1. Which of the following statements regarding HORMONES is CORRECT?
   1. they travel through the blood stream
   2. they act quickly
   3. they have only short-term effects on the body
   4. they can bind to receptors on target cells
2. Neurons communicate primarily using which of the following?
   1. proteins
   2. hormones
   3. cytokines
   4. neurotransmitters
3. The endocrine system primarily communicates using which of the following?
   1. neurotransmitters
   2. hormones
   3. cytokines
   4. proteins
4. When a cell releases a signaling molecule that ACTS ON ITSELF, this is said to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ signaling.
   1. paracrine
   2. ligand-gated communication
   3. autocrine
   4. G-couple protein communication
5. OSMOSIS is most accurately describes as which of the following?
   1. facilitated diffusion of water
   2. the diffusion of water molecules
   3. pinocytosis or 'cell drinking'
   4. receptor-mediated endocytosis
6. A cell is placed into a solution with a lot of dissolved particles. There are more solutes outside the cell than inside the cell. Which of the following affects is likely to occur?
   1. Nothing, because it is in an isotonic environment.
   2. The cell SWELLS, because it is in a HYPOTONIC environment.
   3. The cell SHRINKS, because it is in a HYPERTONIC environment.
   4. The cell SHRINKS, because it is in a HYPOTONIC environment.
   5. The cell SWELLS, because it is in a HYPERTONIC environment.
7. Blood plasma is considered part of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. interstitial fluid
   2. intracellular fluid
   3. cytosol
   4. extracellular fluid
8. Which of the following allows for diffusion to occur more QUICKLY?
   1. colder temperatures
   2. having larger molecules
   3. decreasing the surface area of the membrane
   4. increasing the permeability of the membrane
9. Ligand-gated receptors respond when which of the following occurs?
   1. When there is a change in pressure
   2. When a chemical binds to it
   3. when the voltage reaches threshold
   4. When endocytosis occurs
10. The heartbeat is coordinated by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which connect cardiac muscle cells through cytoplasmic bridges.
    1. tight junctions
    2. gap junctions
    3. desmosomes
    4. cell adhesion molecules