

Introductory Psychology

CLEP Prep Practice Exam

(Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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1. Who was one of Sigmund Freud's harshest critics?

- A. Carl Rogers**
- B. B.F. Skinner**
- C. Alfred Adler**
- D. Carl Jung**

2. Who is credited with being the founder of modern psychology?

- A. B.F. Skinner**
- B. John B. Watson**
- C. William James**
- D. Sigmund Freud**

3. What is the goal of psychology?

- A. To understand human behavior**
- B. To diagnose mental disorders**
- C. To increase intelligence**
- D. To reduce stress**

4. Which of the following is an example of a psychological disorder?

- A. Shyness**
- B. Depression**
- C. Anxiety**
- D. Excessive studying**

5. What type of research design is an experiment?

- A. Descriptive**
- B. Correlational**
- C. Qualitative**
- D. Quantitative**

6. What field of study focused on how the ego,s regulate conflicts between internal drives and external realities?

- A. Structuralism**
- B. Psychoanalysis**
- C. Behaviorism**
- D. Humanism**

7. What is the difference between sensation and perception?

- A. Sensation is the process of gaining information while perception involves interpreting it**
- B. Sensation involves the physical response to external stimulus while perception is the interpretation of it**
- C. Perception is involuntary while sensation is voluntary**
- D. Perception is the process of gaining information while sensation involves interpreting it**

8. What is the primary goal of behaviorism?

- A. To identify the biological basis of behavior**
- B. To understand the motivations behind behavior**
- C. To understand how the environment shapes behavior**
- D. To understand the genetics behind behavior**

9. According to evolutionary psychology, the observed similarity between same-sex siblings suggests that it is an evolutionary advantage for an individual to form what type of bonds?

- A. Parental**
- B. Stress**
- C. Kin**
- D. Romantic**

10. The founder of behaviorism was _____.

- A. Karl Marx**
- B. Sigmund Freud**
- C. Ivan Pavlov**
- D. B.F. Skinner**

Answers

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

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Explanations

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1. Who was one of Sigmund Freud's harshest critics?

- A. Carl Rogers
- B. B.F. Skinner**
- C. Alfred Adler
- D. Carl Jung

Sigmund Freud was a prominent figure in the field of psychology, known for his theories on the unconscious mind and psychoanalysis. While some of his theories were widely accepted, others were met with criticism and debate. One of his harshest critics was B.F. Skinner, a behaviorist who believed that one's behavior is shaped by external factors rather than unconscious thoughts and desires. This contrasts with Freud's belief that unconscious drives and conflicts greatly influence behavior. Therefore, B.F. Skinner can be seen as one of Freud's harshest critics because of their opposing beliefs and theories on the nature of human behavior. The other options, Carl Rogers, Alfred Adler, and Carl Jung, were all influential psychologists and contemporaries of Freud, but they did not specifically criticize or contest his work to the same extent as B.F. Skinner.

2. Who is credited with being the founder of modern psychology?

- A. B.F. Skinner
- B. John B. Watson
- C. William James**
- D. Sigmund Freud

Many psychologists and historians credit William James as the founder of modern psychology because of his groundbreaking contributions to the field. James introduced the concept of functionalism, which focused on the study of how the mind functions and adapts to its environment. He also emphasized the importance of studying individual experiences and subjective perceptions, rather than just observable behavior. B.F. Skinner and John B. Watson are often associated with behaviorism, a school of thought that gained popularity in the early 20th century but does not fully encompass the breadth of modern psychological theories. While Sigmund Freud is often referred to as the father of psychoanalysis, his theories and methods are not considered part of the foundation of modern psychology. Therefore, C is the most accurate answer.

3. What is the goal of psychology?

- A. To understand human behavior**
- B. To diagnose mental disorders
- C. To increase intelligence
- D. To reduce stress

The goal of psychology is to understand human behavior by studying and analyzing thoughts, feelings, and actions. This is distinct from diagnosing mental disorders (B), as psychology covers a broader range of topics beyond just mental illness. While some research in psychology may contribute to enhancing intelligence (C), increasing intelligence is not the overall goal of the field. Similarly, while psychology may provide tools and strategies to manage stress (D), the primary goal of psychology is not to reduce stress. Therefore, A is the correct answer as it encompasses the main objective of psychology.

4. Which of the following is an example of a psychological disorder?

- A. Shyness**
- B. Depression**
- C. Anxiety**
- D. Excessive studying**

Possible explanation A psychological disorder refers to a mental health condition that disrupts an individual's thoughts, emotions, or behaviors. While shyness, anxiety, and excessive studying can all be symptoms of a psychological disorder, depression is the **only** option that is a clear example of a psychological disorder. Being shy, anxious, or studying excessively does not necessarily label someone with a diagnosis, whereas depression is a specific condition with defined criteria and symptoms.

5. What type of research design is an experiment?

- A. Descriptive**
- B. Correlational**
- C. Qualitative**
- D. Quantitative**

An experiment is defined as a research design in which one or more independent variables are manipulated to observe their effects on a dependent variable. This type of research design is considered quantitative because it involves numerical data and statistical analysis. This sets it apart from the other options. Descriptive research is focused on describing a phenomenon or gathering information, while correlational research aims to identify relationships between variables. Qualitative research, on the other hand, is primarily exploratory and involves non-numerical data. In summary, only quantitative research involves the manipulation of independent variables and the use of numerical data, making it the correct option for the question.

6. What field of study focused on how the ego's regulate conflicts between internal drives and external realities?

- A. Structuralism**
- B. Psychoanalysis**
- C. Behaviorism**
- D. Humanism**

Psychoanalysis is the field of study that focuses on how the ego regulates conflicts between internal drives and external realities. Structuralism, behaviorism, and humanism focus on other aspects of human behavior and cognition, such as the structure of the mind, observable behavior, and human potential, respectively. While these fields may touch on elements related to the ego, they do not specifically focus on the ego's role in managing these conflicts. Therefore, B is the most appropriate and specific response.

7. What is the difference between sensation and perception?

- A. Sensation is the process of gaining information while perception involves interpreting it
- B. Sensation involves the physical response to external stimulus while perception is the interpretation of it**
- C. Perception is involuntary while sensation is voluntary
- D. Perception is the process of gaining information while sensation involves interpreting it

Sensation is the physical process of detecting stimuli through our senses such as touch, taste, smell, and sight. This is a physiological process that occurs at the sensory level. Perception, on the other hand, involves the cognitive and psychological process of interpreting the information from our senses and giving it meaning. It is not a physical process, but rather a mental one. In option B, it correctly states that sensation involves the physical response to external stimuli while perception is the interpretation of it. Options A and D are incorrect as they have the concepts of sensation and perception reversed. Option C is incorrect as both sensation and perception involve involuntary and voluntary components.

8. What is the primary goal of behaviorism?

- A. To identify the biological basis of behavior
- B. To understand the motivations behind behavior
- C. To understand how the environment shapes behavior**
- D. To understand the genetics behind behavior

Behaviorism is a psychological theory that focuses on observable and measurable behaviors, rather than underlying mental processes. The primary goal of behaviorism is to understand how the environment influences and shapes behavior, rather than studying the biological basis or genetics behind behavior. Option A is incorrect because behaviorism is not concerned with the biological basis of behavior. Option B is incorrect because behaviorism does not focus on understanding motivations, but rather the external factors that influence behavior. Option D is incorrect because behaviorism is based on the idea that behavior is shaped by environmental factors, rather than genetics. Therefore, the correct answer is C - the primary goal of behaviorism is to understand how the environment shapes behavior.

9. According to evolutionary psychology, the observed similarity between same-sex siblings suggests that it is an evolutionary advantage for an individual to form what type of bonds?

- A. Parental**
- B. Stress**
- C. Kin**
- D. Romantic**

Individuals who share more genetic material with one another are more likely to have the same adaptive traits, making them more likely to survive and reproduce. This is known as kin selection. Same-sex siblings share roughly 50% of their DNA, thus forming a kin bond would increase the likelihood of survival for both individuals. Option A, parental bonds, may also provide an evolutionary advantage, but this is not specifically mentioned in the question. Option B, stress bonds, have no known evolutionary advantage and may even be detrimental. Option D, romantic bonds, do not necessarily involve shared genetics and therefore do not have an evolutionary advantage in the same way that kin bonds do. Overall, the observed similarity between same-sex siblings suggests that it is an evolutionary advantage for an individual to form bonds with those who share a significant amount of genetic material.

10. The founder of behaviorism was _____.

- A. Karl Marx**
- B. Sigmund Freud**
- C. Ivan Pavlov**
- D. B.F. Skinner**

Behaviorism is a psychological approach that emphasizes the study of observable behaviors in response to external stimuli. While Karl Marx is well known for his theories on social and economic systems, he was not the founder of behaviorism. Sigmund Freud is known for his psychoanalytic approach which focused on the unconscious mind and repressed desires, but he is not considered the founder of behaviorism. Ivan Pavlov is known for his work on classical conditioning with dogs, which was an important contribution to behaviorism, but he is not the founder. The founder of behaviorism is B.F. Skinner who developed the concept of operant conditioning, which states that behaviors can be shaped by their consequences. He is known for his work on behavior modification and the Skinner box, which was an experimental apparatus used to study animal behavior.

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://introductorypsychologypractice.examzify.com>

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

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