

University of Central Florida (UCF) PSY2012 General Psychology Final Practice Exam (Sample)

Study Guide



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Questions

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1. Which part of the mind consists of contents that can be easily brought to awareness with focus?
 - A. Id
 - B. Conscious
 - C. Preconscious
 - D. Unconscious
2. Which model outlines five levels of needs, from physiological to self-actualization?
 - A. Hierarchy of needs
 - B. Optimum arousal
 - C. Psychoanalytic theory
 - D. Drive theory
3. What is the main function of the midbrain?
 - A. Regulating heartbeat and blood pressure
 - B. Connecting hindbrain and forebrain
 - C. Coordinating voluntary movements
 - D. Controlling sleep and wakefulness
4. What type of studies involve questionnaires and interviews to gather opinions?
 - A. Descriptive Studies
 - B. Observational Studies
 - C. Surveys
 - D. Experimental Studies
5. Which is the most common type of depressive disorder characterized by periods of downcast mood and feelings of worthlessness?
 - A. Bipolar Disorder
 - B. Major Depression
 - C. Somatic Symptom Disorder
 - D. Dissociative Amnesia

6. Which disorder leads to significant anxiety about physical health without a clear medical cause?
- A. Somatic Symptom Disorder
 - B. Major Depression
 - C. Dissociative Identity Disorder
 - D. Bipolar Disorder
7. Which lobe of the brain is associated with reasoning, planning, and problem-solving?
- A. Temporal lobe
 - B. Frontal lobe
 - C. Occipital lobe
 - D. Parietal lobe
8. What differentiates intrinsic motivation from extrinsic motivation?
- A. Intrinsic motivation comes from within, while extrinsic motivation is driven by external rewards
 - B. Intrinsic motivation requires external validation, while extrinsic does not
 - C. Intrinsic motivation leads to immediate rewards, while extrinsic is long-term
 - D. Intrinsic motivation is pleasurable, while extrinsic is painful
9. Which of the following best describes a feature of prejudice?
- A. A belief in group superiority
 - B. An understanding of cultural differences
 - C. A positive attitude towards diversity
 - D. Support for equity
10. Excessive anxiety about physical symptoms with a medical or purely psychological origin is known as what disorder?
- A. Somatic Symptom Disorder
 - B. Dissociative Identity Disorder
 - C. Major Depression
 - D. Bipolar Disorder

Answers

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

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Explanations

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1. Which part of the mind consists of contents that can be easily brought to awareness with focus?

- A. Id
- B. Conscious
- C. Preconscious
- D. Unconscious

The correct choice highlights the preconscious mind, which plays a significant role in psychoanalytic theory. The preconscious contains thoughts, memories, and feelings that are not currently in the conscious awareness but can be accessed with some effort or focus. For instance, you may not be actively thinking about your childhood memories, but when someone prompts you or you concentrate on that time, those memories can resurface easily. In contrast, the conscious mind refers to thoughts and perceptions that are currently in awareness, while the id is linked to primal instincts and desires, operating mainly at a subconscious level. The unconscious, on the other hand, houses thoughts and feelings that are not easily accessible and often contain repressed memories and instincts. Understanding these distinctions clarifies why the preconscious is recognized for its accessibility compared to both the conscious and unconscious components of the mind.

2. Which model outlines five levels of needs, from physiological to self-actualization?

- A. Hierarchy of needs
- B. Optimum arousal
- C. Psychoanalytic theory
- D. Drive theory

The model that outlines five levels of needs, arranged from the most basic physiological needs to the highest level of self-actualization, is indeed the Hierarchy of Needs. Proposed by psychologist Abraham Maslow, this theory suggests that human beings are motivated by a series of hierarchical needs, starting with fundamental requirements like food, water, and shelter, which ensure survival. As individuals fulfill these basic needs, they can then address higher-level needs, such as safety, love and belonging, esteem, and ultimately, self-actualization—the realization of one's potential and personal growth. This model emphasizes the idea that higher-level needs become prominent only after lower-level needs are satisfied, providing insight into human motivation and behavior. For example, a person struggling to meet their physiological needs is less likely to be concerned with esteem or self-actualization. Understanding this hierarchy helps in various areas, such as psychology, education, and even management, as it speaks to what drives individuals at different stages of their life and development.

3. What is the main function of the midbrain?

- A. Regulating heartbeat and blood pressure
- B. Connecting hindbrain and forebrain
- C. Coordinating voluntary movements
- D. Controlling sleep and wakefulness

The main function of the midbrain is indeed to connect the hindbrain and forebrain. This structure serves as a crucial relay station for information traveling between these two major parts of the brain. Specifically, the midbrain facilitates communication and coordination among various brain regions, allowing for the integration of sensory information and motor responses. The midbrain also plays a role in functions such as vision, hearing, and the regulation of motor control, but its primary role is more about providing pathways that link different brain areas. This connection is vital for ensuring that the brain operates as a cohesive unit, allowing higher-level cognitive processes to work in harmony with more basic life functions controlled by the hindbrain.

4. What type of studies involve questionnaires and interviews to gather opinions?

- A. Descriptive Studies
- B. Observational Studies
- C. Surveys
- D. Experimental Studies

Surveys are specifically designed to gather opinions, attitudes, and self-reported behaviors from individuals through structured questionnaires and interviews. This method allows researchers to collect data from a large number of respondents efficiently, making it an ideal choice for understanding public perspectives or trends. The focus of surveys is on capturing subjective experiences and insights, which distinguishes them from other research types. Descriptive studies also aim to describe characteristics of a population or phenomenon but do not necessarily rely on questionnaires or interviews; they may utilize observational data or existing records instead. Observational studies involve watching and recording behaviors or events in their natural setting without direct interaction or questioning. Experimental studies, on the other hand, involve manipulation of variables to determine cause-and-effect relationships, typically employing controlled conditions rather than gathering opinions through questionnaires or interviews. Thus, the distinction lies in the methodology and the primary focus of the research.

5. Which is the most common type of depressive disorder characterized by periods of downcast mood and feelings of worthlessness?

- A. Bipolar Disorder
- B. Major Depression
- C. Somatic Symptom Disorder
- D. Dissociative Amnesia

Major Depression is characterized by recurrent periods of a persistently downcast mood, accompanied by a significant loss of interest or pleasure in most activities. Individuals with this disorder often report feelings of worthlessness, excessive guilt, fatigue, and difficulty concentrating, which can severely impact their daily functioning and quality of life. These depressive episodes can last for weeks or longer and may vary in frequency and intensity. In contrast, Bipolar Disorder involves cycles of mood changes that include both depressive and manic episodes, making it distinct in nature from Major Depression, which is solely focused on depressive symptoms. Somatic Symptom Disorder revolves around physical symptoms that cause significant distress or impairment, rather than emotional states or mood disorders. Lastly, Dissociative Amnesia pertains to memory loss related to specific events or personal information and does not encapsulate the emotional characteristics associated with Major Depression. Thus, Major Depression stands out as the disorder best embodying the defined characteristics of downcast mood and feelings of worthlessness.

6. Which disorder leads to significant anxiety about physical health without a clear medical cause?

- A. Somatic Symptom Disorder
- B. Major Depression
- C. Dissociative Identity Disorder
- D. Bipolar Disorder

The disorder that leads to significant anxiety about physical health without a clear medical cause is Somatic Symptom Disorder. This condition is characterized by an intense focus on physical symptoms, such as pain or fatigue, that cause emotional distress and impairment, despite these symptoms not being fully explained by a medical condition. Individuals with Somatic Symptom Disorder genuinely experience the symptoms, which can lead to excessive worry regarding their health, medical interventions, and various diagnoses. This disorder differs from others like Major Depression, Dissociative Identity Disorder, and Bipolar Disorder, which have different core features and are centered around mood or identity rather than primarily physical health concerns. In contrast, the emphasis in Somatic Symptom Disorder is directly on the relationship between psychological states and physical sensations, illustrating the mind-body connection and how psychological distress can manifest as physical symptoms.

7. Which lobe of the brain is associated with reasoning, planning, and problem-solving?

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

The frontal lobe is indeed the region of the brain primarily associated with reasoning, planning, and problem-solving. This lobe is located at the front of the brain and is crucial for a variety of higher-level cognitive functions. It plays a vital role in decision-making processes, where complex reasoning is needed, as well as in the planning of actions and the execution of tasks. Moreover, the frontal lobe is responsible for executive functions, which include the ability to regulate emotions, control impulses, and consider the consequences of one's actions. This makes it central to problem-solving, as individuals must often weigh different options and think critically to arrive at the best solution. In contrast, other lobes such as the temporal lobe are mainly involved in processing auditory information and memory, while the occipital lobe is dedicated to visual processing. The parietal lobe integrates sensory information but is not primarily focused on reasoning or planning. Therefore, the frontal lobe holds a significant role in the cognitive processes that underpin reasoning, planning, and problem-solving.

8. What differentiates intrinsic motivation from extrinsic motivation?

- A. Intrinsic motivation comes from within, while extrinsic motivation is driven by external rewards
- B. Intrinsic motivation requires external validation, while extrinsic does not
- C. Intrinsic motivation leads to immediate rewards, while extrinsic is long-term
- D. Intrinsic motivation is pleasurable, while extrinsic is painful

Intrinsic motivation is characterized by engaging in an activity for the inherent satisfaction and enjoyment it brings, stemming from personal interest or internal satisfaction. This could include activities done out of curiosity, personal growth, or a sense of fulfillment. In contrast, extrinsic motivation involves participating in an activity for external rewards or to avoid negative outcomes, such as receiving praise, money, or grades. This fundamental difference highlights how intrinsic motivation is self-driven, relying on personal values and interests, whereas extrinsic motivation is contingent on external factors. This distinction is crucial in psychology, as understanding what drives individuals can influence learning, behavior change, and overall well-being.

9. Which of the following best describes a feature of prejudice?

- A. A belief in group superiority
- B. An understanding of cultural differences
- C. A positive attitude towards diversity
- D. Support for equity

The identification of a belief in group superiority as a feature of prejudice highlights a fundamental aspect of how prejudice operates within social contexts. Prejudice often manifests as an unfounded or biased belief that certain groups are inherently better than others based on characteristics such as race, ethnicity, gender, or other distinguishing features. This belief drives negative attitudes and discriminatory behavior towards those perceived as inferior. In contrast, an understanding of cultural differences, a positive attitude towards diversity, and support for equity focus on embracing and valuing distinctiveness among various groups. These attitudes are typically antithetical to prejudice, which thrives on division and supremacy rather than equality and acceptance. Understanding these distinctions helps unveil the mechanisms of prejudice and underlines the importance of fostering inclusive attitudes in diverse societies.

10. Excessive anxiety about physical symptoms with a medical or purely psychological origin is known as what disorder?

- A. Somatic Symptom Disorder
- B. Dissociative Identity Disorder
- C. Major Depression
- D. Bipolar Disorder

Excessive anxiety about physical symptoms that can arise from either medical conditions or psychological factors is characteristic of Somatic Symptom Disorder. This disorder involves an individual experiencing significant distress or impairment caused by these symptoms, even if the medical evaluation reveals that there is no substantial medical condition causing them. In this context, the focus is on the individual's preoccupation with their physical symptoms and the anxiety that accompanies them, rather than the symptoms themselves. This disorder illustrates how psychological aspects can amplify physical complaints, leading to a cycle of distress and concern about health that isn't necessarily warranted by the objective medical findings. The other conditions listed, such as Dissociative Identity Disorder, Major Depression, and Bipolar Disorder, do not primarily focus on the excessive anxiety regarding physical symptoms. Instead, they involve different psychological patterns and behaviors, making Somatic Symptom Disorder the most appropriate choice for this question.