



## Victorian Certificate of Education 2021

Name: \_\_\_\_\_

Teacher's name: \_\_\_\_\_

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STUDENT NUMBER

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Letter

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# PSYCHOLOGY

## Written examination

2021

Reading time: 15 minutes  
Writing time: 2 hours 30 minutes

## QUESTION AND ANSWER BOOK

### Structure of book

| Section | Number of questions | Number of questions<br>to be answered | Number of marks |
|---------|---------------------|---------------------------------------|-----------------|
| A       | 50                  | 50                                    | 50              |
| B       | 5                   | 5                                     | 70              |
|         |                     |                                       | Total 120       |

- Students are permitted to bring into the examination room: pens, pencils, highlighters, erasers, sharpeners 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

- Question and answer booklet.
- Answer sheet for multiple-choice questions.
- Additional space is available at the end of the booklet if you need extra paper to complete an answer.

### Instructions

- Write your **student number** in the space provided above on this page.
- Check that your **name** and **student number** on your answer sheet for multiple-choice questions are correct.
- All written responses must be in English.

### At the end of the examination

- Place the answer sheet for multiple-choice questions inside the front cover of this book.

**Students are NOT permitted to bring mobile phones and/or any other unauthorised electronic devices into the examination room.**

**SECTION A – Multiple-choice questions****Instructions for Section A**

Answer **all** questions in pencil on the answer sheet provided for multiple-choice questions.

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

A correct answer scores 1; an incorrect answer score 0.

Marks will **not** be deducted for incorrect answers.

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

*Use the following information to answer Questions 1-14.*

Dr Pain wants to test whether or not her new medication will help to relieve the motor symptoms of Parkinson's disease. She recruits 50 participants with a diagnosis of Parkinson's disease via convenience sampling, and randomly allocates participants into two groups.

Group 1 receives the new medication in a pill which they take each day over a week. Group 2 receives a placebo pill that they take each day over a week.

Each day, Dr Pain asks participants to rate the severity of their symptoms on a scale from 1 (no symptoms) to 10 (extremely severe symptoms).

A double blind procedure is used to reduce extraneous variables.

**Question 1**

Which of the following correctly operationalises the independent and dependent variables?

|           | <b>Independent variable</b>                                                                         | <b>Dependent variable</b>                                                                           |
|-----------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <b>A.</b> | receiving a pill                                                                                    | Parkinson's disease                                                                                 |
| <b>B.</b> | either receiving the pill or placebo, taken each day for a week                                     | the severity of motor symptoms of Parkinson's disease experienced, measured on a scale from 1 to 10 |
| <b>C.</b> | Parkinson's disease                                                                                 | receiving a pill                                                                                    |
| <b>D.</b> | the severity of motor symptoms of Parkinson's disease experienced, measured on a scale from 1 to 10 | either receiving the pill or placebo, taken each day for a week                                     |

**Question 2**

What type of data did Dr Pain collect?

- A.** objective and quantitative data
- B.** objective and qualitative data
- C.** subjective and quantitative data
- D.** subjective and qualitative data

**Question 3**

Which experimental research design did Dr Pain utilise?

- A.** an independent participants design
- B.** a cross-sectional study
- C.** a matched participants design
- D.** an independent groups design

**Question 4**

Which of the following describes how Dr Pain could use a double-blind procedure?

- A. not telling participants if they are given a placebo
- B. not telling participants if they are given the medication
- C. utilising a research assistant to administer the medication or placebo to the relevant groups
- D. all of the above

**Question 5**

Which of the following does a double-blind procedure aim to reduce?

- A. the placebo
- B. the placebo effect and experimenter effect
- C. individual participant differences
- D. non-standardised instructions and procedures

**Question 6**

Which of the following ethical considerations would Dr Pain need to implement, given the use of a placebo treatment?

- A. ensure that all participants are aware that they may either receive the medication or a placebo, particularly given that they may need to stop their current medication to determine the effects of Dr Pain's new medication
- B. ensure that participants are paid for their time
- C. ensure that all participants have an equal chance of being allocated to Group 1 or Group 2
- D. ensure that a single-blind procedure is used

**Question 7**

Which of the following prevents Dr Pain from generalising the conclusions that she forms from her sample?

- A. using a control group
- B. using a convenience sample
- C. using a double-blind procedure
- D. only using participants with a diagnosis of Parkinson's disease

**Question 8**

Parkinson's disease is a type of

- A. Alzheimer's disease.
- B. retrograde amnesia.
- C. anterograde amnesia.
- D. neurodegenerative disease.

**Question 9**

Which of the following is a motor symptom of Parkinson's disease?

- A. anosmia
- B. insomnia
- C. bradykinesia
- D. stable gait

**Question 10**

How will Dr Pain's new pill likely work to relieve the motor symptoms of Parkinson's disease?

- A. it may create glutamate in areas it has been depleted, allowing for greater control of involuntary movements
- B. it may target and replace inefficient glutamate neurotransmitters
- C. it may reduce dopamine in the brain, inhibiting harmful symptoms
- D. it may mimic the effects of dopamine, allowing for greater control of voluntary movements

**Question 11**

Dr Pain's new medication also aims to enhance the lock-and-key process of key neurotransmitters that are dysfunctional in Parkinson's disease. Which of the following best represents the lock-and-key analogy?

|    | <b>Lock</b>      | <b>Key</b>       |
|----|------------------|------------------|
| A. | dendrite         | axon terminal    |
| B. | axon terminal    | dendrite         |
| C. | neurotransmitter | receptor site    |
| D. | receptor site    | neurotransmitter |

**Question 12**

People with Parkinson's disease have problems arising in multiple divisions of the nervous system. The death of neurons in the substantia nigra, and the consequent motor signals which are relayed from the brain to skeletal muscles are part of which nervous systems?

|    | <b>Death of neurons in the substantia nigra</b> | <b>Motor signals relayed from the brain to skeletal muscles</b> |
|----|-------------------------------------------------|-----------------------------------------------------------------|
| A. | central nervous system                          | somatic nervous system                                          |
| B. | autonomic nervous system                        | peripheral nervous system                                       |
| C. | sympathetic nervous system                      | parasympathetic nervous system                                  |
| D. | peripheral nervous system                       | central nervous system                                          |

**Question 13**

Resting tremor is a common symptom of Parkinson's disease. This is most likely a/n \_\_\_\_\_ response by the nervous system.

- A. conscious
- B. unconscious
- C. voluntary
- D. intentional

**Question 14**

If Dr Pain's pill is able to relieve the symptoms of Parkinson's disease, participants will be motivated to continue taking the pill in future. Which of the following consequences best describes Dr Pain's pill?

- A. positive reinforcement
- B. negative reinforcement
- C. punishment
- D. response cost

**Question 15**

Which part of the neuron is involved in the release of neurotransmitters across the synapse?

- A. axon terminals
- B. axon
- C. myelin
- D. dendrites

**Question 16**

Distress is a \_\_\_\_\_ response to a stressor that likely initiates the \_\_\_\_\_ nervous system.

- A. neutral physiological; sympathetic
- B. positive physiological; parasympathetic
- C. negative psychological; sympathetic
- D. positive psychological; parasympathetic

**Question 17**

Which of the following best describes Selye's General Adaptation Syndrome?

|           | <b>Alarm reaction</b>                                                           | <b>Resistance</b>                                                       | <b>Exhaustion</b>                                             |
|-----------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------|
| <b>A.</b> | the body's resistance to a stressor initially falls below normal, then recovers | the body's resistance to a stressor is sustained at below-normal levels | cortisol is released                                          |
| <b>B.</b> | the body's resistance to a stressor initially falls below normal, then recovers | the body's resistance to a stressor is sustained at above-normal levels | the body's resistance to a stressor falls below normal levels |
| <b>C.</b> | includes the sub-stages of shock and countershock                               | the body's resistance to a stressor is sustained at above-normal levels | the body's resistance to a stressor returns to normal levels  |
| <b>D.</b> | includes the sub-stages of shock and countershock                               | the body's resistance to a stressor is sustained at below-normal levels | cortisol is released                                          |

*Use the following information to answer Questions 18-25.*

Jack and Jill are Units 3&4 Psychology students, and are stressed about the upcoming end-of-year exam.

Jack had not done much to study throughout the year; to reduce his anxiety, he liked to play baseball with his mates and preferred not to think about Psychology homework or revision. His SACs scores were consistently poor throughout the year. He was very worried about the exam and his study score; he was aiming to get into a physiotherapy course at university.

Jill initially spent lots of time doing online shopping and watching TV, but was disappointed by her SAC results. After a second poor SAC result, she decided that she needed to focus on her VCE and spend more time revising, so she made cue cards, completed lots of practice exams, focused her revision on her weaknesses, and attended several online revision seminars. Her SAC results improved, and by October, she felt confident about doing well on the exam, despite feeling a little anxious. Jill believed that no matter her result, she would be able to learn from the experience and refine her study strategies for university.

### Question 18

Jack and Jill's stress of preparing for the end-of-year Psychology exam would be best described as

- A. a catastrophe.
- B. a daily pressure.
- C. acculturative stress.
- D. major stress.

### Question 19

Which of the following are likely primary appraisals regarding the end-of-year Psychology exam for Jack and Jill?

|    | Jack            | Jill            |
|----|-----------------|-----------------|
| A. | stressful       | stressful       |
| B. | irrelevant      | irrelevant      |
| C. | benign-positive | irrelevant      |
| D. | irrelevant      | benign-positive |

### Question 20

Jill seeing the end-of-year exam as an opportunity for future growth in refining her study strategies for university suggests that she has framed the end-of-year exam as a

- A. threat.
- B. challenge.
- C. harm.
- D. loss.

### Question 21

Which of the following secondary appraisals are likely for Jack and Jill regarding the end-of-year exam?

|    | Jack                        | Jill                        |
|----|-----------------------------|-----------------------------|
| A. | little to no stress         | eustress                    |
| B. | significant stress          | distress                    |
| C. | adequate coping resources   | inadequate coping resources |
| D. | inadequate coping resources | adequate coping resources   |

**Question 22**

Which of the following best describes the coping strategies of Jack and Jill with regards to the stressor of the end-of-year exam?

|    | <b>Jack's exercise</b>                                    | <b>Jill's revision</b>                                    |
|----|-----------------------------------------------------------|-----------------------------------------------------------|
| A. | avoidance strategy and a problem-focused coping strategy  | avoidance strategy and an emotion-focused coping strategy |
| B. | approach strategy and a problem-focused coping strategy   | approach strategy and an emotion-focused coping strategy  |
| C. | avoidance strategy and an emotion-focused coping strategy | approach strategy and a problem-focused coping strategy   |
| D. | approach strategy and an emotion-focused coping strategy  | avoidance strategy and a problem-focused coping strategy  |

**Question 23**

Which of the following best describes Jack and Jill's coping strategies for the end-of-year exam in terms of context-specific effectiveness?

|    | <b>Jack's exercise</b>                        | <b>Jill's revision</b>                        |
|----|-----------------------------------------------|-----------------------------------------------|
| A. | low levels of context-specific effectiveness  | high levels of context-specific effectiveness |
| B. | low levels of context-specific effectiveness  | low levels of context-specific effectiveness  |
| C. | high levels of context-specific effectiveness | high levels of context-specific effectiveness |
| D. | high levels of context-specific effectiveness | low levels of context-specific effectiveness  |

**Question 24**

Which of the following best describes Jack and Jill in terms of their coping flexibility throughout the year?

|    | <b>Jack</b>                                    | <b>Jill</b>                                    |
|----|------------------------------------------------|------------------------------------------------|
| A. | demonstrates low levels of coping flexibility  | demonstrates high levels of coping flexibility |
| B. | demonstrates low levels of coping flexibility  | demonstrates low levels of coping flexibility  |
| C. | demonstrates high levels of coping flexibility | demonstrates high levels of coping flexibility |
| D. | demonstrates high levels of coping flexibility | demonstrates low levels of coping flexibility  |

**Question 25**

When Jack plays baseball, his body releases \_\_\_\_\_ which can help him to reduce his stress, increase a sense of relaxation, and elevate his mood.

- A. acetylcholine
- B. endorphins
- C. melatonin
- D. cortisol

**Question 26**

Which of the following is **not** a limitation of Lazarus and Folkman's Transactional Model of Stress and Coping?

- A. it does not consider physiological responses to stress
- B. it cannot account for different people responding differently to the same stressor
- C. the model is difficult to test experimentally due to the subjective nature of individual responses to stress
- D. primary and secondary appraisals can interact with one another and may be undertaken simultaneously

**Question 27**

Which of the following options accurately outlines the role of the hippocampus, amygdala, and cerebral cortex in the process of memory?

|           | <b>Hippocampus</b>                                                      | <b>Amygdala</b>                                                         | <b>Cerebral cortex</b>                                                  |
|-----------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>A.</b> | responsible for the encoding of short term memory into long term memory | assists with the consolidation of emotionally arousing memories         | stores explicit memory                                                  |
| <b>B.</b> | stores explicit memory, and some implicit memories                      | responsible for the encoding of short term memory into long term memory | encodes and stores all implicit memories                                |
| <b>C.</b> | assists with the consolidation of emotionally arousing memories         | encodes and stores all implicit memories                                | responsible for the encoding of short term memory into long term memory |
| <b>D.</b> | responsible for the encoding of short term memory into long term memory | encodes and stores all implicit memories                                | stores explicit memory, and some implicit memories                      |

**Question 28**

Which of the following brain regions is primarily involved in the encoding of procedural memory?

- A.** cerebral cortex
- B.** hippocampus
- C.** cerebellum
- D.** amygdala

**Question 29**

Which of the following is incorrect?

- A.** neural plasticity refers to the brain's ability to change due to experience
- B.** long-term depression involves a reduction in the amount of neurotransmitters released by pre-synaptic neurons
- C.** both long-term potentiation and long-term depression are fundamental biological mechanisms of memory
- D.** long-term potentiation is a form of neural plasticity, whereas long-term depression is not

**Question 30**

Which neurotransmitter plays a key role in synaptic plasticity?

- A.** GABA
- B.** melatonin
- C.** adrenaline
- D.** glutamate

**Question 31**

Which of the following is involved in the consolidation of emotionally arousing experiences?

- A.** GABA
- B.** melatonin
- C.** adrenaline
- D.** glutamate

**Question 32**

Which of the following does not accurately name and explain how an ethical principle was breached in the 'Little Albert' experiment?

- A. withdrawal rights, because Little Albert tried to crawl away from the experimental situation but was not allowed to leave
- B. the 'no harm' principle, because Little Albert suffered psychological damage
- C. debriefing, because Little Albert's conditioned fear response was not extinguished
- D. informed consent, because Little Albert's mother was present at the start of the experiment

**Question 33**

Sleep is mostly considered a/n

- A. naturally occurring state of normal waking consciousness.
- B. naturally occurring altered state of consciousness.
- C. induced state of normal waking consciousness.
- D. induced altered state of consciousness.

**Question 34**

Which of the following best describes the types of data that these techniques gather?

|    | <b>Electroencephalograph (EEG)</b> | <b>Sleep diaries</b> | <b>Video monitoring</b> |
|----|------------------------------------|----------------------|-------------------------|
| A. | objective                          | quantitative         | subjective              |
| B. | subjective                         | qualitative          | objective               |
| C. | qualitative                        | objective            | quantitative            |
| D. | quantitative                       | subjective           | qualitative             |

**Question 35**

Content limitations

- A. allow a person to enter into Stage 4 NREM sleep.
- B. significantly change between earlier and later periods of REM sleep.
- C. allow a person to filter what enters their consciousness.
- D. are lowered during activities that require selective attention.

**Question 36**

At a dinner party, Jemimah consumed three cups of coffee and Taylor consumed three glasses of wine. Which of the following brain waves are most likely to be found if they were to be monitored by an electroencephalograph?

|    | <b>Jemimah</b> | <b>Taylor</b> |
|----|----------------|---------------|
| A. | beta           | theta         |
| B. | alpha          | beta          |
| C. | theta          | delta         |
| D. | delta          | alpha         |

**Question 37**

Which of the following is considered a circadian rhythm?

- A. the sleep cycle
- B. the 90-minute cycles of NREM and REM sleep
- C. the increasing periods of REM sleep that occur as sleep progresses
- D. the sleep-wake cycle

*Use the following information to answer Questions 38 and 39.*

Mandy, a five-year-old girl, is watching her great-grandad Poppa, who is 80-years-old, sleep on the couch.

**Question 38**

Poppa would have

- A. more hours of sleep per night compared to Mandy.
- B. fewer hours of sleep per night compared to Mandy.
- C. a higher proportion of REM sleep compared to Mandy.
- D. a lower proportion of NREM sleep compared to Mandy.

**Question 39**

Mandy would have

- A. more REM sleep and more stages 3 and 4 NREM sleep per night compared to Poppa.
- B. more REM sleep and less stages 3 and 4 NREM sleep per night compared to Poppa.
- C. less REM sleep and more stages 3 and 4 NREM sleep per night compared to Poppa.
- D. less REM sleep and less stages 3 and 4 NREM sleep per night compared to Poppa.

**Question 40**

Which of the following would not be considered a circadian phase disorder?

- A. sleep-wake shifts in adolescence
- B. shift work
- C. jet lag
- D. sleep walking

**Question 41**

Dr Hua presented a half-played chess game board to participants to memorise. She then removed the pieces and asked the participants to replace all of the chess pieces back to their original positions. What method of retrieval did Dr Hua's participants use?

- A. recall
- B. recognition
- C. relearning
- D. reconstruction

*Use the following information to answer Questions 42-50.*

Latisha is an accountant struggling with her mental health. While her peers seem to cope well with everyday stressors such as meetings, complex spreadsheets, and paperwork, Latisha finds these tasks overwhelming. She finds it difficult to manage her time well to get the tasks done, and when they are overdue, her boss often yells at her. This makes her feel like she cannot do well at work, and she often falls into a cycle of repetitive negative thinking. Latisha tries to distract herself from her negative feelings by turning to substance use. Sometimes, she is unable to find the motivation to get up from bed to go to work. She is also fearful of approaching her friends and colleagues to ask for help, as she thinks that they will think less of her ability to do her job.

Although Latisha was initially reluctant to seek help from a psychologist because she thought her friends and colleagues would think poorly of her need to access treatment, Latisha booked an appointment with a psychologist who introduced her to cognitive behavioural strategies.

**Question 42**

Which of the following would not be a characteristic of a mentally healthy person?

- A. a person who has high levels of functioning
- B. a person who responds to stressors in a maladaptive way
- C. a person who has high levels of social and emotional wellbeing
- D. a person who is resilient

**Question 43**

Which of the following demonstrates rumination?

- A. Latisha's cycle of repetitive negative thinking
- B. Latisha feeling overwhelmed by work
- C. Latisha being unable to find the motivation to go to work
- D. Latisha approaching a psychologist

**Question 44**

Latisha's belief that she cannot do well at work demonstrates

- A. high levels of self-efficacy.
- B. poor self-efficacy.
- C. high levels of disorganised attachment.
- D. low levels of disorganised attachment.

**Question 45**

Latisha's belief that her friends and colleagues would think poorly of her need to access treatment is likely an example of

- A. impaired reasoning and memory.
- B. poor self-efficacy.
- C. a loss of a significant relationship.
- D. stigma.

**Question 46**

Latisha's substance use is a \_\_\_\_\_ factor that is likely to lead to a greater \_\_\_\_\_ of developing a mental disorder.

- A. social; cultural risk
- B. social; cumulative risk
- C. biological; cultural risk
- D. biological; cumulative risk

**Question 47**

Which of the following would most likely be recommended by Latisha's psychologist who uses cognitive behavioural strategies?

- A. asking Latisha to reframe her thinking around work, and implement time management strategies
- B. asking Latisha to quit her job
- C. asking Latisha to take medication for her condition
- D. asking Latisha to analyse her disorganised attachment

**Question 48**

The use of cognitive behavioural strategies is likely to be a

- A. predisposing factor.
- B. precipitating factor.
- C. perpetuating factor.
- D. protective factor.

**Question 49**

Latisha initially seeing a psychologist to help her with her mental health indicates that she is likely in the \_\_\_\_\_ stage of the transtheoretical model.

- A. pre-contemplation
- B. preparation
- C. maintenance
- D. relapse

**Question 50**

If Latisha is able to tackle her issues at work through engaging in cognitive behavioural strategies for a week, this would indicate that she is likely in the \_\_\_\_\_ stage of the transtheoretical model.

- A. pre-contemplation
- B. contemplation
- C. action
- D. maintenance

### Instructions for Section B

### Question 1 (11 marks)

a. How could Jasmine learn to bake a cake through observational learning? Name and apply the steps of observational learning in your response. 5 marks

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- [illegible]

- c. Why is this an example of observational learning and not classical conditioning? Explain your answer with reference to the scenario. 3 marks

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**Question 2** (7 marks)

Forty-year-old Devi has experienced sleep-onset insomnia for two months, and it is affecting her ability to concentrate at work as a paediatric surgeon. As she tries to fall asleep in bed, she finds herself staring at the ceiling, stressing about the next day's work, watching the clock as time passes for hours, or watching horror movies on her phone. Devi feels like she cannot do anything about her poor sleep habits, so she seeks the advice of a sleep psychologist.

- a.** Define sleep-onset insomnia, and categorise it as either a dyssomnia or parasomnia. 2 marks

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- b.** How many hours of sleep should Devi aim for each night, to function at her best? 1 mark

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- c.** What intervention would a sleep psychologist likely suggest for Devi? Explain some techniques that Devi could use to help manage her sleep-onset insomnia. 4 marks

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**Question 3** (2 marks)

Explain how leading questions can affect the retrieval and storage of memories.

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**Question 4** (40 marks)

Gemma, a research psychologist, was conducting an experiment on interventions for specific phobias. She sent out an advertisement at local doctors' clinics, searching for participants with a specific phobia of birds.

Once she had found 30 participants, she then randomly allocated them to three different groups.

Group 1 was taught a relaxation technique, and was asked to pair this technique with pictures of birds, then 3D printed models of birds, and then videos of birds. They were asked to practise the technique each day for a fortnight.

Group 2 was not given any psychological intervention; instead, they were given a benzodiazepine pill each day for a fortnight.

Group 3 was given a placebo pill to take each day for a fortnight.

At the end of the fortnight, all participants were taken to the zoo to directly face live birds by walking inside an aviary, which held a variety of Australian birds in a large enclosure. To measure phobic symptoms, the change in heart rate (in beats per minute) that occurred before and during the walk in the aviary was compared across the three groups.

|                | Average heart rate before the walk | Average heart rate during the walk | Average change in heart rate |
|----------------|------------------------------------|------------------------------------|------------------------------|
| <b>Group 1</b> | 82 (standard deviation = 3)        | 92 (standard deviation = 4)        | +10                          |
| <b>Group 2</b> | 83 (standard deviation = 20)       | 110 (standard deviation = 40)      | +27                          |
| <b>Group 3</b> | 85 (standard deviation = 4)        | 150 (standard deviation = 3)       | +65                          |

- a. Name the psychotherapeutic treatment that best describes the intervention Gemma used in Group 1. 1 mark

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- b. Operationalise the independent variable in Gemma's experiment. 2 marks

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- c.** Operationalise the dependent variable in Gemma's experiment. 2 marks
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- d.** Evaluate the validity of the way that Gemma operationalised her dependent variable. 2 marks
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- 
- e.** Name the sampling method that Gemma used. 1 mark
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- f.** Name the experimental research design that Gemma used. 1 mark
- 
- g.** Describe the differences in standard deviations between groups, and what this means for the averages reported in the table. 4 marks

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**h.** Suggest a conclusion for Gemma's research.

3 marks

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**i.** Gemma had to exclude some participants from the study because they were found to be suffering from anxiety, rather than a specific phobia. Describe two differences that differentiate anxiety from a specific phobia.

4 marks

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- [illegible]

- [illegible]

- l.** Which of the risk factors from the 4P model and the biopsychosocial model best describe how classical conditioning contributes to a phobia? 2 marks

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- m.** With reference to a biological predisposing factor for specific phobia, explain how benzodiazepines can reduce phobic symptoms. 4 marks

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- n.** Name and describe a social intervention that can be used for specific phobia. 4 marks

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Nellie is a VCE student aspiring to study engineering at university, but has been finding Year 12 very challenging. Unfortunately, she has performed poorly on her SACs so far this year, and has a poor sense of self-efficacy. She does not seem to be able to remember key concepts very well, and is constantly sleep deprived, averaging five hours of sleep per night.

The night before each SAC, Nellie crams through the night and does not get any sleep. Even though she finds her study technique frustrating and ineffective, she continues to approach her study the same way throughout the year.

- the effects of partial sleep deprivation,
- the effects of one night of full sleep deprivation as a comparison with effects of legal blood-alcohol concentrations,
- the restoration theory of sleep,
- the Atkinson-Shiffrin multi-store model of memory, and
- maintenance and elaborative rehearsal.

[illegible]

**END OF QUESTION AND ANSWER BOOK**

**Clearly number all responses in this space.**

[illegible]



# VCE PSYCHOLOGY

Written Examination

## ANSWER SHEET – 2021

STUDENT  
NAME:

Use a **PENCIL** for **ALL** entries. For each question, shade the box which indicates your answer.

Marks will **NOT** be deducted for incorrect answers.

**NO MARK** will be given if more than one answer is completed for any question.

If you make a mistake, **ERASE** the incorrect answer – **DO NOT** cross it out.

|    |   |   |   |   |
|----|---|---|---|---|
| 1  | A | B | C | D |
| 2  | A | B | C | D |
| 3  | A | B | C | D |
| 4  | A | B | C | D |
| 5  | A | B | C | D |
| 6  | A | B | C | D |
| 7  | A | B | C | D |
| 8  | A | B | C | D |
| 9  | A | B | C | D |
| 10 | A | B | C | D |
| 11 | A | B | C | D |
| 12 | A | B | C | D |
| 13 | A | B | C | D |
| 14 | A | B | C | D |
| 15 | A | B | C | D |
| 16 | A | B | C | D |
| 17 | A | B | C | D |
| 18 | A | B | C | D |
| 19 | A | B | C | D |
| 20 | A | B | C | D |
| 21 | A | B | C | D |
| 22 | A | B | C | D |
| 23 | A | B | C | D |
| 24 | A | B | C | D |
| 25 | A | B | C | D |
| 26 | A | B | C | D |
| 27 | A | B | C | D |
| 28 | A | B | C | D |
| 29 | A | B | C | D |
| 30 | A | B | C | D |
| 31 | A | B | C | D |
| 32 | A | B | C | D |
| 33 | A | B | C | D |
| 34 | A | B | C | D |
| 35 | A | B | C | D |
| 36 | A | B | C | D |
| 37 | A | B | C | D |
| 38 | A | B | C | D |
| 39 | A | B | C | D |
| 40 | A | B | C | D |
| 41 | A | B | C | D |
| 42 | A | B | C | D |
| 43 | A | B | C | D |
| 44 | A | B | C | D |
| 45 | A | B | C | D |
| 46 | A | B | C | D |
| 47 | A | B | C | D |
| 48 | A | B | C | D |
| 49 | A | B | C | D |
| 50 | A | B | C | D |