

Chapter 15

PSYCHOLOGICAL TESTS

Section 1: What Are Psychological Tests?

Section 2: Measuring Achievement, Abilities,
and Interests

Section 3: Personality Tests

Section 4: Taking Tests

Question: What are the purposes and characteristics of psychological tests?

PURPOSES OF PSYCHOLOGICAL TESTS

- Psychological tests can be used to help people make important decisions
- Psychological tests assess abilities, feelings, attitudes, and behaviors

Question: What are the purposes and characteristics of psychological tests?

CHARACTERISTICS OF PSYCHOLOGICAL TESTS

For a psychological test to be useful and reasonably accurate, it has to be:

- Standardized – one that is administered and scored the same way every time
- Reliability and Validity – consistency and honesty
- Norms for Scoring – established standards of performance

Question: How are achievement tests, aptitude tests, and interest inventories used?

WHAT TESTS DO

- Achievement Tests – measure people’s skills and the knowledge they have in specific academic areas
- Aptitude Tests – measure more specific abilities or skills and are generally used to determine whether a person is likely to do well in a given field of work or study

Question: How are achievement tests, aptitude tests, and interest inventories used?

WHAT TESTS DO *(continued)*

- Interest Inventories – help people determine whether their interests are similar to those of people in various lines of work

Question: What are the two kinds of personality tests, and what are their uses?

TWO KINDS OF PERSONALITY TESTS

- *Objective Tests* – present test takers with a standardized group of test items in the form of a questionnaire
- *Projective Tests* – have no clearly specified answers and use an open-ended format

Question: What are the two kinds of personality tests, and what are their uses?

USES OF PERSONALITY TESTS

Personality tests are used to describe and measure various aspects of people's personalities and sometimes help diagnose psychological disorders and problems

Question: What are some strategies for taking tests and for avoiding test anxiety?

STRATEGIES FOR TAKING TESTS AND AVOIDING ANXIETY

- Gather Information – learn where and when the next test will be given
- Practice – plan regular study periods
- Be Test-Wise – read directions carefully and bring materials necessary to take the test

Question: What are some strategies for taking tests and for avoiding test anxiety?

STRATEGIES FOR TAKING TESTS AND AVOIDING ANXIETY *(continued)*

- Be Prepared – review the material regularly
- Overlearn – review the material over and over again
- Think Helpful Thoughts – a method of coping called *cognitive restructuring*

Question: What are the uses and features of psychological tests?

Psychology Tests	
Uses of	Features