



Units 3 and 4 Psychology

Practice Exam Question and Answer Booklet

Duration: 15 minutes reading time, 2 hours and 30 minutes writing time

Structure of book:

Section	Number of questions	Number of questions to be answered	Number of marks
A	65	65	65
B	18	18	60
C	7	7	15
Total			140

- Students are permitted to bring into the examination room: pens, pencils, highlighters, erasers and rulers.
- Students are not permitted to bring into the examination room: blank sheets of paper and/or white out liquid/tape.
- No calculator is allowed in this examination.

Materials supplied:

- This question and answer booklet of 27 pages.

Instructions:

- You must complete all questions of the examination.
- Write all your answers in the spaces provided in this booklet.

Section A – Multiple-choice questions

Instructions

Answer all questions by circling your choice.

Choose the response that is correct or that best answers the question.

A correct answer scores 1, an incorrect answer scores 0.

Marks will not be deducted for incorrect answers.

No marks will be given if more than one answer is completed for any question.

Questions

Question 1

Laura is a Year 12 Psychology student who has been under a great deal of stress during the week. As a result, she has been very frustrated lately. In class, whilst performing a simple experiment, her attention shifts, and external awareness decreases. Which altered state of consciousness is Laura most likely to have slipped into?

- A. Sleep
- B. Meditation
- C. Daydream
- D. Amnesia

Question 2

Jackson is 19 years old and sleeps 9 hours each night. He is an avid bush walker and hikes very long distances each day. Which stage of sleep would you expect Jackson to experience noticeably more of than the average teenager, as measured by an EEG?

- A. REM 1
- B. Stage 1
- C. Stage 2
- D. Stage 4

Question 3

Chronologically, the stages of developmental plasticity are:

- A. Proliferation, myelination, circuit formation, circuit pruning, migration
- B. Circuit formation, circuit pruning, proliferation, migration, myelination
- C. Circuit formation, proliferation, circuit pruning, migration, myelination
- D. Proliferation, migration, circuit formation, circuit pruning, myelination

Question 4

During which phase in Pavlov's experiment were the bell and food presented together in order to create an association in the dogs, resulting in salivation?

- A. Pre conditioning
- B. Acquisition
- C. Post conditioning
- D. Modelling

Question 5

The association of an undesirable behaviour with an unpleasant consequence for the purpose of extinguishing the undesirable behaviour is known as:

- A. Shaping
- B. Aversion therapy
- C. Trial and error learning
- D. Operant punishment

Question 6

The central nervous system includes:

- A. The brain and surrounding nerves
- B. The brain and spinal fluid
- C. The brain and spinal cord
- D. The brain and nerves in the trunk of the body

Question 7

Which lobe of the brain contains the primary auditory complex?

- A. Frontal
- B. Occipital
- C. Parietal
- D. Temporal

Question 8

An adult buying their child a toy to stop them screaming and throwing tantrums at the shopping centre is an example of, in relation to the adult:

- A. Negative reinforcement
- B. Positive reinforcement
- C. Learned helplessness
- D. Punishment

Question 9

Which of the following best describes 'health'?

- A. The absence of disease
- B. Complete state of physical, mental and social wellbeing
- C. Feeling fit and strong
- D. Being happy and sociable

Question 10

What is an advantage of the categorical approach to classifying mental health?

- A. It provides in depth quantitative information
- B. It takes into account the uniqueness of the individual
- C. It makes communication and referrals between psychologists and psychiatrists easier
- D. It reduces stigma surrounding mental illness

Question 11

Meg recently lost her job and has fallen into a depressed state. Her friends have been cooking and delivering meals for her. Which type of social support is this?

- A. Appraisal
- B. Tangible
- C. Informational
- D. Emotional

Question 12

Deb suffers from Wernicke's Aphasia. She:

- A. Cannot produce any words, as there is damage to the area of her brain near the motor cortex that controls the muscles used in speech
- B. Produces short sentences of meaningful speech
- C. Cannot produce meaningful speech
- D. Has conscious understanding of her condition

Question 13

Hannah suffered a major brain injury in an accident as an adult. The right hemisphere was severely damaged. Which of the following would be expected of Hannah?

- A. She has an increased ability to read maps
- B. She is able to read
- C. She can move her left hand
- D. She is now more imaginative

Question 14

Tom is an excellent musician. Which section/hemisphere of the brain is likely to be more dominant when he plays the guitar?

- A. Left hemisphere
- B. Frontal lobe
- C. Temporal lobe
- D. Right hemisphere

Question 15

The amygdala is located in which area of the brain?

- A. In the medial temporal lobe
- B. In the frontal lobe
- C. In only the right cerebral hemisphere
- D. In only the left cerebral hemisphere

Question 16

Complete this sentence: Seligman proposed a theory of _____, which suggests that depression results from a tendency to give up passively in the face of unavoidable stressors.

- A. Attributional style
- B. Learned helplessness
- C. Learned depression
- D. Attributional helplessness

Question 17

Complete this sentence: In classical conditioning, during the acquisition phase, the neutral stimulus is paired with the _____ in order to produce the _____.

- A. unconditioned stimulus, unconditioned response
- B. conditioned stimulus, unconditioned response
- C. unconditioned stimulus, conditioned response
- D. conditioned stimulus, conditioned response

Use the following information to answer questions 18 and 19:

Cam ate a bad chicken dish at a restaurant, and became very ill. He now feels ill at the sight of chicken, or when he thinks about eating chicken.

Question 18

To Cam, chicken has become the:

- A. unconditioned stimulus
- B. conditioned stimulus
- C. unconditioned response
- D. conditioned response

Question 19

If Cam wouldn't eat chicken from that particular restaurant, but would eat chicken from other restaurants, what does this show?

- A. Stimulus generalization
- B. Conditioned response
- C. Stimulus discrimination
- D. Unconditioned response

Question 20

Jon has barely slept the last week. He has had 2 hours of sleep each night, as he has been working two jobs, one of which involves a night shift. How will this partial sleep deprivation affect his ability to perform tasks?

- A. His ability to perform complex tasks will be reduced more than his ability to perform simple tasks
- B. His ability to perform simple tasks will be reduced more than his ability to perform complex tasks
- C. His ability to perform complex tasks and simple tasks will be reduced equally
- D. His ability to perform complex tasks and simple tasks will be unaffected

Question 21

In which lobe of the brain is the somatosensory area found?

- A. The parietal lobe
- B. The occipital lobe
- C. The temporal lobe
- D. The frontal lobe

Question 22

Information from the eyes travels along which nerve to the visual cortex?

- A. Sensory
- B. Visual
- C. Optic
- D. Dorsal

Question 23

Which of the following is not a function of the cerebral cortex?

- A. Receiving sensory information from the environment
- B. Sending messages to the muscles of the body
- C. Organising thoughts and interrogating responses
- D. Transmitting neural messages from the left to the right hemisphere of the brain

Question 24

According to the Atkinson-Shiffrin multi-store model, what are the three components to memory?

- A. Sensory register, short term memory, long term memory
- B. Iconic, echoic, auditory
- C. Procedural, declarative, episodic
- D. Sensory memory, short term memory, long term memory

Question 25

Matthew bites his nails. His mum paints his nails with a bad tasting clear nail polish, so when he bites them, he experiences a nasty taste in his mouth. When Matthew bites his nails, the nail polish acts as a:

- A. Punishment
- B. Conditioned stimulus
- C. Negative reinforcer
- D. Positive reinforcer

Question 26

Learning, as a result of a learned association between two stimuli, with one naturally eliciting a response, describes:

- A. Operant Conditioning
- B. Trial and Error Learning
- C. Classical Conditioning
- D. Reinforcement

Question 27

Operant conditioning is also known as:

- A. Trial and error learning
- B. Instrumental Learning
- C. Consequential Learning
- D. Environmental conditioning

Question 28

The method of successive approximations, where the reinforcer is given for any behaviour that successfully approximates and leads to the desired 'final' behaviour, is also known as:

- A. Operant Conditioning
- B. Shaping
- C. Classical Conditioning
- D. Reinforcement

Question 29

Nikki is afraid of snakes. Her psychologist has put her in a room full of snakes, and has made Nikki hold a snake until her phobic/fear response is extinguished. What is this process called?

- A. Graduated Exposure
- B. Shaping
- C. Flooding
- D. Punishment

Question 30

What is the name of the process that can improve the capacity of short term memory?

- A. Modelling
- B. Chunking
- C. Maintenance Rehearsal
- D. Semantic Rehearsal

Question 31

Vanessa, when given a list of words to remember, tends to be able to recall the first few and last few words best. She often forgets the middle five words. Which two memory phenomena can explain this occurrence?

- A. Serial position effect, recency effect
- B. Primacy effect, recency effect
- C. Serial position effect, primacy effect
- D. Primacy effect, serial position effect

Question 32

Gerard turns off the radio, but can still hear the song playing in his head. This is due to:

- A. The episodic memory
- B. The working memory
- C. The iconic memory
- D. The echoic memory

Question 33

Complete these sentences: Mia suffered some severe hardships during her early childhood. A defence mechanism in Mia has since been activated and has resulted in her losing all memory of these events. Mia has no conscious memory of the events. This theory is a part of Freud's model known as _____. Specifically, Mia is exhibiting _____.

- A. motivated forgetting, repression
- B. motivated forgetting, suppression
- C. unconscious forgetting, repression
- D. unconscious forgetting, suppression

Question 34

The functional approach to normality states that:

- A. Thoughts, feelings and behaviours are viewed as normal if the individual is able to cope and live independently in society
- B. Thoughts, feelings and behaviours can be considered normal in one situation and abnormal in another
- C. Abnormal thoughts, feelings and behaviours can be viewed as having an underlying biological cause and can be usually be diagnosed and treated
- D. Typical behaviour according to the expectations of cultural values, beliefs and norms of a particular society is considered normal

Question 35

Brad has depression. He went to speak to a psychologist who asked him 'how intense out of 10 is your feeling of sadness in the mornings?' What approach to classifying mental disorders does this question indicate?

- A. Categorical approach
- B. Dimensional approach
- C. Classificational approach
- D. Personal approach

Question 36

The three axes of the ICD-10, in order, are:

- A. Clinical diagnosis, contextual factors, disabilities
- B. Contextual factors, clinical diagnosis, disabilities
- C. Disabilities, clinical diagnosis, contextual factors
- D. Clinical diagnosis, disabilities, contextual factors

Question 37

Which of the following scenarios suggests eustress is occurring?

- A. Feeling angry at traffic
- B. Feeling dread before an exam
- C. Feeling jitters on a wedding day
- D. Feeling happy about your school lunch

Question 38

Allostasis refers to:

- A. The body's ability to maintain a state of physiological stability by adjusting and changing to meet internal and external demands
- B. The body's ability to maintain a state of physiological equilibrium by adjusting to meet internal demands
- C. The body's ability to maintain a state of psychological equilibrium by adjusting to meet external demands
- D. The body's ability to maintain a state of physiological stability by adjusting and changing to meet the fluctuations in the external environment only

Question 39

Which of the following statements is false, in reference to the work of Herman Ebbinghaus?

- A. The more meaningful the information, the slower the rate of forgetting
- B. The better the initial encoding, the longer the material will be retained
- C. There is a rapid decline, then a further gradual plateau of forgetting
- D. When the initial learning takes place over a more extended period of time, more information is retained, and the rate of forgetting is reduced

Question 40

Ben has the capability to interact with others and the environment in a way that promotes wellbeing. Ben is exhibiting:

- A. Social wellbeing
- B. Mental health
- C. Mental illness
- D. Psychological health

Question 41

GABA is an:

- A. Excitatory neuro-hormone
- B. Excitatory neurotransmitter
- C. Inhibitory neuro-hormone
- D. Inhibitory neurotransmitter

Question 42

Meditation, as a stress management strategy, involves:

- A. An unintentional attempt to bring about a relaxed state in order to reduce the effect of stress related symptoms
- B. An intentional attempt to bring about a relaxed state in order to reduce the effect of stress related symptoms
- C. Technique which involves the individual receiving information about the state of a bodily process and with appropriate training, learning how to control a related physiological response using thought processes
- D. The release of beta endorphins

Question 43

The differences between confounding and extraneous variables are:

- A. Confounding variables act as the independent variable and influence the dependent variable, whereas extraneous variables cause change in the dependent variable in an unwanted way
- B. Extraneous variables act as the independent variable and influence the dependent variable, whereas confounding variables cause change in the dependent variable in an unwanted way
- C. Confounding variables act as the dependent variable and influence the dependent variable, whereas extraneous variables cause change in the independent variable in an unwanted way
- D. Extraneous variables act as the dependent variable and influence the dependent variable, whereas confounding variables cause change in the independent variable in an unwanted way

Question 44

Which of the following is **not** a mnemonic device?

- A. NASA, an acronym to describe the 'National Aeronautics and Space Administration'
- B. 'I before E, except after C', to remember a spelling rule
- C. 'My very energetic mother just sits up near pop', to remember the order of the planets (including Pluto)
- D. Being hungry when losing your keys, and only being able to find them when you are in the same state (hungry)

Question 45

Memory decline over the lifespan is more likely to occur in:

- A. Working and declarative memories
- B. Procedural and working memories
- C. Declarative and procedural memories
- D. Procedural memory only

Question 46

Which is true according to the semantic network theory?

- A. Information is organised according to senses
- B. Retrieval begins with a particular node, then searching through to find the link
- C. Information is encoded in overlapping networks (grids)
- D. Nodes are linked with networks only, and activate each other to retrieve information

Question 47

Which is true of Alzheimer's disease?

- A. Only the frontal lobe is affected

- B. It is caused in part by an increase of acetylcholine at synapses
- C. It is caused in part by a decrease of acetylcholine at synapses
- D. It only affects the midbrain

Question 48

Dreaming occurs in which stage of sleep?

- A. Stage 1
- B. Stage 3
- C. Stage 4
- D. REM

Question 49

Complete this sentence: NREM sleep rejuvenates the _____, while REM sleep rejuvenates the _____.

- A. mind, body
- B. body, mind
- C. body, nervous system
- D. body, soul

Question 50

The p value is set at <0.05 for Cate's experiment, and the actual results were recorded to have a p value of 0.05. This means that:

- A. Cate's results can be generalised because they are statistically significant and equal to that of the P Value
- B. Cate's results can be generalised because they are statistically significant and less than that of the P Value
- C. Cate's results cannot be generalised because they are not statistically significant as they are greater than that of the P Value limit
- D. Cate's results cannot be generalised because they are not statistically significant as they are less than that of the P Value limit

Question 51

Deception:

- A. Is allowed under any circumstances in experimentation
- B. Is allowed when it is necessary to give misleading information and conduct the study with the participants acting with those assumptions
- C. Must occur after debriefing
- D. Requires misleading the participants, and maintaining that false information even after the experiment has concluded

Question 52

Which is true of vicarious conditioning?

- A. Only the positive outcomes of the model are focussed on, and no matter the consequences, the behaviour is modelled
- B. Only the negative outcomes of the model are focussed on, and no matter the consequences, the behaviour is not modelled
- C. It allows the observer to learn from the consequences of the model, and modify their own behaviour in accordance to what they observe
- D. The model is affected by the consequences of the behaviour, and the observer does not modify their own behaviour in accordance

Question 53

Situational normality would not involve:

- A. Talking louder than normal at a noisy party
- B. Talking quietly in a library
- C. Laughing and talking loudly at a funeral
- D. Wearing uniform at school

Question 54

DSM IV TR stands for:

- A. Dimensional and Statistical Manual of Mental Disorders, Fourth Edition, Text Revised
- B. Diagnostic and Statistical Manual of Mental Dysfunction, Fourth Edition, Text Revised
- C. Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revised
- D. Dimensional and Statistical Manual of Manic Depression, Fourth Edition, Text Revised

Question 55

The fight or flight response involves:

- A. An involuntary reaction resulting in a state of physiological readiness to deal with a sudden and immediate threat.
- B. A voluntary reaction resulting in a state of physiological readiness to deal with a sudden and immediate threat.
- C. Heart rate, blood pressure and hypothalamic activity decreasing
- D. Suppression of the adrenal glands.

Question 56

A loss of REM sleep results in:

- A. Total sleep deprivation
- B. Sleep/wake cycle shift
- C. An increase of REM the next night
- D. REM micro sleeps during the day

Question 57

The hormone that assists in the onset of sleep is known as:

- A. Melanin
- B. Cortisol
- C. Melatonin
- D. Noradrenaline

Question 58

Which of the following does not occur when the sympathetic nervous system is activated?

- A. Heart rate increases
- B. Digestion quickens
- C. Salivation decreases
- D. Pupils dilate

Question 59

Mark has been under a great deal of stress about his upcoming exams. According to Lazarus and Folkman's transactional model, which of the following would not be an example of emotion focussed coping?

- A. Denial
- B. Distancing
- C. Wishful thinking
- D. Talking to teachers

Question 60

Which is not an environmental factor that could induce stress?

- A. Loud music
- B. Crowding
- C. Natural disasters
- D. Bad relationships

Question 61

Gloria has been stressed about her work lately. According to Lazarus and Folkman's transactional model, an example of emotion focused coping would include:

- A. Denial
- B. Learning new skills in order to be more efficient
- C. Talking to psychologists
- D. Generating alternate ways to cope. For example, switching to part time for a month

Question 62

Emotional changes as a result of stress would include:

- A. Negative attitudes
- B. Voice tremors
- C. Changes in the ability to learn
- D. Strained facial features

Question 63

Behavioural changes as a result of stress would not include:

- A. Strained facial features
- B. Hand tremors
- C. Voice tremors
- D. Negative self-talk

Question 64

How long does the average micro sleep last?

- A. 5 seconds
- B. 15 seconds
- C. 30 seconds
- D. 45 seconds

Question 65

What are the three components of the Baddely and Hitch-Model of working memory?

- A. Phonological loop, visuospatial sketchpad, central executive
- B. Phonemic, structural, semantic
- C. Nodes, links, hierarchy
- D. Sensory, short term, long term

Section B – Short-answer questions

Instructions

Answer all questions in the spaces provided.

Questions

Question 1

Explain one criticism and one piece of support for the survivalist theory of sleep.

2 marks

Question 2

The somatosensory cortex and primary motor cortex lie next to each other on the cerebrum. In which lobe of the brain does each area reside?

2 marks

Question 3

Phillip was scared by a big dog's bark on his way home from work. With the onset of the barking and growling, Phillip noticed that his heart began to race, and his skin began to perspire. His breathing rate also dramatically increased. 10 minutes later, as Phillip arrived home, he noted that he felt completely relaxed, safe and in control of his body again.

What are the two divisions of the autonomic nervous system that were active in physiologically exciting and relaxing Phillip, both during the incident with the dog and after?

2 marks

Question 4

Describe the role of the somatosensory cortex, and explain how its positioning in relation to the motor cortex increases the efficiency of the body using an example.

4 marks

Question 5

Define learning.

1 mark

Question 6

Jimmy is afraid of spiders. His psychologist has suggested that Jimmy gradually overcomes his fear through graduated exposure therapy. Explain, and use examples, of how Jimmy could overcome his crippling fear of spiders through the use of graduated exposure.

4 marks

Question 7

- a. Explain 'positive reinforcement', using an example.

1 mark

- b. Explain positive reinforcement's role in shaping, using an example (describe the process of shaping in your answer).

4 marks

Total: 5 marks**Question 8**

Describe two differences between Classical Conditioning and Operant Conditioning.

2 marks

Question 9

Daniel wants to learn how to spike in volleyball. Explain how observational learning can result in Daniel being able to spike in volleyball successfully. Break down the 5 stages of observational learning in your answer.

5 marks

Question 10

Using an example, describe and explain the process of chunking.

3 marks

Question 11

What information did Sperling's study on memory yield in terms of sensory memory? Describe the study he performed and explain the significance of his findings.

5 marks

Question 12

Describe one function of the Episodic Buffer.

1 mark

Question 13

How did Craik and Lockhart's level of processing framework describe the storage of information in the LTM? Describe each of the three levels in your answer.

4 marks

Question 14

a. Define 'abnormality'.

1 mark

b. How many approaches/factors are there used to describe 'normality'?

1 mark

c. Describe the situational approach to normality using one example.

2 marks

Total: 4 marks

Question 15

- a. What is the biopsychosocial framework?

1 mark

- b. What is the biopsychosocial framework used for?

2 marks

Total: 3 marks

Question 16

- a. Explain two differences between the categorical and dimensional approach to mental conditions and disorders.

4 marks

- b. What is a limitation of the categorical approach, and what can this lead to?

3 marks

Total: 7 marks

Question 17

Describe how a narrative chain could be used by Jordan to remember 5 grocery items he needs at the shops (Choose from: Milk, banana, apple, blueberries, apricots, celery, toothpaste, hair brush, eggs)

3 marks

Question 18

What is a difference between mental health and mental illness?

2 marks

Question 19

How does exercise effect stress?

1 mark

Section C – Research scenario

Background information

An experiment into the effects of caffeine on memory has just been completed at a local co-educational high school. Jo selected 50 of the 100 VCE students to participate in the study. The age of the students ranged between 16 and 18 years old. There were equal proportions of all three ages in the cohort, and the control/experimental group were proportionate to the population of VCE students at the school (65% males and 45% females, with equal numbers of all 3 ages in each group).

Jo, the researcher, allocated the students into two groups of 25 students each:

- Control group: consumed no caffeine
- Experimental group: consumed 3 doses of caffeine a day (with breakfast, lunch and dinner).

The week before the experiment, both groups were not to consume any caffeine, so as to clear the body of any delayed effects that may have impacted upon the experiment.

Each day, each student was given a list of 15 nonsense syllables to remember at breakfast, lunch and dinner, and was tested in the form of a recall one hour after (the recall lasted 5 minutes, and involved each participant writing down each syllable they could recall.) In the hour between seeing the list of words and completing the recall the participants were left to their own devices, and were not watched.

Mean number of nonsense syllables recalled (out of 15):

- Control group: 10
- Experimental group: 8

The level of significance was set at $p < 0.05$. The p value obtained for this experiment was $p = 0.05$

Questions

Question 1

What is the dependent variable of this experiment?

1 mark

Question 2

What is the independent variable of this experiment?

1 mark

Question 3

List 3 possible extraneous variables that could affect this study:

3 marks

Question 4

What is the difference between an extraneous variable, and a confounding variable? Use an example of each in your answer.

4 marks

Question 5

Name 2 ethical procedures Jo would have administered before the experiment began.

2 marks

Question 6

Name and describe one ethical procedure that Jo would have undertaken after the experiment?

2 marks

Question 7

Can results from this experiment be generalised? Why or why not?

2 marks

End of Booklet

Looking for solutions? Visit www.engageeducation.org.au/practice-exams