**TRIALS FOR TEACHERS.**

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**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2017**

**TRIAL EXAMINATION**

**VCE PSYCHOLOGY**

**UNITS 3 & 4**

**INSTRUCTIONS**

Reading Time - 15 minutes

Writing time - 150 minutes

**SECTION A**

Multiple Choice questions 50 questions 1 mark each 50 Marks

Answer the multiple choice questions on the answer sheet provided.

**SECTION B**

Short answer questions - 12 Short answer questions – 70 marks

**TOTAL** 120 marks

Answer the short answer questions and the extended answer question in this booklet.

**IMPORTANT NOTES**

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* NO TEACHER WHO HAS CONTRIBUTED TO THIS PAPER BY SETTING OR REVIEWING QUESTIONS HAS HAD ANY CONNECTION WITH THE VCAA PANEL INVOLVED IN SETTING THE VCAA EXAMINATION FOR UNIT 3 & 4 PSYCHOLOGY NOVEMBER 2017.
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**Section A – Multiple choice questions**

**Question 1**

Which of the following is **not** a true statement about the *parasympathetic nervous system*?

1. it is part of the peripheral nervous system (PNS)
2. it may function without conscious awareness
3. it works all the time to ensure that the body’s metabolic systems are in balance
4. it causes autonomic arousal in response to a perceived threat

**Question 2**

Which of the following is a **not** a function of the *sympathetic nervous system?*

1. it causes autonomic arousal in response to a perceived threat
2. it maintains a state of balance in the body’s metabolism
3. it may cause the fight-flight-freeze response
4. it is responsible for increasing the secretion of cortisol and adrenaline to maintain arousal

**Question 3**

During autonomic arousal, which of the following are likely to occur?

1. the heart-rate increases and air-passages dilate
2. the heart-rate increases and air-passages contract
3. the heart-rate decreases and release of cortisol increases
4. the heart-rate increases and release of cortisol decreases

**Question 4**

Damage to the right cerebral hemisphere is likely to cause problems with

1. sensation in the left side of the body and movement of the right side
2. movement of the left side of the body and sensation in the right side
3. sensation in the right side of the body and movement of the right side
4. movement of the left side of the body and sensation in the left side

**Questions 5 & 6 refer to the information below**

A psychology researcher is interested in finding the reasons that some students like to get up early to study, but others prefer to study late into the night. She is using members of her university psychology class as participants.

She advises them that they do not need to take part unless they wish to, she also tells them exactly what will be involved, she gets them to sign a document indicating that they are willing to participate and assures them that no identifying information will be included in the report.

**Question 5**

Which of the following ethical guidelines has **not** been covered by the researcher?

1. voluntary participation in the research
2. withdrawal rights for participants
3. confidentiality of participant information
4. informed consent from participants

**Question 6**

If another psychologist wanted to use the data for a project later in the year, what would the second researcher need to do to fulfil the necessary ethical guidelines?

1. obtain the raw data from the first researcher and analyse this
2. gain the consent of the ethics committee of the university, inform participants that he will re-use the information and explain the purpose of the second study
3. obtain informed consent from each member to re-use the data in a new study
4. get approval from the ethics committee and obtain permission from each member to use the data in a second study after explaining what the new study will be about

**Question 7**

Which of the following is an accurate statement about neurotransmitters?

1. Hormones and neurotransmitters are chemically distinct.
2. Neurotransmitters are created in axon terminals
3. Neurotransmitters may have excitatory or inhibitory effects
4. GABA and glutamate create similar effects on the post-synaptic neuron

**Question 8**

Three of Sylvie’s grandparents have been diagnosed with Parkinson’s disease. Sylvie believes that she may suffer the same disease, but she knows that early diagnosis and treatment can slow the progress of the disease considerably. Which of the following symptoms would provide the earliest warning of the onset of Parkinson’s Disease?

1. Difficulty with her short-term memory.
2. Considerable reduction in her sense of smell.
3. Uncontrollable shaking and tremors in one side of her body.
4. Difficulty with walking and balance.

**Question 9**

Sudden and intense arousal (shock) can cause severe problems for the individual because

1. Hyperventilation means that the body is starved of oxygen
2. the immune system functions less efficiently because it is being forced to eliminate hormones such as adrenaline and cortisol which are released during arousal
3. digestion is inhibited leading to a reduction in available energy
4. heart-rate and blood pressure are both significantly increased which may cause heart-failure or stroke

**Question 10**

Jim is learning to drive his mother’s car which has a manual transmission. He finds it extremely difficult to change gears as he is driving. He asks his mother to turn off the radio and only to talk to him to give driving instructions.

Jim’s need to avoid distractions suggests that for him driving his mother’s car is

1. an automatic process that requires selective attention
2. an automatic process that requires divided attention
3. a controlled process that requires selective attention
4. an automatic process that requires divided attention

**Question 11**

Refugees arriving in new countries after fleeing their own war-torn homelands are most likely to be suffering from

1. acculturative stress
2. major stress and catastrophes affecting whole communities
3. PTSD (post-traumatic stress disorder)
4. any or all of the above are extremely likely

**Questions 12, 13, 14 & 15 refer to the following scenario**

Jack and Jill have a psychology exam coming up next week and each of them feels extremely anxious every time they think about it.

To help cope with his feelings, Jack climbs on his bike and rides as fast as he can for three hours; when he gets home again, he feels tired but his feelings of anxiety are reduced.

Jill sits in her room and completes a practice exam in psychology and then looks up answers and rehearses those of which she was not certain. At the end of three hours, Jill’s feelings of anxiety are reduced.

**Question 12**

Which coping strategy was being used by each of the students?

|  |  |  |
| --- | --- | --- |
|  | **Jack** | **Jill** |
| A. | Emotion-focused - Approach | Problem-Focused - Avoidant |
| B. | Emotion-focused - Avoidant | Problem-focused – Approach |
| C. | Problem-Focused - Avoidant | Emotion-focused - Approach |
| D. | Problem-focused – Approach | Emotion-focused - Avoidant |

**Question 13**

Why did Jack feel less anxious after returning from his strenuous bike-ride?

1. Endorphins released into his bloodstream caused feelings of well-being.
2. Lactic acid build-up in his muscles caused him to feel pleasure.
3. His feeling of tiredness promoted the production of delta-waves in his brain.
4. He had been positively reinforced by doing something he enjoyed.

**Question 14**

What advice would you give to Jack to help him deal with his feelings of anxiety?

1. Go for a short, high energy bike-ride before you start, then do practice exams in psychology, followed by a similar bike-ride at lunch-time.
2. What you are doing is a good way to prepare for your psychology exam.
3. Study all day and reward yourself with a bike-ride afterwards.
4. Follow the same program that Jill is doing.

**Question 15**

What advice could you give Jill to help her deal with her feelings of anxiety?

1. What you are doing is a good way to prepare for your psychology exam.
2. Study all day and reward yourself by doing something you enjoy afterwards.
3. Completing practice exams is an excellent way of preparing, but make sure you do some physical activity every hour or so.
4. Completing practice exams is an excellent way of preparing, but make sure you have something to eat every hour or so, to boost your blood-sugar levels.

**Question 16**

Particular neural pathways are activated over and over as a person practices playing a particular sequence of notes on a piano. Eventually the sequence can be played automatically and without conscious effort.

The neurological process that has been involved in this learning is

1. long-term potentiation, in which new connections between neurons have been created.
2. long-term depression, in which synapses that could interfere with the learning have been destroyed (pruned).
3. long-term potentiation in which new neurons have been created in the cerebellum.
4. long-term depression, in which neurons that could interfere with the learning have been destroyed (pruned).

**Question 17**

After classical conditioning has occurred, if the conditioned stimulus (CS) continues to be presented alone, what is likely to happen?

1. Extinction of the conditioned response (CR).
2. Extinction of the unconditioned response (UCR).
3. Extinction of the primary reinforcer.
4. Extinction of the generalised response.

**Question 18**

Every morning, I let the chickens out of the henhouse where they roost overnight. As soon as they hear me coming, they begin to scrape and peck at the door. This is likely to be explained by

1. operant conditioning where my opening the henhouse door is the antecedent stimulus.
2. classical conditioning where my footsteps are the conditioned stimulus.
3. classical conditioning where my opening the henhouse door is the unconditioned stimulus.
4. operant conditioning, where my footsteps are the antecedent stimulus.

**Question 19**

According to Bandura, the correct sequence of stages in observational learning is:

1. Attention; Retention; Reproduction; Motivation; Reinforcement.
2. Attention; Retention; Motivation; Reinforcement; Reproduction.
3. Attention; Retention; Motivation; Reproduction; Reinforcement.
4. Attention; Motivation; Retention; Reproduction; Reinforcement.

**Questions 20 and 21 refer to the information below (UNIT 3 AOS 2)**

Jimmy is three years old. One day when his mother took him to the supermarket, he noticed a box of Chuppa-Chups and screamed over and over “Want a lollipop; Want a lollipop!” his mother was embarrassed by the noise and gave him a Chuppa-Chup to suck – Jimmy became quiet immediately! After this had happened again, Jimmy becomes excited and yells “Want Lollipop, Want Lollipop!” whenever they approach the supermarket door and his mother gives him a Chuppa-Chup as soon as she can.

**Question 20**

How has conditioning influenced Jimmy’s behaviour?

1. Jimmy has been negatively reinforced for the behaviour of yelling for a lollipop.
2. Jimmy has been positively reinforced for the behaviour of yelling for a lollipop.
3. The yelling is a conditioned response to the unconditioned stimulus of the supermarket door.
4. The supermarket door has become the conditioned stimulus and the yelling is the conditioned response.

**Question 21**

How has conditioning influenced Jimmy’s mother’s behaviour?

1. She has been negatively reinforced for the behaviour of giving Jimmy a lollipop.
2. She has been positively reinforced for the behaviour of giving Jimmy a lollipop.
3. Giving Jimmy the lollipop is a conditioned response to the conditioned stimulus of Jimmy’s yelling.
4. Giving Jimmy the lollipop has become the conditioned response and the yelling is the unconditioned stimulus.

**Questions 22 and 23 refer to the following information**

Amber is a football fanatic who loves the Western Bulldogs football team. She learned the list of 40 players and their guernsey numbers when they won the premiership in 2016. To do this she wrote them out 20 times until she scored 100% when she tested herself on them.

At the beginning of 2017, she took a sheet of paper and tried to write all the names and numbers but she could not remember them all.

To help her remember the players, she looked at the framed team photograph hanging over her desk. Using this she could remember more of the names and numbers.

**Question 22**

Which measure of retention was Amber using when she first tried to write out the list?

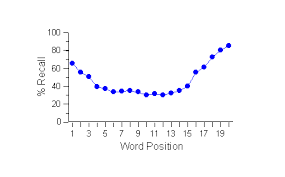
1. Cued recall.
2. Free recall.
3. Recognition.
4. Relearning.

**Question 23**

Which measure of retention was Amber using when she tried to write out the list using the team photograph to help?

1. Cued recall.
2. Free recall.
3. Recognition.
4. Relearning.

**Question 24**

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In the graph above, it is most likely that the words were required to be recalled

1. immediately after learning; in the order in which they were presented.
2. with a 30 second delay after learning; in the order in which they were presented.
3. immediately after learning; in random order.
4. with a 30 second delay after learning; in random order.

**Question 25**

The part of the temporal lobe most involved with linking emotions to memories is the

1. hippocampus.
2. amygdala.
3. cortical area.
4. Hypothalamus.

**Questions 26 & 27 refer to the information below:**

Tran is waiting at a pedestrian crossing when he sees a car turn against a red light and cause an accident in which two people suffer minor injuries. The police soon arrive and Tran gives a statement about what he has seen.

The driver who caused the accident was found to have a BAC of 0.10 and was charged with careless driving causing injury and driving under the influence of alcohol. When the case came to court, over a year later, Tran was called as a witness and when questioned he gave more details than he had done in his original statement.

**Question 26**

The fact that Tran gave more details at the trial than he had in his original statement is most likely because

1. he had been traumatised by the accident and was suffering anterograde amnesia whilst making the original statement.
2. he had thought about the accident many times in the past year and LTP (long-term potentiation) had occurred, strengthening the memory.
3. he had seen film and news reports of many accidents in the past year and this had caused him to reconstruct the memories with added detail.
4. his bias against drink-drivers caused him to deliberately exaggerate the dangers involved in the incident.

**Question 27**

The driver who was prosecuted would have been showing similar symptoms as if he had been without sleep for the past

1. 12 hours.
2. 17 hours.
3. 24 hours.
4. 36 hours.

**Question 28**

Which of these questions would be best used to determine if a person is in an altered state of consciousness?

1. Can you tell me what time it is?
2. How long have you been doing that task?
3. What are you going to do next?
4. Where have you been today?

**Question 29**

People sometimes attempt to change their level of consciousness by using medications, illegal drugs or food containing psycho-active substances.

Which of the following correctly pairs a substance and its effects on a person who takes it?

1. Opiates; increase nervous system activity.
2. Hallucinogens; decrease nervous system activity.
3. Stimulants; cause distorted sensory experiences.
4. Depressants; reduce nervous system activity.

**Question 30**

Jacqui is undergoing an EEG as she attempts to solve complex problems; after a while she feels that she has fully understood the problems and how to solve them; she begins to work faster and faster.

At this stage, the EEG will probably be showing

1. theta and gamma waves.
2. beta and alpha waves.
3. theta and delta waves.
4. gamma and beta waves.

**Question 31**

EEG, EMG and EOG are all used to establish a person’s level of consciousness at a particular time.

The important feature that all these devices have in common is that they

1. measure muscle or brain activity.
2. can be used on people who are either awake or asleep.
3. give very precise measures of activity.
4. measure levels of electrical activity.

**Question 32**

There are several theories of why we sleep. Which of the following provides evidence in support of the ‘Restorative Theory’?

1. Prey animals sleep for few hours per day and only in short spells.
2. People (and animals) are less alert and are more vulnerable when they are asleep.
3. People who are not active have generally the same sleep patterns as active people.
4. Athletes will sleep approximately an extra 90 minutes the night they have run a marathon.

**Questions 33 & 34 refer to the information below:**

John is a member of the Army Reserves who has been on an exercise over a long weekend. During this time, he has been performing guard duty each night and

as a result of this, he has been averaging only 4-5 hours sleep per night and is feeling very fatigued.

**Question 33**

It is likely that John

1. will find the difficult task of reading a map and plotting bearings for the cross-country route-march the next day more difficult than usual.
2. will find the simple task of lighting a gas stove to cook his rations for breakfast more difficult than usual.
3. will need to sleep double the amount of time for the next three days.
4. will need to drink sugary soft-drinks to keep himself awake.

**Question 34**

As he goes on the route-march the next day, it is likely that John will experience

1. hallucinations.
2. microsleeps.
3. allostatic overload.
4. increased daydreaming.

**Question 35**

Wolfgang is ten years old and his brother, Horst, is sixteen years of age. Which is the most likely description of their natural sleep patterns during the summer school holidays.

1. Wolfgang sleeps from 9.30 pm until 8.00 am; Horst sleeps from 1.00 am until 11.00 am.
2. Wolfgang sleeps from 9.30 pm until 8.00 am; Horst sleeps from 1.00 am until 7.00 am.
3. Wolfgang sleeps from 9.30 pm until 8.00 am; Horst sleeps from 10.30 pm until 7.00 am.
4. Wolfgang sleeps from 8.30 pm until 9.30 am; Horst sleeps from 10.00 pm until 9.00 am.

**Question 36**

In researching sleep-patterns, Researcher Jose asks participants to keep a ‘sleep diary’ to record how often they dream and the content of those dreams.

One problem that Jose must be aware of is the ‘self-fulfilling prophecy’, this means that

1. participants may be unable to recall their dreams when they awaken.
2. participants may make up dreams, trying to give Jose the information he is seeking.
3. participants may not report dream content that they find embarrassing.
4. some participants may never dream.

**Question 37**

The evolutionary (circadian) theory of sleep suggests that animals (including humans) sleep at times when they are less well adapted to find food or avoid predators. Which of the following is a criticism of the survival theory of sleep?

1. During sleep, our body uses less energy so we can remain longer in safety being unnoticed.
2. During sleep, we are in a reduced state of awareness so we are in increased danger from predators.
3. During sleep, we restore the muscles and nervous system.
4. Parasomnias, such as sleepwalking can increase the level of danger experienced by the individual.

**Question 38**

Which of the following is an accurate statement regarding the sleep pattern of a typical person aged 80 or over?

1. They will sleep for only about five hours per night and have almost no REM sleep.
2. They will sleep for ten hours or more per night and about 20% of this will be REM sleep.
3. They will sleep for only about five hours per night and about 20% of this will be REM sleep.
4. They will sleep for only about five hours per night and about 40% of this will be REM sleep.

**Question 39**

A mental health issue would be considered a mental disorder if

1. it had an identifiable biological cause.
2. it caused other symptoms (such as loss of appetite or difficulty sleeping).
3. it prevented the patient from functioning normally.
4. it was noticeable to other people.

**Question 40**

A mentally healthy person will be able to

1. hold down a job.
2. socialise in an appropriate way and express emotions appropriately.
3. show resilience when things do not go their way, recover after set-backs.
4. all of the above are characteristics of a mentally healthy person.

**Question 41**

The biopsychosocial approach to mental health is most useful because it

1. identifies the specific medications that will be most helpful in remediating chemical imbalances.
2. matches diagnosis and treatment to the specific needs of the individual.
3. identifies whether support-networks will be helpful for this patient.
4. identifies mental disorders that may be characteristic of this patient.

**Question 42**

The psychotherapeutic technique that involves identifying dysfunctional thought processes and teaching the patient new ways of thinking about events, people or things is referred to as

1. systematic desensitisation.
2. relaxation techniques.
3. brain exercise.
4. CBT (cognitive behavioural therapy).

**Question 43**

Which of the following correctly pairs protective factors with their area of influence?

1. Sleep hygiene and diet; psychological.
2. Cognitive behavioural strategies; biological.
3. Support from friends and community; social.
4. Resilience; biological.

**Question 44**

John B. Watson’s experiments with ‘Little Albert’ were unethical because they had the potential to cause lasting psychological damage to the infant.

What measures could Watson have taken to make these experiments satisfy ethical considerations?

1. There are no measures that would make these experiments ethical.
2. Asked Albert’s mother if he could experiment on Albert.
3. Extinguished the fear response in Albert.
4. Inform Albert’s mother of the conditions of the experiment and ask for her consent.

**Question 45**

Albert developed a phobia of white furry objects, although he was conditioned only using a white rat as a stimulus. This means that Albert was showing

1. stimulus discrimination.
2. stimulus generalisation.
3. response discrimination.
4. response generalisation.

**Question 46**

One significant problem with research involving placebo treatments is that

1. they necessarily involve deception.
2. placebos do not have any chemical effects.
3. placebos may lead participants to believe that they are receiving a treatment.
4. placebos may have a greater effect than the real treatment.

**Question 47**

Which of the following phobias is likely to be most resistant to treatment by systematic desensitisation?

1. Fear of butterflies.
2. Fear of lifts.
3. Fear of failure.
4. Fear of snakes.

**Question 48**

Anxieties and phobias are often treated with medications that are referred to as ‘GABA agonists’. This means that these medications

1. increase the effects of GABA.
2. decrease the effects of GABA.
3. act as artificial (synthetic) GABA.
4. replace GABA in the brain.

**Questions 49 and 50 refer to the information below**

Svend smokes cigarettes at the rate of about 20 per day. His friends keep telling him it is bad for his health and he should try to quit, but Svend keeps thinking of his great-uncle who smokes up to 50 per day and still appears healthy at the age of 86, so he believes that he is OK to keep smoking.

His girlfriend, Svetlana, tells him that she can’t stand the smell of the cigarettes and he has to give up the cigarettes or she will the end their relationship.

Svend truly loves Svetlana so he begins to search for ways to quit in the internet.

**Question 49**

According to the transtheoretical model of behavior change, when he doesn’t think there is a problem, Svend is in the

1. preparation stage.
2. contemplation stage.
3. pre-contemplation stage.
4. preparation stage.

**Question 50**

When he starts to look for ways to quit on the internet, according to the transtheoretical model of behaviour change, when he searches the internet for ways to quit, Svend is in the

1. preparation stage.
2. contemplation stage.
3. pre-contemplation stage.
4. preparation stage.

**Section B - Short answer section: answer in the spaces provided.**

**Question 1**

Supermarket manager Rosie is preparing the rosters for staffing for the next month. The store is open 24 hours seven days a week. Because the wage agreement does not pay penalty rates, Rosie is keen to make sure that all workers share equally in day (8.00am to 4.00 pm), evening (4.00pm to midnight) and night shifts (midnight to 8.00am).

1. In order for her staff to be most efficient and to keep morale high, since Mark and Trung worked the day shift this month, which shift should they be rostered for next month? 1 mark

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1. Explain why this is the best shift for Mark and Trung next month. 3 marks

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**Question 2**

It is possible that an altered state of consciousness (ASC) can be identified from *content limitations (or lack thereof)*. Explain this statement and give an example. 2 marks

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**Question 3**

Margot is being assessed for her levels of stress and is attached to an EMG, an EOG and an EEG. At the moment, she is in a very calm and relaxed state.

**a.** What is measured by an EMG? 1 mark

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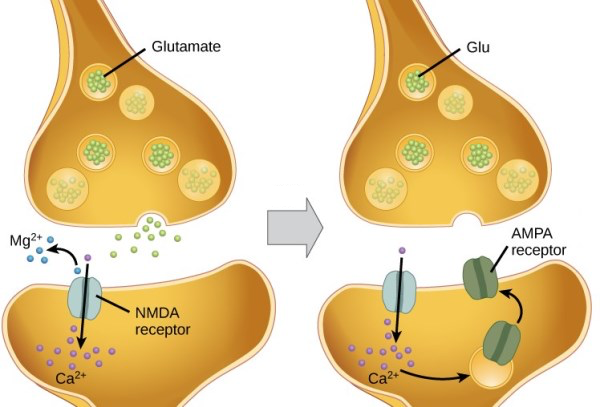
**b.** What will an EMG show while Margot is in this state? 1 mark

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**c.** At the same time, what is the EEG likely to show? 1 mark

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**Question 4**



1. Explain what is being shown in the diagram above. (You may use the abbreviations NDMA

and AMPA without further explanation of the terms) 2 marks

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1. How does the above diagram relate to memory formation? 2 marks

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**Question 5**

It is time for Suzie to begin her Year 12 VCE studies. Everything goes well until she is given SACs for all her subjects at the end of the first week **(A)**.

Suzie immediately feel stressed and cannot sleep on the Friday night **(B)**, but after thinking about her program and planning over the weekend, by Monday she is feeling that she can deal with this and returns to school with confidence **(C)**.

This confidence continues for two weeks or so, but then she begins to feel unwell and her doctor diagnoses influenza and insists that she should stay home, rest and keep her temperature down for the next week **(D)**.

1. On the axes below, draw a diagram of the General Adaptation Syndrome (Selye’s GAS), including labelling of all stages and also label **A, B, C** & **D**. 5 marks

**RESISTANCE TO STRESS**

**+++**

**++**

**+**

**NORMAL**

**\_**

**TIME**

**\_ \_**

**\_ \_ \_**

1. If Suzie does not follow the doctor’s advice, what are some likely outcomes? 2 marks

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1. Indicate the way in which Lazarus and Folkman’s model applies to Suzie’s situation:

1 + 1 = 2 marks

1. Primary appraisal.

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1. Secondary appraisal.

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1. Suggest an ‘approach’, emotion-focused strategy and an ‘approach’, problem-focused strategy that Suzie may have used over the first weekend. 2 + 2 = 4 marks

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**Question 6**

When Oska was a P-Plate driver, he was sitting in his car at a level crossing when a driver coming in the other direction tried to drive round the boom-gates. Oska watched in horror as the train ploughed into the other car and carried it many metres down the track before stopping.

Twenty years later, Oska still has graphic visions of the crash when he approaches the same level crossing.

Explain what has happened to Oska in terms of the formation of this graphic memory and identify the reason for it recurring at that level crossing. 4 marks

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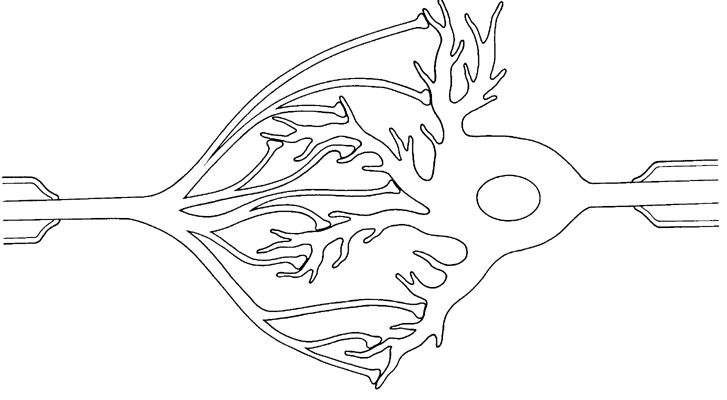
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**Question 7**

Below is a simplified diagram of parts of two neurons.

1. Label the following:

Axon; pre-synaptic neuron; post-synaptic neuron; dendritic spine; myelin sheath; terminal button. 3 marks



1. Explain the purpose and function of the following parts of a neuron. 1+1+1 = 3 marks
   * 1. Myelin sheath
     2. Axon
     3. Cell body (Soma)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Question 8**

Using examples, explain the meaning of the terms *extinction* and *spontaneous recovery* as they apply in **classical conditioning**. 4 marks

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**Question 9**

Using examples, explain the meaning of the terms *punishment* and *negative reinforcement* as they apply in **operant conditioning**. Make sure that you demonstrate the two essential differences between these concepts. 4 marks

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**Question 10**

**a.** Give two conditions in modelling that increase the likelihood that a child will imitate the model’s behaviour. 2 marks

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**b.** Peter wants to use modelling to teach his sons, Josh and Nick, how to perform a checkside punt (banana kick). Suggest how he should proceed to teach them. 4 marks

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**Question 11**

Zhan has been diagnosed with clinical depression.

1. Complete the table below with at least one appropriate entry in each cell, to show how different factors might be influencing Zhan’s mental health. 8 marks

|  |  |  |  |
| --- | --- | --- | --- |
|  | Biological | Psychological | Social |
| Predisposing Risk  Factors |  |  |  |
|  |  |  |  |
| Perpetuating Risk  Factors |  |  |  |
|  |  |  |  |

1. Explain why Zhan’s mental health condition may be more serious than it would appear if we only considered each of the factors indicated in the table above separately. 2 marks

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**Question 12**

You wish to investigate the relationship between the amount of mental activity a person undertakes during the day and the amount of REM sleep they experience the next night.

You have use of a sleep laboratory and equipment including a video-camera and EOG. Sixty First-year University students (30 male and 30 female), all over the age of 18 years, have volunteered for the study after being informed of its purpose and what will be involved for them. Identify how you would operationalise the variables to be investigated and state a research hypothesis.

Describe the experimental design you would use and the procedures you would follow. You should explain why you selected this particular research design, indicate the advantages of such a design, and identify measures you would take to overcome any disadvantages. 10 marks

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