

US HIGH SCHOOL PSYCHOLOGY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**



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THE FULL VERSION STUDY GUIDE**

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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. Night terrors typically occur during which type of sleep?**
 - A. REM sleep
 - B. Non-REM sleep
 - C. Stage 1 sleep
 - D. Stage 2 sleep
- 2. How does the concept of schema aid in cognitive processing?**
 - A. It hinders the interpretation of new information.
 - B. It acts as a filter for unnecessary data.
 - C. It organizes and interprets incoming information.
 - D. It restricts learning to prior experiences.
- 3. Which of the following statements about psychologists and psychiatrists is true?**
 - A. Both have the same level of training
 - B. Both require medical degrees
 - C. Only psychiatrists are considered doctors
 - D. Psychologists only study therapeutic methods
- 4. What primarily determines an individual's flavor sensitivity?**
 - A. Cultural influences
 - B. Genetic factors
 - C. Exposure to various cuisines
 - D. Age-related changes
- 5. How is the practice of phrenology regarded today?**
 - A. It is widely accepted and practiced
 - B. It is obsolete and disregarded
 - C. It is utilized primarily for psychoanalysis
 - D. It has gained scientific validity
- 6. What is the main premise of Maslow's hierarchy of needs?**
 - A. Emphasizes the influence of genetics on behavior
 - B. Describes the stages of human development
 - C. Individuals are motivated by a series of hierarchical needs
 - D. Human behavior is shaped by unconscious desires

7. What is the nature of the relationship between physical stimuli and sensory responses?

- A. Complex and emotional
- B. Completely mechanical
- C. Highly variable
- D. Contextual and variable

8. Define "catharsis" in the context of psychology.

- A. The evaluation of self-worth
- B. The release of pent-up emotions
- C. The process of cognitive restructuring
- D. The unconscious processing of feelings

9. Which statement regarding astrology and psychology is true?

- A. Astrology is becoming widely accepted by psychologists
- B. Astrology has long been a foundational aspect of psychology
- C. Astrology is quickly gaining acceptance in the scientific community
- D. Astrology is largely ignored by psychologists

10. Which sense is primarily associated with the function of rods and cones?

- A. Vision
- B. Hearing
- C. Touch
- D. Smell

Answers

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

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Explanations

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1. Night terrors typically occur during which type of sleep?

- A. REM sleep
- B. Non-REM sleep**
- C. Stage 1 sleep
- D. Stage 2 sleep

Night terrors typically occur during non-REM sleep, particularly during the deeper stages of non-REM sleep, such as stage 3. Non-REM sleep is characterized by a lack of vivid dreaming, making it a distinct phase compared to REM sleep, where most dreaming occurs. During night terrors, individuals may experience intense fear, screaming, and confusion while still being in a state of deep sleep, which can result in little or no memory of the episode. This phenomenon is most common in children, who often outgrow it as they develop. In contrast, REM sleep is associated with vivid dreams and is not when night terrors occur. Other stages of non-REM sleep, like stage 1 and stage 2, are lighter phases of sleep, where arousals and awakening are more likely, making them less conducive for the intense experiences characteristic of night terrors. Thus, non-REM sleep is the most fitting context for understanding the occurrences of night terrors.

2. How does the concept of schema aid in cognitive processing?

- A. It hinders the interpretation of new information.
- B. It acts as a filter for unnecessary data.
- C. It organizes and interprets incoming information.**
- D. It restricts learning to prior experiences.

The concept of schema plays a crucial role in cognitive processing by organizing and interpreting incoming information. Schemas are mental structures that help individuals categorize and make sense of the vast amount of information they encounter daily. They function as frameworks that fill in gaps in knowledge, allowing people to quickly process new information by relating it to what they already know. When new information aligns with an existing schema, it can be understood and integrated more rapidly. This streamlining facilitates efficient learning and recall, as schemas help to predict, guide, and structure our understanding of new experiences based on previous knowledge. For instance, when visiting a restaurant, a person might rely on their restaurant schema to know that they will be seated, order food, and pay the bill at the end—this predetermined framework allows for quick processing of related experiences. In this way, schemas enhance cognitive processing by enabling individuals to efficiently navigate and interpret the complexities of the world around them, illustrating the significance of their organizational and interpretative capabilities.

3. Which of the following statements about psychologists and psychiatrists is true?

- A. Both have the same level of training
- B. Both require medical degrees**
- C. Only psychiatrists are considered doctors
- D. Psychologists only study therapeutic methods

The statement that only psychiatrists are considered doctors is accurate. Psychiatrists are medical doctors who have completed medical school and a residency in psychiatry, allowing them to prescribe medication and diagnose mental health disorders from a medical standpoint. On the other hand, psychologists typically hold a doctoral degree in psychology (PhD or PsyD) but do not attend medical school, and therefore are not medical doctors. While some psychologists can pursue additional training or licensure to provide some level of medication management in certain jurisdictions, they generally focus on behavioral interventions, therapy, and the study of psychological theories and principles. This distinction in training and credentials is critical in understanding the roles of these two professions in mental health care.

4. What primarily determines an individual's flavor sensitivity?

- A. Cultural influences
- B. Genetic factors**
- C. Exposure to various cuisines
- D. Age-related changes

Flavor sensitivity is largely influenced by genetic factors, which play a crucial role in how individuals perceive different tastes and flavors. Research indicates that variations in specific genes are associated with the number of taste buds a person has, which in turn affects their sensitivity to certain flavors, such as bitterness or sweetness. For example, individuals with a higher density of taste receptors may detect flavors more intensely compared to those with fewer receptors. While cultural influences, exposure to various cuisines, and age-related changes can affect a person's preferences and experiences with flavors, the foundational ability to taste and discern flavors is primarily rooted in genetic makeup. This genetic predisposition lays the groundwork for how taste experiences develop over time, influenced later by environmental factors such as culture and exposure to different foods.

5. How is the practice of phrenology regarded today?

- A. It is widely accepted and practiced
- B. It is obsolete and disregarded**
- C. It is utilized primarily for psychoanalysis
- D. It has gained scientific validity

Phrenology is regarded today as an obsolete and disregarded practice primarily because it was based on flawed assumptions about the brain and its functions. Developed in the early 19th century by Franz Joseph Gall, phrenology posited that different regions of the brain corresponded to specific personality traits and that the shape of a person's skull could indicate their psychological attributes. This theory lacked scientific rigor and was never substantiated through empirical research. As our understanding of the brain has evolved, with advancements in neuroscience and psychology, the notions promoted by phrenology have been thoroughly discredited. Modern science recognizes that complex human behaviors and personalities are influenced by a wide array of biological, environmental, and social factors, far beyond the simplistic and superficial measurements proposed by phrenology. This historical analysis highlights why the practice is no longer considered valid or relevant in contemporary psychological or scientific discourse.

6. What is the main premise of Maslow's hierarchy of needs?

- A. Emphasizes the influence of genetics on behavior
- B. Describes the stages of human development
- C. Individuals are motivated by a series of hierarchical needs**
- D. Human behavior is shaped by unconscious desires

The main premise of Maslow's hierarchy of needs is that individuals are motivated by a series of hierarchical needs, which are often represented in a pyramid format. At the base of this pyramid are basic physiological needs such as food and shelter, followed by safety needs, social needs including love and belonging, esteem needs, and finally, self-actualization at the top. Maslow's theory posits that lower-level needs must be satisfied before individuals can work towards fulfilling higher-level needs. This framework helps in understanding human motivation by illustrating how individuals prioritize their needs in a structured manner, ultimately aiming for personal growth and fulfillment through self-actualization.

7. What is the nature of the relationship between physical stimuli and sensory responses?

- A. Complex and emotional
- B. Completely mechanical**
- C. Highly variable
- D. Contextual and variable

The nature of the relationship between physical stimuli and sensory responses is best understood as contextual and variable. This perspective acknowledges that sensory experiences are influenced by various factors, including the context in which stimuli are presented, the individual's prior experiences, and their uniqueness. For instance, the perception of a sound may differ depending on whether a person is in a quiet room or a loud environment, demonstrating how context affects sensory response. Additionally, individuals may respond differently to the same stimulus due to personal experiences or emotional states, supporting the idea of variability in sensory responses. While some aspects of physical stimuli may have mechanical properties, such as sound vibrations or light waves, the overall experience of sensation encompasses more than just these mechanical interactions. It is shaped by psychological factors, making the relationship between stimuli and sensory responses multifaceted and influenced by the surrounding context.

8. Define "catharsis" in the context of psychology.

- A. The evaluation of self-worth
- B. The release of pent-up emotions**
- C. The process of cognitive restructuring
- D. The unconscious processing of feelings

In psychology, "catharsis" refers specifically to the release of pent-up emotions. This concept originated from the Greek word "katharsis," which means "cleansing" or "purification." It suggests that experiencing and expressing strong emotions, such as anger, sadness, or fear, can lead to a sense of relief or emotional cleansing. The idea is that holding onto these emotions can be psychologically harmful, and allowing oneself to express them in a safe and constructive manner can promote emotional healing and well-being. Catharsis is often associated with therapeutic practices, such as talk therapy or expressive arts, which aim to facilitate the emotional release that can contribute to psychological health. This makes option B the correct answer, as it accurately captures the essence of catharsis in a psychological context.

9. Which statement regarding astrology and psychology is true?

- A. Astrology is becoming widely accepted by psychologists
- B. Astrology has long been a foundational aspect of psychology
- C. Astrology is quickly gaining acceptance in the scientific community
- D. Astrology is largely ignored by psychologists**

Astrology is largely ignored by psychologists because it lacks empirical support and scientific validity. Psychology, as a discipline, relies heavily on research methodologies and evidence-based practices to understand human behavior and mental processes. The scientific community generally requires theories and practices to be testable, replicable, and based on observable evidence, which astrology does not fulfill. Most psychologists view astrology as a pseudoscience; it does not adhere to the rigorous standards of scientific inquiry. Consequently, mainstream psychology focuses more on established theories and practices that are grounded in research rather than astrological beliefs. This is why the correct answer emphasizes the marginalization of astrology within the field of psychology, where it is not considered a valid or useful framework for understanding psychological phenomena.

10. Which sense is primarily associated with the function of rods and cones?

A. Vision

B. Hearing

C. Touch

D. Smell

The function of rods and cones is primarily associated with vision because these are the two types of photoreceptor cells located in the retina of the eye. Rods are responsible for vision in low-light conditions and enable us to see in dim lighting, while cones are responsible for color vision and visual acuity in brighter light. If rods and cones did not function properly, it would severely impact a person's ability to see, distinguishing them as integral to our visual system. Other senses such as hearing, touch, and smell do not involve these photoreceptors, as they rely on entirely different sensory receptors and neural pathways dedicated to processing stimuli for those specific senses.

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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://ushighschool-psychology.examzify.com>

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

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