UNIVERSITY OF CENTRAL FLORIDA (UCF) PSY2012 GENERAL PSYCHOLOGY PRACTICE EXAM 2 (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 research method would best support findings related to the facial-feedback hypothesis?

A. Longitudinal studies on happiness.

B. Experimental studies manipulating facial expressions.

C. Cross-sectional surveys on emotional well-being.

D. Case studies of individual emotional expression.

2. What psychological construct reflects the internal conditions that activate behavior towards achieving objectives?

A. Mental states

B. Needs

C. Moods

D. Motives

3. What is the primary characteristic of REM sleep?

A. It is the stage where the body is paralyzed.

B. It is characterized by very slow brain waves.

C. It involves high amplitude brain waves.

D. It is the sleep stage associated with dreaming.

4. Which type of memory is first encountered by a stimulus, such as a smell?

A. Short-term memory

B. Long-term memory

C. Working memory

D. Sensory memory

5. What term refers to a relatively permanent change in behavior that arises from practice or experience?

A. Memory

B. Learning

C. Conditioning

D. Skill acquisition

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6. Which type of imagery allows for the retention of exact mental representations of visual stimuli over long periods?

A. Eidetic imagery

B. Short-term imagery

C. Iconic vision

D. Visual recall

7. What occurs during the stage of sleep known as REM?

A. The body undergoes deep restorative processes.

B. Body temperature drops significantly.

C. Our eyes dart back and forth beneath our eyelids.

D. Brain waves are at their slowest.

8. What term refers to the concept that humans may develop fears of certain animals due to evolutionary factors?

A. Biologically prepared

B. Counter-conditioning

C. Conditioned response

D. Operant conditioning

9. What term describes the states that activate behavior and propel us toward achieving goals?

A. Impressions

B. Drives

C. Motives

D. Instincts

10. What method involves memorization by mentally repeating a list?

A. Elaborative rehearsal

B. Maintenance rehearsal

C. Prospective memory

D. Priming

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Answers

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

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Explanations

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1. Which research method would best support findings related to the facial-feedback hypothesis?

A. Longitudinal studies on happiness.

B. Experimental studies manipulating facial expressions.

C. Cross-sectional surveys on emotional well-being.

D. Case studies of individual emotional expression.

The facial-feedback hypothesis suggests that facial expressions can influence emotional experiences. Therefore, the most appropriate research method to investigate this hypothesis would be experimental studies that manipulate facial expressions. In this type of research, participants might be instructed to adopt specific facial expressions—such as smiling or frowning—and then report on their emotional state afterwards. This manipulation allows researchers to establish a causal link between the alteration of facial expressions and any resulting changes in emotions, which is central to validating the facial-feedback hypothesis. Experimental studies provide the ability to control variables and directly test hypotheses through observation and measurement of outcomes. This focus on cause and effect is essential when examining how physiological changes (like facial movements) can affect psychological states (like emotions). Other methods, such as longitudinal studies or cross-sectional surveys, do not provide the same level of control or direct testing of the hypothesis since they primarily observe existing phenomena rather than manipulate conditions to observe outcomes.

2. What psychological construct reflects the internal conditions that activate behavior towards achieving objectives?

A. Mental states

B. Needs

C. Moods

D. Motives

The answer, motives, is correct because motives are the psychological constructs that drive individuals to take action and pursue their goals. They encompass the internal conditions, such as desires, drives, and urges, that activate behavior and direct it toward specific objectives. Motives can arise from a range of sources, including biological needs (like hunger) or psychological desires (such as the need for achievement or social connections). In the context of psychology, understanding motives is crucial because they provide insight into why individuals behave in certain ways to fulfill their needs or achieve their goals. In this sense, motives serve as the underlying force that propels individuals into action, often leading to various behaviors and strategies in pursuit of their objectives. In contrast, mental states, needs, and moods are related concepts but do not specifically encapsulate the dynamics of activating behavior toward goal achievement. While needs can certainly influence motives, they are more about the requirements essential for survival or well-being. Moods reflect emotional states that can affect behavior but do not necessarily drive specific actions toward goals. Thus, the concept of motives is the most precise in terms of the activation of behavior towards achieving objectives.

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3. What is the primary characteristic of REM sleep?

A. It is the stage where the body is paralyzed.

B. It is characterized by very slow brain waves.

C. It involves high amplitude brain waves.

D. It is the sleep stage associated with dreaming.

The primary characteristic of REM (Rapid Eye Movement) sleep is that it is the sleep stage associated with dreaming. During this phase, brain activity increases significantly, resembling that of waking states, and most vivid dreams occur at this time. The presence of rapid eye movements is a key feature, along with physiological changes such as increased heart rate and irregular breathing. This stage of sleep plays an important role in memory consolidation and emotional processing, making it crucial for cognitive functioning. Understanding REM sleep's role in dreams can provide insight into its importance for mental health and well-being. This contrasts with other sleep stages, which are typically characterized by slower brain waves and less vivid or memorable experiences.

4. Which type of memory is first encountered by a stimulus, such as a smell?

A. Short-term memory

B. Long-term memory

C. Working memory

D. Sensory memory

Sensory memory is indeed the first type of memory that is encountered by a stimulus, such as a smell. It acts as a brief storage system that holds information in its raw form for a very short duration, typically just a few seconds. This type of memory allows individuals to perceive and process sensory information before it is either further analyzed or ignored. In the case of olfactory stimuli, when you encounter a smell, it is processed by sensory memory, which captures the initial experience of the smell without any conscious effort or deeper cognitive processing. This immediate retention allows individuals to recognize and react to the stimulus almost instantly. In contrast, short-term memory involves the storage of information that is consciously attended to and can hold information for a slightly longer period, around 20 to 30 seconds. Long-term memory refers to the storage of information over extended periods, where it can be coded, consolidated, and retrieved for use later on. Working memory, on the other hand, is an active processing system that enables manipulation of information held in short-term memory for tasks such as reasoning and comprehension. Thus, sensory memory is foundational because it provides the first impression of a sensory stimulus, laying the groundwork for further cognitive processing.

5. What term refers to a relatively permanent change in behavior that arises from practice or experience?

A. Memory

B. Learning

C. Conditioning

D. Skill acquisition

The term that refers to a relatively permanent change in behavior that arises from practice or experience is learning. Learning is a fundamental concept in psychology that encompasses various processes through which individuals acquire new knowledge, skills, attitudes, or behaviors as a result of interactions with their environment. This definition highlights the significance of experience and practice in shaping behavior, which differentiates learning from other concepts like memory, which refers to the storage and retrieval of information, or conditioning, which is a specific type of learning focused on associations between stimuli. Skill acquisition, while related to learning, is more specific to gaining proficiency in a particular task rather than encompassing the broader scope of behavioral changes associated with learning overall.

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6. Which type of imagery allows for the retention of exact mental representations of visual stimuli over long periods?

A. Eidetic imagery

B. Short-term imagery

C. Iconic vision

D. Visual recall

Eidetic imagery refers to the ability to recall images, sounds, or objects in great detail, often after only brief exposure, and to maintain these vivid mental representations over extensive periods. Individuals with eidetic imagery can visualize an image as if it were still present, allowing them to retain intricate details without requiring much reinforcement. This capacity is particularly notable in children but is rare in adults, as most people tend to rely on reconstructive memory rather than exact replication of visual stimuli. The other terms presented do not encapsulate the concept of retaining exact mental representations over long durations. Short-term imagery typically pertains to limited visualization that lasts for mere seconds, primarily governed by short-term memory. Iconic vision describes a fleeting type of sensory memory for visual stimuli that lasts only a fraction of a second; it does not provide long-term retention. Visual recall refers to the act of remembering visual information but lacks the specificity of retaining precise visual details over extended periods that characterize eidetic imagery. Thus, the distinction made in the context of this question clearly points to the unique qualities of eidetic imagery.

7. What occurs during the stage of sleep known as REM?

A. The body undergoes deep restorative processes.

B. Body temperature drops significantly.

C. Our eyes dart back and forth beneath our eyelids.

D. Brain waves are at their slowest.

During the stage of sleep known as REM (Rapid Eye Movement), the most distinctive feature is indeed the rapid movement of the eyes, which dart back and forth beneath the eyelids. This stage of sleep is associated with vivid dreaming, heightened brain activity similar to wakefulness, and is crucial for various aspects of mental and emotional well-being. During REM sleep, brain wave activity is more similar to that of being awake than in other sleep stages, indicating that the brain is quite active, which supports the idea that this phase is essential for cognitive functions such as memory consolidation and learning. The physiological state during REM is interesting because, despite the brain's activity, the body is effectively paralyzed—a mechanism that prevents physical movement in response to dreams. This stage is essential for emotional regulation and is linked to creativity and problem-solving.

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8. What term refers to the concept that humans may develop fears of certain animals due to evolutionary factors?

A. Biologically prepared

B. Counter-conditioning

C. Conditioned response

D. Operant conditioning

The term that refers to the concept that humans may develop fears of certain animals due to evolutionary factors is "biologically prepared." This concept is grounded in the theory that certain phobias, especially those related to animals such as snakes or spiders, have been shaped by evolutionary processes. From an adaptive standpoint, it was advantageous for early humans to develop a heightened sensitivity or fear towards potentially dangerous creatures, as this could enhance survival. Biologically prepared reflects the idea that some fears are not just learned through personal experience but are deeply rooted in our evolutionary history. This preparedness to fear certain objects or situations suggests a pre-wiring of the brain to make such associations more readily than others, which can lead to quicker learning and behavioral responses. Understanding this helps us grasp why some individuals may have a more intense fear response to specific stimuli compared to others, as it relates to how our ancestors adapted to their environments. The other concepts mentioned relate to different aspects of learning and behavior. Counter-conditioning involves changing the emotional response to a specific stimulus, conditioned response pertains to a learned reaction to a conditioned stimulus, and operant conditioning refers to learning through the consequences of behavior. While these are important in the study of psychology, they do not specifically address the evolutionary basis of fear

9. What term describes the states that activate behavior and propel us toward achieving goals?

A. Impressions

B. Drives

C. Motives

D. Instincts

The term that best describes the states that activate behavior and propel individuals toward achieving goals is "motives." Motives are internal processes that energize, direct, and sustain behavior toward a particular goal. They arise from needs, desires, and psychological drives that influence actions, making them fundamental in understanding human behavior in psychological contexts. For instance, a student's motive to succeed academically can drive them to study diligently, whereas a person's motive for social acceptance can influence their participation in group activities. While the other choices might seem related, they do not encompass the same comprehensive concept as motives. Impressions refer instead to the perceptions or evaluations formed about others, while drives represent basic biological urges that push individuals to seek satisfaction or fulfill physiological needs. Instincts are innate behaviors that can influence behavior, but they are often more rigid and biologically driven compared to the more complex and varied nature of motives. Therefore, motives capture the essence of what propels individuals to engage in goal-directed behavior.

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10. What method involves memorization by mentally repeating a list?

A. Elaborative rehearsal

B. Maintenance rehearsal

C. Prospective memory

D. Priming

The method that involves memorization by mentally repeating a list is maintenance rehearsal. This technique focuses on the retention of information through repetition without necessarily involving deeper processing of that information. By continuously repeating the material, such as a list of items, individuals can keep it active in their short-term memory, which can facilitate short-term recall. Maintenance rehearsal is often used for tasks like memorizing a phone number long enough to dial it, whereas elaborative rehearsal involves linking new information to existing knowledge to enhance comprehension and retention. Prospective memory pertains to remembering to perform actions in the future, and priming is about the activation of certain associations in memory that influence response to stimuli without conscious awareness. Maintenance rehearsal is particularly effective for basic repetition and short-term retention, which explains its designation in the context of this question.

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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:

https://ucf-psy2012-exam2.examzify.com

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

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