

BLOCKET SOCIAL PSYCHOLOGY PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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Table of Contents

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

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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. The tendency for a bystander to be less likely to help when others are present is known as?**
 - A. Bystander Effect
 - B. Social Exchange Theory
 - C. Reciprocity Norm
 - D. Equity
- 2. Which term covers basic biological necessities of life, such as food, drink, and rest?**
 - A. External Locus of Control
 - B. Flow
 - C. Cognitive Dissonance
 - D. Physiological Needs
- 3. A person's inherited traits determined by genetics are referred to as what?**
 - A. Environment
 - B. Nature
 - C. Nurture
 - D. Heredity
- 4. Which acculturation pattern describes maintaining one's own culture while avoiding contact with the new culture?**
 - A. Integration
 - B. Marginalization
 - C. Separation
 - D. Assimilation
- 5. Which stage is characterized by the period when a child asserts independence and becomes more self-reliant?**
 - A. Autonomy vs Shame and Doubt
 - B. Trust vs Mistrust
 - C. Initiative vs Guilt
 - D. Industry vs Inferiority

- 6. What reflex causes a newborn to make sucking motions when a finger or nipple is placed in the mouth?**
- A. Moro Reflex
 - B. Rooting Reflex
 - C. Sucking Reflex
 - D. Grasping Reflex
- 7. Double Approach-Avoidance Conflict is described as which of the following?**
- A. A conflict between two attractive options
 - B. Two options each with pros and cons
 - C. A single option with both attractive and unattractive aspects
 - D. A conflict between two unattractive options
- 8. What are things that attract or lure people into action, described as a pull?**
- A. Needs
 - B. Motives
 - C. Goals
 - D. Incentives
- 9. Which stage is about forming trusting relationships with caregivers in early childhood?**
- A. Industry vs Inferiority
 - B. Identity vs Role Confusion
 - C. Trust vs Mistrust
 - D. Autonomy vs Shame and Doubt
- 10. Which phenomenon describes improved performance on simple tasks when other people are present?**
- A. Group Polarization
 - B. Deindividuation
 - C. Social Facilitation
 - D. Culture

Answers

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

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Explanations

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1. The tendency for a bystander to be less likely to help when others are present is known as?

- A. Bystander Effect**
- B. Social Exchange Theory
- C. Reciprocity Norm
- D. Equity

The bystander effect explains why people are less likely to help when others are present. When more people are around, responsibility gets spread out, and each individual feels less personal obligation to act because they assume someone else will intervene. The situation also tends to feel less urgent in the moment, since people look to others to judge what's happening (pluralistic ignorance), which can further dampen the impulse to help. The combination of diffusion of responsibility and reduced perceived urgency makes helping less likely as the group size grows. Other theories describe different motives for helping but don't capture this specific dynamic. Social Exchange Theory focuses on weighing costs and benefits of helping, which can explain why someone might help or not in particular contexts but not the general drop in helping when bystanders are present. The Reciprocity Norm is the expectation that helping others will be rewarded by future help, and Equity deals with fairness in outcomes; both address willingness to help in a broad sense but not the reduced likelihood that occurs simply because more people are around.

2. Which term covers basic biological necessities of life, such as food, drink, and rest?

- A. External Locus of Control
- B. Flow
- C. Cognitive Dissonance
- D. Physiological Needs**

The term Physiological Needs refers to the most basic biological necessities of life—food, water, warmth, rest, and other bodily requirements essential for survival. These needs sit at the bottom of Maslow's hierarchy, meaning they must be satisfied before a person can focus on safety, relationships, esteem, or self-actualization. When these core resources are lacking, behavior is primarily driven by a search to meet them, which is why this option best captures the concept. External Locus of Control is about whether people see outcomes as controlled by external factors or by themselves. Flow describes a state of deep immersion and enjoyment in an activity. Cognitive Dissonance refers to the psychological discomfort that arises from holding conflicting beliefs or attitudes. None of these describe the basic survival needs that Physiological Needs covers.

3. A person's inherited traits determined by genetics are referred to as what?

- A. Environment
- B. Nature**
- C. Nurture
- D. Heredity

The main idea here is how genetic influence shapes who we are. Traits that come from our genes — what we inherit from our parents — are described as nature. This term captures the genetic component that contributes to our characteristics, as opposed to nurture, which covers how environment and experience shape us. While heredity refers to the biological passing of genes from one generation to the next, the labeled concept for those genetic influences on traits is nature. So, when a trait is inherited due to genetics, it's considered part of nature.

4. Which acculturation pattern describes maintaining one's own culture while avoiding contact with the new culture?

- A. Integration
- B. Marginalization
- C. Separation**
- D. Assimilation

Maintaining your own culture while avoiding contact with the new culture describes a pattern of acculturation where you preserve your original customs, language, and identity and minimize interaction with the host society. This approach keeps boundaries clear by keeping engagement with the new culture very low while sustaining your native culture, which means low orientation toward the new culture but high maintenance of the original one. The other patterns involve different balances: integration means you keep your original culture while also engaging with the new one; assimilation means adopting the host culture and letting go of your original culture; and marginalization means losing both your original culture and contact with the host culture. An example would be a community that continues its traditions and language at home and within its own enclave, with little participation in the broader society.

5. Which stage is characterized by the period when a child asserts independence and becomes more self-reliant?

- A. Autonomy vs Shame and Doubt**
- B. Trust vs Mistrust
- C. Initiative vs Guilt
- D. Industry vs Inferiority

During the toddler years, children push to do things themselves and test what they can manage, building a sense of will and independence. This is the period where autonomy becomes the central focus: they want to dress themselves, choose small tasks, and rely more on their own abilities. When caregivers support these efforts with patience and guidance, the child develops autonomy and a confident sense of mastery. If independence is met with harsh criticism, overcontrol, or constant doubt, the child may develop shame and doubt about their abilities and become hesitant to try new things. This stage typically unfolds around ages 1 to 3. For context, Trust vs Mistrust belongs to infancy, Initiative vs Guilt comes a bit later when the child eagerly plans and attempts new activities, and Industry vs Inferiority relates to mastering skills in the school-age years. The description given matches autonomy vs shame and doubt.

6. What reflex causes a newborn to make sucking motions when a finger or nipple is placed in the mouth?

- A. Moro Reflex
- B. Rooting Reflex
- C. Sucking Reflex**
- D. Grasping Reflex

Newborns have several primitive reflexes that help with feeding. When something touches the roof of the mouth or lips, the sucking reflex kicks in, producing rhythmic sucking motions to draw in milk. This reflex is about the mouth actively sucking, not just turning toward the stimulus. The rooting reflex, by contrast, makes the baby turn the head toward a touch on the cheek and open the mouth in preparation for feeding, but it doesn't itself produce the sucking rhythm. The Moro reflex is a startled spreading of the arms, and the grasping reflex is the fingers curling around a placed object. So, the reflex that causes sucking motions when a finger or nipple is placed in the mouth is the sucking reflex.

7. Double Approach-Avoidance Conflict is described as which of the following?

- A. A conflict between two attractive options
- B. Two options each with pros and cons**
- C. A single option with both attractive and unattractive aspects
- D. A conflict between two unattractive options

Double approach-avoidance conflict involves having two options, each with both appealing and unattractive features, so you must weigh the positive and negative aspects of each choice. Describing this as “two options each with pros and cons” fits because it captures that each option has attractions and drawbacks, creating a tug-of-war as you decide. Think of it as choosing between two opportunities, where both offer benefits and costs. That’s different from two attractive options (which would be an approach–approach conflict), or a single option with both good and bad points (which is the standard approach–avoidance), or two unattractive options (an avoidance–avoidance conflict).

8. What are things that attract or lure people into action, described as a pull?

- A. Needs
- B. Motives
- C. Goals
- D. Incentives**

Incentives are external stimuli that attract people to act by offering something desirable or valuable, creating a pull toward a particular action. This pull comes from the anticipation of a reward, payoff, or favorable outcome, which makes taking the next step feel worthwhile—like a sale, praise, or a prize drawing drawing you in to participate. Needs, on the other hand, are internal states that push you to act to reduce discomfort or deficiency; they are the urge behind action, not the tempting lure from the outside. Motives refer to the internal reasons or drives behind behavior, which can include why you want to achieve something, but they aren’t the external lure itself. Goals are the desired end states you aim to reach; they describe what you want to accomplish rather than what is attracting you in the moment.

9. Which stage is about forming trusting relationships with caregivers in early childhood?

- A. Industry vs Inferiority
- B. Identity vs Role Confusion
- C. Trust vs Mistrust**
- D. Autonomy vs Shame and Doubt

Trust vs Mistrust is the stage where infants form expectations about whether caregivers will meet their needs consistently. When a caregiver responds reliably with feeding, comfort, and affection, the baby learns that the world is a safe and predictable place and can begin to trust others. This early sense of trust becomes the foundation for healthy relationships later on and supports a hopeful outlook. If needs aren’t met consistently, the infant may develop mistrust, feeling that the world is unpredictable or unsafe, which can affect how they relate to others moving forward. The other stages involve later tasks—developing autonomy, mastering skills, or forging an identity—and aren’t primarily about establishing that initial, fundamental bond with caregivers.

10. Which phenomenon describes improved performance on simple tasks when other people are present?

- A. Group Polarization
- B. Deindividuation
- C. Social Facilitation**
- D. Culture

The main idea is that simply having others watching you can boost performance on easy tasks because their presence increases arousal. When you're doing something you've practiced or know well, that heightened arousal helps your automatic or well-rehearsed response come out more strongly, so you perform better. This phenomenon is called social facilitation. It's important to note that the same arousal can hinder performance on harder or unfamiliar tasks, where the more complex response is required and the automatic tendency isn't enough. The other concepts refer to different social dynamics: shifting toward more extreme group opinions after discussion, loss of self-awareness in crowds leading to impulsive behavior, and broader cultural norms and practices. So the description of improved performance on simple tasks in the presence of others aligns with social facilitation.

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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://blooketsocialpsych.examzify.com>

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

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