in order.
5. List 5 characteristics of a peak experience.
6. Define presence, according to Amy Cuddy.
7. List 5 qualities of self-actualized people.
8. What are the two characteristics of an activity that are needed to create the experience of "flow," according to Csikszentmihalyi? (note: you will also have to spell this guy's last name on the test... just kidding)
9. List the 4 techniques of Humanistic person-centered therapy.