

NMAT PSYCHOLOGY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://nmatpsychology.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Which defense mechanism involves purposely pushing unwanted information out of awareness and is typically a voluntary process?**
 - A. Suppression
 - B. Repression
 - C. Denial
 - D. Projection

- 2. George Miller is best described as which type of psychologist?**
 - A. Biopsychologist
 - B. Developmental psychologist
 - C. Cognitive psychologist
 - D. Social psychologist

- 3. Which lobe houses the motor cortex and Broca's area?**
 - A. Parietal
 - B. Frontal
 - C. Occipital
 - D. Temporal

- 4. Which description best captures functionalism?**
 - A. Emphasizes discovering the elements of consciousness
 - B. Emphasizes unconscious conflicts
 - C. Emphasizes reflexes and behaviors and an evolutionary framework
 - D. Emphasizes observable stimuli and responses

- 5. The reminder principle states that we remember something because we are reminded of it by something else.**
 - A. Suggests memory fades with time.
 - B. States memory relies on repetition.
 - C. Involves retrieval cues only.
 - D. States that we remember something because we are reminded of it by something else.

6. Which Piaget stage spans birth to 2 years?

- A. Concrete operational
- B. Sensorimotor
- C. Formal operational
- D. Preoperational

7. Which statement best describes intellectualization?

- A. It reduces anxiety by focusing on the emotional aspects of a situation
- B. It reduces anxiety by focusing on the intellectual components of a situation rather than the emotions
- C. It causes immediate, intense emotional outbursts
- D. It requires others' approval to function

8. Who is recognized as the first American psychologist and a prominent functionalist?

- A. Wilhelm Wundt
- B. Sigmund Freud
- C. William James
- D. B. F. Skinner

9. Which option lists the three phases of memory?

- A. Sensory register, Short-term memory, Long-term memory.
- B. Reminder principle, Forgetting, Generalization.
- C. Encoding, Retrieval, Forgetting.
- D. Encoding, Storage, and Retrieval.

10. Piaget is best known for describing what?

- A. Psychodynamic theory
- B. Stages of cognitive development
- C. Attachment theory
- D. Behavioral conditioning

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which defense mechanism involves purposely pushing unwanted information out of awareness and is typically a voluntary process?

- A. Suppression**
- B. Repression
- C. Denial
- D. Projection

The concept here is voluntary control over what stays in your awareness. Suppression is a conscious, deliberate act of pushing unwanted thoughts or feelings out of awareness, so you can decide not to think about them right now. This contrasts with repression, which is unconscious and involuntary, pushing thoughts out without awareness. Denial involves refusing to accept reality rather than actively managing which thoughts you hold in mind, and projection involves attributing your own unacceptable feelings to someone else. Because the task emphasizes a voluntary, intentional avoidance of distressing content, suppression best fits.

2. George Miller is best described as which type of psychologist?

- A. Biopsychologist
- B. Developmental psychologist
- C. Cognitive psychologist**
- D. Social psychologist

Miller's work centers on how the mind processes information, so he's best described as a cognitive psychologist. He helped establish that thinking involves internal mental processes like encoding, storing, and retrieving information. His ideas about working memory capacity—often summarized as about seven items plus or minus two—and the concept of chunking show a focus on how people mentally represent and manipulate information, not just observable behavior. This emphasis on mental representations and processing distinguishes him from the other types: biopsychologists study brain biology, developmental psychologists track changes across the lifespan, and social psychologists examine how others influence behavior. Miller's legacy lies squarely in understanding the cognitive operations that underlie memory and thought.

3. Which lobe houses the motor cortex and Broca's area?

- A. Parietal
- B. Frontal**
- C. Occipital
- D. Temporal

Frontal lobe. The primary motor cortex, which initiates voluntary movements, is located in the frontal lobe's precentral gyrus. Broca's area, essential for speech production and grammar, sits in the left frontal lobe (inferior frontal gyrus). The other lobes have different roles: the parietal lobe houses the somatosensory cortex, the occipital lobe handles vision, and the temporal lobe contains the auditory cortex and language areas like Wernicke's area. So both motor control and language production are rooted in the frontal lobe, making it the correct choice.

4. Which description best captures functionalism?

- A. Emphasizes discovering the elements of consciousness
- B. Emphasizes unconscious conflicts
- C. Emphasizes reflexes and behaviors and an evolutionary framework**
- D. Emphasizes observable stimuli and responses

Functionalism looks at what mental processes and actions do for the organism and how they help it adapt to its environment. It takes a Darwinian, evolutionary view, asking how these processes contribute to survival and success across different situations. The description that highlights reflexes and behaviors along with an evolutionary framework best captures this idea of function and adaptation. By contrast, emphasizing discovering the elements of consciousness aligns with structuralism, focusing on unconscious conflicts points to psychoanalysis, and stressing observable stimuli and responses fits behaviorism.

5. The reminder principle states that we remember something because we are reminded of it by something else.

- A. Suggests memory fades with time.
- B. States memory relies on repetition.
- C. Involves retrieval cues only.
- D. States that we remember something because we are reminded of it by something else.**

The reminder principle centers on retrieval cues: signals in your environment or internal state that trigger the recall of a memory. When something reminds you of a past event or fact, it helps you access the stored memory by reactivating the connected memory trace. For instance, a familiar scent, a certain sight, or even a mood can cue you to remember something you learned or experienced before. This doesn't mean the memory only depends on cues or that memories fade or require repetition; cues simply provide the prompt that brings the memory to mind. So the statement that we remember something because we are reminded of it by something else best captures how retrieval cues facilitate recall.

6. Which Piaget stage spans birth to 2 years?

- A. Concrete operational
- B. Sensorimotor**
- C. Formal operational
- D. Preoperational

Infants learn about the world by acting on it and sensing what happens. In the sensorimotor stage, from birth up to about two years, babies move from reflexive actions to more deliberate, goal-directed behaviors and begin to understand that objects exist even when not directly observed (object permanence). This period lays the groundwork for later thinking, as symbolic thought and more complex mental representations emerge after this stage. The other stages occur later: preoperational starts around age two and lasts until about seven, with emerging symbolic thinking but still limited logic; concrete operational begins around seven and continues into adolescence, featuring improved logical thinking about concrete objects; formal operational appears in adolescence, bringing abstract reasoning.

7. Which statement best describes intellectualization?

- A. It reduces anxiety by focusing on the emotional aspects of a situation
- B. It reduces anxiety by focusing on the intellectual components of a situation rather than the emotions**
- C. It causes immediate, intense emotional outbursts
- D. It requires others' approval to function

Intellectualization is a defense mechanism in which anxiety is managed by turning a troubling situation into abstract, objective analysis, stripping away emotional content. The statement that best fits this idea says anxiety is reduced by focusing on the intellectual aspects of a situation rather than the emotions. For example, someone hearing bad news might dive into statistics, probabilities, and treatment options instead of processing their feelings, creating a buffer between themselves and distress. This approach helps in the moment by keeping emotions at a distance, allowing clearer problem-solving and planning. It's not about feeling less anxious by engaging with emotions; it's about managing anxiety by thinking through the facts and implications. The other options describe different responses: focusing on emotional aspects would involve processing feelings rather than detaching from them; immediate, intense emotional outbursts reflect a surge of affect rather than cognitive processing; and needing others' approval points to dependence or validation-seeking, not intellectual processing.

8. Who is recognized as the first American psychologist and a prominent functionalist?

- A. Wilhelm Wundt
- B. Sigmund Freud
- C. William James**
- D. B. F. Skinner

Functionalism focuses on what mental processes do and how they help us adapt to the world, rather than just what they are made of. William James, an American psychologist and philosopher, argued that psychology should study the functions of the mind and behavior and how they help us survive and thrive in everyday life. He helped establish psychology in the United States and popularized the idea that conscious experience is a flowing stream with practical, adaptive purposes, which defines functionalist thinking. This makes him the figure most closely identified with being the first American psychologist and a leading functionalist. The other names belong to different traditions: Wilhelm Wundt is the German founder of experimental psychology and structuralism, Sigmund Freud developed psychoanalysis, and B. F. Skinner is known for behaviorism, focusing on observable behavior rather than the functional use of mental processes.

9. Which option lists the three phases of memory?

- A. Sensory register, Short-term memory, Long-term memory.
- B. Reminder principle, Forgetting, Generalization.
- C. Encoding, Retrieval, Forgetting.
- D. Encoding, Storage, and Retrieval.**

Memory operates through three processing stages: encoding, storage, and retrieval. Encoding is how we transform incoming information into a form the brain can store. Storage is keeping that information over time, which can involve processes like consolidation. Retrieval is bringing the stored information back into conscious awareness when needed. This sequence—how information is taken in, kept, and later accessed—best captures the full cycle of memory formation and use, which is why encoding, storage, and retrieval is the correct trio. The other options mix concepts that aren't the three processing stages: one lists memory stores (where memories reside) rather than the steps to form them; another includes ideas like a generalization or a principle that aren't stages of memory processing; another pairs encoding and retrieval with forgetting, but forgetting isn't a separate phase of the memory process.

10. Piaget is best known for describing what?

- A. Psychodynamic theory
- B. Stages of cognitive development**
- C. Attachment theory
- D. Behavioral conditioning

Piaget's main idea is that how we think changes in distinct, qualitative ways as we grow, not just getting faster or smarter in the same way. He mapped this by proposing four stages of cognitive development—sensorimotor, preoperational, concrete operational, and formal operational—through which children progressively gain more complex ways of processing information, solving problems, and understanding the world. Movement from one stage to the next reflects fundamental shifts in thinking, such as moving from concrete, here-and-now reasoning to more abstract and hypothetical thought, and from egocentric viewpoints to more flexible, planning-oriented thinking. These transitions are driven by how children actively interact with their environment, using processes like assimilation (fitting new information into existing ideas), accommodation (adjusting ideas to fit new information), and equilibration (the drive to reach a balanced understanding). This stage-based view of cognitive development is what Piaget is best known for. Other theories you might hear about—psychodynamic approaches focusing on unconscious conflicts, attachment theories about bonds with caregivers, or behavioral theories about learning through reinforcement—describe different aspects of development and do not emphasize the staged, qualitative progression of thinking that Piaget proposed.

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://nmatpsychology.examzify.com>

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

SAMPLE