

UNIVERSITY OF TORONTO (UOFT) SOC100H1 INTRODUCTION TO SOCIOLOGY I – SOCIOLOGICAL PERSPECTIVES PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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. What is meant by systemic discrimination?**
 - A. Individual acts of bias that are easily identified
 - B. Patterns embedded in organizational practices that disadvantage marginalized groups
 - C. Acceptance of diversity within formal structures
 - D. Spontaneous acts of prejudice
- 2. Which of the following best describes a retreatist in sociology?**
 - A. Rejects societal means and goals
 - B. Accepts means but rejects cultural goals
 - C. Follows societal means to achieve personal goals
 - D. Creates new means and goals for self
- 3. What type of capital refers to monetary resources and wealth?**
 - A. Cultural Capital
 - B. Social Capital
 - C. Economic Capital
 - D. Human Capital
- 4. What is meant by 'sociological imagination'?**
 - A. The ability to connect personal experiences to larger social forces
 - B. The process of acquiring facts through observation
 - C. A form of mental abstraction devoid of social context
 - D. A theory purely focused on individual behavior
- 5. What is a consequence of structural sexism?**
 - A. Increased opportunities for women in leadership
 - B. Legislation that supports equal pay
 - C. Societal norms that disadvantage individuals based on their sex
 - D. Complete gender equality in workplaces
- 6. Which measure of income is affected by very high scores?**
 - A. Median income
 - B. Average income
 - C. Real income
 - D. Disposable income

- 7. Identifying with a group based on shared values is called what?**
- A. In-group bias
 - B. Systematic bias
 - C. Affinity bias
 - D. Externality bias
- 8. Which aspect does conflict theory often examine?**
- A. How groups cooperate for mutual benefit
 - B. The competition among various groups for power
 - C. The stability provided by social structures
 - D. The shared values that unite society
- 9. Which group is typically included in discussions of standpoint theory?**
- A. Corporate executives
 - B. Individuals from upper socio-economic statuses
 - C. Women and racial minorities
 - D. Political leaders
- 10. What kind of behavior does conscious discrimination involve?**
- A. Subtle and unintentional actions
 - B. Open and overtly negative actions
 - C. Behavior influenced by societal norms
 - D. Neutral interactions devoid of bias

Answers

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

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Explanations

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1. What is meant by systemic discrimination?

- A. Individual acts of bias that are easily identified
- B. Patterns embedded in organizational practices that disadvantage marginalized groups**
- C. Acceptance of diversity within formal structures
- D. Spontaneous acts of prejudice

Systemic discrimination refers to the ingrained patterns within an institution or organization that create and maintain disadvantages for marginalized groups. This type of discrimination is often not the result of individual overt acts of bias but rather the outcome of established policies, practices, and norms that systematically uphold inequalities. For example, a company's hiring practices may disproportionately favor certain demographics due to criteria that are biased against others, even if the hiring managers themselves are not consciously prejudiced. This reflects how systemic discrimination operates beneath the surface of individual actions, shaping the experiences and opportunities of different groups over time. Recognizing systemic discrimination is essential for understanding how social structures can perpetuate inequality, as it highlights the need for comprehensive changes in policies and practices rather than just addressing individual biases.

2. Which of the following best describes a retreatist in sociology?

- A. Rejects societal means and goals**
- B. Accepts means but rejects cultural goals
- C. Follows societal means to achieve personal goals
- D. Creates new means and goals for self

A retreatist in sociology is best described as someone who rejects both societal means and goals. This concept is rooted in Robert K. Merton's strain theory, which categorizes individuals based on their responses to cultural goals and the means available to achieve those goals. Retreatists detach from societal expectations entirely; they withdraw from the competitive nature of social norms and the pursuit of conventional success, often opting for alternative lifestyles that may include substance abuse or complete disengagement from societal activities. The other options represent different types of responses individuals may have according to Merton's framework. Those who accept the means but reject cultural goals pursue methods prescribed by society but do not strive for the same aspirations, while individuals who follow societal means to achieve personal goals are conformists working within the accepted framework. Lastly, creating new means and goals for oneself reflects a form of innovation where individuals seek to establish their own pathways rather than rejecting them altogether. Each of these responses points to varying degrees of engagement with society, but none fully encapsulates the retreatist's complete rejection of both societal means and goals.

3. What type of capital refers to monetary resources and wealth?

- A. Cultural Capital
- B. Social Capital
- C. Economic Capital**
- D. Human Capital

Economic capital refers to monetary resources and wealth, making it the appropriate choice in this case. This concept is crucial in understanding how financial assets and resources can influence individuals' life opportunities, social mobility, and access to various forms of power within society. While cultural capital encompasses the knowledge, skills, education, and any advantages a person has that gives them a higher status in society, it does not pertain directly to financial assets. Social capital relates to the networks, relationships, and social connections that provide support and resources but does not inherently refer to wealth. Human capital emphasizes the attributes and skills individuals possess, such as education and intelligence, which can contribute to economic success but again does not equate to wealth itself. Therefore, recognizing economic capital as the form of capital that specifically pertains to monetary resources clarifies its distinct role in the broader sociological context.

4. What is meant by 'sociological imagination'?

- A. The ability to connect personal experiences to larger social forces**
- B. The process of acquiring facts through observation
- C. A form of mental abstraction devoid of social context
- D. A theory purely focused on individual behavior

The concept of 'sociological imagination' refers to the ability to understand how personal experiences are interconnected with broader social structures and forces. It involves recognizing the relationship between individual lives and the larger societal context in which they occur. By employing sociological imagination, individuals can see how their personal circumstances may be influenced by societal factors such as history, culture, economic conditions, and social norms. This perspective allows individuals to move beyond a purely individualistic view of their experiences, helping them to grasp the complexities of social life. For example, someone facing unemployment might perceive their situation in light of economic policies, shifts in the job market, or societal attitudes toward work, rather than viewing it solely as a matter of personal failure. The other options reflect misunderstandings of this key concept. The process of acquiring facts through observation relates more to research methodology and does not encompass the broader implications of sociological imagination. A form of mental abstraction devoid of social context ignores the fundamental goal of sociological imagination, which is to integrate personal and societal experiences. Lastly, a theory purely focused on individual behavior overlooks the foundational idea that individual actions are often shaped by larger social dynamics. Hence, understanding sociological imagination enriches one's comprehension of the interplay between personal experiences and societal structures.

5. What is a consequence of structural sexism?

- A. Increased opportunities for women in leadership
- B. Legislation that supports equal pay
- C. Societal norms that disadvantage individuals based on their sex**
- D. Complete gender equality in workplaces

The concept of structural sexism refers to the entrenched societal norms, policies, and practices that create and sustain inequality based on gender. The correct choice focuses on how these structural aspects lead to societal norms that systematically disadvantage individuals based on their sex. This can manifest in various ways, such as disparities in job opportunities, wage gaps, and cultural attitudes that restrict the roles and rights of certain genders. Understanding structural sexism is crucial as it highlights how societal systems, rather than just individual actions, contribute to ongoing inequalities. For instance, this can include the lack of female representation in leadership roles and the reinforcement of stereotypes that limit women's opportunities. By recognizing that societal norms play a significant role in perpetuating disadvantage, one can better analyze and address the root causes of gender inequality. Other options suggest outcomes that either imply a reduction in sexism or an accomplishment of equality. For example, increased opportunities for women in leadership, legislation supporting equal pay, and complete gender equality in workplaces are all outcomes that would reflect a society working against structural sexism, rather than a direct consequence of it. In contrast, the choice about societal norms accurately captures the pervasive and systemic issues that underlie gender-based disadvantages.

6. Which measure of income is affected by very high scores?

- A. Median income
- B. Average income**
- C. Real income
- D. Disposable income

The average income is defined as the total income of a population divided by the number of individuals or households in that population. This measure can be significantly influenced by very high scores, or outliers, because the average reflects all data points. When a small number of individuals have exceptionally high incomes, it raises the overall average, which may not accurately represent the economic situation of the majority of the population. For instance, if most people earn a modest income, but a handful of people earn millions, the average income could be skewed upward, providing a misleading picture of typical earnings within that group. This phenomenon highlights the limitations of using average income as a sole indicator of economic well-being. In contrast, the median income measures the middle point of income distribution, whereby half of the population earns above and half earns below, making it less susceptible to extreme values. Real income adjusts for inflation, while disposable income accounts for taxes and other deductions, but neither is directly impacted by outlier data in the same manner as average income.

7. Identifying with a group based on shared values is called what?

- A. In-group bias**
- B. Systematic bias
- C. Affinity bias
- D. Externality bias

The correct answer is in-group bias, which refers to the tendency to favor one's own group over others. This phenomenon often occurs when individuals identify with a group based on shared values, interests, or characteristics, fostering a sense of belonging and loyalty to that group. In-group bias can manifest in various social contexts, such as friendships, communities, and even larger societal affiliations. It can influence perceptions, attitudes, and behaviors, leading individuals to prioritize the needs and perspectives of their group while potentially overlooking or undervaluing those of outside groups. Identifying with a group based on shared values inherently makes one more inclined to support and defend that group, reinforcing social bonds and collective identity. This understanding is crucial in sociology, as it highlights mechanisms of social cohesion and the dynamics of group interactions. The other concepts mentioned—systematic bias, affinity bias, and externality bias—are distinct phenomena that do not specifically capture the essence of identification with a group based on shared values. Systematic bias is often related to prejudice or stereotypes that are ingrained over time, while affinity bias refers to the tendency to favor those who are similar to oneself in specific contexts, but it does not encapsulate the broader concept of group identification. Externality bias generally pertains to

8. Which aspect does conflict theory often examine?

- A. How groups cooperate for mutual benefit
- B. The competition among various groups for power**
- C. The stability provided by social structures
- D. The shared values that unite society

Conflict theory primarily focuses on the competition among various groups for power, resources, and influence in society. This perspective, associated with theorists such as Karl Marx, posits that social life is characterized by ongoing conflict driven by inequality. It emphasizes how different groups—whether defined by class, race, gender, or other social categories—struggle to achieve their interests, which often leads to social change and tension. In contrast, the other options emphasize aspects of society that conflict theory does not prioritize. For example, cooperation for mutual benefit highlights harmony and collaboration, which is more aligned with functionalist perspectives. Similarly, stability provided by social structures and shared values that unite society suggest a focus on social cohesion and consensus, rather than the inherent conflict and power struggles that conflict theory emphasizes. Therefore, understanding the dynamics of competition and struggle is central to the conflict perspective, making it the core focus of analysis within this theoretical framework.

9. Which group is typically included in discussions of standpoint theory?

- A. Corporate executives
- B. Individuals from upper socio-economic statuses
- C. Women and racial minorities**
- D. Political leaders

Standpoint theory emphasizes the perspectives of marginalized or less powerful groups, highlighting how their unique experiences provide valuable insights into societal structures and power dynamics. This theory originated in feminist thought and has been expanded to include various forms of social identity and oppression, such as race, class, gender, and sexuality. Individuals from groups that have been historically oppressed, such as women and racial minorities, often perceive and experience the world differently than those in dominant positions. Their viewpoints can reveal biases and gaps in traditional knowledge frameworks that are often shaped by the experiences of more privileged groups. By centering the experiences of these marginalized communities, standpoint theory advocates for a recognition of how knowledge is socially situated. In contrast, the other groups listed—corporate executives, individuals from upper socio-economic statuses, and political leaders—are typically discussed within the context of power and privilege, rather than as perspectives that enrich the understanding of systemic inequalities. These groups generally represent dominant narratives that may overlook or dismiss the lived realities of underrepresented populations.

10. What kind of behavior does conscious discrimination involve?

- A. Subtle and unintentional actions
- B. Open and overtly negative actions**
- C. Behavior influenced by societal norms
- D. Neutral interactions devoid of bias

Conscious discrimination involves open and overtly negative actions directed towards individuals or groups based on characteristics such as race, gender, sexual orientation, or other identity markers. This type of behavior is characterized by an awareness of one's discriminatory actions and intentions, often leading to explicit acts of exclusion, prejudice, or hostility. Unlike subtle or unintentional actions, which may occur without the perpetrator's awareness or intention to harm, conscious discrimination is deliberate. It stems from personal beliefs, attitudes, or societal influences and manifests in a manner that is clear and recognizable to both the perpetrator and the target. This direct nature often facilitates an environment where discrimination can be challenged or confronted more readily, as it is overtly visible. In contrast, the other options deal with forms of behavior that do not capture the overtly negative and intentional essence of conscious discrimination. Subtle actions might be unrecognized as discriminatory, behavior influenced by societal norms can exist without conscious intent to harm, and neutral interactions suggest a lack of bias altogether, which contradicts the idea of conscious discrimination. Therefore, the answer emphasizes the explicit nature of the discrimination involved.

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://uoft-soc100h1.examzify.com>

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

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