

TEXAS A&M UNIVERSITY (TAMU) PBSI 107 INTRODUCTION TO PSYCHOLOGY EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://tamu-pbsi107exam1.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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.

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!

Questions

SAMPLE

- 1. What is the long projection that transmits impulses to other neurons or muscles?**
 - A. Soma
 - B. Dendrite
 - C. Vesicles
 - D. Axon

- 2. Broca's area is located in which brain lobe?**
 - A. Occipital lobe
 - B. Temporal lobe
 - C. Frontal lobe
 - D. Parietal lobe

- 3. If a sample is smaller than the population, the sample is _____.**
 - A. Larger
 - B. Smaller
 - C. Representative
 - D. Biased

- 4. Which structure serves as the sensory relay station directing incoming sensory information?**
 - A. Cerebellum
 - B. Thalamus
 - C. Hippocampus
 - D. Corpus Callosum

- 5. Which structure encases the axon to insulate and speed conduction?**
 - A. Synapse
 - B. Dendrite
 - C. Myelin sheath
 - D. Vesicles

- 6. Which concept is often observed in laboratory settings but not as much in everyday life?**
- A. Latent content
 - B. Subliminal
 - C. Absolute threshold
 - D. Jung's dream theory
- 7. Which nervous system governs voluntary movement and includes sensory and motor neurons?**
- A. autonomic nervous system
 - B. central nervous system
 - C. peripheral nervous system
 - D. somatic nervous system
- 8. Which structure regulates fight-or-flight responses and autonomic functions including hunger and temperature?**
- A. Hypothalamus
 - B. Amygdala
 - C. Hippocampus
 - D. Thalamus
- 9. Which structure releases neurotransmitters into the synapse?**
- A. Dendrite
 - B. Axon terminal
 - C. Soma
 - D. Myelin sheath
- 10. Which photoreceptors are responsible for color vision and daytime vision?**
- A. Rods
 - B. Cones
 - C. Pinna
 - D. Retina

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the long projection that transmits impulses to other neurons or muscles?

- A. Soma
- B. Dendrite
- C. Vesicles
- D. Axon**

The long projection that transmits impulses away from the neuron's body to other neurons or muscles is the axon. It starts at the axon hillock and carries electrical signals down its length, often insulated by myelin to speed conduction, and ends at axon terminals where communication occurs. At these terminals, neurotransmitters are released from vesicles into the synapse to influence the next cell. Dendrites are the receiving branches that collect signals, while the soma is the cell's metabolic center. Vesicles are tiny sacs inside the presynaptic terminal that store neurotransmitters for release.

2. Broca's area is located in which brain lobe?

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

Broca's area governs speech production, so it sits in the frontal lobe (usually in the left hemisphere, in the inferior frontal gyrus). This region plans and coordinates the movements needed to speak and form language, which is why damage there causes nonfluent speech. The occipital lobe handles vision, the temporal lobe handles hearing and language comprehension (Wernicke's area), and the parietal lobe processes sensory information and spatial aspects. So the frontal lobe is the correct location for Broca's area.

3. If a sample is smaller than the population, the sample is ____.

- A. Larger
- B. Smaller**
- C. Representative
- D. Biased

In research, a sample is a portion of the whole group, called the population. The word size refers to how many individuals are in that portion. If the sample includes fewer people than the entire population, it is described as smaller. The other terms relate to how well that subset reflects the whole group (representative or biased) or to a size that isn't possible given the population (larger), but they don't describe the simple fact about the number of units.

4. Which structure serves as the sensory relay station directing incoming sensory information?

- A. Cerebellum
- B. Thalamus**
- C. Hippocampus
- D. Corpus Callosum

The brain uses a central relay hub to route sensory information to the right processing areas, and the thalamus acts as that hub. It receives signals from the eyes, ears, skin, and other senses and directs them to the appropriate cortical regions for interpretation. It also helps regulate attention and arousal as signals pass through. For example, information from vision goes through a part of the thalamus called the lateral geniculate nucleus to the visual cortex, hearing via the medial geniculate nucleus to the auditory cortex, and touch through the ventral posterior nucleus to the somatosensory cortex. Other structures don't perform this broad routing role: the cerebellum mainly coordinates movement and balance, the hippocampus is crucial for memory, and the corpus callosum mainly connects the two brain hemispheres. So the structure that serves as the sensory relay station is the thalamus.

5. Which structure encases the axon to insulate and speed conduction?

- A. Synapse
- B. Dendrite
- C. Myelin sheath**
- D. Vesicles

The structure that encases the axon to insulate and speed conduction is the myelin sheath. This insulating wrap, produced by glial cells (Schwann cells in the peripheral nervous system and oligodendrocytes in the central nervous system), reduces leakage of electric current and lowers the membrane's capacitance. Because of this insulation, action potentials can leap from one node of Ranvier to the next in a process called saltatory conduction, dramatically increasing the speed of transmission along the axon. In contrast, a synapse is the junction where neurons communicate, dendrites are the input branches that receive signals, and vesicles store neurotransmitters for release—none of these encase and speed conduction along the axon.

6. Which concept is often observed in laboratory settings but not as much in everyday life?

- A. Latent content
- B. Subliminal**
- C. Absolute threshold
- D. Jung's dream theory

Subliminal processing refers to stimuli that are below the level of conscious awareness. In laboratory settings, researchers can precisely control how quietly or quickly a stimulus is presented and often mask it so participants don't report consciously seeing it, yet they can still detect subtle effects on perception, attention, or choice. That controlled environment makes it possible to study how unconscious information can influence behavior, something that isn't commonly observable in everyday life, where stimuli aren't filtered and timed so precisely and where conscious perception is the default. Other options don't fit this pattern: latent content comes from psychoanalytic dream interpretation and isn't typically tested or observed in lab experiments; an absolute threshold is about the minimum detectable stimulus that can be observed in everyday experiences as well as in experiments; Jung's dream theory isn't something we test in typical psychology labs.

7. Which nervous system governs voluntary movement and includes sensory and motor neurons?

- A. autonomic nervous system
- B. central nervous system
- C. peripheral nervous system
- D. somatic nervous system**

Voluntary movement is controlled by the somatic nervous system, the part of the peripheral nervous system that handles conscious control of skeletal muscles. It includes sensory pathways that bring information from receptors in the body to the central nervous system and motor pathways that carry commands from the CNS to skeletal muscles to produce movement. This is different from the autonomic nervous system, which regulates involuntary functions like heart rate and digestion, and from the central nervous system, which comprises the brain and spinal cord that process these signals.

8. Which structure regulates fight-or-flight responses and autonomic functions including hunger and temperature?

- A. Hypothalamus**
- B. Amygdala
- C. Hippocampus
- D. Thalamus

The hypothalamus acts as the brain's command center for maintaining homeostasis and coordinating autonomic and hormonal responses. It receives signals about the body's internal state and, in response to stress or danger, activates the autonomic nervous system to trigger fight-or-flight responses through connections to the brainstem and spinal cord, while also signaling the pituitary to release hormones that sustain the response. It regulates hunger through specific nuclei that control appetite and energy balance, and it manages body temperature via thermoregulatory regions. While the amygdala, hippocampus, and thalamus each play important roles in emotion, memory, and sensory relay respectively, the hypothalamus is the key regulator of autonomic functions and the physiological processes that underlie fight-or-flight and homeostasis.

9. Which structure releases neurotransmitters into the synapse?

- A. Dendrite
- B. Axon terminal**
- C. Soma
- D. Myelin sheath

Neurons communicate by releasing neurotransmitters into the space between cells when an action potential reaches the end of the neuron. This release happens at the axon terminal, the part at the end of the axon. The axon terminal contains vesicles filled with neurotransmitters; when an impulse arrives, calcium channels open, calcium enters, and the vesicles fuse with the membrane to release their cargo into the synaptic cleft. The neurotransmitters then cross the gap and bind to receptors on the next neuron, propagating the signal. The dendrite, by contrast, is where signals are received from other neurons, not released. The soma is the cell body that integrates incoming information, and the myelin sheath insulates the axon to speed transmission rather than release neurotransmitters.

10. Which photoreceptors are responsible for color vision and daytime vision?

- A. Rods
- B. Cones**
- C. Pinna
- D. Retina

Cones are the photoreceptors responsible for color vision and daytime vision. They require brighter light to function and come in three types that detect red, green, and blue wavelengths, which lets us perceive a wide range of colors and see fine detail. They're densely packed in the fovea, giving sharp central vision when we look directly at something. Rods, on the other hand, are highly sensitive to low light and enable night and peripheral vision, but they don't convey color information. The pinna is part of the outer ear and has nothing to do with vision. The retina is the light-sensitive layer at the back of the eye that contains these photoreceptors, but it's the location of rods and cones rather than the receptors themselves.

SAMPLE

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:

<https://tamu-pbsi107exam1.examzify.com>

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

SAMPLE