



VCE PSYCHOLOGY 2013

YEAR 12 TRIAL EXAM

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Unit 3 & Unit 4
Reading time: 15 minutes
Writing time: 2 hours 30 minutes

<i>Section</i>	<i>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
A	65	65	65
B	19	19	60
C	4	4	15
			Total 140

An Answer Sheet is provided for Section A.
Answer all questions in Section B in the space provided.
Answer all questions in Section C in the space provided.

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STUDENT NUMBER

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Student Name.....

VCE Psychology 2013 Year 12 Trial Exam Unit 3/4

Student Answer Sheet

There are 65 Multiple Choice questions to be answered by circling the correct letter in the table below. Use only a 2B pencil. If you make a mistake, erase it and enter the correct answer. Marks will not be deducted for incorrect answers.

<i>Question 1</i>	A	B	C	D	<i>Question 2</i>	A	B	C	D
<i>Question 3</i>	A	B	C	D	<i>Question 4</i>	A	B	C	D
<i>Question 5</i>	A	B	C	D	<i>Question 6</i>	A	B	C	D
<i>Question 7</i>	A	B	C	D	<i>Question 8</i>	A	B	C	D
<i>Question 9</i>	A	B	C	D	<i>Question 10</i>	A	B	C	D
<i>Question 11</i>	A	B	C	D	<i>Question 12</i>	A	B	C	D
<i>Question 13</i>	A	B	C	D	<i>Question 14</i>	A	B	C	D
<i>Question 15</i>	A	B	C	D	<i>Question 16</i>	A	B	C	D
<i>Question 17</i>	A	B	C	D	<i>Question 18</i>	A	B	C	D
<i>Question 19</i>	A	B	C	D	<i>Question 20</i>	A	B	C	D
<i>Question 21</i>	A	B	C	D	<i>Question 22</i>	A	B	C	D
<i>Question 23</i>	A	B	C	D	<i>Question 24</i>	A	B	C	D
<i>Question 25</i>	A	B	C	D	<i>Question 26</i>	A	B	C	D
<i>Question 27</i>	A	B	C	D	<i>Question 28</i>	A	B	C	D
<i>Question 29</i>	A	B	C	D	<i>Question 30</i>	A	B	C	D

Question 31 A B C D

Question 33 A B C D

Question 35 A B C D

Question 37 A B C D

Question 39 A B C D

Question 41 A B C D

Question 43 A B C D

Question 45 A B C D

Question 47 A B C D

Question 49 A B C D

Question 51 A B C D

Question 53 A B C D

Question 55 A B C D

Question 57 A B C D

Question 59 A B C D

Question 61 A B C D

Question 63 A B C D

Question 65 A B C D

Question 32 A B C D

Question 34 A B C D

Question 36 A B C D

Question 38 A B C D

Question 40 A B C D

Question 42 A B C D

Question 44 A B C D

Question 46 A B C D

Question 48 A B C D

Question 50 A B C D

Question 52 A B C D

Question 54 A B C D

Question 56 A B C D

Question 58 A B C D

Question 60 A B C D

Question 62 A B C D

Question 64 A B C D

VCE Psychology 2013 Year 12 Trial Exam Unit 3/4

SECTION A – Multiple Choice Questions

Question 1

Which of the following best defines the term "consciousness"?

- A. Consciousness is the awareness of our internal thoughts and feelings at any given time.
- B. Consciousness is the understanding that many internal thoughts and feelings, combined with experiences from the outside world, affect our perception.
- C. Consciousness is the awareness of internal and external stimuli and our thoughts and feelings about them.
- D. Consciousness can either be in the form of normal waking consciousness or an altered state of consciousness.

Question 2

Tayla is completing her Year Twelve Psychology examination. During the exam, Tayla is aware of the examiner walking around the room, the sound of the clock ticking and the hunger she is feeling in her stomach. Tayla would most likely be experiencing which of the following?

- A. Normal waking consciousness.
- B. An Altered state of consciousness.
- C. A daydream.
- D. A meditative state.

Questions 3 and 4 relate to the following information.

Jonathon is able to wash the dishes while at the same time sing along to his favourite song on the radio. Meanwhile, Jonathon's younger brother, Peter, is struggling to complete a difficult mathematics problem. Peter is struggling to concentrate with the sound of the radio and asks Jonathon to turn down the music.

Question 3

Washing the dishes for Jonathon would be a/an _____, while attempting to solve the mathematics problem for Peter would be a/an_____.

- A. automatic process, conscious process
- B. controlled process, selective process
- C. controlled process, conscious process
- D. automatic process, controlled process

Question 4

Jonathon is able to complete these two activities at the same time because

- A. both activities are considered automatic processes and therefore he is able to use divided attention.
- B. both activities are considered controlled processes and therefore he is able to use divided attention.
- C. both activities are considered controlled processes and therefore he is able to use selective attention.
- D. both activities are considered unconscious processes and therefore he is able to use divided attention.

Question 5

Susan is consuming alcohol at a party causing her to experience an altered state of consciousness. Susan decides that she has had too much to drink and attempts to walk home from the party. On the way home, Susan stumbles into a letterbox and scrapes her knee.

Which of the following statements is correct?

- A. Susan is more likely to feel the pain in her knee due to a higher pain threshold.
- B. Susan is less likely to feel the pain in her knee due to a higher pain threshold.
- C. Susan is more likely to feel the pain in her knee due to a lower pain threshold.
- D. Susan is less likely to feel the pain in her knee due to a lower pain threshold.

Question 6

Michael and Samantha go to the movies. Michael finds the movie boring and quickly falls asleep. In terms of content limitations, which of the following statements is most likely to be correct?

- A. Michael's content will be more limited.
- B. Michael's content will be less limited.
- C. Michael and Samantha will have the same level of content limitations.
- D. The content that enters Samantha's consciousness will be determined by the type of content shown in the movie.

Questions 7 - 9 refer to the following information.

Jade is in Year Twelve. She has been awake for the previous two nights studying for her end of year examinations. She has consumed a lot of coffee during this time in an attempt to stay awake. She has now discovered that she has difficulty focussing her eyes, has slurred speech, has difficulty concentrating and is struggling to remember the information for her exam.

Question 7

According to the physiological and psychological effects of sleep deprivation, which of the following correctly categorises these symptoms?

	Difficulty focussing eyes	Slurred Speech	Concentrating	Memory
A.	Physiological	Physiological	Psychological	Psychological
B.	Physiological	Psychological	Physiological	Psychological
C.	Psychological	Physiological	Psychological	Physiological
D.	Psychological	Psychological	Physiological	Physiological

Question 8

During the previous two nights, Jade has missed out on many hours of sleep. This accumulation of lost sleep is known as

- A. sleep deprivation.
- B. sleep debt.
- C. sleep cycle.
- D. sleep loss.

Question 9

After her examinations, Jade is able to return to her normal sleep patterns. Which of the following best describes her first night of sleep after the conclusion of her examinations?

- A. Jade is likely to sleep for slightly longer than usual on the first night to compensate for sleep lost.
- B. Jade is likely sleep for the same number of hours to compensate for the number of hours lost.
- C. Jade will spend longer in REM sleep than usual to compensate for the REM sleep that was lost.
- D. A and C are correct, but not B.

Question 10

Tiffani is an adolescent. The hormone _____ which is responsible for inducing sleepiness and the hormone _____ which encourages alertness, are often released up to _____ hours later when compared to adults.

- A. melatonin, cortisol, two
- B. melatonin, adrenalin, two
- C. serotonin, cortisol, three
- D. serotonin, adrenalin, three

Question 11

Emma is having difficulty speaking. Her speech is non-fluent, comprises verbs and nouns only and her sentences are only 3 or 4 words long. Emma is most likely suffering from _____ which is caused by damage to her _____.

- A. Broca's Aphasia, left frontal lobe
- B. Broca's Aphasia, left parietal lobe
- C. Wernicke's Aphasia, left temporal lobe
- D. Wernicke's Aphasia, right temporal lobe

Question 12

Todd has injured his head in a motorcycle accident. Whilst in hospital recovering, the nurse brings Todd a plate of food. Todd only eats the food on the right hand side of the plate and ignores the food on the left hand side. Todd has most likely suffered damage to his

- A. right temporal lobe.
- B. left occipital lobe.
- C. right parietal lobe.
- D. left parietal lobe.

Question 13

Tim is spending the night in a sleep laboratory. During his stay, an EEG is used to record some of his brainwave patterns. The EEG shows a brief burst of high frequency and low amplitude brainwaves. According to his EEG recording, Tim is most likely experiencing a

- A. K complex.
- B. Hypnic Jerk.
- C. Hypnagogic state.
- D. sleep spindle.

Question 14

Which of the following is correct regarding the organisation of the primary motor cortex?

- A. The less dextrous the body part, the larger the area allocated on the primary motor cortex.
- B. The left primary motor cortex controls movement of the left side of the body and vice versa.
- C. Body parts found lower on the body are located higher on the primary motor cortex and vice versa.
- D. The more sensitive the body part, the larger the area allocated on the primary motor cortex.

Question 15

Researchers ensuring that all members of a sample have an equal chance of being chosen for either the control or experimental group perform

- A. random allocation.
- B. random sampling.
- C. experimental allocation.
- D. stratified random sampling.

Question 16

Which one of the following is not typically a right hemisphere function?

- A. Throwing a ball with your left hand.
- B. Music ability.
- C. Comprehension of speech.
- D. Admiring a piece of art.

Question 17

Karan is just about to fall asleep when all of a sudden he hears a loud bang coming from outside his bedroom window. Karan immediately sits upright in bed. As a result of this noise, which of the following physiological responses would occur?

- A. Increased heart rate, increased breathing rate and pupil constriction.
- B. Increased breathing rate, dilation of the bronchi and pupil constriction.
- C. Relaxation of the bladder, dilation of the bronchi and inhibited digestion.
- D. Constriction of the bladder, pupil dilation and increased heart rate.

Question 18

Mr Wilson informs his Year Twelve Psychology class that his birthday is March 12th. In order for the students to remember this information and recall it at a later date, they must undertake which of the following sequential processes?

- A. Storage, encoding, retrieval.
- B. Encoding, storage, retrieval.
- C. Retrieval, encoding storage.
- D. Encoding, retrieval, storage.

Questions 19 and 20 refer to the following information.

Andrew decides to move the furniture around in his bedroom. He would like to move the bed closer to the window and move a large wardrobe against a different wall. As the items of furniture are heavy, Andrew imagines what the room will look like before attempting to move any furniture.

Question 19

According to Baddeley and Hitch's model of working memory, the subsystem mainly responsible for Andrew picturing how his furniture will look is the

- A. central executive.
- B. phonological loop.
- C. visuospatial sketchpad.
- D. episodic buffer.

Question 20

Andrew decides that moving the furniture is a good idea. According to Baddeley and Hitch's model of working memory, the subsystem mainly responsible for Andrew making the decision to move the furniture is the

- A. central executive.
- B. phonological loop.
- C. visuospatial sketchpad.
- D. episodic buffer.

Question 21

According to the semantic network theory,

- A. the shorter the link, the stronger the node.
- B. the shorter the link, the stronger the relationship between the nodes.
- C. the longer the link between nodes, the stronger the relationship.
- D. the smaller the link, the greater the hierarchy.

Question 22

According to Craik and Lockhart's levels of processing model, the deepest type of encoding is _____ encoding, whereby participants are required to _____.

- A. structural; learn information based on sound
- B. semantic; learn information based on an object's physical features
- C. semantic; learn information based on its meaning
- D. phonemic; learn information based on sound

Question 23

Which of the following statements is incorrect in terms of the Multi-Store model of memory?

- A. Short term memory has two entry points. Entry from Sensory memory and entry from Long term memory.
- B. If a person does not pay attention to stimuli, this information does not enter Sensory memory.
- C. Information in Sensory memory will enter Short term memory if attention is paid to it.
- D. Information in Short term memory will enter Long term memory if it is further encoded.

Question 24

Hayley is learning a speech that she would like to present in assembly. Although she could have the speech written on a sheet of paper, Hayley would prefer to learn it "off by heart". According to the serial position effect, when Hayley is presenting the speech in assembly, she is most likely to make mistakes during

- A. the beginning of the speech.
- B. the middle of the speech.
- C. the end of the speech.
- D. the beginning and end of the speech.

Questions 25 and 26 refer to the following information.

Mitch is riding his bike home from school when he falls heavily, hitting his head. As a result of the accident, Mitch has sustained damage to his amygdala.

Question 25

Mitch is most likely to experience difficulty with

- A. declarative memories.
- B. short term memories.
- C. procedural memories.
- D. episodic memories.

Question 26

Mitch is unable to recall details regarding the accident. He is even having difficulties remembering what he learnt in the final lesson at school. According to consolidation theory, what three conditions are required for a memory to be permanently stored?

- A. Physical change, maintenance rehearsal and no disruption.
- B. Maintenance rehearsal, no disruption and time.
- C. Physical change, no disruption and time.
- D. No disruption, time and elaborative rehearsal.

Question 27

Remembering the first time you bought a piano is an example of _____ memory, knowing how to play the piano is an example of _____ memory and knowing that a piano is called a piano is an example of _____ memory.

- A. episodic; procedural; semantic
- B. declarative; procedural; episodic
- C. procedural; declarative; semantic
- D. semantic; procedural; episodic

Question 28

Taylah and James have both suffered brain injuries after being involved in a car accident. Taylah can encode and store new memories of events that occur after the brain damage, but cannot recall memories that occurred before the accident. James on the other hand, can remember events before the accident, however cannot encode and store new memories. According to this scenario, Taylah is suffering from _____ amnesia, while James is suffering from _____ amnesia.

- A. retrograde, anterograde
- B. anterograde, proactive
- C. retroactive, anterograde
- D. anterograde, retrograde

Question 29

Tessa is invited to a party. At the beginning of the night, she is introduced to Jessica. Later in the evening, she is introduced to Danielle. Tessa then spends the next few hours dancing and socialising with other friends at the party. Towards the end of the night, Tessa sees Danielle but accidentally calls her Jessica. Her inability to call Danielle by the correct name demonstrates

- A. Retroactive interference.
- B. Retrograde amnesia.
- C. Proactive interference.
- D. Anterograde amnesia.

Question 30

Melissa is learning to play the piano. In her first lesson, she required ten attempts to play "Mary had a little lamb" from start to finish without any mistakes. A few weeks later, Melissa's teacher asked her to play the same song. This time it only took Melissa six attempts to play "Mary had a little lamb" from start to finish without any mistakes. The formula for calculating the savings score in this situation is

- A. $\frac{(\text{time for original learning}) - (\text{time for relearning})}{\text{time for original learning}} \times 100\%$
- B. $\frac{(\text{time for relearning}) - (\text{time for original learning})}{\text{time for original learning}} \times 100\%$
- C. $\frac{(\text{trials for original learning}) - (\text{trials for relearning})}{\text{trials for original learning}} \times 100\%$
- D. $\frac{(\text{trials for relearning}) - (\text{trials for original learning})}{\text{trials for original learning}} \times 100\%$

Questions 31 and 32 refer to the following information.

Shehan and Gavin are brothers. Their mother has asked them to buy five items each from the shop. In order to remember the items, Shehan has taken the first letter of each item and formed another word which can be pronounced. Gavin has placed the items into a short story in an attempt to remember them.

Question 31

Which mnemonic device did Shehan use?

- A. Acrostic.
- B. Narrative chaining.
- C. Acronym.
- D. Elaborative rehearsal.

Question 32

Which mnemonic device did Gavin use?

- A. Acrostic.
- B. Narrative chaining.
- C. Acronym.
- D. Elaborative rehearsal.

Question 33

Cameron is the witness to a car accident. The policeman who is interviewing Cameron after the accident wants to determine the speed at which the cars were travelling. Which of the following questions is likely to cause Cameron to state a faster speed?

- A. How fast were the cars going when the accident occurred?
- B. How fast were the cars going when they smashed into each other?
- C. How fast were the cars going when they hit each other?
- D. How fast were the cars going when they collided?

Question 34

Which of the following is correct in terms of maturation?

- A. A baby who is not mature enough to walk can do so, provided they are taught.
- B. A baby will only walk once they are physically mature enough to do so.
- C. All humans mature at the same time and therefore are all able to complete the same physical tasks at the same ages throughout their lives.
- D. Maturation is genetic. In other words, if your parents could crawl at a young age, then so can you.

Question 35

Research has shown that it is not possible to classically condition a person to fear a dangerous object if they have suffered damage to which part of their brain?

- A. Hippocampus.
- B. Cerebellum.
- C. Amygdala.
- D. Basal Ganglia.

Question 36

When learning takes place, an excitatory neurotransmitter is released by the presynaptic neuron. This stimulates the release of dopamine which prompts growth in the post-synaptic neuron. The name given to the neurotransmitter involved in learning is _____, while the growth occurring in the post-synaptic neuron increases the number of _____.

- A. acetylcholine, neurotransmitters
- B. glutamate, dendritic spines
- C. acetylcholine, dendritic spines
- D. glutamate, axons

Question 37

In terms of developmental plasticity, development occurs through five stages. These stages, in order, are

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

Questions 38 - 40 refer to the following information.

Jimmy is teaching his pet rabbit to blink at the sound of a horn. Jimmy sounds the horn and then blows a puff of air into the rabbit's eyes, causing the rabbit to blink. Jimmy repeats this process a number of times until eventually the rabbit blinks at the sound of the horn alone.

Question 38

In this situation, which of the following is correct?

- A. The conditioned response is blinking due to the puff of air.
- B. The conditioned stimulus is the puff of air.
- C. The neutral stimulus is Jimmy.
- D. The conditioned response is blinking due to the sound of the horn.

Question 39

It took Jimmy quite a number of associations between the sounding of the horn and blowing a puff of air into the rabbit's eyes for the rabbit to blink in the absence of the puff of air. This process is known as the _____ phase and the time delay between the sound of the horn and the puff of air should be approximately _____.

- A. acquisition; 5 seconds
- B. learning; 5 seconds
- C. learning; 0.5 seconds
- D. acquisition; 0.5 seconds

Question 40

Jimmy has decided that he no longer wants to do this activity with his rabbit. Three weeks pass and Jimmy is playing with his rabbit in the front yard when a truck drives past and sounds its horn. The rabbit blinks. Which of the following statements is correct?

- A. The sound of the truck's horn is an example of an unconditioned stimulus.
- B. The rabbit blinking to the sound of the truck's horn is an example of stimulus discrimination.
- C. This is an example of extinction.
- D. This is not an example of spontaneous recovery because there is no evidence that extinction has taken place.

Question 41

Nike has been biting her fingernails for a number of years. Her mother wants Nike to stop this disgusting habit so she paints a bitter tasting substance onto Nike's fingernails. Each time Nike puts her fingers in her mouth, she tastes this bitter substance and eventually Nike ceases this habit. This form of treatment is an example of

- A. aversion therapy.
- B. flooding.
- C. graduated exposure.
- D. extinction.

Question 42

Which of the following is not an example of trial and error learning?

- A. Paul is attempting to open his garage door. He tries a number of different keys until finally the door opens.
- B. Gemma is unsure how to do a maths problem. She asks her teacher who demonstrates how to solve the problem on the whiteboard.
- C. Nicole is struggling to open her locker combination. After several attempts, the lock finally opens.
- D. Margaret is playing a new computer game. She is stuck on a particular level. After several attempts and hours of playing, she finally completes the level.

Question 43

Katrina is teaching her daughter to tie her shoelaces. Katrina decides to use shaping to help her daughter learn. Which of the following best describes how Katrina can use shaping to teach her daughter to tie her shoelaces?

- A. Every time her daughter makes a mistake, Katrina punishes her.
- B. Katrina rewards her daughter when she has successfully tied her shoelaces.
- C. Katrina demonstrates to her daughter how to tie shoelaces.
- D. Katrina rewards her daughter for every successful action that leads to the shoelaces being tied correctly.

Question 44

Marcus is a swimming instructor. He earns \$15 for every hour that he works, regardless of how many students are in the class. In regards to schedules of reinforcement, which of the following best describes how Marcus is paid?

- A. Fixed ratio.
- B. Fixed interval.
- C. Variable ratio.
- D. Variable interval.

Question 45

Dane attends the circus with his family. He watches closely as the performers demonstrate amazing acrobatic skills. When Dane returns home, he remembers the moves that he saw and attempts to perform them. Although Dane tries his best, he cannot perform the acrobatic skills very well. According to observational learning, which of the following processes is preventing Dane from performing these skills?

- A. Attention.
- B. Retention.
- C. Reproduction.
- D. Motivation.

Question 46

Which of the following statements is incorrect in comparing classical and operant conditioning?

- A. In classical conditioning the learner is passive, while in operant conditioning the learner is active.
- B. In classical conditioning the acquisition phase involves a pairing of the neutral stimulus and the unconditioned stimulus, while in operant conditioning the acquisition phase involves reinforcing or punishing the behavioural response.
- C. In classical conditioning spontaneous recovery occurs after extinction, whereas in operant conditioning extinction does not need to occur for spontaneous recovery to occur.
- D. In classical conditioning the nature of the response is reflexive, whereas in operant conditioning the nature of the response is voluntary.

Question 47

It is raining heavily and Matthew has decided to walk to the shops. Matthew takes an umbrella to prevent him from getting wet. In this scenario, Matthew taking the umbrella is an example of

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

Question 48

Susan is teaching her dog to roll over. Which schedule of reinforcement should Susan use when first teaching her dog?

- A. Continuous.
- B. Fixed ratio.
- C. Variable ratio.
- D. Variable interval.

Question 49

Nicole wants her son Hamish to make his bed each morning. To do this, Nicole wants to use a token economy. Which of the following best demonstrates how Nicole can use a token economy in this situation?

- A. Each time Hamish makes his bed, Nicole rewards him with one dollar.
- B. Each time Hamish makes his bed, Nicole praises him.
- C. Each time Hamish makes his bed, Nicole does not yell at him.
- D. Each time Hamish makes his bed, Nicole places a sticker onto a sticker chart. When Hamish has received 5 stickers, Hamish is rewarded with a packet of football cards.

Question 50

Which of the following is correct regarding positive and negative reinforcement?

- A. Positive reinforcement strengthens the likelihood of a desired response occurring, while negative reinforcement weakens the likelihood of an undesirable response occurring.
- B. Positive reinforcement provides a pleasant consequence, whereas negative reinforcement provides a negative consequence.
- C. Positive reinforcement strengthens the likelihood of a desired response, while negative reinforcement involves the removal, reduction or prevention of an unpleasant stimulus.
- D. Both positive reinforcement and negative reinforcement weaken the likelihood that a behaviour will be repeated.

Question 51

Jordan woke and brushed his teeth. He then caught a train to work and noticed a woman brushing her teeth while she was sitting on the train. Jordan thought that the behaviour of the woman was abnormal even though he had brushed his teeth that morning. Which approach to describing normality best explains why Jordan thought the behaviour of the woman was abnormal?

- A. Historical approach.
- B. Cultural approach.
- C. Statistical approach.
- D. Situational approach.

Question 52

Which of the following statements is **incorrect** regarding the ICD and DSM?

- A. The DSM is produced by the World Health Organisation (WHO), whereas the ICD is published by the American Psychiatric Association.
- B. Both the DSM and the ICD are descriptive.
- C. Both the DSM and the ICD do not specify the causes or the treatment of the mental disorder.
- D. Both the DSM and ICD are examples of the categorical approach to classifying mental disorders.

Question 53

Greg finds it difficult to make friends. As a result, he doesn't enjoy going to school and most days he thinks of an excuse as to why he should not attend. The school environment is affecting Greg's health. Which aspect of the biopsychosocial model is contributing to Greg's ill health?

- A. Biological.
- B. Psychological.
- C. Social.
- D. Cultural.

Questions 54 and 55 refer to the following information.

Joel has been asked to give a speech at assembly. He does not enjoy speaking in public and finds the thought of doing this terrifying. Catherine has also been asked to speak in public and although she has never spoken in public before, she is looking forward to the challenge.

Question 54

In this scenario, speaking at assembly for Joel is an example of _____, whereas speaking at assembly for Catherine is an example of _____.

- A. eustress; distress
- B. fight-or-flight response; eustress
- C. fear; distress
- D. distress; eustress

Question 55

This scenario demonstrates that stress is

- A. the same for everyone.
- B. subjective.
- C. objective.
- D. dependent upon past experience.

Question 56

Which of the following best describes allostasis?

- A. Allostasis refers to the body maintaining stability in a number of automatic functions such as heart rate, breathing rate and digestion.
- B. Allostasis refers to the number of stressors that a person may experience, leading to repeated arousal.
- C. Allostasis refers to a person's inability to cope with the stress response and as a result, a mental breakdown can occur.
- D. Allostasis refers to the body maintaining stability by remaining variable so that it can adapt to challenges that it may encounter.

Question 57

Bob is riding his skateboard outside a group of shops. He sees a small dog and decides to give it a pat. When Bob approaches the dog, the dog bares its teeth and barks loudly. Bob becomes scared, as a result his heart rate and breathing rate both increase. In this scenario,

- A. Bob has experienced the fight-or-flight response, which is controlled by his sympathetic nervous system.
- B. Bob has experienced the fight-or-flight response, which is controlled by his parasympathetic nervous system.
- C. Bob has experienced eustress, which is controlled by his sympathetic nervous system.
- D. Bob has experienced distress, which is controlled by his parasympathetic nervous system.

Question 58

David is very stressed at work. He visits a therapist who attaches a variety of instruments that measure a number of physiological responses. David is taught how to relax and lower these physiological responses to a preferred level. David is undergoing

- A. stress response therapy.
- B. biofeedback.
- C. Lazarus and Folkman's Transactional Model of Stress and Coping.
- D. relaxation therapy.

Question 59

Which of the following is **incorrect** regarding meditation and relaxation?

- A. Both meditation and relaxation can produce alpha brainwaves.
- B. Relaxation can generate theta brainwaves.
- C. Relaxation can involve visualisation, breathing techniques and gradual muscle tensing.
- D. Meditation can be used to treat phobias and other anxiety disorders.

Question 60

Simone required an operation to have her tonsils removed. On the day of the surgery, Simone was required to wait at the hospital for the operation to commence. During this time, Simone asked her parents and her boyfriend to be with her and keep her company. She found that their presence reduced her level of stress. In this situation, which of the following has contributed towards Simone's reduced level of stress?

- A. Social support.
- B. Family support.
- C. Cultural support.
- D. Counselling.

Questions 61 - 65 refer to the following information.

Malcolm has been asked to sing at his Year Twelve graduation. Malcolm has never sung in front of an audience of this size. He is very scared and does not feel that he can cope. He is worried that he may make a fool of himself.

Question 61

According to Lazarus and Folkman's Transactional Model of Stress and Coping, Malcolm's primary appraisal is that he perceives singing at his graduation as a

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

Question 62

In this situation, the act of singing in public is an example of a/n

- A. stress response.
- B. stressor.
- C. secondary appraisal.
- D. eustress.

Question 63

Before he walks on stage, Malcolm sits down, closes his eyes, relaxes his muscles and visualises himself floating. This technique to relieve stress is known as

- A. meditation.
- B. relaxation.
- C. biofeedback.
- D. stress reduction therapy.

Question 64

Malcolm finishes singing and sits back down in the audience. He is relieved that it is all over and feels that he has performed well. Which of the following statements is correct?

- A. Just prior to the song, Malcolm's parasympathetic nervous system was dominating. When Malcolm returned to his seat, his sympathetic nervous system was dominating.
- B. Just prior to the song, Malcolm's somatic nervous system was dominating. When Malcolm returned to his seat, his sympathetic nervous system was dominating.
- C. Just prior to the song, Malcolm's sympathetic nervous system was dominating. When Malcolm returned to his seat, his parasympathetic nervous system was dominating.
- D. Just prior to the song, Malcolm's parasympathetic nervous system was dominating. When Malcolm returned to his seat, his somatic nervous system was dominating.

Question 65

At the conclusion of the graduation, many members of the audience congratulate Malcolm on a wonderful performance. He is confident that he has done well and is looking forward to singing in public again. The next time Malcolm is asked to sing in public he is likely to perceive the situation as a

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

End of Section A

VCE Psychology 2013 Year 12 Trial Exam Unit 3/4

SECTION B – Short Answer Questions

Question 1 (2 marks)

Name one limitation of using sleep laboratories and one limitation of using sleep diaries when studying sleep patterns.

Question 2 (5 marks)

a. Caitlin has difficulty sleeping. She undergoes testing in a sleep laboratory where she is monitored by an EEG and an EMG. Explain what these devices measure and how the data obtained from these devices can determine whether or not Caitlin is experiencing REM sleep.

4 marks

b. With the use of the information obtained from the EEG, explain how it would be possible to determine when Caitlin has entered NREM stage 4.

1 mark

Question 3 (2 marks)

While asleep, people undergo cycles of REM and NREM sleep. Explain *two* changes that occur to REM sleep as the night progresses.

Question 4 (4 marks)

List *two* functions of Broca's area and *two* functions of Wernicke's Area.

Question 5 (6 marks)

Christina is walking along the road late at night. All of a sudden, a car drives past her at high speed, sounding its horn very loudly. Christina is scared and as a result, changes occur to her pupils, perspiration rate and heart rate. Explain each of these changes and how each change aids in Christina's survival.

Question 6 (5 marks)

Sally is a split brain patient. A picture of a rabbit is presented to her left visual field.

a. Can Sally say that she has seen a rabbit? Explain.

3 marks

b. What would be the best way for Sally to demonstrate that she had seen a rabbit?
Explain.

2 marks

Question 7 (1 mark)

Name one disadvantage of using elaborative rehearsal.

Question 8 (4 marks)

Explain, with the use of an example, how the capacity **and** duration of Short term memory can be increased.

Question 9 (4 marks)

Natalia is attempting to remember 15 items. According to the Serial Position effect, Natalia is most likely to remember words at the beginning and end of the list. Why?

Question 10 (2 marks)

Explain the decay theory of forgetting. Describe one limitation of this theory of forgetting.

Question 11 (4 marks)

With the use of one example for each, explain the difference between a reflex action and a fixed action pattern.

Question 12 (2 marks)

Explain the role of the cerebellum in learning. In your answer, describe the effect on learning if the cerebellum were damaged.

Question 13 (4 marks)

With the use of an example for each, explain the difference between stimulus generalisation and stimulus discrimination.

Question 14 (2 marks)

In the "Little Albert" experiment conducted by Watson and Raynor, many ethical guidelines were breached. One of these was the principle of beneficence. Explain the term beneficence and how it was breached in the "Little Albert" experiment.

Question 15 (3 marks)

B.F. Skinner developed the three phase model of operant conditioning, often known as the D-B-C of operant conditioning. In the following scenario, identify the "D", the "B" and the "C". Scenario – The bell sounds at the end of lunch. You hurry to get to your next class so that you are not late.

Question 16 (4 marks)

Complete the table below of the DSM-IV-TR by labelling each of the axes.

Axis	Label
Axis I	
Axis II	
Axis III	
Axis IV	
Axis V	Global assessment of functioning (GAF)

Question 17 (2 marks)

Describe one strength and one limitation of Lazarus and Folkman's Transactional Model of Stress and Coping.

Question 18 (1 mark)

State one benefit of physical exercise in terms of relieving stress.

Question 19 (3 marks)

Explain, with the use of an example, how social factors can both exacerbate **and** alleviate the stress response.

End of Section B

VCE Psychology 2013 Year 12 Trial Exam Unit 3/4

SECTION C – Extended Response Question

Mr Smith is a teacher at Phonemic Secondary College. He is interested in the effect of mnemonic devices on memory. To gather participants for his study, he conducted an assembly containing all 200 VCE students at his school and asked for volunteers. In total, 50 students (25 girls and 25 boys) volunteered to be involved in the study.

All 50 students were then required to learn a list of ten words while not using a mnemonic device. The same 50 students were then taught how to use narrative chaining and were required to use this technique to remember a different list of 10 words.

The results are as follows

Situation	Mean words recalled
Without Narrative Chaining	4
With Narrative Chaining	8

Mr Smith set the p value at 0.05. The p value was calculated at $p < 0.05$.

Question 1 (1 mark)

What experimental design did Mr Smith use in this study?

Question 2 (2 marks)

Name and explain the major flaw in using this experimental design.

Question 3 (2 marks)

Name and explain the technique that Mr Smith can use to ensure that the flaw identified in Question 2 does not affect the results.

Suggested Answers

VCE Psychology 2013 Year 12 Trial Exam Unit 3/4

SECTION A – Multiple Choice Answers

1. C	2. A	3. D	4. A	5. B	6. B	7. A	8. B	9. D	10. A
11. A	12. C	13. D	14. C	15. A	16. C	17. C	18. B	19. C	20. A
21. B	22. C	23. B	24. B	25. C	26. C	27. A	28. A	29. C	30. C
31. C	32. B	33. B	34. B	35. C	36. B	37. C	38. D	39. D	40. D
41. A	42. B	43. D	44. B	45. C	46. C	47. B	48. A	49. D	50. C
51. D	52. A	53. C	54. D	55. B	56. D	57. A	58. B	59. B	60. A
61. D	62. B	63. B	64. C	65. A					

SECTION B – Short Answer (Answers)

Question 1 (2 marks)

Sleep laboratories – Any of the following limitations for (1 mark):

- Artificial environment, therefore subjects may not be in own beds.
- Subjects are not comfortable as they are wired up to a variety of machines (EEG, EOG, EMG etc).
- Subjects can often be interrupted during sleep as they are being monitored.
- Any other reasonable answer.

Sleep Diaries – Any of the following limitations for (1 mark):

- Subjects may lie or falsify report.
- Subjects may forget sleep patterns such as number of times woken, number of dreams etc.
- Objective data such as that obtained through EEG, EOG, EMG etc is not obtained.
- Only subjective data is recorded and not objective data.
- Any other reasonable answer.

Question 2 (5 marks)

a. EEG – An EEG detects, amplifies and records electrical activity of the brain in the form of brainwaves (1 mark). During REM sleep, an EEG would show high frequency, low amplitude beta-like brainwaves (1 mark).

EMG - An EMG detects, amplifies and records electrical activity of muscles (1 mark). During REM sleep, an EMG would show very low electrical activity (1 mark).

b. Caitlin will be in stage 4 NREM when delta waves exceed 50% of the brainwaves as shown on the EEG (1 mark).

Question 3 (2 marks)

Any of the following for (1 mark) each:

- As the night progresses, a person spends longer in REM sleep.
- As the night progresses, REM sleep cycles last for longer periods of time.
- As the night progresses, REM sleep cycles occur more often.

Question 4 (4 marks)

Broca's Area – (1 mark) for each of the following:

- Analysing the grammatical structure of a sentence.
- Production of articulate speech.

Wernicke's area – (1 mark) for each of the following (for a maximum of 2 marks):

- Interpretation of the written word.
- Comprehension of language.
- Locating the correct words from memory to express a particular meaning.
- The creation of meaningful and/or grammatically correct speech.

Question 5 (6 marks)

Pupils – Christina's pupils will dilate (1 mark) this will allow more light to enter her eye. This will improve her vision and enable her to either fight or flight from the perceived threat (1 mark).

Perspiration rate – Christina's perspiration rate will increase (she will sweat more) (1 mark) this will allow her body to cool at a faster rate should she fight or flight from her stressor (1 mark).

Heart rate – Christina's heart rate will increase (1 mark). This will supply more blood (and therefore more oxygen) to her working muscles allowing her to fight or flight from her stressor (1 mark).

Question 6 (5 marks)

- a. Sally cannot say that she has seen a rabbit (1 mark). The image of the rabbit will be perceived in her right occipital lobe (1 mark). As the corpus callosum is cut, the information cannot cross to the left hemisphere where the speech centres (Broca's area and Wernicke's area) are located (1 mark).
- b. Sally could demonstrate that she had seen a rabbit by either drawing it with her left hand or pointing to a picture of the rabbit with her left hand (1 mark). As the image of the rabbit has been received in her right occipital lobe, this information can travel to her right motor cortex which controls the movement of her left hand (1 mark).

Question 7 (1 mark)

One of the following for (1 mark):

- Elaborative rehearsal takes longer.
- Elaborative rehearsal requires further encoding.
- Elaborative rehearsal requires more conscious effort.
- Elaborative rehearsal requires a "mental link" to something already stored in long term memory.

Question 8 (4 marks)

The duration of short term memory can be increased by the use of maintenance rehearsal (1 mark). For example, the duration of short term memory is 30 seconds, however, by continually repeating the items to remember over and over, this duration can be increased. (1 mark).

The capacity of short term memory is 7 ± 2 (5-9) bits of information. This capacity can be increased by chunking (1 mark). For example, when learning a telephone number, instead of learning the number as 10 individual numbers such as 0 4 1 5 6 3 4 5 9 8, they can be grouped (chunked) into 0415 634 598. Therefore 3 numbers are being remembered instead of 10 (1 mark).

Question 9 (4 marks)

Natalia is most likely to remember the words at the end of the list due to the recency effect (1 mark). These words are most likely remembered because they are still located in her short term memory (1 mark).

Natalia is then most likely to remember words at the beginning of the list due to the primacy effect (1 mark). These words are most likely remembered as they have been silently repeated and perhaps linked to information already stored in long term memory. Therefore, these words are remembered as they are in long term memory (1 mark).

Question 10 (2 marks)

The decay theory of forgetting suggests that over time and through lack of use, memory traces will fade until the memory is no longer available (1 mark).

Limitation of this theory: either one of the following for (1 mark).

The theory fails to explain why information that was previously thought to be "lost" can be recollected once an appropriate retrieval cue is available.

The theory fails to explain why a person can remember what they did 20 years ago, however can forget what they did yesterday. If the decay theory were correct, surely this should be the other way around.

Question 11 (4 marks)

A reflex action is an automatic, simple, involuntary response that does not require prior experience (1 mark). For example, blinking when air is blown in your eyes (1 mark for a similar example). A fixed action pattern on the other hand, is not a simple behaviour, instead it is a complex behaviour that is inherited by all members of a species (1 mark). For example, salmon swimming upstream to spawn (1 mark for a similar example).

Question 12 (2 marks)

The cerebellum plays a major role in muscular movement, balance and posture. In terms of learning, the cerebellum is necessary for learning motor skills such as kicking a football (1 mark). If the cerebellum were damaged, a person would find the learning of motor skills difficult and may learn no new motor skills since the time of the brain injury (1 mark).

Question 13 (4 marks)

Stimulus discrimination occurs when an organism responds to the conditioned stimulus only and not to any other stimulus, regardless of how similar it may be (1 mark). For example, a dog salivates at the sound of a bell, but will not salivate at the sound of a phone ringing (1 mark).

Stimulus generalisation occurs when a stimulus similar to that of the conditioned stimulus produces a conditioned response (1 mark). For example, not only does the dog salivate at the sound of the bell, but will also salivate at the sound of a phone ringing (1 mark).

Question 14 (2 marks)

The ethical principle of beneficence ensures that the benefit of the research must justify any risk of harm or discomfort to the participants. In other words, the benefit to participants involved in the research and/or the wider community must outweigh the harm to the participants (1 mark).

In terms of the "Little Albert" experiment, the psychological harm caused to Little Albert outweighed the benefit to Albert and/or society and therefore the experiment is deemed unethical from a beneficence point of view (1 mark).

Question 15 (3 marks)

Discriminative stimulus – The bell sounding (1 mark).

Behaviour – Rushing to your next class (1 mark).

Consequence – Preventing being late to your next class and therefore avoiding a possible punishment (1 mark).

Question 16 (4 marks)

1 mark awarded for each of the correctly labelled axes (Axis I-IV) (4 marks).

Axis	Label
Axis I	Clinical disorders
Axis II	Mental Retardation and personality disorders
Axis III	General medical conditions
Axis IV	Psychosocial and environmental problems
Axis V	Global assessment of functioning (GAF)

Question 17 (2 marks)

Any *one* of the following strengths (1 mark):

- The model used a cognitive approach with a focus on psychological stressors.
- Human subjects were used in developing the model.
- The model takes into account both mental processes and emotions in the interpretation of a situation.

Any *one* of the following limitations (1 mark):

- Cultural, social and environmental factors were not taken into consideration.
- As more focus was placed on psychological factors, less focus was placed on physiological factors in terms of the stress response.

Question 18 (1 mark)

Any of the following (1 mark):

- Physical exercise returns the body to homeostasis quicker and therefore reduces the impact of stress.
- Physical exercise can promote feelings of calmness similar to someone who meditates and therefore has similar benefits.
- Physical exercise can reduce a person's physiological reaction to stress.
- Physical exercise increases the production of endorphins which can provide pain relief and a sense of euphoria.

Question 19 (3 marks)

Social factors can exacerbate the stress response because pressure from the family (such as doing well at school) and pressure from friends (such as what clothes to wear) can increase stress.

On the other hand, social factors can alleviate stress because family and friends can provide support during stressful times (such as listening to concerns and providing guidance during examination times). (2 marks for the explanation, 1 mark for similar examples).

SECTION C – Extended Response Answers

Question 1 (1 mark)

Repeated Measures Design (1 mark).

Question 2 (2 marks)

Order Effect (1 mark). This can occur when knowledge/experience from one condition can be carried over into another condition, therefore affecting the results of the second condition (1 mark).

Question 3 (2 marks)

Counterbalancing (1 mark). Mr Smith should divide the sample into two groups. One group experiences the control condition followed by the experimental condition. The second group experiences the experimental condition followed by the control condition (1 mark).

Question 4 (10 marks)

Please note, students may write a slight variation to the following responses and still be awarded full marks.

Research Hypothesis:

VCE students at Phonemic Secondary College who use a mnemonic device will have better memory than those students who do not use a mnemonic device (2 marks for a similar hypothesis).

Independent Variable:

Whether or not students used a mnemonic device (operationalized as narrative chaining compared to no narrative chaining) (1 mark).

Dependent Variable:

Memory (operationalized as number of correct words recalled from the 10 word list) (1 mark).

Ethical Consideration:

Students can discuss a variety of ethical considerations for a maximum of (2 marks).

These can include the following:

Withdrawal Rights (1 mark) – Mr Smith must ensure that students have the right to leave the experiment at their own free will. Students also have the right to withdraw their results at the conclusion of the experiment (1 mark).

Voluntary Participation (1 mark) – Mr Smith must ensure that students are not forced to participate. Students cannot receive extra marks for participating, nor can they be punished for not participating (1 mark).

Confidentiality (1 mark) – Mr Smith must ensure that students have the right to privacy. Their names and other personal information relating to the investigation cannot be made public (1 mark).

Informed Consent (1 mark) – Mr Smith must ensure that students (and their parents if the student is under the age of 18) are informed of the nature of the investigation, any possible harm to the participants and reasons for the research being conducted. Students over the age of 18 can sign this form, however parents must sign if the student is under 18 (1 mark).

Conclusion:

The hypothesis that "VCE students at Phonemic Secondary College who use a mnemonic device will have better memory than those students who do not use a mnemonic device" is supported (**2 marks**).

Generalisation:

The results of this investigation cannot be generalised to the population (**1 mark**) as the sample (being volunteers) is not representative of the population (**1 mark**).

End of Suggested Answers