NEW CED – SOCIAL PSYCHOLOGY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. **Which term refers to the mode of thinking that prioritizes harmony over realistic evaluation in group decision-making?**

   A. Groupthink

   B. Group polarization

   C. Social loafing

   D. Collective efficacy

2. **What is commonly used to describe a heavy mental or cognitive burden imposed by a task?**

   A. Altruism

   B. Belief perseverance

   C. Cognitive load

   D. Bystander effect

3. **What aspect of social psychology considers how people are judged and treated based on their group memberships?**

   A. Group Dynamics

   B. Discrimination

   C. Social Norms

   D. Behavioural Economics

4. **How is the bystander effect characterized?**

   A. Increased likelihood of intervention in emergencies

   B. A reduced feeling of personal responsibility

   C. Heightened emotional engagement in crisis situations

   D. A decrease in group cohesion during emergencies

5. **What psychological effect states that repeated exposure to novel stimuli increases liking of them?**

   A. Mere-exposure effect

   B. Conditioning effect

   C. Familiarity principle

   D. Social proof effect

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6. What is the definition of altruism in psychology?

A. Selfish actions taken for personal gain.

B. Concern for others' well-being without expecting rewards.

C. A focused interest in personal development.

D. Engaging in behavior for social approval.

7. What does social comparison theory suggest about individual self-worth?

A. It is based on one's achievements alone.

B. It is determined by social media interactions.

C. It is influenced by how one compares to others.

D. It is irrelevant in today's society.

8. What do we call the attitudes people may subconsciously hold or lack awareness of?

A. Explicit attitudes

B. Implicit attitudes

C. Cognitive dissonance

D. Conditioned attitudes

9. What does social proof imply in social behavior?

A. People are less likely to conform to group norms

B. Individuals are influenced by observing others' actions and behaviors

C. The validity of one's beliefs is stronger when held in isolation

D. People act more authentically when alone

10. How is assertiveness defined in social psychology?

A. The ability to avoid conflict effectively.

B. Expressing feelings while respecting others.

C. The capability to dominate social situations.

D. Keeping personal thoughts private.

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Answers

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1. A
2. C
3. B
4. B
5. A
6. B
7. C
8. B
9. B
10. B

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Explanations

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1. Which term refers to the mode of thinking that prioritizes harmony over realistic evaluation in group decision-making?

A. Groupthink

B. Group polarization

C. Social loafing

D. Collective efficacy

The term that refers to the mode of thinking prioritizing harmony over realistic evaluation in group decision-making is groupthink. Groupthink occurs when the desire for consensus and cohesiveness within a group leads members to suppress dissenting viewpoints, overlook potential problems, and minimize conflict. This phenomenon can result in poor decision-making as critical thinking is sacrificed in favor of maintaining harmony and agreement among group members. In groupthink, individuals may refrain from expressing their beliefs or doubts due to fear of disrupting the group's unity. This can cause the group to fail to evaluate alternatives properly, leading to judgments that are not well thought out or that ignore crucial information. The historical examples of groupthink, such as the Bay of Pigs invasion, illustrate how prioritizing group consensus over objective analysis can have detrimental consequences. The other terms describe different social phenomena. Group polarization refers to the tendency of group discussions to amplify the initial leanings of individual members, leading to more extreme positions. Social loafing is the tendency for individuals to exert less effort when working in a group compared to working alone. Collective efficacy refers to a group's shared belief in its capability to achieve goals and execute tasks effectively. Each of these concepts applies to group dynamics but does not specifically capture the aspect of prioritizing harmony over

2. What is commonly used to describe a heavy mental or cognitive burden imposed by a task?

A. Altruism

B. Belief perseverance

C. Cognitive load

D. Bystander effect

Cognitive load is the term used to describe the mental effort and cognitive resources required to complete a task. It reflects the idea that when a task demands a significant amount of mental resources, it can lead to mental fatigue and limit the ability to process information or perform additional tasks effectively. The concept is crucial in understanding how individuals work on complex tasks, as high cognitive load can impair thinking, problem-solving, and decision-making abilities. Altruism refers to selfless concern for the well-being of others, which does not relate to the mental demands of a task. Belief perseverance pertains to the tendency to stick to one's initial beliefs even when faced with contrary evidence, which is more about attitude and belief systems than the cognitive burden of task-related activities. The bystander effect explains how individuals are less likely to offer help in emergencies when others are present but does not address cognitive or mental workload. Thus, cognitive load is the most accurate term to describe the heavy mental burden associated with completing demanding tasks.

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3. What aspect of social psychology considers how people are judged and treated based on their group memberships?

A. Group Dynamics

B. Discrimination

C. Social Norms

D. Behavioural Economics

The focus of the question is on how individuals are evaluated and treated in relation to their affiliations with specific groups, which is fundamentally linked to the concept of discrimination. Discrimination involves prejudicial treatment of individuals based on their belonging to certain groups, whether those are defined by race, gender, age, sexual orientation, or other characteristics. This is a core area of study within social psychology, as it directly relates to the dynamics of group membership and the consequences of in-group versus out-group classifications. While group dynamics explores how individuals behave in and interact within groups, including their relationships and cohesion, it does not specifically address the judgment or treatment that arises from being part of a group. Social norms refer to the accepted standards of behavior within a society or group, which can inform the context of discrimination but do not exclusively encompass how people are treated based on group membership. Behavioural economics, on the other hand, deals with the psychological factors that influence economic decision-making and is not directly related to the social judgments based on group affiliations. Therefore, understanding discrimination is key to analyzing how social psychology addresses issues surrounding group memberships and their impacts on individuals.

4. How is the bystander effect characterized?

A. Increased likelihood of intervention in emergencies

B. A reduced feeling of personal responsibility

C. Heightened emotional engagement in crisis situations

D. A decrease in group cohesion during emergencies

The bystander effect is characterized by a reduced feeling of personal responsibility in emergency situations, particularly when other people are present. This phenomenon occurs because individuals often assume that someone else will take action or feel less compelled to intervene due to the presence of others. As more bystanders are present, the diffusion of responsibility becomes more pronounced; each person may feel that the responsibility to act is shared among the group rather than resting solely on their shoulders. This leads to a paradox where individuals are less likely to help when they know others are observing or present, in stark contrast to a situation where one is alone and feels a stronger obligation to assist. Understanding this aspect of human behavior is crucial in social psychology, as it illustrates how group dynamics can influence individual actions and choices in critical situations. The other choices do touch on various aspects of human behavior in emergencies, but they do not encapsulate the core concept of the bystander effect as effectively. For example, the idea of an increased likelihood of intervention contradicts the essence of the bystander effect itself. Meanwhile, heightened emotional engagement and decreased group cohesion, while relevant in specific contexts, are not defining characteristics of this phenomenon.

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5. What psychological effect states that repeated exposure to novel stimuli increases liking of them?

A. Mere-exposure effect

B. Conditioning effect

C. Familiarity principle

D. Social proof effect

The mere-exposure effect is a psychological phenomenon where individuals tend to develop a preference for things simply because they are familiar with them. When people are repeatedly exposed to a stimulus, such as a person, object, music, or even words, their liking for that stimulus typically increases. This effect occurs even when the repeated exposure happens without conscious awareness or any significant interaction with the stimulus. Research has shown that this effect is powerful across various contexts and can influence attitudes and preferences in diverse areas, including consumer behavior, interpersonal relationships, and aesthetic preferences. The underlying reason for this mechanism may involve cognitive fluency; things that are familiar are easier to process cognitively, leading to positive feelings towards them. The other concepts mentioned do not encapsulate this idea effectively. The conditioning effect relates to learning associations between stimuli and responses, often through reinforcement, while the familiarity principle suggests people prefer familiar things but isn't specifically tied to the increase in liking through mere exposure. The social proof effect speaks to the tendency to look to others for cues on how to behave, which is unrelated to the enhancement of liking through familiarity. Therefore, the mere-exposure effect is the most accurate answer to the question regarding repeated exposure leading to increased liking.

6. What is the definition of altruism in psychology?

A. Selfish actions taken for personal gain.

B. Concern for others' well-being without expecting rewards.

C. A focused interest in personal development.

D. Engaging in behavior for social approval.

Altruism in psychology is defined as the selfless concern for the well-being of others, where individuals act without expecting any personal rewards or benefits in return. This concept emphasizes the importance of empathy and compassion, as altruistic behaviors are often motivated by a desire to help others simply for the sake of helping. It reflects a genuine interest in the welfare of others, contrasting sharply with actions taken for selfish reasons or personal gain. In the context of the other options, the first choice describes behaviors driven by self-interest, which fundamentally contradicts the essence of altruism. The third option focuses on personal development, which is an individualistic pursuit that does not necessarily involve concern for others. The fourth option highlights behavior motivated by a desire for social approval, again indicating a focus on personal outcomes rather than the unselfish intention that characterizes altruism. Hence, the correct understanding of altruism aligns with the definition of concern for others' well-being without expecting rewards.

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7. What does social comparison theory suggest about individual self-worth?

A. It is based on one's achievements alone.

B. It is determined by social media interactions.

C. It is influenced by how one compares to others.

D. It is irrelevant in today's society.

Social comparison theory posits that individuals determine their own self-worth through evaluations of themselves in relation to others. This means that people often assess their abilities, opinions, and emotional states by comparing themselves to their peers or social groups. The theory, developed by Leon Festinger in the 1950s, highlights that these comparisons can significantly influence self-esteem and self-perception. In essence, when individuals perceive themselves as doing better than others, their self-worth tends to increase, while comparisons that reveal they are doing worse can lead to feelings of inadequacy or low self-esteem. This dynamic plays a crucial role in psychological processes such as motivation, self-identity, and social relationships. The other options do not encapsulate the core idea of social comparison theory. While achievements might factor into one's self-worth, they are not the sole determinant according to the theory. Social media interactions can contribute to social comparisons, but the theory itself is broader and more foundational than just online interactions. Finally, claiming that self-worth is irrelevant in today's society disregards the ongoing importance of social dynamics and comparison processes affecting individual self-esteem and identity.

8. What do we call the attitudes people may subconsciously hold or lack awareness of?

A. Explicit attitudes

B. Implicit attitudes

C. Cognitive dissonance

D. Conditioned attitudes

The term used to describe attitudes that people may subconsciously hold or are not aware of is "implicit attitudes." These attitudes are formed through personal experiences and cultural influences, often operating outside of conscious awareness. Implicit attitudes can significantly impact behavior and decision-making without individuals realizing the influence they have. In contrast, explicit attitudes are those that individuals can consciously reflect upon and report. Cognitive dissonance refers to the psychological discomfort experienced when holding two or more conflicting beliefs, attitudes, or values, which is a different concept altogether. Conditioned attitudes usually arise from learning through conditioning processes, but they do not necessarily imply a lack of awareness. Therefore, the correct understanding lies in recognizing that implicit attitudes are those that are not readily accessible to conscious awareness, shaping behaviors in subtle ways.

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9. What does social proof imply in social behavior?

A. People are less likely to conform to group norms

B. Individuals are influenced by observing others' actions and behaviors

C. The validity of one's beliefs is stronger when held in isolation

D. People act more authentically when alone

Social proof is the psychological phenomenon where individuals look to the behavior of others to guide their own actions, particularly in uncertain situations. This concept is grounded in the idea that if many people are engaging in a behavior or holding a particular belief, it is likely that it is the correct or appropriate action to take. Therefore, when individuals see others participating in a certain behavior, they may feel compelled to conform to that behavior themselves, reinforcing the influence of social cues. This behavior is often driven by the desire for social acceptance and the need to make judgments based on the actions of others. For example, if someone walks into a crowded restaurant where most people are ordering a specific dish, they might be more inclined to order that dish as well, perceiving it as a popular or desirable choice. This illustrates the essence of social proof, as individuals use the actions of their peers as a benchmark for their decisions. The other options do not accurately represent the concept of social proof. For instance, the idea that people are less likely to conform contradicts the fundamental nature of this phenomenon, which emphasizes conformity based on observed behaviors. Similarly, the idea that beliefs are stronger when held in isolation and that people act more authentically when alone do not capture the essence of how social

10. How is assertiveness defined in social psychology?

A. The ability to avoid conflict effectively.

B. Expressing feelings while respecting others.

C. The capability to dominate social situations.

D. Keeping personal thoughts private.

Assertiveness in social psychology is defined as the ability to express one's own feelings, thoughts, and needs in a clear and direct way while also respecting the rights and feelings of others. This definition emphasizes the balance between self-expression and the consideration of others, which is crucial for effective communication and healthy interpersonal relationships. A key aspect of assertiveness is the ability to stand up for oneself without being aggressive or passive. It involves conveying one's own opinions and emotions honestly, which can foster mutual understanding and respect in social interactions. By practicing assertiveness, individuals can improve their self-esteem and reduce anxiety in social situations, leading to more fulfilling and constructive relationships. The other options represent concepts that do not fully encompass assertiveness. For instance, avoiding conflict does not involve expressing oneself and may lead to unresolved issues. Dominating social situations leans more towards aggression, which contradicts the respectful aspect inherent in assertiveness. Keeping personal thoughts private reflects a lack of openness and does not contribute to the mutual exchange of feelings that is essential in assertive communication.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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