

CERTIFICATE IN PSYCHOLOGY (CPSY) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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	16

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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. Harlow's monkey studies helped to rule out which attachment theory?**
 - A. The behavioral-learning theory
 - B. The social theory
 - C. The evolutionary theory
 - D. The drive-reduction theory
- 2. Investigations of historical beliefs about childhood reveal what significant insight?**
 - A. The ways that people think about childhood have remained consistent over time
 - B. There have been many views about childhood over time
 - C. Childhood has always been viewed as a distinct period of development
 - D. Until modern times, children were viewed as innately good
- 3. How did Baillargeon's studies enhance our understanding of infant reasoning about nonvisible events?**
 - A. By relying on primary circular reactions.
 - B. By using an infant tracking a train through a tunnel.
 - C. By employing methods that did not require infants to take action.
 - D. By focusing on motor responses to test reasoning.
- 4. Evidence from Rovee-Collier's research suggests that memory development is BEST described as:**
 - A. a continuous increase in ability to remember events.
 - B. initial increases followed by a decline that coincides with the onset of language.
 - C. a continuous decline in ability to remember events.
 - D. an unpredictable pattern that depends on children's individual experiences.
- 5. What is a typical behavior of infants when they start to crawl?**
 - A. They become more exploratory
 - B. They start to vocalize more
 - C. They show less interest in their surroundings
 - D. They develop stranger anxiety

- 6. Which of the following is a criticism of cesarean sections?**
- A. They cause mothers to be separated from their newborn while they heal from the surgery.
 - B. They expose the mother to the risk of postoperative infections.
 - C. All of the answers are criticisms.
 - D. They are thought to be often unnecessary.
- 7. Which consensus is held by modern psychologists regarding human development?**
- A. No single theoretical framework adequately characterizes all of development.
 - B. Erikson's description alone suffices to understand the process of development.
 - C. Piaget's stage theory accurately describes development through adolescence.
 - D. The sociocultural approach is the optimal understanding of development.
- 8. Which statement about the development of neurons in infancy is true?**
- A. Each neuron branches out to create thousands of connections with other neurons.
 - B. Specialization and independence of brain areas become evident.
 - C. Areas of the prefrontal cortex undergo significant reductions in myelination.
 - D. The pace of the brain's growth becomes more and more rapid.
- 9. Shortly after birth, infants can perceive:**
- A. Only tastes.
 - B. Sweet and sour tastes only.
 - C. Differences between categories of phonemes only.
 - D. All of the answers are correct.
- 10. What are parents most likely to modify in their newborn to fit them into the household routine?**
- A. Patterns of eating and sleeping
 - B. Temperament
 - C. Cries
 - D. Food preferences

Answers

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

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Explanations

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1. Harlow's monkey studies helped to rule out which attachment theory?

- A. The behavioral-learning theory
- B. The social theory
- C. The evolutionary theory
- D. The drive-reduction theory**

Harlow's monkey studies were pivotal in understanding attachment, especially by challenging the drive-reduction theory of attachment. This theory posited that attachment behaviors were primarily motivated by the satisfaction of basic needs, such as comfort and nourishment provided by the mother. Harlow's experiments demonstrated that infant monkeys preferred to cling to a soft, terrycloth mother figure that provided no food over a wire mother that supplied nourishment. This finding illustrated that comfort, security, and emotional connection play a crucial role in the development of attachment, not merely the fulfillment of hunger or physical needs. As a result, Harlow shifted the focus from the drive-reduction perspective to the importance of emotional and social factors in forming attachments, highlighting that the bond between a caregiver and child includes affection and comfort beyond basic survival needs.

2. Investigations of historical beliefs about childhood reveal what significant insight?

- A. The ways that people think about childhood have remained consistent over time
- B. There have been many views about childhood over time
- C. Childhood has always been viewed as a distinct period of development**
- D. Until modern times, children were viewed as innately good

The significant insight gained from investigations into historical beliefs about childhood is that childhood has consistently been regarded as a distinct period of development. This perspective is foundational in understanding how different cultures and societies have recognized childhood as a unique stage that requires specific attention, care, and education. Throughout history, there have been various theories and beliefs regarding the nature and purpose of childhood, indicating that it is seen as more than just a preliminary phase of life leading into adulthood. This emphasis on childhood as a distinct phase underscores the evolving understanding of children's needs, rights, and psychological development. In contrast, while other options discuss the presence of varying views (which certainly exist) or suggest a notion of children being innately good or consistent views over time, they do not encapsulate the overarching idea that childhood itself is treated as a separate and significant developmental stage. This distinction has profound implications for disciplines in psychology, education, and child development, influencing current practices and policies related to child welfare and pedagogy.

3. How did Baillargeon's studies enhance our understanding of infant reasoning about nonvisible events?

- A. By relying on primary circular reactions.
- B. By using an infant tracking a train through a tunnel.
- C. By employing methods that did not require infants to take action.**
- D. By focusing on motor responses to test reasoning.

Baillargeon's studies significantly contributed to our understanding of infant reasoning by employing methods that did not require infants to take action. These innovative approaches allowed researchers to assess infants' cognitive abilities, particularly their understanding of nonvisible events, by observing their gaze and reactions to various situations. For instance, when infants were shown an event that contradicted their expectations, such as an object appearing to pass through another object (which they would not expect based on physical principles), their increased attention indicated surprise and understanding of the situation. This method is essential because it demonstrates that even young infants possess a degree of reasoning about the world around them, challenging previous notions that such reasoning was limited to older children. By removing the need for infants to physically interact with the scene, Baillargeon was able to focus on their cognitive processing, providing insights into their ability to understand and predict events, even when those events are not directly visible to them. This laid a foundation for further research into cognitive development in early childhood.

4. Evidence from Rovee-Collier's research suggests that memory development is BEST described as:

- A. a continuous increase in ability to remember events.**
- B. initial increases followed by a decline that coincides with the onset of language.
- C. a continuous decline in ability to remember events.
- D. an unpredictable pattern that depends on children's individual experiences.

Rovee-Collier's research highlights that memory development in infants and young children shows a continuous increase in their ability to remember events over time. This research demonstrated that even very young infants have some capacity for memory, and as they grow, their ability to retain and recall information improves. The findings indicated that infants could remember specific events at increasing intervals as their cognitive processes develop. This suggests a trajectory of growing memory capabilities rather than a decline or unpredictable patterns, making continuous improvement the most accurate characterization of memory development in this context. In contrast, while some researchers have posited that cognitive milestones, such as the onset of language, could influence memory retention, Rovee-Collier's work emphasizes consistent improvement. Thus, the idea that memory abilities could decline or fluctuate unpredictably with individual experiences does not align with the overarching conclusions of her studies.

5. What is a typical behavior of infants when they start to crawl?

- A. They become more exploratory**
- B. They start to vocalize more
- C. They show less interest in their surroundings
- D. They develop stranger anxiety

Infants typically exhibit increased exploratory behavior when they start to crawl. This new mobility allows them to engage with their environment in a more dynamic way, facilitating their natural curiosity. Crawling enables infants to reach objects and explore areas that were previously inaccessible, which is crucial for cognitive development. This exploratory behavior helps them learn about spatial relationships, causes and effects, and enhances their understanding of the world around them. While it is true that infants may start to vocalize more, develop stranger anxiety, or potentially show varying interest in their surroundings as part of their overall development, the hallmark of reaching the crawling stage is primarily characterized by a significant increase in exploration and interaction with their environment.

6. Which of the following is a criticism of cesarean sections?

- A. They cause mothers to be separated from their newborn while they heal from the surgery.
- B. They expose the mother to the risk of postoperative infections.
- C. All of the answers are criticisms.**
- D. They are thought to be often unnecessary.

The correct answer encompasses multiple concerns related to cesarean sections. Each individual criticism highlights significant issues surrounding the practice. One major criticism is the potential for mothers to be separated from their newborns during the healing process. This separation can affect initial bonding, breastfeeding opportunities, and the emotional well-being of both mother and infant. Another valid concern is the increased risk of postoperative infections that cesarean deliveries pose to the mother. Surgery, by its nature, involves incisions that can serve as entry points for bacteria, leading to complications that can impact the mother's health and recovery. Additionally, there is an ongoing debate about the necessity of cesarean sections in certain cases. Many medical professionals argue that they are performed too frequently, raising concerns about the implications of unnecessary surgical procedures on maternal and infant health. By selecting the option that states all of these concerns are criticisms of cesarean sections, it acknowledges the multifaceted nature of the challenges associated with this type of delivery, reflecting a comprehensive view of the debate in obstetrics.

7. Which consensus is held by modern psychologists regarding human development?

- A. No single theoretical framework adequately characterizes all of development.**
- B. Erikson's description alone suffices to understand the process of development.
- C. Piaget's stage theory accurately describes development through adolescence.
- D. The sociocultural approach is the optimal understanding of development.

Modern psychologists generally agree that human development is complex and cannot be fully explained by a single theoretical framework. This consensus acknowledges the multifaceted nature of development, incorporating various factors such as biology, environment, social interactions, and culture. Different theories provide valuable insights, but each has its limitations and may not account for all aspects of development. While various theories like Erikson's psychosocial stages and Piaget's cognitive development stages contribute to our understanding, they do not encompass the entirety of the human developmental process. By recognizing the complexity and diversity of developmental pathways, psychologists are better equipped to address the varied experiences individuals go through across different stages of life. This perspective celebrates the richness of human experience, incorporating elements from multiple theories rather than relying solely on any one framework.

8. Which statement about the development of neurons in infancy is true?

- A. Each neuron branches out to create thousands of connections with other neurons.**
- B. Specialization and independence of brain areas become evident.
- C. Areas of the prefrontal cortex undergo significant reductions in myelination.
- D. The pace of the brain's growth becomes more and more rapid.

The statement that each neuron branches out to create thousands of connections with other neurons is indeed true. During infancy, the brain undergoes a remarkable period of growth and development, a process known as synaptogenesis, which occurs as neurons form synapses with other neurons. This capacity for branching and creating connections is crucial because it enables complex neural networks that underpin cognitive and motor development. In the context of early brain development, the creation of these connections allows infants to learn and adapt to their environment effectively. This robust wiring ensures that young children can experience their surroundings, facilitating learning and the development of various skills. As these connections are established, they form the foundation for future cognitive processes and are vital for typical brain development. The other statements include aspects of brain development but do not accurately capture the essence of neuronal growth in infancy to the same extent. Specialization and independence of brain areas do become evident, but this occurs later in development as skills and functions become more refined. The assertion regarding significant reductions in myelination in certain areas of the prefrontal cortex misrepresents the typical myelination process, which is characterized by increases during this early period. Finally, the pace of the brain's growth is rapid but stabilizes over time; it

9. Shortly after birth, infants can perceive:

- A. Only tastes.**
- B. Sweet and sour tastes only.
- C. Differences between categories of phonemes only.
- D. All of the answers are correct.

Infants are capable of perceiving a range of stimuli shortly after birth. Research has shown that they have a heightened sense of taste and can distinguish between different taste profiles, including sweet, sour, and bitter. This ability is crucial for their survival as it helps them identify nutritious food sources. While the ability to differentiate between categories of phonemes (the distinct units of sound in a language) is indeed present in infants, this ability develops over time and is more refined as they grow. Thus, stating that infants can perceive only phoneme distinctions does not encompass the broader sensory experiences they have immediately after birth. The option indicating only sweet and sour tastes is also limiting, as infants can perceive other tastes as well. Therefore, stating that infants can only perceive tastes restricts their capabilities to a narrower range than is accurate. Given this information, the most comprehensive choice is that infants can perceive all of the indicated stimuli, making the option suggesting that all answers are correct valid. Infants have an array of sensory capabilities just after birth, including taste recognition and phoneme differentiation, that collectively indicate their early perceptual abilities.

10. What are parents most likely to modify in their newborn to fit them into the household routine?

- A. Patterns of eating and sleeping**
- B. Temperament
- C. Cries
- D. Food preferences

Parents most commonly modify the patterns of eating and sleeping in their newborns to align with the household routine. This is largely because establishing a consistent schedule for feeding and sleep can make daily life more manageable for the family. Infants have varying sleep and feeding needs, and parents often seek to create a predictable rhythm that facilitates their own responsibilities while catering to the newborn's basic needs. Adjusting the infant's eating and sleeping patterns promotes harmony within the household, allowing parents to engage in other activities without being constantly interrupted. While temperament, cries, and food preferences may also be influenced by parental behaviors and the environment, these aspects do not have as direct an impact on the immediate functioning of the household as the timing and predictability of eating and sleeping, which are essential for both the baby's and the parents' well-being.

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://certificateinpsychology.examzify.com>

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

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