

KENT STATE GENERAL 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. Which type of brain wave is associated with K complexes?**
 - A. High frequency waves
 - B. Low amplitude waves
 - C. High amplitude waves
 - D. Slow wave activity

- 2. What kind of response is referred to when a subject learns to respond to a previously neutral stimulus after conditioning?**
 - A. Unconditioned Response
 - B. Reflex Response
 - C. Conditioned Response
 - D. Emotional Response

- 3. Which stage follows the germinal stage in human development?**
 - A. Fetal Stage
 - B. Embryonic Stage
 - C. Neonatal Stage
 - D. Postnatal Stage

- 4. What state of consciousness is associated with walking?**
 - A. Lower-Level Consciousness
 - B. Altered State of Consciousness
 - C. Subconscious Awareness
 - D. Awake and Alert

- 5. What type of memory includes skills and procedures that are recalled without conscious thought?**
 - A. Explicit Memory
 - B. Short-Term Memory
 - C. Implicit (Non-Declarative) Memory
 - D. Working Memory

- 6. Which part of the brain controls vital functions like respiration and heart rate?**
- A. Mid-Brain
 - B. Cerebellum
 - C. HindBrain
 - D. Hypothalamus
- 7. Which nervous system is responsible for managing involuntary functions such as breathing and heart rate?**
- A. Somatic Nervous System
 - B. Sympathetic Nervous System
 - C. Autonomic Nervous System
 - D. Central Nervous System
- 8. What type of research is focused on describing a phenomenon and determining its basic dimensions?**
- A. Descriptive Research
 - B. Correlation Research
 - C. Experimental Research
 - D. Longitudinal Research
- 9. What condition is characterized by an inability to fall asleep or stay asleep?**
- A. Sleep apnea
 - B. Insomnia
 - C. Sleepwalking
 - D. Narcolepsy
- 10. The high frequency burst of waves that occurs in NREM sleep is known as what?**
- A. Delta waves
 - B. Sleep spindles
 - C. K complexes
 - D. Alpha waves

Answers

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

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Explanations

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1. Which type of brain wave is associated with K complexes?

- A. High frequency waves
- B. Low amplitude waves
- C. High amplitude waves**
- D. Slow wave activity

K complexes are specific brain wave patterns that can be observed during sleep, particularly during the nondreaming phase of sleep known as stage 2. They are characterized by high amplitude waves, which means that they have a significant voltage compared to other wave types. This high amplitude is indicative of large synchronized neural activity occurring in the brain, often triggered by external stimuli or internal processes. These large, sharp peaks can play a role in sleep regulation and serve as protective mechanisms by allowing the sleeper to respond to potential threats while still maintaining overall sleep. K complexes are also often seen as part of the transition into deeper stages of sleep. Thus, their association with high amplitude distinguishes them from other types of brain waves that might not display the same level of voltage or synchronization. Understanding K complexes and their characteristics is crucial for grasping the dynamics of sleep and how the brain processes information during different sleep stages.

2. What kind of response is referred to when a subject learns to respond to a previously neutral stimulus after conditioning?

- A. Unconditioned Response
- B. Reflex Response
- C. Conditioned Response**
- D. Emotional Response

When a subject learns to respond to a previously neutral stimulus after conditioning, this process results in what is known as a conditioned response. This occurs in classical conditioning, a learning process where an originally neutral stimulus becomes associated with an unconditioned stimulus to elicit a conditioned response. For instance, in Pavlov's famous experiment, dogs learned to salivate in response to the sound of a bell, which initially held no significance for them. Through repeated pairings of the bell (neutral stimulus) with food (unconditioned stimulus), the bell became associated with the food, prompting the dogs to salivate in anticipation, thus becoming a conditioned response. This phenomenon highlights how learning can occur through association, transforming how an organism interacts with their environment based on previous experiences. Understanding this concept is key to grasping foundational principles of behavioral psychology, showing how behavior can be modified through systematic conditioning approaches.

3. Which stage follows the germinal stage in human development?

- A. Fetal Stage
- B. Embryonic Stage**
- C. Neonatal Stage
- D. Postnatal Stage

The germinal stage is the first two weeks of human development, beginning at conception when the fertilized egg, or zygote, starts dividing and eventually implants in the uterine wall. Following this initial phase, the next stage in human development is the embryonic stage. During the embryonic stage, which lasts from the end of the germinal stage until about the eighth week of gestation, significant development occurs. This includes the formation of vital organs, structures, and systems. It is during this period that the basic foundations of the organism's body are established, making it a critical time for growth and development. The fetal stage, which occurs after the embryonic stage, focuses on the further development of organs and systems that were established previously, and spans from about the ninth week until birth. The neonatal and postnatal stages deal with the periods following birth, focusing on development and adjustment outside the womb, which are not directly sequential to the germinal stage. Therefore, the embryonic stage is the correct response as it immediately follows the germinal stage in the sequence of human development.

4. What state of consciousness is associated with walking?

- A. Lower-Level Consciousness**
- B. Altered State of Consciousness
- C. Subconscious Awareness
- D. Awake and Alert

The state of consciousness that is associated with walking is awake and alert. This state refers to being fully conscious and aware of one's surroundings, which is essential for coordinating physical activities like walking. When someone is awake and alert, they are able to process information from their environment, maintain balance, and make rapid decisions regarding their movement, all of which are crucial during walking. Lower-level consciousness generally involves states where awareness is diminished, such as daydreaming or a pre-sleep state, which are not conducive to the active and coordinated actions involved in walking. Altered states of consciousness might involve significant changes in awareness or perception, as seen in dreaming or under the influence of substances, which would not typically support the activity of walking safely. Subconscious awareness pertains to processes that occur without conscious thought, which also would not adequately support the physical coordination required for walking. Thus, the state of consciousness that enables the physical act of walking while being fully aware and responsive is indeed awake and alert.

5. What type of memory includes skills and procedures that are recalled without conscious thought?

- A. Explicit Memory
- B. Short-Term Memory
- C. Implicit (Non-Declarative) Memory**
- D. Working Memory

The correct choice is related to implicit (non-declarative) memory, which refers to the type of memory responsible for skills and procedures that individuals can perform without consciously thinking about them. This type of memory encompasses actions like riding a bike, typing on a keyboard, or playing a musical instrument, all of which are learned through practice and do not require active, conscious recollection. Implicit memory is distinct from explicit memory, which involves conscious recall of facts and events. For instance, remembering a historical date or recalling the details of a recent event falls under explicit memory, as it requires awareness and intentional retrieval of information. Short-term memory and working memory are related but serve different functions. Short-term memory temporarily holds a limited amount of information, while working memory actively manipulates and processes information, facilitating tasks like problem-solving and reasoning. Neither of these types is responsible for the automatic execution of learned skills, which is the hallmark of implicit memory. Therefore, implicit memory is crucial for enabling individuals to perform learned tasks effortlessly, showcasing the automaticity of certain skills acquired over time.

6. Which part of the brain controls vital functions like respiration and heart rate?

- A. Mid-Brain
- B. Cerebellum
- C. HindBrain**
- D. Hypothalamus

The hindbrain is responsible for controlling vital functions such as respiration and heart rate, making it the correct answer. This section of the brain includes important structures such as the medulla oblongata and pons, which are crucial for autonomic functions. The medulla oblongata specifically regulates involuntary functions like breathing and heart rate, ensuring that these essential processes occur without conscious effort. In contrast, the mid-brain primarily plays a role in processing sensory information and regulating movement, while the cerebellum is focused on coordination and balance, controlling fine motor skills rather than vital autonomic functions. The hypothalamus, on the other hand, is vital for controlling various homeostatic processes and regulating hormones, but it does not directly control respiration and heart rate as effectively as the hindbrain structures do. Therefore, the hindbrain stands out as the key area responsible for these life-sustaining functions.

7. Which nervous system is responsible for managing involuntary functions such as breathing and heart rate?

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

The Autonomic Nervous System is responsible for managing involuntary functions, including vital processes such as breathing and heart rate. It operates automatically, without conscious control, allowing the body to maintain homeostasis and respond to stressors. This system is divided into two main branches: the sympathetic and parasympathetic nervous systems. The sympathetic system activates the body's 'fight or flight' response, increasing heart rate and respiration during stressful situations, while the parasympathetic system promotes 'rest and digest' functions, slowing heart rate and facilitating breathing at rest. The Somatic Nervous System manages voluntary movements and is involved in controlling skeletal muscles, which is distinct from involuntary functions. The Central Nervous System, comprising the brain and spinal cord, integrates and processes information but does not specifically manage involuntary bodily functions like the Autonomic Nervous System does. The Sympathetic Nervous System is just one component of the Autonomic Nervous System and specifically deals with arousal and energy expenditure, rather than the entire range of involuntary functions.

8. What type of research is focused on describing a phenomenon and determining its basic dimensions?

- A. Descriptive Research**
- B. Correlation Research
- C. Experimental Research
- D. Longitudinal Research

Descriptive research is a methodology designed to provide a detailed, accurate depiction of a phenomenon. Its primary goal is to outline the characteristics of a specific group or situation without manipulating any variables. This approach is particularly useful when the researcher seeks to understand the nuances of a phenomenon, such as its prevalence, trends, or relationships among various dimensions. In descriptive research, researchers might employ tools like surveys, observational techniques, or content analysis to gather information that can illustrate and represent the phenomenon in question effectively. This type of research emphasizes capturing the "what" rather than the "why" or "how," allowing for a comprehensive overview of the subject matter. In contrast, correlation research looks at relationships between variables but does not seek to describe a phenomenon in detail. Experimental research involves manipulating variables to determine cause-and-effect relationships, while longitudinal research focuses on studying changes over time, rather than capturing a static description of a phenomenon. Thus, descriptive research is best suited for the purpose outlined in the question.

9. What condition is characterized by an inability to fall asleep or stay asleep?

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

The condition characterized by an inability to fall asleep or stay asleep is insomnia. Insomnia is a sleep disorder that can manifest in various ways, including difficulty initiating sleep, maintaining sleep, or waking up too early and being unable to return to sleep. This can lead to daytime fatigue and decreased functioning, impacting one's overall quality of life. Individuals suffering from insomnia may find that their thoughts race at night, or they may feel anxious about not sleeping, which can exacerbate the problem. In contrast, sleep apnea involves interruptions in breathing during sleep and is characterized by loud snoring or gasping for air, not primarily by the difficulty in falling or staying asleep. Sleepwalking involves walking or performing other activities while in a state of sleep but does not specifically relate to falling asleep or staying asleep. Narcolepsy is a neurological disorder that affects the control of sleep and wakefulness, leading to sudden sleep attacks, but again, it does not specifically describe the inability to stay asleep through the night. Thus, insomnia directly addresses the symptoms related to sleep initiation and maintenance, making it the correct choice.

10. The high frequency burst of waves that occurs in NREM sleep is known as what?

- A. Delta waves
- B. Sleep spindles**
- C. K complexes
- D. Alpha waves

In the context of sleep stages, sleep spindles are indeed characterized by a high-frequency burst of brain activity that occurs during NREM (non-rapid eye movement) sleep, specifically within stage 2 of the sleep cycle. These spindles are thought to play an important role in memory consolidation and brain connectivity. Sleep spindles are distinct from delta waves, which are associated with deep sleep and are low-frequency waves. K complexes, while also significant in sleep, are generally considered to be sudden bursts of brain activity but are not characterized by the high frequency associated with spindles. Alpha waves represent the brain's activity when someone is awake but relaxed, not during the sleep phases. Therefore, the identification of sleep spindles as the high-frequency bursts occurring in NREM sleep reflects their specific role and characteristics within the larger framework of sleep stages and brain activity.

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:

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

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