

AQA A LEVEL SOCIOLOGY FAMILIES AND THE HOUSEHOLD PRACTICE TEST (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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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 do liberal feminists advocate regarding women's position in the family and society?**
 - A. They advocate revolutionary overthrow of the system
 - B. They advocate reform measures within the present system that remove discrimination and allow women to make free choices between motherhood, a career, or a combination of both
 - C. They believe to abandon women's employment
 - D. They support keeping discrimination
- 2. Which term refers to a couple and their dependent children as a basic social unit?**
 - A. Extended family
 - B. Patriarchal family
 - C. Nuclear family
 - D. Beanpole family
- 3. The cereal packet family is described as common among which groups?**
 - A. Caribbean communities
 - B. East Asian communities
 - C. African communities
 - D. Pakistanis and Bangladeshis
- 4. Which term describes a family that extends beyond the nuclear family, including grandparents, aunts, uncles, and other relatives, who may live nearby or in one household?**
 - A. Modified extended family
 - B. Matriarchal family
 - C. Classic extended family
 - D. Extended family
- 5. Which statement best captures Oakley's position on jointness in the symmetrical family?**
 - A. It overstates women's workload.
 - B. It supports the symmetrical family.
 - C. It underestimates women's unpaid work.
 - D. It is unconvincing that jointness is widespread.

- 6. Which policy tools are cited as helping parents balance the demands of paid employment and family life?**
- A. Maternity and paternity leave, and early years childcare
 - B. Tax increases and wage controls
 - C. Immigration quotas
 - D. Military conscription
- 7. What is a typical Marxist feminist claim about the family?**
- A. The family is simply a private space with no economic impact.
 - B. The family reproduces the labour force and provides a passive workforce for capitalism.
 - C. The family undermines capitalism.
 - D. The family eliminates social class differences.
- 8. In Henderson et al.'s framing, what behavior characterizes self-surveillance in parenting?**
- A. External surveillance by social workers
 - B. Mothers observe, talk, criticize, judge and reproach themselves and one another about parenting styles
 - C. Government audits of parenting
 - D. Media messages only
- 9. What is the functionalist view of self-surveillance?**
- A. It creates exploitation and inequality
 - B. It ensures social stability and conformity
 - C. It undermines family cohesion
 - D. It has no impact on society
- 10. What term describes a family where one parent lives with their children?**
- A. Lone parent family
 - B. Reconstituted family
 - C. Matrifocal family
 - D. Dual-career family

Answers

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

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Explanations

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1. What do liberal feminists advocate regarding women's position in the family and society?

- A. They advocate revolutionary overthrow of the system
- B. They advocate reform measures within the present system that remove discrimination and allow women to make free choices between motherhood, a career, or a combination of both**
- C. They believe to abandon women's employment
- D. They support keeping discrimination

Liberal feminism aims to achieve gender equality through reforms within the existing system. They argue that removing discrimination through laws and policies—like equal pay, anti-discrimination protections, equal access to education and work, and support such as affordable childcare and parental leave—will give women real freedom to choose between motherhood, a career, or both. This approach focuses on making the current institutions fairer so individual choices aren't limited by gendered barriers. It doesn't call for overthrowing the system or abandoning women's employment; instead it emphasizes creating opportunities so women can decide their own paths.

2. Which term refers to a couple and their dependent children as a basic social unit?

- A. Extended family
- B. Patriarchal family
- C. Nuclear family**
- D. Beanpole family

The nuclear family is a couple and their dependent children living in one household. This unit is seen as the basic social unit because it is the primary site where children are socialized, where emotional support and daily economic cooperation occur, and where parenting and reproductive roles are concentrated. It contrasts with the extended family, which includes additional relatives such as grandparents, aunts, and uncles who may live together or maintain close kinship ties but not form the immediate daily household. The beanpole family describes a multigenerational structure with relatively few members in each generation, often due to demographic changes, and isn't used to label the basic unit of the household. The idea of a patriarchal family refers to gendered power relations within the household rather than its size or composition. Understanding what the nuclear family represents helps explain how children learn norms and values through direct parenting and how households organize work and care in many modern societies.

3. The cereal packet family is described as common among which groups?

- A. Caribbean communities
- B. East Asian communities
- C. African communities
- D. Pakistanis and Bangladeshis**

The idea behind the cereal packet family is an image of an ideal, nuclear family often shown in media—two parents, a breadwinner father and a homemaker or stay-at-home mother, with children—presented as the norm. In sociology, this image is used to critique how media and advertising shape what people think families should look like and to discuss how different groups are portrayed. In some discussions, this stereotype has been described as common in Pakistani and Bangladeshi communities, highlighting how media images can be used to depict traditional family patterns within those groups in certain contexts. The key point is that this is a stereotyped portrayal used in analysis, not a statement about every family. Real-life family forms vary widely within any group.

4. Which term describes a family that extends beyond the nuclear family, including grandparents, aunts, uncles, and other relatives, who may live nearby or in one household?

- A. Modified extended family
- B. Matriarchal family
- C. Classic extended family
- D. Extended family**

Extended family describes a kinship network that goes beyond the nuclear unit to include grandparents, aunts, uncles, and other relatives who may live nearby or in the same household. This term covers the multigenerational and broader-relatives aspect, emphasizing the wider support network that can exist within families. The other terms don't fit as well: a matriarchal family focuses on who holds authority rather than how many relatives are included; a modified extended family is used when extended kin are more dispersed or less integrated in daily life; and "classic extended family" isn't a standard sociological term.

5. Which statement best captures Oakley's position on jointness in the symmetrical family?

- A. It overstates women's workload.
- B. It supports the symmetrical family.
- C. It underestimates women's unpaid work.
- D. It is unconvincing that jointness is widespread.**

The main idea here is Oakley's critique of the idea that households are truly joint in their domestic labour. She argues that what looks like shared responsibility is not widespread and doesn't erase the unequal burden women still carry. In her view, men's involvement tends to be limited and often still fits gender norms, while women continue to do most of the unpaid work and the day-to-day management of family life. So, the statement that jointness is widespread isn't convincing, which is why that option best captures Oakley's position.

6. Which policy tools are cited as helping parents balance the demands of paid employment and family life?

- A. Maternity and paternity leave, and early years childcare**
- B. Tax increases and wage controls
- C. Immigration quotas
- D. Military conscription

Balancing work and family relies on policies that provide time off and affordable childcare. Maternity and paternity leave give parents paid or partially paid time away from work around the birth, protecting job security while they care for a newborn. Early years childcare offers reliable care for young children during working hours, enabling parents to participate in paid employment. Together, these tools reduce the conflict between earning and caregiving and support ongoing parental employment. The other options don't directly address childcare or time off: macroeconomic tools like taxes or wage controls, or policies such as immigration quotas and military conscription, operate in different domains and don't specifically help families balance work and family life.

7. What is a typical Marxist feminist claim about the family?

- A. The family is simply a private space with no economic impact.
- B. The family reproduces the labour force and provides a passive workforce for capitalism.**
- C. The family undermines capitalism.
- D. The family eliminates social class differences.

Marxist feminism treats the family as an institution that helps capitalism endure by reproducing the workforce and supplying unpaid care that keeps the paid economy running. The idea is that women's domestic labour—childcare, cooking, cleaning, and other unseen tasks—free men to work in paid employment, while also socializing the next generation to fit the needs of capitalist society. In this view, the family isn't merely a private space; it's a mechanism that creates and prepares workers who will accept and reproduce the conditions of exploitation, helping capitalism function smoothly. That's why the statement about reproducing the labour force and providing a passive workforce for capitalism is the best fit. It captures the core claim that the family plays an active economic role in maintaining the capitalist system, rather than existing as a neutral or purely private sphere. Why the other ideas don't fit as well: the family is seen as more than having no economic impact; it is integral to sustaining and reproducing the workforce. It isn't viewed as undermining capitalism, but rather as supporting it. And while families can reinforce class through inheritance and unequal resources, Marxist feminism specifically emphasizes how unpaid domestic labour and the socialization of children serve the needs of capitalism, not erase class differences.

8. In Henderson et al.'s framing, what behavior characterizes self-surveillance in parenting?

- A. External surveillance by social workers
- B. Mothers observe, talk, criticize, judge and reproach themselves and one another about parenting styles**
- C. Government audits of parenting
- D. Media messages only

Self-surveillance in parenting is about how mothers continually monitor and regulate their own and other mothers' parenting through ongoing talk, critique, and judgment, guided by social norms of what makes good mothering. This description captures that internalized, peer-regulated scrutiny, where mothers observe, discuss, criticize, and reproach each other and themselves about parenting styles. It reflects how parenting norms are enforced not by external authorities alone but through daily conversations and self-policing within the mothering community. The other options describe external or externalized influences, not the internalized peer policing at the heart of self-surveillance: social workers' external monitoring, government audits, or media messages acting as outside sources of control rather than the self- and peer-regulated process central to Henderson et al.'s framing.

9. What is the functionalist view of self-surveillance?

- A. It creates exploitation and inequality
- B. It ensures social stability and conformity
- C. It undermines family cohesion
- D. It has no impact on society**

Self-surveillance, from a functionalist standpoint, acts as an internal mechanism that keeps society stable by encouraging people to monitor and regulate their own behaviour to meet shared norms. When individuals internalize expectations—such as being reliable, respectful, and cooperative—they reduce deviance and make social interactions more predictable, which helps institutions like the family, schools, and workplaces function smoothly. This internal policing supports social cohesion because it reinforces common values across generations and across different parts of the social system, making collective life more orderly. It isn't about exploitation or having no impact; its effect is to promote stability and conformity, aligning individual actions with the needs of the broader social order.

10. What term describes a family where one parent lives with their children?

- A. Lone parent family**
- B. Reconstituted family
- C. Matrifocal family
- D. Dual-career family

The idea being tested is a household structure with only one adult living with and responsible for the children. A lone parent family explicitly describes a family where one parent is present in the home with dependent children, which fits the scenario described. This can include situations where the parent is widowed, separated, divorced, or has never cohabited with a partner, and the other parent is not living in the same household. The other options describe different family forms: a reconstituted family is a blended arrangement where a parent brings a new partner into the home along with their own children from previous relationships; a matrifocal family centers on the mother as the main figure of authority and residence; a dual-career family involves both parents working, but does not specify living with only one parent.

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://aqaalevelsocfamilieshousehold.examzify.com>

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

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