

IDLA DUAL CREDIT (DC) 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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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. What do humanistic psychologists emphasize as important for people's development?**
 - A. Potential for healthy growth
 - B. Financial success
 - C. Cognitive development through education
 - D. Social status and influence
- 2. What is the term for a recurring difficulty in falling or staying asleep?**
 - A. Sleep apnea
 - B. Insomnia
 - C. Narcolepsy
 - D. Hypersomnia
- 3. What are the three stages of memory?**
 - A. Encoding, storage, and retrieval
 - B. Attention, retention, and recall
 - C. Perception, cognition, and memory
 - D. Input, process, and output
- 4. What distinguishes conformity from obedience?**
 - A. Conformity is following rules, obedience is changing beliefs
 - B. Conformity is peer-driven, obedience involves authority
 - C. Conformity is voluntary, obedience is always mandatory
 - D. Conformity is social, while obedience is organizational
- 5. Which brain structure is primarily involved in forming new memories?**
 - A. The amygdala
 - B. The hippocampus
 - C. The cerebellum
 - D. The hypothalamus

- 6. What does the behavioral perspective primarily focus on within psychology?**
- A. Unconscious processes
 - B. Thought patterns
 - C. Observable actions
 - D. Emotional attachments
- 7. According to attachment theory, what type of attachment is exhibited by a child that prefers their mother over others?**
- A. Avoidant attachment
 - B. Secure attachment
 - C. Anxious attachment
 - D. Disorganized attachment
- 8. Which perspective emphasizes understanding the unconscious mind and its influence on behavior?**
- A. Cognitive Perspective
 - B. Behavioral Perspective
 - C. Humanistic Perspective
 - D. Psychodynamic Perspective
- 9. Identical twins form from the fertilization of:**
- A. Two egg cells
 - B. Two sperm cells
 - C. A single egg cell by a single sperm cell
 - D. Separated embryos
- 10. What psychological theory is the trolley problem commonly used to explore?**
- A. Cognitive dissonance theory
 - B. Behaviorism
 - C. Utilitarianism
 - D. Psychoanalysis

Answers

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

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Explanations

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1. What do humanistic psychologists emphasize as important for people's development?

- A. Potential for healthy growth**
- B. Financial success
- C. Cognitive development through education
- D. Social status and influence

Humanistic psychologists emphasize the potential for healthy growth as a fundamental aspect of human development. This approach focuses on the inherent capacity within individuals to achieve personal fulfillment and self-actualization. Humanistic psychology positions each person as uniquely capable of growth, particularly when one's basic psychological needs are met. This perspective highlights the importance of self-awareness, self-acceptance, and personal agency in fostering an individual's overall well-being and development. In this framework, the emphasis is on nurturing the positive aspects of human nature and striving for personal goals that promote holistic growth rather than merely focusing on external achievements, success, or social comparison. By prioritizing healthy growth, humanistic psychologists advocate for an environment where individuals can explore their potential, develop meaningful relationships, and ultimately reach their highest potential. This focus sets humanistic psychology apart from other psychological perspectives that may concentrate more heavily on cognitive, social, or financial aspects of development.

2. What is the term for a recurring difficulty in falling or staying asleep?

- A. Sleep apnea
- B. Insomnia**
- C. Narcolepsy
- D. Hypersomnia

The term for a recurring difficulty in falling or staying asleep is "insomnia." Insomnia is characterized by persistent problems with sleep initiation or maintenance, leading to significant distress or impairment in daytime functioning. Individuals with insomnia may find it challenging to fall asleep, wake up frequently during the night, or wake up too early and struggle to return to sleep. This condition can affect one's overall health, mood, and daily performance. Other terms listed in the choices refer to different sleep disorders. Sleep apnea involves interruptions in breathing during sleep, which can lead to fragmented sleep and excessive daytime sleepiness. Narcolepsy is characterized by excessive daytime sleepiness and sudden sleep attacks that can occur at inappropriate times. Hypersomnia refers to excessive sleepiness during the day, which can happen even after long periods of sleep. Understanding these distinctions is crucial for recognizing and addressing sleep-related issues effectively.

3. What are the three stages of memory?

- A. Encoding, storage, and retrieval
- B. Attention, retention, and recall
- C. Perception, cognition, and memory
- D. Input, process, and output

The three stages of memory—encoding, storage, and retrieval—are crucial components of how we process and retain information. Encoding refers to the initial process of perceiving and processing information, transforming it into a format that can be stored in the brain. This may involve converting sensory inputs into a memory trace that can be recognized later. Storage is the next stage, which involves maintaining the encoded information over time. This process can vary in duration, with some memories retained for only a fleeting moment, while others endure for years or even a lifetime. Lastly, retrieval is the process of accessing and bringing stored information back into conscious awareness. Successful retrieval allows individuals to use the stored memories for various purposes, such as recalling facts during a test or reminiscing about personal experiences. Understanding these three stages helps navigate the complexities of how memory works and illustrates the journey information takes from its initial perception to its eventual recall.

4. What distinguishes conformity from obedience?

- A. Conformity is following rules, obedience is changing beliefs
- B. Conformity is peer-driven, obedience involves authority
- C. Conformity is voluntary, obedience is always mandatory
- D. Conformity is social, while obedience is organizational

Conformity is distinguished from obedience primarily due to the nature of the influence that drives each behavior. Conformity occurs when individuals adjust their behaviors or beliefs to align with those of a group, often driven by social pressures or the desire to fit in. It is a more informal process where individuals voluntarily adopt the norms or behaviors of their peers without direct orders or commands. On the other hand, obedience involves compliance with a request or command that comes from an authority figure. This means that in situations of obedience, individuals feel compelled to follow orders, which often have a hierarchical structure. The power dynamics at play in obedience differentiate it from conformity, where the influence is more about social norms and peer acceptance rather than a top-down directive. The other choices may embody elements of conformity or obedience but do not accurately capture the core distinctions between them. For example, the mention of rules or changing beliefs isn't a defining feature that separates the two behaviors clearly, nor do factors like voluntary versus mandatory compliance or the distinction between social and organizational contexts fully encompass the fundamental difference related to the source of influence.

5. Which brain structure is primarily involved in forming new memories?

- A. The amygdala
- B. The hippocampus**
- C. The cerebellum
- D. The hypothalamus

The hippocampus is the brain structure primarily involved in forming new memories due to its critical role in the consolidation of information from short-term memory to long-term memory. This process is essential for learning new information and experiences, allowing them to be stored and retrieved later. The hippocampus helps encode and organize memories, facilitating the process by which experiences influence future behavior and cognition. This structure also plays a vital role in spatial memory and navigation, enabling individuals to remember locations and how to get to them. Damage to the hippocampus can lead to significant difficulties in forming new explicit memories, as seen in conditions such as anterograde amnesia. While the amygdala is primarily involved in processing emotions and forming emotional memories, the cerebellum focuses on motor control and coordination rather than memory formation. The hypothalamus regulates several homeostatic processes but is not directly involved in memory formation. Therefore, the hippocampus is the key component in the formation of new memories, making it the correct choice in this context.

6. What does the behavioral perspective primarily focus on within psychology?

- A. Unconscious processes
- B. Thought patterns
- C. Observable actions**
- D. Emotional attachments

The behavioral perspective in psychology primarily focuses on observable actions because it emphasizes how behaviors are learned and reinforced through interactions with the environment. This perspective is grounded in the idea that psychology should be the study of observable behavior rather than internal mental states or unconscious processes. Behavioral theorists argue that human behavior can be understood through principles of conditioning and reinforcement, which can be seen and measured, making it a core focus of this approach. By studying observable actions, psychologists can identify patterns, develop behavior modification strategies, and examine the effects of environmental stimuli on behavior, ensuring a more empirical and objective approach to understanding human actions.

7. According to attachment theory, what type of attachment is exhibited by a child that prefers their mother over others?

- A. Avoidant attachment
- B. Secure attachment**
- C. Anxious attachment
- D. Disorganized attachment

The concept of secure attachment is characterized by a strong and stable bond between a child and their caregiver, typically a mother. When a child shows a clear preference for their mother over others, it indicates a sense of safety and trust in their relationship with her. This type of attachment is crucial in the development of healthy emotional and social skills. Children with secure attachment tend to feel confident in exploring their environment, knowing they can return to their caregiver for comfort and support. They are more likely to seek closeness with their primary attachment figure and show distress when separated, which signifies their reliance on that relationship for emotional security. This attachment style fosters resilience and adaptive functioning in various aspects of life, including relationships and personal development. In contrast, other attachment styles such as avoidant, anxious, or disorganized reflect different dynamics that indicate insecurity or confusion in the child's relationship with caregivers. For example, avoidant attachment often includes a lack of preference for the caregiver, while anxious attachment features excessive clinginess and fear of separation. Disorganized attachment typically arises from inconsistent or frightening behavior from caregivers. These variations highlight why secure attachment is seen as the ideal, fostering healthy emotional growth and stability in children.

8. Which perspective emphasizes understanding the unconscious mind and its influence on behavior?

- A. Cognitive Perspective
- B. Behavioral Perspective
- C. Humanistic Perspective
- D. Psychodynamic Perspective**

The psychodynamic perspective is centered on the idea that much of human behavior is influenced by the unconscious mind. This approach, founded by Sigmund Freud, posits that unconscious thoughts, memories, and desires play a significant role in shaping our actions and feelings, often without our conscious awareness. The psychodynamic perspective explores how early life experiences and unconscious conflicts shape personality and behavior. It emphasizes the importance of understanding repressed memories and unresolved issues from childhood, which can affect a person's current emotional states and actions. The focus on the unconscious mind sets this perspective apart from others that may prioritize observable behavior or cognitive processes. In contrast, the cognitive perspective deals with mental processes like thinking, memory, and problem-solving, while the behavioral perspective focuses on observable behavior and the principles of conditioning. The humanistic perspective emphasizes personal growth and self-actualization, concentrating more on conscious experiences and the inherent value of individuals. Therefore, the unique focus on the unconscious mind in the psychodynamic perspective makes it the correct choice in this context.

9. Identical twins form from the fertilization of:

- A. Two egg cells
- B. Two sperm cells
- C. A single egg cell by a single sperm cell**
- D. Separated embryos

Identical twins, also known as monozygotic twins, originate from the fertilization and subsequent division of a single fertilized egg cell. This single egg is fertilized by a single sperm, creating a zygote. After fertilization, the zygote undergoes cleavage and divides into two separate embryos. This means that both embryos share the same genetic material, which is why they are identical. In contrast, options involving two egg cells or two sperm cells would lead to fraternal twins, which arise from the fertilization of two separate egg cells by two separate sperm cells, resulting in siblings that share about 50% of their genetic material. The notion of separated embryos does not apply to identifying how identical twins are formed since the process begins with a single fertilized egg rather than two distinct embryos. Thus, the correct understanding of how identical twins are formed directly relates to the fertilization of one egg by one sperm, which leads to the development of two genetically identical individuals.

10. What psychological theory is the trolley problem commonly used to explore?

- A. Cognitive dissonance theory
- B. Behaviorism
- C. Utilitarianism**
- D. Psychoanalysis

The trolley problem is a well-known thought experiment in ethics and moral psychology, primarily used to explore the principles of utilitarianism. This theory posits that the best action is the one that maximizes overall happiness or utility. In the trolley problem, individuals are faced with a moral dilemma that forces them to weigh the consequences of their actions concerning the greater good. In this scenario, a person must decide whether to pull a lever that directs a runaway trolley onto a track where it will kill one person instead of allowing it to continue on its current track, where it will kill five people. The decision-making process involved exemplifies utilitarianism by emphasizing the calculation of harm and benefit—choosing the option that results in the least amount of harm (i.e., saving the greater number of lives). Utilitarianism serves as a framework for evaluating moral decisions based on their outcomes, making this theory particularly relevant to the ethical dilemmas presented by the trolley problem. As such, it acknowledges the importance of considering the consequences of one's actions in moral reasoning.

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://idladcpsychology.examzify.com>

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

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