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VIDEO GUIDE · UNIT 0 · TOPIC 0.3

Regression toward the Mean

Watch the lesson

Name _____ Class _____ Date _____

NOTES: FILL IN THE BLANKS WHILE YOU WATCH

The idea

1. _____ is the tendency for unusually extreme performances to be followed by performances closer to the person's typical performance.
2. Every performance reflects stable factors (e.g., skill) and temporary factors (e.g., fatigue, chance); extreme results often come from temporary factors lining up, so later results tend to move back toward the person's _____ .
3. Because one result is a tiny _____ , psychologists are cautious about drawing conclusions from a single unusually good or bad result.

In research

4. When participants are chosen for extreme scores, a _____ that started just as extreme shows how much change is only regression.
5. Only the extra improvement in the _____ can be credited to the treatment.

CHECK YOUR UNDERSTANDING

1. A coach praises players after their best games and criticizes them after their worst. Praised players usually play worse next game; criticized players usually improve. What best explains this pattern?

(A) Praise makes players overconfident

(B) Criticism motivates players more than praise

(C) Players' skill levels change from game to game

(D) Extreme performances tend to be followed by more typical ones

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2. A new salesperson posts an unusually huge sales total in her first week. Her manager predicts she'll be the top seller all year. Why should he be cautious?

(A) First-week results always predict the whole year

(B) Temporary factors may have lined up in her favor, so later weeks will likely be closer to her typical level

(C) Regression toward the mean means she will soon sell far below average

(D) Her skill is a temporary factor that will disappear

3. A golfer who usually shoots around 80 shoots a 68 on a windless day with several lucky bounces. Her next round will most likely be closer to 80. Why?

(A) Her skill, a stable factor, declined after the round

(B) Shooting a 68 made her overconfident

(C) Temporary factors such as calm weather and luck are unlikely to line up the same way again

(D) One round is a large enough sample to predict her future scores

NOTES

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