



FINAL EXAMINATION
NOVEMBER 2022

COURSE TITLE	PRINCIPLES OF PSYCHOLOGY
COURSE CODE	FSDV0154
DATE/DAY	16 FEBRUARY 2023 / THURSDAY
TIME/DURATION	09:00 AM - 12:00 PM / 03 Hour(s) 00 Minute(s)

INSTRUCTIONS TO CANDIDATES :

1. Please read the instruction under each section carefully.
2. Candidates are reminded not to bring into examination hall/room any form of written materials or electronic gadget except for stationery that is permitted by the Invigilator.
3. Students who are caught breaching the Examination Rules and Regulation will be charged with an academic dishonesty and if found guilty of the offence, the maximum penalty is expulsion from the University.

(This Question Paper consists of 11 Printed Pages including front page)

*****DO NOT OPEN THE QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO*****

This paper contains FOUR (4) sections. Answer ALL questions.

[100 MARKS]

SECTION A

(40 Marks)

There are FORTY (40) questions in this section. Answer ALL questions in the OMR sheet.

1. What does the philosophical position of determinism imply?
 - A. We live in a world governed by cause and effect.
 - B. A complete understanding of your genetics could predict and explain everything you do.
 - C. Someone with a dominant personality can strongly influence other people.
 - D. People have free will to control their own destiny.

2. What do psychologists and philosophers mean by the “mind–body” question?
 - A. Is the mind aware of what goes on in the body?
 - B. How does brain activity relate to mental experience?
 - C. Which is more important, mind or body?
 - D. Do you mind what I do with your body?

3. Which of these issues is related to the study of the role of heredity and environment?
 - A. The nature–nurture issue
 - B. The mind–brain relationship
 - C. The issue of determinism versus free will
 - D. The issue of how we should classify types of mental disorder

4. What are the main parts of a neuron, other than the cell body?
 - A. Axon and dendrites
 - B. Axon and glia
 - C. Dendrites and glia
 - D. Glia and mitochondria

5. What is the function of a neuron’s dendrites?
 - A. They insulate the neuron from other cells.
 - B. They contain the chromosomes and they synthesize new proteins.
 - C. They conduct information toward other cells.
 - D. They receive information from other cells.

6. What is an "action potential" in the nervous system?
- A. A message that travels along an axon
 - B. A chemical that passes across a synapse
 - C. A group of muscles that receive input from a neuron
 - D. A central brain area that coordinates other areas
7. Which of the following emphasizes drive-reduction theories of motivation?
- A. Efforts to win competitions against other people and to improve one's own performance
 - B. A hierarchy of needs, headed by self-actualization
 - C. Attempts to satisfy all needs and then become inactive
 - D. Attraction by highly desirable stimuli or opportunities
8. Which of these is a clear example of a homeostatic motivation?
- A. Competing for a prize
 - B. Earning money
 - C. Self-actualization
 - D. Temperature regulation
9. What does Maslow's hierarchy of needs attempt to explain?
- A. How children learn to take all the responsibilities expected of adults
 - B. Why certain motivations take priority over other ones
 - C. Why people try to help others, including people they don't know
 - D. How drive motivation combines forces with incentive motivation
10. How does the opponent-process theory explain color vision?
- A. The brain compares responses in one retinal area to responses in another.
 - B. The brain responds to the ratio of firing among three types of cones.
 - C. The brain has a red-versus-green system and a yellow-versus-blue system.
 - D. The brain compares the amplitude of an action potential to its velocity.
11. Which of these does the vestibular system detect?
- A. Airborne chemicals emitted by other people
 - B. Temperature and pressure of the air
 - C. Position of your head
 - D. Activity of your heart, lungs, and digestive system

12. Gestalt psychology emphasizes the way our perception depends on which of the following?
- A. Feature detectors
 - B. Rewards and punishments
 - C. Genetics
 - D. Patterns and configurations
13. In which regard do System 1 thinking and System 2 thinking differ?
- A. Whether you think in words or imagine something in pictures
 - B. Whether you decide by yourself or consult with others
 - C. Whether you rely on your left hemisphere or your right hemisphere
 - D. Whether you respond quickly or after careful thought
14. Which of the following tends to be true of maximizers?
- A. They make decisions quickly and feel pleased with their decisions.
 - B. They tend to make decisions that other people regard as poor ones.
 - C. They consider many possibilities before making a decision.
 - D. They consistently choose the most expensive of the choices available.
15. What do we call the system for converting a deep structure into a surface structure in language?
- A. Language acquisition device
 - B. Transformational grammar
 - C. Near transfer
 - D. Far transfer
16. Which of these best describes Piaget's view of children's cognitive development?
- A. Children have to develop socially and emotionally before they develop cognitively.
 - B. Children's cognitive development depends mostly on memorization.
 - C. Children's thinking is qualitatively different from that of adults.
 - D. Children think like adults, except that they are slower and less confident.
17. What point did Erik Erikson's stages of development emphasize?
- A. Cultural differences determine people's intellectual patterns.
 - B. Difficulties at any age lead to further difficulties later.
 - C. Childhood sexual fantasies and frustrations lead to neurosis.
 - D. Human development and maturation depend largely on genetic influences.

18. Which of the psychological consequences does terror-management theory focus on?
- A. Fear of failure
 - B. Fear of death
 - C. Fear of strangers
 - D. Fear of changes in life
19. What do we call psychologists who study only observable actions?
- A. Psychoanalysts
 - B. Humanistic psychologists
 - C. Behaviorists
 - D. Structuralists
20. Your clock makes a clicking sound just before the alarm. Initially that sound didn't wake you up, but now it does, due to classical conditioning. What is the clicking sound?
- A. Conditioned stimulus
 - B. Unconditioned stimulus
 - C. Conditioned response
 - D. Unconditioned response
21. Which of these is true in operant conditioning but not in classical conditioning?
- A. The learned response is quickly forgotten unless it is rehearsed frequently.
 - B. The individual's response controls the outcome, such as reinforcement.
 - C. Two stimuli are presented at certain times, regardless of the individual's actions.
 - D. The animal associates events distant in time more easily than those close in time.
22. What happened when Philip Zimbardo assigned students to play the role of prison guard or prisoner?
- A. The prisoners started a violent riot.
 - B. The guards abused the prisoners.
 - C. The prisoners found a way to escape.
 - D. Realizing that psychologists were watching, the guards were very gentle.
23. What is the group polarization effect?
- A. When a minority group presents an idea, members of the majority group offer other ideas.
 - B. A group that starts with an extreme position becomes more moderate after discussion.
 - C. A group leaning one way on an issue moves even further that way after discussion.
 - D. When a group discusses an issue, its members tend to split into opposing groups.

24. Which of the following strongly increases the probability of anger and aggression?
- A. Frustration
 - B. Low self-esteem
 - C. Mental illness
 - D. Eating sweets
25. According to Freud, what does the superego do as part of your personality?
- A. Tells you what not to do
 - B. Seeks immediate gratification
 - C. Makes the final decision about what to do
 - D. Strives for a feeling of superiority
26. In Alfred Adler's theory, what is "individual psychology"?
- A. A psychology that concentrates on what makes each person unique
 - B. A psychology of the person as a whole
 - C. Psychotherapy that treats just one person at a time
 - D. The separate contributions of the id, ego, and superego
27. By what research procedure did psychologists identify the Big Five personality factors?
- A. They measured the effects of changes in several neurotransmitter receptors.
 - B. They identified clusters of words with overlapping meanings that describe personality.
 - C. They found five major ways in which psychotherapy leads to behavior change.
 - D. They surveyed psychologists, psychiatrists, and school counselors.
28. What is meant by a standardized personality test?
- A. It measures both conscious and unconscious aspects of personality.
 - B. It is a pencil-and-paper test with multiple-choice questions.
 - C. It is valid for selecting which job applicants to hire.
 - D. It has rules for how to interpret the results.
29. How does fluid intelligence differ from crystallized intelligence?
- A. Fluid applies to practiced skills. Crystallized applies to new problems.
 - B. Fluid applies to new problems. Crystallized applies to practiced skills.
 - C. Fluid is learned. Crystallized is inherited.
 - D. Fluid occurs in humans. Crystallized occurs in laboratory animals.

30. What does Howard Gardner's theory of multiple intelligences claim?
- A. We have many types of intelligence that are closely related.
 - B. We have many types of intelligence that are independent.
 - C. The same genes that promote one type of intelligence promote them all.
 - D. Any task requires us to use all parts of the brain equally.
31. What has always been the intended purpose of IQ tests?
- A. To predict children's performance in school
 - B. To help researchers test the role of heredity and environment in intelligence
 - C. To help researchers test the contributions of various brain areas to intelligence
 - D. To help teachers determine which children are visual or verbal learners
32. If people of different generations took the same IQ test, with the same scoring standards, how would the scores compare?
- A. Today's young adults would get the highest scores.
 - B. The parents of today's young adults would get the highest scores.
 - C. The grandparents of today's young adults would get the highest scores.
 - D. All generations would get about the same score, on average.
33. What is unusual about the memory of obsessive-compulsive checkers?
- A. They distrust their memory.
 - B. Their episodic memories are especially strong.
 - C. They tend to forget their procedural memories.
 - D. Their long-term memories consolidate more slowly than normal.
34. In which disorder is it common for people to awaken early and fail to get back to sleep?
- A. Major depression
 - B. Social phobia
 - C. Bulimia nervosa
 - D. Borderline personality disorder
35. What is the usual age for a first diagnosis of schizophrenia?
- A. Childhood
 - B. Early teenage
 - C. Young adults in their 20s
 - D. Middle-aged people from about 35 to 50

36. What is a major difference between behavior therapists and psychoanalysts?
- A. Behavior therapists try to change behavior without interpreting hidden meanings.
 - B. Behavior therapists try to understand the physiological basis of behavior.
 - C. Behavior therapists deal with the behavior of a family more than any individual.
 - D. Behavior therapists encourage clients to interpret the meanings of their behavior.
37. How does the James-Lange theory of emotions describe the relationship between trembling and fear?
- A. Episodes of trembling and episodes of feeling fear alternate with each other.
 - B. You start to tremble because you feel fear.
 - C. You feel fear when you feel yourself trembling.
 - D. Your fear and your trembling are unrelated to each other.
38. What evidence do some psychologists cite to support the idea that humans have six "basic" emotions?
- A. Ancient civilizations named six of the days of the week after one of these emotions.
 - B. Each of the six emotions depends on a different neurotransmitter.
 - C. Six facial expressions of emotion are recognizable throughout the world.
 - D. Certain genetic mutations cause the loss of just one of these emotions.
39. What is one way you can make yourself happier?
- A. Look forward to buying something big.
 - B. Set a goal to increase your wealth.
 - C. Move to a warmer climate.
 - D. List the things that make you feel grateful.
40. Which method of coping with stress depends on trying to control the situation?
- A. Emotion-focused coping
 - B. Coping by distraction
 - C. Problem-focused coping
 - D. Coping by reappraisal

SECTION B

(10 Marks)

There are TEN (10) questions in this section. Identify whether the statements are TRUE or FALSE. Write the answer in the answer booklet.

No	Statements	True or False
1.	Nearly all brain researchers today believe that conscious experience is inseparable from the physical brain.	
2.	Fat cells in your body release the hormone leptin, which signals your brain that you should stop eating.	
3.	Rods and cones are equally important for color vision.	
4.	To shift your attention from one item to another, you have to move your eyes.	
5.	Infants may or may not seem to understand object permanence, depending on how we test them.	
6.	The individual's behavior controls the presence or absence of reinforcement in both classical and operant conditioning.	
7.	Working together for a common goal is an effective way to overcome prejudices.	
8.	Psychologists derived the Big Five model of personality from an analysis of the English language.	
9.	In most cases, fluid intelligence continues to increase throughout a person's lifetime.	
10.	Humanistic therapists listen sympathetically and encourage people to make their own decisions.	

SECTION C

(10 Marks)

There are TEN (10) questions in this section. Write the correct answer in the answer booklet by completing each statement.

1. Maintaining stability of temperature, body weight, body water, and other biological conditions is known as _____.
2. Detection of the tilt, acceleration, and orientation of the head depends on the _____ system.
3. A mechanical, repetitive procedure for solving a problem or testing every hypothesis is called a(n) _____.
4. Piaget's first stage, marked by simple responses to current stimuli, is known as the _____ stage.
5. A rat learns to press a lever to avoid an electric shock. This is an example of _____ reinforcement.
6. One explanation for why people often fail to help a person in distress is diffusion of _____.
7. According to Alfred Adler, everyone has a natural drive to achieve excellence and fulfillment. He called this drive the striving for _____.
8. According to Raymond Cattell, intelligence has two major components, fluid intelligence and _____ intelligence.
9. Agoraphobia and social phobia are common among people who also have _____ disorder.
10. Most psychologists who support the idea of basic emotions list these six: happiness, sadness, fear, anger, disgust, and _____.

SECTION D

(40 Marks)

There are **TWO (2)** questions in this section. Write your answer in the answer booklet.

Question 1

(20 marks)

- a) What is the difference between System 1 and System 2 in thinking and problem solving? Explain the strategies that are used for each system and provide appropriate examples. (10 marks)
- b) Individuals sometimes face a choice among a huge number of options. People generally follow two strategies: *maximizing* and *satisficing*. Define each term and provide appropriate examples to show differences between the two. (10 marks)

Question 2

(20 marks)

- a) State the James-Lange theory of emotions and briefly describe evidence that supports it and provide examples. (10 marks)
- b) Describe three major categories of ways to cope with stress and provide examples. (10 marks)

*** END OF QUESTION PAPER ***