

University of Central Florida (UCF) PSY2012 General Psychology Practice Exam 2 (Sample)

Study Guide



Everything you need from our exam experts!

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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 term refers to the behavioral strategy that aims to replace an undesirable response with a desired one?**
 - A. Counterconditioning**
 - B. Systematic desensitization**
 - C. Behavior modification**
 - D. Habit reversal**

- 2. What do you call someone who is attracted to people of their own sex?**
 - A. Heterosexual**
 - B. Homosexual**
 - C. Pansexual**
 - D. Bisexual**

- 3. Which term refers specifically to the use of drugs that alter consciousness?**
 - A. Psychoactive substances**
 - B. Recreational drugs**
 - C. Controlled substances**
 - D. Therapeutic drugs**

- 4. Which group of drugs is derived from the opium poppy and is known for their pain-relieving properties?**
 - A. Opioids**
 - B. Stimulants**
 - C. Opiates**
 - D. Barbiturates**

- 5. What is the term for smoke inhaled from other people's tobacco products?**
 - A. Mainstream smoke**
 - B. Secondhand smoke**
 - C. Passive smoke**
 - D. Environmental tobacco smoke**

- 6. What is phencyclidine (PCP) primarily known for?**
- A. Being a depressant**
 - B. Acting as an anesthetic**
 - C. Stimulating appetite**
 - D. Producing euphoria**
- 7. What process describes the loss of the ability to elicit conditioned responses?**
- A. Generalization**
 - B. Extinction**
 - C. Conditioning**
 - D. Discrimination**
- 8. What type of brain waves are characterized by low amplitude and a frequency of about 8 to 13 cycles per second?**
- A. Beta waves**
 - B. Alpha waves**
 - C. Delta waves**
 - D. Theta waves**
- 9. What does retrospective memory refer to?**
- A. Remembering information for future tasks**
 - B. Recalling previously learned information**
 - C. Memories concerning meanings and facts**
 - D. Practicing memorization by repeating information**
- 10. Which brain waves indicate a calm and restful state, often occurring during meditation or relaxation?**
- A. Delta waves**
 - B. Theta waves**
 - C. Alpha waves**
 - D. Beta waves**

Answers

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

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Explanations

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1. Which term refers to the behavioral strategy that aims to replace an undesirable response with a desired one?

- A. Counterconditioning**
- B. Systematic desensitization**
- C. Behavior modification**
- D. Habit reversal**

The term that describes the behavioral strategy of replacing an undesirable response with a desired one is counterconditioning. This concept is rooted in classical conditioning, where an individual learns to associate a new response to a stimulus that previously elicited an undesirable reaction. For example, in counterconditioning, a person who has a phobia may be gradually exposed to the fear-inducing stimulus while simultaneously being taught a relaxation technique, thereby fostering a more positive response to what once provoked fear. While systematic desensitization is a closely related technique that specifically involves gradual exposure to a feared stimulus paired with relaxation, it is more focused on phobias and anxiety reduction rather than a broad strategy to replace undesirable responses with desired ones. Behavior modification encompasses a range of techniques aimed at changing behavior but may not specifically focus on the replacement process itself. Habit reversal targets specific undesirable habits, involving awareness and competing responses but does not inherently describe the broader goal of replacing responses. Thus, counterconditioning is a precise term for the process of transforming negative responses into positive behaviors.

2. What do you call someone who is attracted to people of their own sex?

- A. Heterosexual**
- B. Homosexual**
- C. Pansexual**
- D. Bisexual**

The term for someone who is attracted to people of their own sex is "homosexual." This classification encompasses individuals who may identify as gay or lesbian, depending on their gender. Homosexuality specifically refers to a romantic or sexual attraction to members of the same gender. This definition is widely accepted in psychological and sociological contexts. In contrast, heterosexuality describes attraction to the opposite sex, while bisexuality refers to attraction to both males and females. Pansexuality is the attraction to individuals regardless of their gender, emphasizing a broader spectrum of attraction beyond just male and female. Understanding these distinctions is essential in discussions around sexual orientation and identity.

3. 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.

4. Which group of drugs is derived from the opium poppy and is known for their pain-relieving properties?

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

The correct answer is based on the specific classification of drugs that are derived from the opium poppy. Opiates, which include substances like morphine and codeine, are naturally occurring compounds that come directly from the opium poppy plant. These drugs are well-known for their potent pain-relieving properties, acting on the body's opioid receptors to diminish the perception of pain effectively. Understanding the distinction in drug classifications is crucial. While the term "opioids" is often used interchangeably with "opiates," opioids also encompass synthetic and semi-synthetic drugs that mimic the effects of opiates but are not directly derived from the opium poppy. Stimulants and barbiturates belong to entirely different classes of substances, with stimulants boosting activity in the central nervous system and barbiturates acting as depressants. Thus, focusing on the origin of the drugs leads to identifying opiates as the correct answer when discussing substances derived from the opium poppy known for their analgesic effects.

5. What is the term for smoke inhaled from other people's tobacco products?

- A. Mainstream smoke**
- B. Secondhand smoke**
- C. Passive smoke**
- D. Environmental tobacco smoke**

The term for smoke inhaled from other people's tobacco products is commonly recognized as secondhand smoke. Secondhand smoke is the combination of the smoke that comes from the burning end of a cigarette, cigar, or pipe and the smoke exhaled by the person using the tobacco product. This type of smoke contains a mixture of over 7,000 chemicals, many of which are toxic and can cause serious health issues for nonsmokers, particularly children and pregnant women. Understanding secondhand smoke is crucial, especially in discussions concerning public health and smoking regulations, as it signifies the involuntary exposure that non-smokers experience in various environments. This exposure can lead to a variety of health complications, including respiratory infections, asthma, and cardiovascular diseases, underscoring the importance of smoke-free spaces. The other terms—while related—do not specifically encapsulate the concept of smoke inhaled by non-users. Mainstream smoke refers to the smoke that a smoker inhales directly from the cigarette. Passive smoke and environmental tobacco smoke are terms used in the context of exposure to tobacco smoke but are less commonly utilized and less precise than secondhand smoke in modern discourse.

6. What is phencyclidine (PCP) primarily known for?

- A. Being a depressant**
- B. Acting as an anesthetic**
- C. Stimulating appetite**
- D. Producing euphoria**

Phencyclidine (PCP) is primarily known for its use as an anesthetic, particularly in veterinary medicine. Originally developed in the 1950s as an anesthetic for humans, its use was eventually discontinued due to severe side effects, including hallucinations and agitation. However, it is still employed in some animal anesthesia practices because of its analgesic properties. PCP is classified as a dissociative anesthetic, which means it can induce a sense of detachment from the environment and self, leading to altered sensory perceptions. This characteristic is a defining aspect of its anesthetic effects, distinguishing it from substances like depressants that typically slow down central nervous system activity. While PCP can also lead to other effects such as euphoria or psychotropic experiences, its primary and most recognized application is as an anesthetic agent.

7. What process describes the loss of the ability to elicit conditioned responses?

- A. Generalization**
- B. Extinction**
- C. Conditioning**
- D. Discrimination**

The process of extinction refers to the gradual weakening and eventual loss of a conditioned response when the conditioned stimulus is no longer paired with the unconditioned stimulus. In classical conditioning, when an originally neutral stimulus is repeatedly presented without the unconditioned stimulus, the association between the two diminishes over time. For example, if a dog that has been conditioned to salivate at the sound of a bell (the conditioned stimulus) is repeatedly exposed to the bell without being given food (the unconditioned stimulus), the dog will eventually stop salivating at the sound of the bell. This loss of the conditioned response is what constitutes extinction, making it the correct answer in this context. On the other hand, the other processes mentioned—generalization, conditioning, and discrimination—serve different roles in the learning process. Generalization involves responding similarly to stimuli that are similar to the conditioned stimulus, conditioning refers to the overall process of learning associations between stimuli, and discrimination is the ability to distinguish between different stimuli and respond appropriately based on those differences.

8. What type of brain waves are characterized by low amplitude and a frequency of about 8 to 13 cycles per second?

- A. Beta waves**
- B. Alpha waves**
- C. Delta waves**
- D. Theta waves**

Alpha waves are indeed characterized by low amplitude and a frequency of about 8 to 13 cycles per second. They are typically associated with a state of relaxed wakefulness, often seen when a person is calmly resting or meditating. When individuals close their eyes and reduce their sensory input, alpha wave activity increases, reflecting a state of relaxation without deep sleep. In contrast, beta waves, which have a higher frequency, are associated with active thinking, problem-solving, and high alertness. Delta waves are very low frequency and are linked to deep sleep. Theta waves occur at a lower frequency than alpha waves and are often associated with lighter stages of sleep or deep relaxation. Recognizing these different wave types helps in understanding how brain activity relates to varying states of consciousness and alertness.

9. What does retrospective memory refer to?

- A. Remembering information for future tasks**
- B. Recalling previously learned information**
- C. Memories concerning meanings and facts**
- D. Practicing memorization by repeating information**

Retrospective memory refers specifically to the aspect of memory that involves recalling previously learned information or past experiences. This type of memory allows individuals to access and retrieve memories of events, facts, knowledge, and skills that have been acquired over time. For example, when you remember an event from last week, or recall information from a class you took months or years ago, you are utilizing retrospective memory. This notion is fundamental to understanding how we build knowledge and learn from our past experiences, which is essential in various everyday contexts, from studying for an exam to reminiscing about a memorable moment. The other options focus on different aspects or types of memory. Remembering information for future tasks pertains more to prospective memory, which is about planning and recalling intentions to act in the future. Memories concerning meanings and facts might hint at semantic memory but do not fully encompass the broader concept of retrospective memory. Practicing memorization through repetition relates to methods of encoding information but does not define the retrieval aspect that retrospective memory embodies.

10. Which brain waves indicate a calm and restful state, often occurring during meditation or relaxation?

- A. Delta waves**
- B. Theta waves**
- C. Alpha waves**
- D. Beta waves**

Alpha waves are associated with a calm and restful state of mind, often observed during periods of relaxation, meditation, or when a person is awake but in a tranquil state. These brain waves generally have a frequency range of 8 to 12 Hz and are prominent when a person is relaxed but still alert. During activities such as meditation, alpha activity increases, reflecting a state of peacefulness and reduced mental activity. In contrast, delta waves are linked to deep sleep, theta waves are related to light sleep and the early stages of sleep, and beta waves indicate active thinking, problem solving, and focused mental activity. Thus, alpha waves specifically encapsulate the essence of a calm, relaxed state, making them the correct choice.

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://ucf-psy2012-exam2.examzify.com>

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

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