

# FLVS Psychology 1 Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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 technique is used by Freud to uncover hidden desires or thoughts in patients?**
  - A. Dream analysis**
  - B. Free association**
  - C. Hypnosis**
  - D. Transference**
  
- 2. What is essential for clients undergoing electroconvulsive therapy to consider?**
  - A. It is a reversible process**
  - B. It guarantees immediate recovery**
  - C. It requires no supervision**
  - D. It is only effective in mild depression**
  
- 3. Wilhelm Wundt's research into the timing of conscious awareness of sound is considered the first what?**
  - A. Psychological survey**
  - B. Experimental study**
  - C. Psychological experiment**
  - D. Observation in psychology**
  
- 4. Which therapy involves the use of special lighting to alleviate symptoms of depression?**
  - A. Exposure therapy**
  - B. Light exposure therapy**
  - C. Cognitive restructuring**
  - D. Behavioral activation**
  
- 5. Which statement best describes problem-solving behavior in animals?**
  - A. Animals are less likely to learn from experience.**
  - B. Animals learn from experience and are more successful on repeated attempts.**
  - C. Animals avoid trying the same solution multiple times.**
  - D. Animals rely solely on instincts to solve problems.**

- 6. What is true about fetal alcohol syndrome?**
- A. It can be cured with medication**
  - B. FAS is entirely preventable**
  - C. It only affects children born with low birth weight**
  - D. It has no impact on the child's development**
- 7. When do crises related to development, according to Erikson, begin and end?**
- A. Begin during childhood and end in early adulthood**
  - B. Begin during adolescence and conclude in late adulthood**
  - C. Begin in infancy and conclude in middle adulthood**
  - D. Begin in early adulthood and end in late adulthood**
- 8. Which type of psychologist typically cannot prescribe medication?**
- A. Clinical psychologist**
  - B. Psychiatrist**
  - C. Counselor**
  - D. Health psychologist**
- 9. What best describes the impact of brain damage on language impairment?**
- A. The location and severity of the injury determine the type of impairment.**
  - B. All brain damage leads to the same level of language impairment.**
  - C. Language impairment is only temporary.**
  - D. Brain damage has no effect on language abilities.**
- 10. According to research, what is likely true for a college student wanting to learn a second language?**
- A. It is equally easy to learn a second language at any age**
  - B. Learning a second language is generally easier in childhood**
  - C. Learning a second language becomes easier with cognitive maturity**
  - D. Previous language skills have no impact on new language learning**

## Answers

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

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## **Explanations**

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**1. Which technique is used by Freud to uncover hidden desires or thoughts in patients?**

- A. Dream analysis
- B. Free association**
- C. Hypnosis
- D. Transference

Free association is a technique developed by Sigmund Freud that encourages patients to verbalize their thoughts without censorship or filtering. The premise is that by allowing thoughts to flow freely, individuals may reveal their unconscious desires, fears, and conflicts that they might otherwise suppress or not be consciously aware of. During sessions, patients are prompted to say whatever comes to their mind, which can lead to the uncovering of significant emotional conflicts and hidden thoughts. This approach aims to bypass the defenses that prevent individuals from accessing deeper emotional truths and can lead to insights that are crucial for therapeutic progress. While dream analysis is another important technique used by Freud to interpret the latent content (hidden meanings) of dreams, it is not as direct as free association in its approach to accessing unconscious material. Hypnosis also serves as a means to access unconscious thoughts but is less commonly used and typically requires a more controlled environment. Transference refers to the phenomenon where patients project feelings and attitudes onto the therapist, which can provide insight into their relational patterns but does not specifically aim to uncover hidden desires or thoughts in the same way that free association does.

**2. What is essential for clients undergoing electroconvulsive therapy to consider?**

- A. It is a reversible process**
- B. It guarantees immediate recovery
- C. It requires no supervision
- D. It is only effective in mild depression

The choice that highlights the essential aspect of electroconvulsive therapy (ECT) is that it is a reversible process. This means that the effects of the therapy are not permanent, and patients can return to their baseline state following treatment. Although ECT can have profound and rapid effects, particularly in cases of severe depression, it's important for clients to understand that the treatment is designed to be temporary—it allows for a temporary alteration in brain function that can relieve symptoms, which may be particularly significant in critical situations where rapid intervention is necessary. Understanding that ECT is reversible also frames patient expectations realistically and encourages discussions about treatment goals, potential side effects, and the need for ongoing therapeutic support following the procedure. This awareness can help clients feel more empowered and engaged in their treatment decisions, focusing on the therapeutic journey rather than a one-size-fits-all solution. In contrast, the other aspects mentioned may lead to misunderstandings regarding ECT. For example, while ECT can be effective for many, it does not guarantee immediate recovery, nor is it suitable for all forms of depression. Additionally, ECT requires careful medical supervision throughout the process to ensure safety and effective management of any potential side effects, which underscores the importance of a well-coordinated treatment plan.

**3. Wilhelm Wundt's research into the timing of conscious awareness of sound is considered the first what?**

- A. Psychological survey**
- B. Experimental study**
- C. Psychological experiment**
- D. Observation in psychology**

Wilhelm Wundt's research into the timing of conscious awareness of sound is considered the first psychological experiment because it represents a systematic method of investigating the mind using controlled conditions. Wundt is often referred to as the father of experimental psychology, and he established the first psychology laboratory in Leipzig, Germany, in 1879. In his experiments, he sought to measure the time it takes for individuals to become consciously aware of sensory stimuli and to respond to them. This involved using introspection as a technique, where participants reported their conscious experiences in response to various stimuli. By employing a structured approach and focusing on quantifiable data, Wundt laid the groundwork for psychology as a scientific discipline distinct from philosophy and a subjective observation of behavior and mind. His methods marked a significant departure from purely observational studies and surveys, emphasizing the role of experimental methodology in psychology. This pioneering work established a model for future research in the field, driving the development of experimental techniques that are standard practice in psychology today.

**4. Which therapy involves the use of special lighting to alleviate symptoms of depression?**

- A. Exposure therapy**
- B. Light exposure therapy**
- C. Cognitive restructuring**
- D. Behavioral activation**

Light exposure therapy is specifically designed to alleviate symptoms of depression, particularly in cases of Seasonal Affective Disorder (SAD) and other forms of depression that may benefit from increased exposure to light. This therapeutic approach involves using a light box that emits bright light, simulating natural sunlight. The exposure can help regulate the body's circadian rhythms, improve mood, and reduce depressive symptoms by influencing the production of certain neurotransmitters, such as serotonin, which is linked to mood regulation. In contrast, exposure therapy is focused on helping individuals confront their fears or anxiety triggers rather than utilizing light as a therapeutic vehicle. Cognitive restructuring aims to change negative thought patterns and beliefs related to mental health issues, while behavioral activation emphasizes increasing engagement in positive and rewarding activities to combat depression. Both of these approaches address cognitive and behavioral aspects of mental health but do not utilize light as a therapeutic tool.

**5. Which statement best describes problem-solving behavior in animals?**

- A. Animals are less likely to learn from experience.**
- B. Animals learn from experience and are more successful on repeated attempts.**
- C. Animals avoid trying the same solution multiple times.**
- D. Animals rely solely on instincts to solve problems.**

The statement that animals learn from experience and are more successful on repeated attempts accurately captures a fundamental aspect of animal behavior. This concept is closely linked to the principle of learning, where an animal's repeated interactions with their environment result in an increased ability to navigate challenges effectively. Through trial and error, animals can refine their strategies based on successful outcomes—or failures—leading to improved problem-solving abilities over time. This capacity to learn and adapt is evidenced across many species, where repeated attempts at a problem often lead to quicker or more effective solutions as the animal gathers information about the environment and its variables. This adaptability is essential for survival, as it allows animals to optimize their behavior based on past experiences and changing circumstances. As a result, the ability to learn from experience is a critical trait observed in numerous animal species, highlighting their cognitive capabilities in situations that require problem-solving.

**6. What is true about fetal alcohol syndrome?**

- A. It can be cured with medication**
- B. FAS is entirely preventable**
- C. It only affects children born with low birth weight**
- D. It has no impact on the child's development**

Fetal alcohol syndrome (FAS) is indeed entirely preventable, which supports the choice that you highlighted. This condition arises when a fetus is exposed to alcohol during pregnancy. Since the primary cause is alcohol consumption by the mother during this critical period, the best way to avoid FAS is for women to abstain from drinking alcohol while pregnant. This fact emphasizes the importance of prevention strategies and education regarding alcohol consumption during pregnancy. In contrast, the notion that FAS can be cured with medication, affects only children with low birth weight, or has no impact on a child's development are misconceptions. FAS results in physical, cognitive, and behavioral issues that cannot be reversed, highlighting that ongoing support and intervention are essential for individuals affected by it. Furthermore, while low birth weight can occur in children with FAS, it is not a defining characteristic, as FAS can also affect children of normal birth weight. Additionally, the developmental impacts of FAS are significant, often leading to lifelong challenges in areas such as learning, memory, and behavior.

**7. When do crises related to development, according to Erikson, begin and end?**

- A. Begin during childhood and end in early adulthood**
- B. Begin during adolescence and conclude in late adulthood**
- C. Begin in infancy and conclude in middle adulthood**
- D. Begin in early adulthood and end in late adulthood**

Erik Erikson's theory of psychosocial development outlines eight stages that span from infancy to late adulthood, suggesting that development crises occur at each stage. The correct context revolves around the idea that each of Erikson's stages presents a unique crisis that individuals must navigate, impacting their social and emotional growth. The choice indicating that crises begin during adolescence and conclude in late adulthood reflects the core aspect of Erikson's framework. In adolescence, individuals face the crisis of identity versus role confusion, which is crucial for forming a sense of self. As people progress through life stages, they continue to confront significant crises—such as intimacy versus isolation in young adulthood and integrity versus despair in late adulthood. Each stage, therefore, builds upon the resolutions of previous stages, culminating in a lifetime of development and the resolution of various psychosocial challenges. Understanding this framework is essential, as it illustrates that development is a continuous process from childhood through to late adulthood, with each phase presenting opportunities for growth and conflict resolution.

**8. Which type of psychologist typically cannot prescribe medication?**

- A. Clinical psychologist**
- B. Psychiatrist**
- C. Counselor**
- D. Health psychologist**

The correct response reflects the distinction between various mental health professionals and their training. Clinical psychologists, who typically hold a Ph.D. or Psy.D. in psychology, focus on diagnosing and treating mental disorders through various therapeutic methods and psychological testing. However, their training does not generally include medical education or pharmacological knowledge, which is necessary for prescribing medications. In contrast, psychiatrists are medical doctors who specialize in mental health and are able to prescribe medication because they have completed medical school and residency training in psychiatry. Counselors, who often hold a master's degree, provide guidance and support but do not possess the medical training necessary to prescribe medications as well. Similarly, health psychologists concentrate on how biological, social, and psychological factors affect health and illness and also do not prescribe medication. Therefore, the role of a clinical psychologist is characterized by their reliance on therapeutic practices and psychological interventions rather than medication management.

**9. What best describes the impact of brain damage on language impairment?**

- A. The location and severity of the injury determine the type of impairment.**
- B. All brain damage leads to the same level of language impairment.**
- C. Language impairment is only temporary.**
- D. Brain damage has no effect on language abilities.**

The impact of brain damage on language impairment is best described by the idea that the location and severity of the injury determine the type of impairment. This is grounded in the understanding of how various areas of the brain are responsible for different aspects of language processing. For example, damage to Broca's area, which is located in the frontal lobe, often results in difficulties with speech production, leading to non-fluent aphasia. Conversely, damage to Wernicke's area in the temporal lobe can cause fluent aphasia, where individuals may produce speech that is grammatically correct but nonsensical. Additionally, the severity of the injury plays a critical role in the extent of language impairment. A minor injury might result in mild language difficulties, while a severe injury could lead to substantial language deficits or even total inability to communicate. This variability highlights the importance of understanding individual cases and brain anatomy, as different types of brain injuries can lead to distinct effects on language capabilities. In contrast, other responses suggesting that all brain damage leads to the same level of impairment or that language impairment is temporary do not account for the complexity of brain function and recovery processes. Furthermore, the claim that brain damage has no effect on language abilities is inconsistent with a wealth of neurological

**10. According to research, what is likely true for a college student wanting to learn a second language?**

- A. It is equally easy to learn a second language at any age**
- B. Learning a second language is generally easier in childhood**
- C. Learning a second language becomes easier with cognitive maturity**
- D. Previous language skills have no impact on new language learning**

Learning a second language is generally easier in childhood due to several developmental and neurological factors. During early childhood, the brain is highly plastic, meaning it is more adaptable and capable of forming new connections. Children are also more likely to acquire pronunciation and intonation more naturally, akin to acquiring their first language. This critical period in language development allows for more intuitive and less structured learning methods, making it simpler for young learners to pick up additional languages. In contrast, while cognitive maturity can enhance certain aspects of learning, such as metalinguistic awareness or understanding complex grammar rules, it does not inherently make the language acquisition process easier. Previous language skills can bolster the learning of new languages, as they provide a foundation and a framework for understanding linguistic concepts, but this contradicts the idea that they have no impact. Additionally, learning a second language is often more challenging for older individuals due to factors such as time constraints and established cognitive patterns in native language processing.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://flvpsych1.examzify.com>**

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

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