

DUAL ENROLLMENT PSYCHOLOGY (PSY 200) FINAL PRACTICE EXAM (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. Which is a facet commonly associated with Extraversion in the Big Five?**
 - A. Sociability
 - B. Organization
 - C. Trust
 - D. Emotional stability
- 2. Which statement about the relationship between correlation and causation is accurate?**
 - A. It proves causation if the correlation is strong.
 - B. It measures qualitative similarity between groups.
 - C. It does not prove causation; correlation does not prove causation.
 - D. It demonstrates causation when a third variable is ruled out.
- 3. Compared to neural signals, hormonal signals generally have what characteristic?**
 - A. Slower onset but longer duration
 - B. Faster onset and shorter duration
 - C. Same speed and duration
 - D. Hormonal signals are unrelated to duration
- 4. Which reinforcement schedule delivers reinforcement after an unpredictable number of responses?**
 - A. Fixed-Ratio
 - B. Variable-Ratio
 - C. Fixed-Interval
 - D. Continuous
- 5. What describes encoding specificity and retrieval cues?**
 - A. Memory is best retrieved when the retrieval context matches encoding; retrieval cues provide associations to access the memory.
 - B. Memory is best retrieved when the retrieval context differs from encoding; retrieval cues hinder access.
 - C. Retrieval cues have no impact on recall accuracy.
 - D. Encoding specificity means memories are stored only in the hippocampus.

- 6. Which disorder is defined as alternating periods of depression and mania?**
- A. Major Depressive Disorder
 - B. Bipolar Disorder
 - C. Generalized Anxiety Disorder
 - D. OCD
- 7. Name the three main emotion theories: James-Lange, Cannon-Bard, and Schachter-Singer two-factor model.**
- A. James-Lange: emotion precedes arousal; Cannon-Bard: emotion and arousal occur simultaneously; Schachter-Singer: emotion arises from cognitive labeling.
 - B. James-Lange: arousal precedes emotion; Cannon-Bard: emotion and arousal occur simultaneously; Schachter-Singer: emotion arises from arousal plus cognitive labeling.
 - C. James-Lange: emotion arises from cognitive labeling; Cannon-Bard: emotion precedes arousal; Schachter-Singer: arousal is not necessary.
 - D. James-Lange: emotion and arousal occur together; Cannon-Bard: arousal precedes emotion; Schachter-Singer: emotion is automatic.
- 8. Which neurotransmitter is most closely linked to mood regulation?**
- A. Acetylcholine
 - B. GABA
 - C. Serotonin
 - D. Dopamine
- 9. Which of the following is NOT typically a core symptom of psychotic disorders?**
- A. Delusions
 - B. Disorganized thinking
 - C. Obsessive-compulsive symptoms
 - D. Hallucinations
- 10. What is a case study?**
- A. An in-depth investigation of a single individual, group, or event to explore causes of behavior; provides detailed information but findings may not generalize.
 - B. A large-scale survey.
 - C. A hypothetical scenario.
 - D. A purely theoretical model.

Answers

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

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Explanations

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1. Which is a facet commonly associated with Extraversion in the Big Five?

- A. Sociability**
- B. Organization
- C. Trust
- D. Emotional stability

Extraversion is about how outwardly social and energized a person is in social situations. A facet commonly linked to this trait is sociability, which captures the enjoyment of being with others, starting conversations, and seeking out social interaction. People high in sociability tend to flourish in group activities, feel comfortable in crowds, and form connections easily, which is exactly what Extraversion describes. The other options point to different traits: organization aligns with Conscientiousness, trust with Agreeableness, and emotional stability relates to Neuroticism. So sociability best reflects Extraversion.

2. Which statement about the relationship between correlation and causation is accurate?

- A. It proves causation if the correlation is strong.
- B. It measures qualitative similarity between groups.
- C. It does not prove causation; correlation does not prove causation.
- D. It demonstrates causation when a third variable is ruled out.**

Correlation shows whether two things tend to move together, but it does not tell you why. A strong relationship might make you think one variable causes the other, yet that pattern could also arise because both are driven by a third factor, or the connection could even be accidental or due to how the data were collected. Establishing causation requires more than just a relationship; you need temporal order (the cause comes before the effect), control of alternative explanations, and ideally evidence from experiments where you manipulate one variable and observe the effect. Ruling out a possible third variable is an important step in building a case for causation, but it does not by itself prove that one variable causes another. There can be multiple confounds, bidirectional influences, or other mechanisms at work. That's why the accurate statement is that correlation does not prove causation.

3. Compared to neural signals, hormonal signals generally have what characteristic?

- A. Slower onset but longer duration**
- B. Faster onset and shorter duration
- C. Same speed and duration
- D. Hormonal signals are unrelated to duration

When comparing how signals move through the body, neural communication is fast and targeted, delivering quick, precise responses through electrical impulses and neurotransmitters across synapses. Hormonal communication, however, travels through the bloodstream to reach distant tissues. This journey makes the onset slower, and once hormones exert their effects, those effects tend to last longer because hormones can persist in circulation and often influence cells for extended periods, sometimes by altering gene expression. An example is cortisol, which rises gradually under stress and can affect metabolism and immune function for hours after the initial trigger. So, the hallmark difference is a slower onset with longer duration.

4. Which reinforcement schedule delivers reinforcement after an unpredictable number of responses?

- A. Fixed-Ratio
- B. Variable-Ratio**
- C. Fixed-Interval
- D. Continuous

The idea being tested is how reinforcement schedules depend on the number of responses rather than time. A variable ratio schedule delivers reinforcement after an unpredictable number of responses, with the average around a certain value but the exact count varying each time. This unpredictability makes behavior very persistent and high in frequency, because the next reward could come at any moment, so the learner keeps responding to maximize chances of reinforcement. A gambling-like pattern like slot machines is a classic example: you don't know when the next win will come, so you keep pulling the lever. In contrast, a fixed-ratio schedule gives reinforcement after a predictable number of responses, a fixed-interval schedule reinforces after a set amount of time (regardless of responses), and continuous reinforcement delivers a reward after every response. The unpredictable-number-of-responses reinforcement fits the variable ratio schedule best.

5. What describes encoding specificity and retrieval cues?

- A. Memory is best retrieved when the retrieval context matches encoding; retrieval cues provide associations to access the memory.**
- B. Memory is best retrieved when the retrieval context differs from encoding; retrieval cues hinder access.
- C. Retrieval cues have no impact on recall accuracy.
- D. Encoding specificity means memories are stored only in the hippocampus.

Encoding specificity and retrieval cues explain why memory is most accessible when the conditions at retrieval resemble those present during encoding and when hints are available to trigger the memory. The encoding specificity principle says that the cues present when you encode a memory become part of that memory trace, so when the retrieval context matches, those cues help you access the stored information more easily. Retrieval cues are signals that tap into those connections, guiding you to the memory by activating what was encoded alongside them. So memory is best retrieved when the retrieval context mirrors the encoding context and when the cues present during encoding are available to prompt recall. The other statements contradict this idea: a retrieval context that differs would not optimize access, cues do have an impact, and memories are not simply stored only in the hippocampus.

6. Which disorder is defined as alternating periods of depression and mania?

- A. Major Depressive Disorder
- B. Bipolar Disorder**
- C. Generalized Anxiety Disorder
- D. OCD

This item tests understanding of mood disorders that involve shifts between depressive and elevated mood states. Bipolar disorder is defined by these alternating episodes—depressive periods with sadness, loss of interest, fatigue, and changes in sleep or appetite, and manic or hypomanic periods characterized by unusually elevated mood, high energy, decreased need for sleep, rapid thoughts, and often risky behaviors. This pattern of switching between lows and highs is not seen in major depressive disorder, which involves only depressive episodes; generalized anxiety disorder centers on chronic worry and physical symptoms; OCD involves intrusive thoughts and repetitive behaviors. So, the disorder described by alternating periods of depression and mania is bipolar disorder.

7. Name the three main emotion theories: James-Lange, Cannon-Bard, and Schachter-Singer two-factor model.

- A. James-Lange: emotion precedes arousal; Cannon-Bard: emotion and arousal occur simultaneously; Schachter-Singer: emotion arises from cognitive labeling.
- B. James-Lange: arousal precedes emotion; Cannon-Bard: emotion and arousal occur simultaneously; Schachter-Singer: emotion arises from arousal plus cognitive labeling.**
- C. James-Lange: emotion arises from cognitive labeling; Cannon-Bard: emotion precedes arousal; Schachter-Singer: arousal is not necessary.
- D. James-Lange: emotion and arousal occur together; Cannon-Bard: arousal precedes emotion; Schachter-Singer: emotion is automatic.

Emotions come from how our body signals and our thinking interact. James-Lange says you first notice physiological changes, and that awareness of those arousal signals creates the feeling of emotion. Cannon-Bard argues that the brain triggers both emotion and arousal at the same time but as separate processes. Schachter-Singer, the two-factor model, claims you experience arousal and then use cognitive information from the context to label what emotion you're feeling. The option that fits this mix states arousal precedes emotion for James-Lange, emotion and arousal occur simultaneously for Cannon-Bard, and emotion results from arousal plus cognitive labeling in Schachter-Singer. Other descriptions mix up the order or omit the labeling piece, so they don't match how these theories describe emotion.

8. Which neurotransmitter is most closely linked to mood regulation?

- A. Acetylcholine
- B. GABA
- C. Serotonin**
- D. Dopamine

Mood regulation relies on serotonin. This neurotransmitter helps stabilize emotional state and influences sleep, appetite, and social behavior. Imbalances in serotonin are linked to mood disorders, and many effective antidepressants work by increasing serotonin availability in the brain, which can improve mood for many people. Acetylcholine focuses on learning, memory, and muscle activation, not mood. GABA serves as the main inhibitory system, reducing neural activity and helping with anxiety control, but it isn't the primary mood regulator. Dopamine drives reward, motivation, and movement, contributing to mood effects mainly through these pathways rather than mood regulation itself. So, serotonin is most closely associated with mood regulation.

9. Which of the following is NOT typically a core symptom of psychotic disorders?

- A. Delusions
- B. Disorganized thinking
- C. Obsessive-compulsive symptoms
- D. Hallucinations

The main idea being tested is which symptom is not typically a defining feature of psychotic disorders. Classic signs of psychosis include delusions, disorganized thinking, and hallucinations—these reflect a breakdown in reality testing and perception. Obsessive-compulsive symptoms, on the other hand, come from OCD and related anxiety disorders. They involve intrusive thoughts and ritualized behaviors aimed at reducing anxiety, not a direct disruption of reality testing. They can occur alongside a psychotic disorder, but they're not central to what defines psychosis. So, obsessive-compulsive symptoms are not typically core features of psychotic disorders, which is why this option is the best answer.

10. What is a case study?

- A. An in-depth investigation of a single individual, group, or event to explore causes of behavior; provides detailed information but findings may not generalize.
- B. A large-scale survey.
- C. A hypothetical scenario.
- D. A purely theoretical model.

Case studies involve an in-depth examination of one person, group, or event to explore how and why certain behaviors occur, within their real-life context. This approach yields rich, detailed information about complex factors and interactions that shape behavior, which you can observe across time and in natural settings. The strength lies in capturing context, nuance, and processes—things you might miss in larger studies. Because it zooms in on a single case or a small number of cases, the findings are not easily generalized to everyone or every situation, but they can reveal mechanisms, generate hypotheses, and illustrate how factors come together in real life. This method is especially valuable for studying unusual or new phenomena where broader samples aren't feasible. In contrast, a large-scale survey aims for broad generalization across many people with standardized measures; a hypothetical scenario uses imagined circumstances to reason about outcomes; and a purely theoretical model relies on abstract constructs and mathematics without observing real cases.

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://dualenrollmentpsy200final.examzify.com>

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

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