

AP PSYCHOLOGY – SOCIAL PSYCHOLOGY PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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.

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

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- 1. What is the tendency to favor our own group called?**
 - A. Just-World Phenomenon
 - B. Ingroup Bias
 - C. Scapegoat Theory
 - D. Other-Race Effect
- 2. How can social norms impact individual behavior?**
 - A. They compel individuals to act independently
 - B. They provide a framework for acceptable behavior in society
 - C. They decrease conformity and encourage rebellion
 - D. They are primarily ignored in decision-making
- 3. What does the definition of social proof imply about human behavior?**
 - A. People rarely look to others for guidance
 - B. In uncertain situations, individuals tend to follow the crowd
 - C. Individuals are always self-sufficient in decision-making
 - D. Groupthink prevents individual judgment
- 4. Which type of group consists of individuals similar to us that we utilize for self-comparison?**
 - A. In-Group
 - B. Reference Groups
 - C. Social Norms
 - D. Primary Groups
- 5. Which experiment measured cognitive dissonance by varying the amount participants were paid to lie about a task's enjoyment?**
 - A. Stanford Prison Experiment
 - B. Asch Conformity Experiment
 - C. Festinger and Carlsmith Experiment
 - D. Milgram Obedience Experiment

- 6. Which method of education is most likely to intensify prejudice?**
- A. Interactive and engaging lessons
 - B. Teaching only one-sided narratives
 - C. Discussion-based learning
 - D. Incorporating diverse viewpoints
- 7. Which factor is crucial in addressing systemic inequalities?**
- A. Neglecting historical context
 - B. Creating equitable policies
 - C. Maintaining the status quo
 - D. Promoting homogeneous societies
- 8. In social psychology, which term describes negative feelings towards a group or its members?**
- A. Discrimination
 - B. Prejudice
 - C. Ingroup Bias
 - D. Aggression
- 9. What is a social norm?**
- A. An accepted standard of behavior within a group or society
 - B. A measurable concept used in psychological research
 - C. A law enforced by governmental institutions
 - D. A psychological disorder related to deviant behavior
- 10. What kind of cues does the peripheral route to persuasion rely on?**
- A. Logical arguments
 - B. Emotional appeals and superficial cues
 - C. A detailed analysis of evidence
 - D. Thorough discussions on the topic

Answers

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

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Explanations

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1. What is the tendency to favor our own group called?

- A. Just-World Phenomenon
- B. Ingroup Bias**
- C. Scapegoat Theory
- D. Other-Race Effect

The tendency to favor our own group is referred to as ingroup bias. This phenomenon occurs when individuals exhibit preferential treatment or positive feelings towards members of their own social group, while often harboring negative feelings or biases against those outside of their group (the outgroup). Ingroup bias is rooted in social identity theory, which suggests that individuals derive part of their self-esteem from the groups to which they belong. This leads to a natural inclination to view one's own group as superior and to support it more than others. Ingroup bias can manifest in various formats, such as favoring members in decision-making processes, exhibiting loyalty to group interests, and perceiving members of one's own group as more relatable and trustworthy. The practice can reinforce group cohesion and solidarity but may also contribute to prejudice and discrimination against outgroup members. Understanding ingroup bias is crucial in social psychology, as it highlights how group dynamics can shape interpersonal relationships and societal structures.

2. How can social norms impact individual behavior?

- A. They compel individuals to act independently
- B. They provide a framework for acceptable behavior in society**
- C. They decrease conformity and encourage rebellion
- D. They are primarily ignored in decision-making

Social norms play a critical role in shaping individual behavior by providing a framework for what is considered acceptable within a society. These norms are the unwritten rules and expectations that guide our actions and interactions with others. They help individuals understand how to behave in various contexts, influencing decisions about everything from how to dress to how to communicate in social situations. When individuals align their behaviors with these societal expectations, they often seek approval or acceptance from their peers, which reinforces the norms themselves. For example, in a culture where punctuality is valued, individuals are likely to arrive on time to social events to conform to this norm. This alignment can enhance social cohesion and create a sense of belonging among group members. In contrast, options that suggest norms compel independence or decrease conformity overlook the fundamental role that these shared expectations play in promoting harmony and predictability in social interactions. Norms do not encourage rebellion but rather provide a baseline for behavior that individuals typically abide by in their daily lives. Ignoring social norms is often less common than aligning with them, especially in situations where individuals are aware of the social consequences of their actions.

3. What does the definition of social proof imply about human behavior?

- A. People rarely look to others for guidance
- B. In uncertain situations, individuals tend to follow the crowd**
- C. Individuals are always self-sufficient in decision-making
- D. Groupthink prevents individual judgment

The definition of social proof highlights how individuals often look to the behavior of others, particularly in uncertain or ambiguous situations, to guide their own actions. This phenomenon can be observed in various scenarios, such as when people are unsure how to behave in a new environment or when making decisions that involve risk. The idea is that if many people are engaging in a specific behavior or holding a certain opinion, individuals may assume that this behavior or belief is the correct one. This tendency can be particularly pronounced in situations where the appropriate behavior is not clear, leading individuals to conform to the majority. Thus, social proof reflects an inherent aspect of human behavior where we seek assurance in the actions of others to navigate social situations effectively.

4. Which type of group consists of individuals similar to us that we utilize for self-comparison?

- A. In-Group
- B. Reference Groups**
- C. Social Norms
- D. Primary Groups

The correct answer is the type of group known as a reference group. Reference groups are groups of people with whom individuals identify and compare themselves. These groups serve as benchmarks for evaluating one's own behaviors, attitudes, and values, influencing self-perception and self-esteem. When individuals assess themselves, they often look to these groups to determine how they measure up in various aspects, such as style, beliefs, and social roles. In contrast, in-groups refer to groups that individuals feel they belong to, fostering a sense of loyalty and solidarity. While they can influence self-comparison, they do not specifically serve as a standard for that comparison. Social norms are the rules and expectations by which a society guides the behavior of its members, rather than being groups to which individuals compare themselves. Primary groups, such as family and close friends, are characterized by close, personal relationships that provide emotional support, but they are not primarily used for comparison purposes. Thus, the concept of reference groups specifically captures the idea of utilizing similar individuals for self-comparison, making it the most fitting answer.

5. Which experiment measured cognitive dissonance by varying the amount participants were paid to lie about a task's enjoyment?

- A. Stanford Prison Experiment
- B. Asch Conformity Experiment
- C. Festinger and Carlsmith Experiment**
- D. Milgram Obedience Experiment

The experiment that measured cognitive dissonance by varying the amount participants were paid to lie about a task's enjoyment is indeed the Festinger and Carlsmith Experiment. This study is foundational in social psychology and explores the concept of cognitive dissonance, which occurs when an individual holds two conflicting beliefs or attitudes. In this experiment, participants were asked to perform a monotonous and tedious task and then were paid different amounts to convince others that the task was enjoyable. Those who received a smaller reward experienced greater cognitive dissonance because the minimal justification for lying (the low payment) conflicted with their true feelings about the task. To resolve this dissonance, they were more likely to change their attitudes about the task, convincing themselves that it was indeed enjoyable. On the other hand, those paid a larger amount felt justified in lying, thus experiencing less dissonance and maintaining their negative feelings about the task. This experiment illustrated the principle that when individuals engage in behavior that contradicts their beliefs or knowledge, they will often change their beliefs to align with their actions to reduce the discomfort of dissonance.

6. Which method of education is most likely to intensify prejudice?

- A. Interactive and engaging lessons
- B. Teaching only one-sided narratives**
- C. Discussion-based learning
- D. Incorporating diverse viewpoints

Teaching only one-sided narratives is likely to intensify prejudice because it reinforces a limited perspective and fails to challenge existing biases. When education presents information from a singular viewpoint, it does not allow students to encounter alternative perspectives or critically analyze different experiences. This lack of exposure can lead to the entrenchment of stereotypes and prejudices, as students may not be encouraged to empathize with, or understand, those who are different from themselves. In contrast, methods that incorporate interactive lessons, discussion-based learning, and diverse viewpoints promote critical thinking, empathy, and understanding. These approaches allow for a richer engagement with the material and an opportunity for students to confront their own biases, leading to a more inclusive and tolerant view of different groups. Therefore, a one-sided narrative limits this educational growth and fosters an environment where prejudice can flourish.

7. Which factor is crucial in addressing systemic inequalities?

- A. Neglecting historical context
- B. Creating equitable policies**
- C. Maintaining the status quo
- D. Promoting homogeneous societies

Creating equitable policies is essential in addressing systemic inequalities because such policies are designed to actively eliminate barriers that have historically disadvantaged certain groups. Equitable policies recognize that different individuals and communities may require different resources or support to achieve fairness and equality. These policies aim to level the playing field by addressing issues like access to education, healthcare, and economic opportunities, ensuring that everyone has the necessary tools to succeed. By formulating policies that account for the diverse needs of marginalized and underrepresented communities, societies can work towards dismantling the structures that perpetuate inequalities. This proactive approach contrasts with neglecting historical context, maintaining the status quo, or promoting homogeneous societies, as those options fail to recognize the unique challenges faced by various groups and may further entrench existing disparities. Thus, the creation of equitable policies is critical for fostering a more just and inclusive society.

8. In social psychology, which term describes negative feelings towards a group or its members?

- A. Discrimination
- B. Prejudice**
- C. Ingroup Bias
- D. Aggression

The term that describes negative feelings towards a group or its members is prejudice. Prejudice refers to an unjustified or incorrect attitude (usually negative) towards an individual based solely on their membership in a group. This can encompass a range of emotions, from disdain or fear to hostility. It is often based on stereotypes or generalized beliefs about the group rather than direct experience with individuals from that group. In contrast, discrimination refers to the behavior or actions that result in unfair treatment of individuals based on their group membership. While related, discrimination is an action stemming from prejudice. Ingroup bias refers to a tendency to favor one's own group over others, which can contribute to prejudicial feelings but does not directly define negative feelings towards an outgroup. Aggression refers to behaviors that are intended to cause harm or pain to others, which may or may not be influenced by prejudicial attitudes. Thus, the correct identification of prejudice specifically captures the essence of negative feelings toward a group or its members.

9. What is a social norm?

- A. An accepted standard of behavior within a group or society**
- B. A measurable concept used in psychological research
- C. A law enforced by governmental institutions
- D. A psychological disorder related to deviant behavior

A social norm is defined as an accepted standard of behavior within a group or society. It encompasses the unwritten rules and expectations that guide individuals in their interactions with others and dictate what is considered appropriate or acceptable in various contexts. Social norms can vary widely between different cultures and communities, influencing behaviors ranging from dress codes and manners to ways of communicating and establishing relationships. These norms help maintain order and predictability within social groups, enabling individuals to understand how to behave in different situations. The other choices, while related to various aspects of psychology or social structures, do not accurately capture the essence of what a social norm is. For example, a measurable concept used in psychological research pertains more to variables or constructs that can be quantified and tested, rather than societal behavioral standards. Laws enforced by governmental institutions relate to formal rules established by legal systems, which do not encompass the informal yet powerful nature of social norms. A psychological disorder related to deviant behavior focuses on an individual's divergence from accepted behavior due to mental health issues, whereas social norms refer to communal expectations rather than individual conditions.

10. What kind of cues does the peripheral route to persuasion rely on?

- A. Logical arguments
- B. Emotional appeals and superficial cues**
- C. A detailed analysis of evidence
- D. Thorough discussions on the topic

The peripheral route to persuasion relies on emotional appeals and superficial cues because it is based on the idea that individuals may process information in a less analytical way when they are not motivated or able to think deeply about an issue. This route to persuasion focuses on cues that are not directly related to the content of the message itself, such as the attractiveness of the speaker, the emotional tone of the message, or other peripheral factors that can influence attitudes. For instance, a commercial may use an attractive celebrity to endorse a product, taking advantage of the emotional appeal their image brings rather than presenting strong logical arguments or detailed analyses of the product's benefits. This contrasts with the central route to persuasion, where individuals engage in thoughtful consideration of the arguments presented. The peripheral route is effective when audiences are distracted, uninformed, or simply looking for quick, heuristic-based judgments rather than in-depth analysis. This understanding of the difference in approaches is integral to appreciating how persuasive communication can be optimized based on the audience's state of mind and processing capacity.

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://appsychsocialpsych.examzify.com>

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

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