

# University of Central Florida (UCF) PSY2012 General Psychology Practice Exam 2 (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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# 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. What process involves the suspension of normal thinking, allowing individuals to fade into a relaxed state?**
  - A. Meditation**
  - B. Hypnosis**
  - C. Daydreaming**
  - D. Sleep**
- 2. Which technique allows you to enhance memory by relating the new information to existing knowledge?**
  - A. Maintenance rehearsal**
  - B. Priming**
  - C. Elaborative rehearsal**
  - D. Retrospective memory**
- 3. Which syndrome is characterized by a characteristic group of withdrawal symptoms when usage of a substance suddenly decreases?**
  - A. Abstinence syndrome**
  - B. Tolerance**
  - C. Substance dependence**
  - D. Substance abuse**
- 4. What kind of reinforcement is characterized by a fixed amount of time before a response is rewarded?**
  - A. Variable-reward reinforcement**
  - B. Continuous reinforcement**
  - C. Fixed-interval reinforcement**
  - D. Variable-interval reinforcement**
- 5. Which term refers specifically to the use of drugs that alter consciousness?**
  - A. Psychoactive substances**
  - B. Recreational drugs**
  - C. Controlled substances**
  - D. Therapeutic drugs**

**6. What term refers to substances that affect mental processes and behavior?**

- A. Psychoactive substances**
- B. Stimulants**
- C. Hallucinogens**
- D. Antidepressants**

**7. What term describes the increase in activity of the central nervous system?**

- A. Depressants**
- B. Stimulants**
- C. Opiates**
- D. Barbiturates**

**8. What reinforcement schedule is characterized by the delivery of reinforcement following unpredictable time intervals?**

- A. Fixed-interval schedule**
- B. Variable-interval schedule**
- C. Continuous schedule**
- D. Shaping schedule**

**9. What term refers to the concept that humans may develop fears of certain animals due to evolutionary factors?**

- A. Biologically prepared**
- B. Counter-conditioning**
- C. Conditioned response**
- D. Operant conditioning**

**10. Which type of substance is used to increase activity in the nervous system, often taken in the morning?**

- A. Stimulants**
- B. Depressants**
- C. Barbiturates**
- D. Opiates**

## **Answers**

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

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## **Explanations**

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**1. What process involves the suspension of normal thinking, allowing individuals to fade into a relaxed state?**

- A. Meditation**
- B. Hypnosis**
- C. Daydreaming**
- D. Sleep**

The process that involves the suspension of normal thinking and allows individuals to fade into a relaxed state is best described by hypnosis. Hypnosis is a focused state of attention where individuals may experience heightened suggestibility and relaxation. During this state, individuals can often access memories or thoughts that may not be as easily retrieved in their normal waking state, leading to a profound level of relaxation and an altered state of consciousness. Meditation, while it does involve relaxation and an altered state of awareness, typically focuses on cultivating mindfulness, increasing self-awareness, and promoting a state of calm without the suggestibility aspect present in hypnosis. Daydreaming is more of a spontaneous form of thought that doesn't generally involve the same level of relaxation or focused state that is characteristic of hypnosis. Sleep, although it is a deeply relaxed state, involves a loss of consciousness and different brain activity patterns compared to the focused relaxation seen in hypnosis. Thus, hypnosis is the most fitting answer as it encapsulates the key components of a relaxed state through the suspension of normal cognitive processes.

**2. Which technique allows you to enhance memory by relating the new information to existing knowledge?**

- A. Maintenance rehearsal**
- B. Priming**
- C. Elaborative rehearsal**
- D. Retrospective memory**

The technique that enhances memory by relating new information to existing knowledge is elaborative rehearsal. This method involves actively making connections between new information and information you already know, which helps to encode the new information more effectively into long-term memory. By linking new concepts to familiar ones, you create a richer and more meaningful understanding of the material, which facilitates recall. For example, if you are trying to remember a new person's name, you might relate it to someone you already know with the same name or associate it with a particular characteristic or context. This relational aspect is crucial, as it makes the new information more memorable. Other techniques mentioned, such as maintenance rehearsal, focus on repetition of information without making connections to existing knowledge, which is less effective for long-term retention. Priming refers to the unconscious activation of particular associations in memory, while retrospective memory concerns the recall of past events rather than the active engagement required in elaborative rehearsal.

**3. Which syndrome is characterized by a characteristic group of withdrawal symptoms when usage of a substance suddenly decreases?**

- A. Abstinence syndrome**
- B. Tolerance**
- C. Substance dependence**
- D. Substance abuse**

The correct answer is "Abstinence syndrome," which refers to the withdrawal symptoms that occur when an individual who is physically dependent on a substance reduces or stops its use. This syndrome can manifest through various physical and psychological symptoms, depending on the substance involved. When someone has been using a substance regularly, their body may adapt to its presence, leading to physical dependence. If the substance is suddenly decreased or removed, the body can react adversely, resulting in withdrawal symptoms. These symptoms can include anxiety, irritability, tremors, nausea, and in some cases, severe complications that can pose health risks. The other options relate to substance use, but they serve different contexts. Tolerance refers to a diminished response to a substance after repeated use, meaning more of the substance is needed to achieve the same effect. Substance dependence involves both a psychological and physical reliance on a substance but does not specifically pertain to the immediate withdrawal symptoms when the substance is stopped. Substance abuse involves a pattern of harmful use of substances leading to significant adverse consequences but does not specifically focus on the withdrawal process.

**4. What kind of reinforcement is characterized by a fixed amount of time before a response is rewarded?**

- A. Variable-reward reinforcement**
- B. Continuous reinforcement**
- C. Fixed-interval reinforcement**
- D. Variable-interval reinforcement**

The term that best describes reinforcement characterized by a fixed amount of time before a response is rewarded is fixed-interval reinforcement. This type of reinforcement schedule means that a reward is provided after a specific, consistent amount of time has passed, regardless of how many responses are made during that time period. For instance, if a teacher gives students a quiz every week, the students would know they can expect a reward or consequence based on their performance every fixed interval of one week. The regularity of this schedule helps to shape behavior, as the individual learns to anticipate the reward coming at the same time each interval. The other types of reinforcement schedules operate differently. Variable-reward reinforcement involves rewards that are unpredictable and can vary in timing and amount, which encourages behavior through variability. Continuous reinforcement provides rewards every single time a desired behavior occurs, creating a rapid learning environment but can also lead to quicker extinction of behavior once the reinforcement stops. Variable-interval reinforcement rewards responses at unpredictable time intervals, encouraging consistent behavior over time, but without the fixed predictability of the fixed-interval schedule.

**5. Which term refers specifically to the use of drugs that alter consciousness?**

- A. Psychoactive substances**
- B. Recreational drugs**
- C. Controlled substances**
- D. Therapeutic drugs**

The term that specifically refers to the use of drugs that alter consciousness is "psychoactive substances." These substances can affect the central nervous system and lead to changes in perception, mood, consciousness, cognition, and behavior. Psychoactive substances include a wide variety of drugs, such as alcohol, caffeine, nicotine, and illicit drugs like marijuana and cocaine, as well as prescription medications that can have similar effects. While recreational drugs, controlled substances, and therapeutic drugs may also impact consciousness, they do not encompass all psychoactive substances. Recreational drugs are mainly associated with non-medical use for pleasure, while controlled substances are those regulated by law due to their potential for abuse or addiction. Therapeutic drugs are typically used to treat specific medical conditions and may not always aim to alter consciousness significantly. Therefore, the broadest and most precise term for these consciousness-altering drugs is indeed psychoactive substances.

**6. What term refers to substances that affect mental processes and behavior?**

- A. Psychoactive substances**
- B. Stimulants**
- C. Hallucinogens**
- D. Antidepressants**

The term "psychoactive substances" is used to describe a broad category of substances that have the ability to alter mental processes, state of consciousness, perception, mood, or behavior. These substances can include drugs such as alcohol, caffeine, nicotine, prescription medications, and illicit drugs. They impact the central nervous system and can lead to changes in how individuals think, feel, and behave, making the term comprehensive and encompassing various classes of drugs that influence mental states. While stimulants, hallucinogens, and antidepressants are all types of psychoactive substances, they represent more specific categories within that broader classification. Stimulants increase alertness and energy; hallucinogens induce altered states of perception and consciousness; and antidepressants are specifically designed to treat mood disorders. However, it is the term "psychoactive substances" that encapsulates all these effects and classifications together, marking it as the most appropriate term in this context.

**7. What term describes the increase in activity of the central nervous system?**

- A. Depressants**
- B. Stimulants**
- C. Opiates**
- D. Barbiturates**

The term that describes the increase in activity of the central nervous system is stimulants. Stimulants are a class of drugs that enhance alertness, attention, and energy by increasing the levels of certain neurotransmitters in the brain, such as dopamine and norepinephrine. Common examples of stimulants include caffeine, nicotine, and amphetamines. These substances can lead to increased heart rate, improved mood, and heightened energy levels, which are all indicative of central nervous system activation. This enhanced activity can have both positive effects, such as increased focus, and negative effects, including anxiety and insomnia, depending on the amount and frequency of use. In contrast, depressants, opiates, and barbiturates have the opposite effect, as they generally reduce the activity of the central nervous system. Depressants promote relaxation and calmness, opiates are primarily used for pain relief and can induce sedation, and barbiturates are a category of depressants that can lead to significant sedation and impairment. Therefore, stimulants are uniquely positioned as substances that increase central nervous system activity.

**8. What reinforcement schedule is characterized by the delivery of reinforcement following unpredictable time intervals?**

- A. Fixed-interval schedule**
- B. Variable-interval schedule**
- C. Continuous schedule**
- D. Shaping schedule**

The variable-interval schedule is characterized by the delivery of reinforcement after unpredictable time periods. This type of schedule creates a situation where responses are reinforced at random times, which encourages a consistent rate of responding because the individual cannot predict when the next reinforcement will occur. For instance, if a person is checking their email, they may receive a response at various, unpredictable times. As a result, they continually check their inbox, demonstrating a persistent behavior due to the uncertainty of when the next email will arrive. This type of reinforcement schedule is particularly effective in maintaining behaviors over the long term because the occasional reward feels more rewarding when it is unexpected. The variability keeps the individual engaged, as they remain motivated to respond, hoping for a positive outcome at any moment.

**9. What term refers to the concept that humans may develop fears of certain animals due to evolutionary factors?**

- A. Biologically prepared**
- B. Counter-conditioning**
- C. Conditioned response**
- D. Operant conditioning**

The term that refers to the concept that humans may develop fears of certain animals due to evolutionary factors is "biologically prepared." This concept is grounded in the theory that certain phobias, especially those related to animals such as snakes or spiders, have been shaped by evolutionary processes. From an adaptive standpoint, it was advantageous for early humans to develop a heightened sensitivity or fear towards potentially dangerous creatures, as this could enhance survival. Biologically prepared reflects the idea that some fears are not just learned through personal experience but are deeply rooted in our evolutionary history. This preparedness to fear certain objects or situations suggests a pre-wiring of the brain to make such associations more readily than others, which can lead to quicker learning and behavioral responses. Understanding this helps us grasp why some individuals may have a more intense fear response to specific stimuli compared to others, as it relates to how our ancestors adapted to their environments. The other concepts mentioned relate to different aspects of learning and behavior. Counter-conditioning involves changing the emotional response to a specific stimulus, conditioned response pertains to a learned reaction to a conditioned stimulus, and operant conditioning refers to learning through the consequences of behavior. While these are important in the study of psychology, they do not specifically address the evolutionary basis of fear.

**10. Which type of substance is used to increase activity in the nervous system, often taken in the morning?**

- A. Stimulants**
- B. Depressants**
- C. Barbiturates**
- D. Opiates**

Stimulants are substances that increase activity in the nervous system, which results in enhanced alertness, attention, and energy levels. Common examples include caffeine, nicotine, and certain prescription medications that are used for conditions like ADHD. Many people consume stimulants, particularly caffeine, in the morning to help wake up and improve their focus as they start their day. This use aligns with the primary characteristic of stimulants: their ability to elevate mood and energy by increasing the activity of neurotransmitters in the brain, such as dopamine and norepinephrine. In contrast, depressants, barbiturates, and opiates work by slowing down brain activity or producing calming effects, which would not be conducive to the desire to increase activity or alertness in the morning. Thus, stimulants are the correct answer as they are specifically associated with enhancing nervous system activity and are widely used for this purpose.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://ucf-psy2012-exam2.examzify.com>**

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

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