



University Learning in Schools

Psychology

**Myth-busting the Brain: Myth
or True?**

Lesson 1



Myth or True?

1. Obsessive Compulsive Disorder patients over-focus on cleaning routines.
2. Subliminal messages can persuade people to purchase products.
3. Playing Mozart's music to infants boosts their intelligence.
4. Adolescence is inevitably a time of psychological turmoil.
5. Most people experience a midlife crisis in their 40s or early 50s.
6. Human memory works like a tape recorder or video camera.
7. Hypnosis is useful for retrieving memories of forgotten events.
8. Individuals commonly repress their memories of traumatic experiences.
9. Pupils learn best when teaching styles are matched to their learning styles.
10. People can learn information, like new languages, while asleep.
11. The polygraph ("lie detector") is an accurate way of detecting dishonesty.
12. We are most romantically attracted to people who differ from us.
13. Our handwriting reveals our personality traits.
14. People with schizophrenia have multiple personalities.
15. There has been a large recent increase in autism diagnoses.
16. Electroconvulsive ("shock") therapy is a physically dangerous and brutal treatment.
17. The brain is well designed.