

DUAL ENROLLMENT PSYCHOLOGY (PSY 200) FINAL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 division of the autonomic nervous system promotes rest-and-digest functions and conserves energy?**
 - A. Parasympathetic Nervous System
 - B. Sympathetic Nervous System
 - C. Autonomic Nervous System
 - D. Somatic Nervous System
- 2. Which reinforcement schedule delivers reinforcement after an unpredictable number of responses?**
 - A. Fixed-Ratio
 - B. Variable-Ratio
 - C. Fixed-Interval
 - D. Continuous
- 3. Which schedule reinforces after a set number of responses?**
 - A. Variable-Ratio
 - B. Continuous
 - C. Fixed-Interval
 - D. Fixed-Ratio
- 4. In Pavlov's experiment, what serves as the neutral stimulus?**
 - A. The meat powder.
 - B. The salivation response.
 - C. The bell.
 - D. The dog.
- 5. What is the brief electrical charge that travels along a neuron when it fires, representing an all-or-none event?**
 - A. Action Potential
 - B. Membrane Potential
 - C. Neurotransmitter Release
 - D. Resting Potential

6. Substance Addiction is defined as?

- A. A mood disorder characterized by cravings for substances.
- B. A disorder of substance abuse with no compulsions.
- C. A compulsive need for a habit-forming substance.
- D. A transient curiosity about drugs.

7. Which statement correctly contrasts neurotransmitters and hormones?

- A. Neurotransmitters act across synapses and are fast; hormones travel through the bloodstream to act on distant targets with longer duration
- B. Hormones travel faster than neurotransmitters
- C. Neurotransmitters travel through the bloodstream and act on distant targets
- D. Hormones act across synapses and are fast

8. What is the placebo effect and provide an example.

- A. Worsening of symptoms due to the nocebo effect.
- B. Improvement due to expectations rather than the treatment; example: taking a sugar pill improves symptoms because of belief.
- C. A random fluctuation of symptoms.
- D. A direct pharmacological effect of a drug.

9. What is a conditioned stimulus?

- A. A stimulus that naturally triggers a response
- B. A previously neutral stimulus that now triggers a response
- C. The automatic response to a stimulus
- D. A stimulus that has no association

10. What is the difference between statistical significance and practical significance?

- A. Statistical significance indicates results unlikely due to chance; practical significance concerns real-world importance or effect size
- B. Statistical significance is about effect size; practical significance is about p-values
- C. Statistical significance guarantees causality; practical significance does not relate to real-world importance
- D. Statistical significance means results are important in practice; practical significance means not meaningful

Answers

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

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Explanations

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1. Which division of the autonomic nervous system promotes rest-and-digest functions and conserves energy?

- A. Parasympathetic Nervous System**
- B. Sympathetic Nervous System
- C. Autonomic Nervous System
- D. Somatic Nervous System

The parasympathetic division of the autonomic nervous system is responsible for rest-and-digest and energy conservation. It promotes calming activities: slowing the heart rate, increasing digestive processes, and facilitating tissue repair and energy storage. This contrasts with the sympathetic division, which prepares the body for action (fight-or-flight), and with the somatic nervous system, which controls voluntary muscles. Since the question asks which division promotes rest and energy conservation, the parasympathetic nervous system is the best fit.

2. 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.

3. Which schedule reinforces after a set number of responses?

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

Reinforcement schedules tell you when a behavior will be rewarded. A set-number-of-responses schedule is fixed-ratio. The reinforcement comes after a specific, unchanging count of responses, like every fifth response. This makes the subject work quickly and consistently because the payoff is predictable, so they keep responding to reach the next reinforcement. After each reward, there's often a brief pause before starting up again, and the length of that pause grows with the required number of responses. This stands in contrast to other schedules: variable-ratio delivers reinforcement after an unpredictable number of responses, yielding very high and steady response rates with few pauses; continuous reinforcement rewards every single response, which quickly teaches the behavior but doesn't last long if rewards stop; fixed-interval delivers reinforcement after a fixed amount of time, regardless of how many responses occur, leading to a pattern of increasing responses as the time for the next reinforcement approaches and a lull right after reinforcement.

4. In Pavlov's experiment, what serves as the neutral stimulus?

- A. The meat powder.
- B. The salivation response.
- C. The bell.**
- D. The dog.

In Pavlov's experiment, a neutral stimulus is something that initially does not elicit the response of interest. The meat powder naturally causes the dog to salivate, so it is the unconditioned stimulus and the salivation to the meat powder is the unconditioned response. The bell, on the other hand, starts off not causing salivation, making it a neutral stimulus. After repeatedly pairing the bell with the meat powder, the dog begins to salivate to the bell alone, so the bell becomes a conditioned stimulus and salivation to the bell becomes the conditioned response. The dog is just the subject involved in the experiment.

5. What is the brief electrical charge that travels along a neuron when it fires, representing an all-or-none event?

- A. Action Potential**
- B. Membrane Potential
- C. Neurotransmitter Release
- D. Resting Potential

The brief electrical charge that travels along a neuron when it fires is called an action potential. This impulse is an all-or-none event: if the neuron reaches the threshold, voltage-gated channels open and a rapid depolarization occurs, followed by repolarization, producing a spike of about the same strength every time. Once it starts, the action potential propagates along the axon by triggering the next segment to depolarize, so the signal travels without diminishing its amplitude (myelination can speed this up through saltatory conduction). The frequency of these spikes, not their size, carries information about stimulus intensity. This is different from the resting potential, which is the baseline negative charge inside the neuron when it isn't firing, and from membrane potential, which describes the electrical difference across the membrane at any moment. Neurotransmitter release happens at the synapse as a chemical consequence of the action potential reaching the terminal.

6. Substance Addiction is defined as?

- A. A mood disorder characterized by cravings for substances.
- B. A disorder of substance abuse with no compulsions.
- C. A compulsive need for a habit-forming substance.**
- D. A transient curiosity about drugs.

Addiction is defined by a compulsive pattern of needing and seeking out a substance, often despite negative consequences. The best choice captures that core idea—the person experiences a compulsive need to use a habit-forming substance, which drives repeated use and difficulty stopping. Addiction isn't just a mood issue or a momentary interest; it's persistent and involves loss of control. The other descriptions miss that essential compulsive, driven aspect: it's not simply a mood disorder with cravings, nor is it characterized by a lack of compulsions, and it isn't just a fleeting curiosity.

7. Which statement correctly contrasts neurotransmitters and hormones?

- A. Neurotransmitters act across synapses and are fast; hormones travel through the bloodstream to act on distant targets with longer duration**
- B. Hormones travel faster than neurotransmitters
- C. Neurotransmitters travel through the bloodstream and act on distant targets
- D. Hormones act across synapses and are fast

Neurotransmitters vs hormones differ in distance and speed of signaling. Neurotransmitters are released into a synapse, crossing a tiny gap to a neighboring neuron or muscle cell, which makes their signaling very fast and precise. Hormones travel through the bloodstream to distant targets, and their effects typically have a slower onset but last longer. The statement that reflects this contrast—neurotransmitters acting across synapses quickly, and hormones traveling in the blood to distant targets with a longer duration—accurately captures the major difference between these two signaling systems. The other ideas—hormones moving faster than neurotransmitters, neurotransmitters traveling through the bloodstream to distant targets, or hormones acting across synapses and being fast—don't fit the known distinctions.

8. What is the placebo effect and provide an example.

- A. Worsening of symptoms due to the nocebo effect.
- B. Improvement due to expectations rather than the treatment; example: taking a sugar pill improves symptoms because of belief.**
- C. A random fluctuation of symptoms.
- D. A direct pharmacological effect of a drug.

The placebo effect is when a person shows real improvement in symptoms because they believe the treatment will help, not because the treatment itself has active therapeutic ingredients. For example, taking a sugar pill can lessen a headache simply because the patient expects relief, which can trigger brain mechanisms that reduce pain and release natural chemicals like endorphins. This shows how mind and body interact: expectation and belief can influence perception and physiology even in the absence of a active drug. The opposite phenomenon is when negative expectations lead to worse symptoms (nocebo effect). A random fluctuation in symptoms or the direct pharmacological action of a drug would not capture the belief-driven change described here.

9. What is a conditioned stimulus?

- A. A stimulus that naturally triggers a response
- B. A previously neutral stimulus that now triggers a response**
- C. The automatic response to a stimulus
- D. A stimulus that has no association

A conditioned stimulus is something that starts off as neutral and, after being paired with something that naturally triggers a response, comes to trigger that response on its own. In Pavlov's classic setup, the bell begins as a neutral cue. When it's repeatedly presented with meat powder, which naturally causes the dogs to salivate, the bell eventually elicits salivation by itself. That learned, elicited response is the conditioned response, and the bell becomes the conditioned stimulus. The unconditioned stimulus (meat powder) naturally triggers the response without any learning, and the automatic salivation to the meat powder is the unconditioned response. A stimulus with no association would not produce a conditioned response.

10. What is the difference between statistical significance and practical significance?

- A. Statistical significance indicates results unlikely due to chance; practical significance concerns real-world importance or effect size**
- B. Statistical significance is about effect size; practical significance is about p-values
- C. Statistical significance guarantees causality; practical significance does not relate to real-world importance
- D. Statistical significance means results are important in practice; practical significance means not meaningful

The key idea here is distinguishing what a p-value or statistical test tells you from what matters in the real world. Statistical significance means the observed effect is unlikely to have happened by chance under the null hypothesis, given your chosen threshold for "unlucky" (the alpha level). It does not say anything about whether the effect matters in real-world terms. Practical significance is about the real-world importance of the finding, which is tied to the size of the effect and its implications. A result can be statistically significant with a tiny effect if the sample is very large, but that small effect might be meaningless in practice. Conversely, an effect could be practically important even if it isn't statistically significant in a small study, due to limited power. So the best statement separates these ideas: statistical significance indicates results unlikely due to chance; practical significance concerns real-world importance or effect size. The other choices confuse the relationship between p-values, effect size, and real-world impact.

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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://dualenrollmentpsy200final.examzify.com>

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

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