

2018 VCE Psychology Trial Examination



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VICTORIAN CERTIFICATE OF EDUCATION Year 2018

STUDENT NUMBER

Letter

Figures									
Words									

PSYCHOLOGY

Trial Written Examination

Reading time: 15 minutes

Writing time: 2 hours 30 minutes

QUESTION AND ANSWER BOOK

Structure of book

<i>Section</i>	<i>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
A	50	50	50
B	13	13	70
			Total 120

- Students are permitted to bring into the examination room: pens, pencils, highlighters, erasers, sharpeners and rulers.
- Students are NOT permitted to bring into the examination room: blank sheets of paper and/or white out liquid/tape.
- No calculator is allowed in this examination.

Materials supplied

- Question and answer book of 29 pages.
- Answer sheet for multiple-choice questions.
- Additional space is available at the end of the book if you need extra paper to complete an answer.

Instructions

- Write your **student number** in the space provided above on this page.
- Check that your **name** and **student number** as printed on your answer sheet for multiple-choice questions are correct, **and** sign your name in the space provided to verify this.
- All written responses must be in English.

At the end of the examination

- Place the answer sheet for multiple-choice questions inside the front cover of this book.

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VCE PSYCHOLOGY 2018 Trial Written Examination

MULTIPLE-CHOICE ANSWER SHEET

Student Name

Student Number

Signature

If your name or number on this sheet is incorrect, notify the Supervisor.
Use a **PENCIL** for **ALL** entries. For each question, shade the box that indicates your answer.
All answers must be completed like **THIS** example.

A	<input checked="" type="checkbox"/>	C	D
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Marks will **NOT** be deducted for incorrect answers.
NO MARK will be given if more than **ONE** answer is completed for any question.
If you make a mistake, **ERASE** the incorrect answer. **DO NOT** cross it out.

ONE ANSWER PER LINE

ONE ANSWER PER LINE

1.	A	B	C	D	26.	A	B	C	D
2.	A	B	C	D	27.	A	B	C	D
3.	A	B	C	D	28.	A	B	C	D
4.	A	B	C	D	29.	A	B	C	D
5.	A	B	C	D	30.	A	B	C	D
6.	A	B	C	D	31.	A	B	C	D
7.	A	B	C	D	32.	A	B	C	D
8.	A	B	C	D	33.	A	B	C	D
9.	A	B	C	D	34.	A	B	C	D
10.	A	B	C	D	35.	A	B	C	D
11.	A	B	C	D	36.	A	B	C	D
12.	A	B	C	D	37.	A	B	C	D
13.	A	B	C	D	38.	A	B	C	D
14.	A	B	C	D	39.	A	B	C	D
15.	A	B	C	D	40.	A	B	C	D
16.	A	B	C	D	41.	A	B	C	D
17.	A	B	C	D	42.	A	B	C	D
18.	A	B	C	D	43.	A	B	C	D
19.	A	B	C	D	44.	A	B	C	D
20.	A	B	C	D	45.	A	B	C	D
21.	A	B	C	D	46.	A	B	C	D
22.	A	B	C	D	47.	A	B	C	D
23.	A	B	C	D	48.	A	B	C	D
24.	A	B	C	D	49.	A	B	C	D
25.	A	B	C	D	50.	A	B	C	D

SECTION A – Multiple-choice questions**Instructions for Section A**

Answer **all** questions in pencil on the answer sheet provided for multiple-choice questions.

Choose the response that is **correct** or that **best answers** the question.

A correct answer scores 1, an incorrect answer scores 0.

Marks will not be deducted for incorrect answers.

No mark will be given if more than one answer is completed for any question.

Question 1

The function of a dendrite is to

- A. receive electrical messages from the post-synaptic neuron
- B. receive electrical messages from the pre-synaptic neuron
- C. receive chemical messages from the post-synaptic neuron
- D. receive chemical messages from the pre-synaptic neuron

Use the following information to answer Questions 2-4.

Professor Bookman investigated the effects of sugar on university students' attention levels. She conducted an experiment involving 40 participants. In the first condition, participants were given two sugar free lollies prior to completing an attention test. The participants were then given two lollies that contained sugar and completed another attention test.

Question 2

Which experimental research design has Professor Bookman used in this experiment?

- A. matched participants
- B. independent groups
- C. repeated measures
- D. cross-sectional

Question 3

Identify the extraneous variable that was controlled by Professor Bookman in her study.

- A. order effects
- B. the experimenter effect
- C. the placebo effect
- D. non-standardised instructions

Question 4

Which of the following ethical considerations does Professor Bookman not have to uphold at the beginning of her experiment?

- A. Debrief participants by outlining the results of the study.
- B. Obtain written agreement from all of her participants.
- C. Outline what is involved in the study and what participants will be required to do.
- D. Advise participants of their rights.

Question 5

When getting her wisdom teeth removed, Kristen was given a general anesthetic. Kristen's state while having her wisdom teeth removed is best described as

- A. an altered state of consciousness.
- B. normal waking consciousness.
- C. an induced altered state of consciousness.
- D. a naturally occurring altered state of consciousness.

Use the following information to answer Questions 6-7.

Jemima is getting ready for her friend's birthday party. Whilst straightening her hair, Jemima accidentally touches the hot straightening iron with her hand and automatically drops it.

Question 6

Which of the following correctly identifies the roles of the three types of neurons in Jemima's nervous system when she burns her hand and drops the straightener?

	Afferent neurons	Interneurons	Efferent neurons
A.	Transmit the sensory information to her brain	Enable her sensory and motor neurons to communicate	Carry the motor information from her brain to her hand
B.	Transmit the motor information to her spinal cord	Initiate her motor response of dropping the straightener	Carry the motor information from her spinal cord to her hand
C.	Carry the motor information from her spinal cord to her hand	Enable her sensory and motor neurons to communicate	Transmit the sensory information to her CNS
D.	Transmit the sensory information to her CNS	Initiate her motor response of dropping the straightener	Carry the motor information from her spinal cord to her hand

Question 7

Jemima's response of automatically dropping the hair straightener is an example of

- A. a conscious reflex.
- B. an unconscious response.
- C. an inhibitory response.
- D. an autonomic nervous system response.

Question 8

Consider the following statements about a hypothetical psychological test. Which one is not possible based on the relationship between reliability and validity?

- A. The test is high in validity and high in reliability
- B. The test is high in validity and low in reliability
- C. The test is low in validity and high in reliability
- D. The test is low in validity and low in reliability

Question 9

GABA deficiency plays a key role in the development of specific phobia as GABA

- A. decreases the speed of neurotransmitter transmissions along the axon
- B. acts as an inhibitory neurotransmitter which decreases the likelihood of an action potential
- C. acts as an excitatory neurotransmitter which increases the likelihood of an action potential
- D. decreases the speed of neurotransmitter transmissions across the synapse

Question 10

Which of the following correctly identifies biological and psychological stress reactions?

	Biological	Psychological
A.	Changes to eating habits	Irritability
B.	Heart palpitations	Decreased concentration
C.	Skin rashes	Headaches
D.	Memory impairment	Changes to sleeping habits

Question 11

What is the key neurotransmitter involved in learning and memory?

- A. dopamine
- B. serotonin
- C. glutamate
- D. GABA

Use the following information to answer Questions 12-13.

In 1920, Watson and Rayner conducted an experiment with a participant known as Little Albert. The experiment is renowned for advancing our knowledge classical conditioning of emotional responses, as well as for the ethical issues that it raised.

Question 12

Prior to conducting their experiment on Little Albert, Watson and Rayner did not tell Little Albert's mother what would be involved in the experiment, nor did she agree that he could take part. Identify the ethical principle that this breached.

- A. debriefing
- B. informed consent
- C. deception
- D. confidentiality

Question 13

Watson and Rayner have also been criticised for not extinguishing Little Albert's fear response to the fluffy white rat at the conclusion of their study. The researchers could have extinguished Little Albert's conditioned response by repeatedly presenting the

- A. conditioned stimulus without the conditioned response.
- B. neutral stimulus and the unconditioned stimulus.
- C. conditioned stimulus without the unconditioned stimulus.
- D. neutral stimulus and the conditioned stimulus.

Use the following information to answer Questions 14 - 15.

Sully, Jonah and Simon were at the local cinema. When the fire alarm went off, they had to evacuate the cinema immediately. Sully was able to run fast out of the cinema; Jonah stayed still in his seat until an usher helped him evacuate and Simon found a fire extinguisher and used it on the fire that had triggered the alarm

Question 14

Which of the following best identifies the type of response that Sully, Jonah and Simon demonstrated when the fire alarm went off?

	Sully	Jonah	Simon
A.	flight response	fight response	freeze response
B.	fight response	freeze response	flight response
C.	freeze response	flight response	fight response
D.	flight response	freeze response	fight response

Question 15

All three boys would be likely to experience the physiological changes of

- A. increased heart rates and dilated pupils.
- B. stimulated digestion and relaxed bladders.
- C. increased adrenaline levels and stimulated digestion.
- D. decreased muscle tension and increased perspiration.

Question 16

One difference between eustress and distress is that

- A. Eustress doesn't involve any physiological changes, whereas distress involves the activation of the sympathetic nervous system
- B. Eustress is a positive psychological response to a stressor, whereas distress is a negative psychological response to a stressor
- C. Eustress involves a person remaining calm, whereas distress involves feelings of worry and anxiety
- D. Eustress is always acute, whereas distress is always chronic

Question 17

Which of the following accurately describes a strength of Lazarus and Folkman's Transactional Model of Stress and Coping and a limitation of the Selye's General Adaptation Syndrome?

	Strength of Lazarus and Folkman's Transactional Model of Stress & Coping	Limitation of Selye's General Adaptation Syndrome
A.	views stress as an interaction with the environment in which the individual has an active role	a rat's response to stressors cannot be generalised to a human's response because the rat's response is less varied.
B.	focuses on psychological determinants of the stress response over which we do not have control	Selye considered the impact of physiological stressors on the human body without considering psychological stressors.
C.	explains why individuals respond in different ways to the same stressors	it does not provide an explanation for why the human body's level of resistance to stress decreases during the exhaustion stage.
D.	proposes different methods for managing psychological responses to stressors.	Selye claimed that, during counter shock, the human body's level of resistance to stress decreases; however, it is actually known to increase.

Use the following information to answer Questions 18 - 19.

Quinny is stressed about an upcoming meeting at work and decides to meditate to alleviate some of the tension resulting from the stress.

Question 18

A physiological change that Quinny will experience while meditating is

- A.** increasing bodily arousal.
- B.** a decreasing heart rate.
- C.** increasing awareness of his surroundings.
- D.** perceptual distortions.

Question 19

A psychological change that Quinny might experience while meditating is

- A.** decreasing bodily arousal.
- B.** a decreasing heart rate.
- C.** an improved ability to accurately judge the passing of time.
- D.** perceptual distortions.

Question 20

Which of the following is the most accurate description of stress?

- A. A state of anxiety that impairs one's ability to cope with a stressor
- B. A state of psychological tension when a person perceives that will not be able to cope in the future
- C. A state of negative psychological tension associated with states just as frustration and irritability
- D. A state of psychological and physical tension when a person perceives that they cannot cope with a stressor

Question 21

An example of a life event is

- A. fighting with friends
- B. losing your phone
- C. having a SAC
- D. starting a new job

Question 22

Judy and Carrie both have an interview for a part time job. On the day of the interview, Judy is experiencing distress and Carrie is experiencing eustress. What is the dominant autonomic nervous system division activated for Judy and Carrie on the day of their interview?

	Judy	Carrie
A.	sympathetic nervous system	sympathetic nervous system
B.	sympathetic nervous system	parasympathetic nervous system
C.	parasympathetic nervous system	sympathetic nervous system
D.	parasympathetic nervous system	parasympathetic nervous system

Question 23

Which of the following is **not** a behavioural change that may be experienced when a person is stressed?

- A. Increase in appetite
- B. Decreased concentration
- C. Changes to sleeping habits
- D. Decreased appetite

Question 24

One difference between dyssomnias and parasomnias is that

- A. dyssomnias can be treated, whereas parasomnias cannot be treated
- B. dyssomnias relate to problems with falling asleep and staying asleep, whereas parasomnias are characterised by unusual or abnormal behaviours during sleep.
- C. dyssomnias do not affect a person's sleep wake cycle, whereas parasomnias do affect a person's sleep wake cycle
- D. dyssomnias are only experienced by children, whereas parasomnia can be experienced at any age.

Question 25

The use of a sleep diary for research on sleep may generate which type of data?

- A. subjective data
- B. only qualitative data
- C. only quantitative data
- D. inferential data

Question 26

The shock phase of the first stage of the General Adaptation Syndrome is usually characterised by

- A. an increase in muscle tone.
- B. a decrease in blood pressure.
- C. an immediate activation of the sympathetic nervous system.
- D. the release of adrenaline

Question 27

Sam is under a lot of pressure at work to meet an important deadline. He has been working long hours for four weeks before he ends up contracting the flu and having to take three days off work.

Sam falling sick is best explained by

- A. the stress hormone adrenaline suppressing his immune system.
- B. the stress hormone cortisol suppressing his immune system.
- C. the effects of cumulative stress.
- D. the effects of long working hours.

Question 28

Which of the following does **not** explain why people can experience different responses to the same stressor?

- A. Stress is objective.
- B. Experiencing stress involves perception.
- C. Personality characteristics can affect our experience of stress.
- D. Stress can be influenced by past experience.

Question 29

Jeremy is sweating profusely prior to going for his driver's license. The adaptive purpose of this increase in perspiration is to

- A. cool the body down so it doesn't overheat.
- B. provide hydration to the skin so it doesn't dry out.
- C. lubricate the hands for improved grip.
- D. drop excess weight from the body to facilitate faster movement.

Use the following information to answer Questions 30-32.

Dylan is under a lot of stress due to starting a new job and his wife being pregnant. As he gets closer to the birth of his baby, Dylan begins to experience partial sleep deprivation, which makes his stress worse. After a week of not sleeping properly, Dylan seeks the assistance of a psychologist to deal with his stress and to improve his overall mental health and wellbeing.

Question 30

In terms of Dylan's experience of stress, his sleep deprivation could be considered a

- A. biological predisposing factor.
- B. biological perpetuating risk factor.
- C. psychological precipitating risk factor.
- D. psychological perpetuating risk factor.

Question 31

An effect of sleep deprivation that Dylan may experience in regards to his affective functioning is

- A. clumsiness.
- B. mood disturbances.
- C. memory problems.
- D. difficulties performing simple tasks.

Question 32

Which stage of the Transtheoretical Model is Dylan most likely in when he sees a psychologist for help?

- A. pre-contemplation
- B. contemplation
- C. preparation
- D. maintenance

Use the following information to answer Questions 33-34.

Sula is 32 years old and has just moved to Australia with her husband. Sula has never been to a western country like Australia before and does not speak much English.

Question 33

When first arriving in Australia, Sula was most likely experiencing

- A. eustress.
- B. acculturative stress.
- C. daily pressures.
- D. language stress.

Question 34

The best example of an avoidance strategy that Sula may use to cope would be

- A. calling her friends in her home country to talk to them about how she is feeling.
- B. enrolling in language school to improve her English skills.
- C. joining a community centre and meeting new people.
- D. reading her favourite books and pretending she is still in her home country.

Use the following information to answer Questions 35-37.

Elle has recently been diagnosed with depression and was told by her doctor that there are a number of factors that may have contributed to her development of the illness, including biological factors, psychological factors and social factors. The doctor informs Elle that one of the biological contributing factors can be an imbalance of the neurotransmitter serotonin.

Question 35

Which of the following is not a known cause of neurotransmitter imbalances?

- A. Drug use
- B. Too much caffeine
- C. Poor coping strategies
- D. Genetics

Question 36

Elle's doctor explains to her how neurotransmitters work using the metaphor of a lock and key. In this metaphor

- A. the lock is the receptor site on the pre-synaptic neuron and the key is the neurotransmitter.
- B. the lock is the receptor site on the post-synaptic neuron and the key is the neurotransmitter.
- C. the lock is the neurotransmitter and the key is the receptor site on the pre-synaptic neuron.
- D. the lock is the neurotransmitter and the key is the receptor site on the post-synaptic neuron.

Question 37

Serotonin is an inhibitory neurotransmitter, this means that it

- A. is more likely to bind to a receptor site.
- B. is less likely to bind to a receptor site.
- C. increases the likelihood of an action potential.
- D. decreases the likelihood of an action potential.

Question 38

Paula, Hailey and Jodie were on school camp. Paula was almost asleep, Hailey had just fallen asleep and Jodie was in a deep sleep. Which of the following identifies the main type of brainwaves being experienced by Paula, Hailey and Jodie

	Paula	Hailey	Jodie
A.	Beta	Delta	Beta
B.	Alpha	Beta	Theta
C.	Alpha	Theta	Delta
D.	Beta	Alpha	Beta

Use the following information to answer Questions 39–40

Keyla, a usually healthy 19-year-old, had recently experienced a series of stressors including starting a new course at university, breaking up with her boyfriend and the death of her great-aunt. Keyla began to withdraw from her friends and stopped going to the gym. These changes in her behaviour lasted for over six months after the initial stressful events.

Question 39

According to the biopsychosocial model, the factors impacting Keyla were

- A. physiological
- B. psychological
- C. biological
- D. social

Question 40

After some encouragement from her close friend, Keyla made an appointment to see her doctor. Keyla's doctor recommended her to a psychologist for counselling. The counselling sessions helped however after a couple of months, Keyla was still withdrawn and did not seem to be making further improvements. Keyla went back to see her doctor who prescribed her with medication. Which of the following identifies the aspect of the biopsychosocial model that each of these interventions were targeting?

	Counseling	Medication
A.	Psychological	Social
B.	Psychological	Biological
C.	Social	Physiological
D.	Social	Biological

Question 41

Benjamin is 13 years old and has a history of sleep walking. As his year-seven school camp is coming up, his mother decides to take him to see a sleep specialist. The specialist recommends that Benjamin spend two nights in a sleep lab where he can be monitored. On his first night at the sleep lab, the technicians record footage of him sleep walking. Which stage of sleep was Benjamin most likely in while he was sleep walking?

- A. NREM 1
- B. NREM 2
- C. NREM 3
- D. REM

Question 42

Jameson conducted a study to determine if social behaviours, such as aggression can be acquired by observation. In his study, Jameson showed 28 children (14 boys and 14 girls) a movie of a male or female model behaving aggressively towards a toy called a 'Bobo doll'.

Which stage of observational learning was Jameson investigating by changing the gender of the model?

- A. Attention
- B. Retention
- C. Reproduction
- D. Reinforcement

Use the following information to answer Questions 43–45

For his VCE Psychology practical investigation, Adnan decided to investigate the effect of different methods to retrieve information from memory.

Adnan presented 15 words to his participants, flashing each word up on a screen for three seconds. Group 1 were then given a blank sheet of paper and asked them to write down as many words as they could recall, in any order.

Group 2 were instead given a list of 30 words, 15 of which were the initial words presented. These participants were asked to circle the words that were flashed up on the screen from the list they were given.

Adnan then calculated a mean score of the number of words correctly recalled for each of the groups

Question 43

Which experimental research design has Adnan used in his investigation?

- A. matched participants
- B. independent groups
- C. repeated measures
- D. cross-sectional

Question 44

What is the independent variable in Adnan's investigation?

- A. The method of retrieval used.
- B. The type of rehearsal used.
- C. The number of words used.
- D. The type of words used

Question 45

What are the likely results for Adnan's practical investigation?

- A. Group 1 would remember the same number of words as Group 2
- B. Group 1 would remember more words than Group 2
- C. Group 1 would remember less words than Group 2
- D. Group 1 would have less words to remember than Group 2.

Question 46

Alzheimer's is a neurodegenerative disease that causes a slow decline in memory, thinking and reasoning skills.

Identify the structure of the brain associated with memory that is most likely to be affected in the early stages of Alzheimer's disease.

- A. the amygdala
- B. the hippocampus
- C. the cerebellum
- D. the cerebral cortex

Use the following information to answer Questions 47–48

After many years of suffering with a severe phobia of birds, Anya has decided to see a psychologist for treatment.

Question 47

Anya's psychologist recommends systematic desensitisation to overcome her phobia of birds.

The first step in the process for Anya is to

- A. be exposed to a picture of a bird.
- B. create a fear hierarchy.
- C. increase her contact with birds.
- D. experience her fear so it can be slowly reduced.

Question 48

Anya may initially have been unlikely to seek help due to embarrassment resulting from

- A. therapy.
- B. financial strain.
- C. social support.
- D. stigma.

Question 49

Which of the following is not a characteristic of mental health?

- A. High levels of functioning
- B. Low levels of isolation
- C. Low levels of resilience
- D. High levels of emotional wellbeing

Question 50

An ultradian rhythm

- A. is a physical, mental and behavioural patterns that follow a 24 hour cycle.
- B. largely relates to light and dark cycles.
- C. determines when we are most alert during the day.
- D. is a recurrent cycle that is repeated within a 24 hour cycle.

End of 2018 Kilbaha VCE Psychology Units 3 and 4 Trial Examination
Section A – Multiple-choice questions

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SECTION B – Short answer questions**Instructions for Section B**

Answer **all** questions in the spaces provided. Write using black or blue pen.

Question 1 (3 marks)

Joel is driving his car when a pedestrian steps onto the road in front of him without looking. Joel immediately experiences an increase in bodily arousal including an increase in his heart rate and dilation of his pupils. Shortly after, Joel slams his foot on the break to avoid hitting the pedestrian.

- a. Which division of Joel's nervous system was responsible for the increase in his bodily arousal? 1 mark

- b. Identify the division of the nervous system and the type of response involved when Joel put his foot on the break. 2 marks

Division _____

Response _____

Question 2 (3 marks)

The table below summarises aspects of the short-term memory store of the multi-store model of memory.

Use the information in each of the three completed cells as a model to help you fill in each of the three blank cells.

		Can be increased through	If exceeded, information can be lost due to
Capacity	<i>7+/-2 bits of information</i>		<i>Displacement</i>
Duration		<i>Rehearsal</i>	

Question 3 (7 marks)

Tamara has twin daughters who often fight with each other over who gets to sit in the front seat of the car when they go for a long drive. Whenever they do this, Tamara yells at her daughters.

- a. Using the three-phase model of operant conditioning, explain why Tamara's daughters no longer fight for the front seat of the car when they go for a long drive. 4 marks

- b. Outline an alternative consequence that Tamara could have used to make her daughters fight less. 3 marks

Question 4 (3 marks)

Name each stage of Selye's General Adaptation Syndrome as it applies to each level of resistance to stressor given in the table below.

Resistance to stressor	Name of stage
Resistance to stressor declines and drops below normal	
Resistance to stressor is above normal	
Resistance to stressor initially drops below normal	

Question 5 (6 marks)

Rosie and Estelle are attending their first day of Year 7 at a new school. The new school is much bigger than their primary school and Estelle is worried that she will get lost and not be able to find her classes.

In contrast, despite experiencing ‘butterflies’ in her stomach, Rosie is excited and enthusiastic about starting secondary school. She is looking forward to all of the opportunities that the school has to offer.

- a. In terms Lazarus and Folkman’s Transactional Model of Stress and Coping, outline the similarity and the difference between Rosie and Estelle’s primary appraisal.

4 marks

- b. Outline one problem-focused strategy and one emotion-focused strategy that Estelle could use to reduce her stress about getting lost at the new school.

2 marks

Question 6 (10 marks)

For her VCE Psychology practical investigation, Jade decided to investigate how the introduction of false information through leading questions affects people's eyewitness testimonies.

Jade asked her English teacher if she could conduct the study with the Year 11 and Year 10 English classes.

The following are extracts from her scientific poster.

IV: introduction of false information through leading questions

DV: eyewitnesses, operationalised as year 11s or year 10s

METHOD**Stage 1**

All participants watched a two-minute video of an armed robbery at a petrol station. The gender of the robber was not visible as they were of an average height and build and were wearing a baggy jacket and a balaclava.

Stage 2

Immediately after viewing the video, the participants answered a series of 10 questions about what they had seen in the video.

Nine of the questions were common to both classes. The last question was asked as follows:

- The Year 11 English class were asked "Can you describe the person who committed the robbery?"
- The Year 10 English class were asked "Can you describe the man who committed the robbery?"

Stage 3

The day after viewing the video, participants in both classes were asked to describe the robbery including the person that committed it. For each class, the number of participants who described the robber as a man was recorded.

- a. Is Jade's identification of the dependent variable correct? Justify your response. 2 marks

- b.** Identify the allocation procedure that Jade used and a potential limitation of this procedure for Jade’s conclusion. 2 marks

Allocation procedure _____

Potential limitation _____

- c.** Identify an alternative allocation procedure that Jade could have used to improve the validity of her conclusion. Justify your response. 2 marks

- d.** In terms of Loftus’ research, explain the expected results of Jade’s investigation. 4 marks

Question 7 (4 marks)

Ashling is a healthy 70-year-old and is babysitting her newborn granddaughter Poppy for the night. Outline how Ashling and Poppy's sleep patterns and the total amount of sleep they require would differ.

Question 8 (7 marks)

Madeline is a Year 12 student at Glendale Secondary College. Like many of her peers, she is regularly experiencing stress related to her workload at school. Each fortnight the school runs a wellbeing session for its senior students to help them deal more effectively with some of the challenges of VCE.

- a.** During a wellbeing session on stress, the school psychologist discusses coping strategies that can be implemented during the students' final two years at school to help to reduce the stress associated with their busy workload. The psychologist discusses approach strategies that the VCE students could use when they are feeling stressed about an upcoming SAC. 2 marks

Describe one approach strategy that the school psychologist might use as an example in the session.

b. Throughout Year 11 when she was stressed about SACs Madeline would go to yoga class and leave feeling relaxed and calm. Due to her positive experience with yoga, Madeline decides to continue going to yoga during Year 12 whenever she feels stressed about a SAC. However, after attending yoga a few times, Madeline still feels anxious about her upcoming SACs.

i. In terms of coping flexibility, explain Madeline's experience of stress in Year 12. 3 marks

ii. With reference to her experiences in Year 11, why would Madeline have decided to go to yoga when she was stressed about her workload in Year 12? 2 marks

Question 9 (2 marks)

Jim and Khan are discussing the reason that humans and animals need sleep. Jim argues that the evolutionary theory of sleep provides the best explanation whereas Khan suggests that there are too many limitations to the theory.

Outline what the evolutionary theory of sleep is and one limitation that Khan may refer to in his discussion with Jim.

Question 10 (3 marks)

Marek is on the couch attentively watching his favourite TV program. After the program finishes, Marek begins to drift off to sleep and is not aware that his brother has started talking to him.

- a. Name the type of brainwaves that Marek would be experiencing when he is watching TV. 1 mark

- b. If Marek were attached to an electroencephalograph (EEG), identify the likely changes to the amplitude and frequency of his brainwaves when he drifts off to sleep compared to when he was watching TV. 2 marks

Amplitude _____

Frequency _____

Question 11 (3 marks)

Outline one similarity and two differences between stimulants and depressants.

Similarity _____

Difference 1 _____

Difference 2 _____

Question 12 (9 marks)

Hayden is writing a report on specific phobias for a first-year university assignment. He begins the report by outlining the relative influences of contributing factors to the development of specific phobia. The second half of his report explains on a range of evidence-based interventions and their use for specific phobia. In this section of his report he refers to short-acting anti-anxiety benzodiazepine agents, exercise and psycho-education for families.

- a.** Hayden refers to a number of specific environmental triggers for the development of a specific phobia. Explain one of these triggers using an example. 2 marks

- b.** Benzodiazapines can act agonists. Explain what these means in terms of their role in managing phobic anxiety. 3 marks

- c.** Identify two ways in which physical exercise can reduce a person's experience of anxiety. 2 marks

- d.** In his report, Hayden explains that psycho-education involves educating a sufferer's family to help them better understand the condition and treatment options. Outline two ways that families can help a sufferer to challenge their unrealistic or anxious thoughts. 2 marks

Question 13 (10 marks)

The following is an excerpt from a blog post written to help students improve their study sessions through the use of memory techniques.

6 MEMORY TECHNIQUES FOR A BETTER STUDY SESSION (Nov 20, 2017)

Adapted from a “Grade Power Learning” post, accessed at: <https://gradelearning.com/category/studying/>

When test time rolls around, many students ask themselves the same question: “How can I study and remember everything?”

In order to perform your best in school, it’s important to make sure you have a meaningful understanding of a subject. However, studying does require students to use memory in order to remember ideas, concepts, and material for test day. So, while you shouldn’t rely on cramming for a test the night before, you can take steps to improve your memory and make the most of your study sessions.

Try out these memorization tips for students that will help you exercise your mind and improve recall.

1. **ORGANIZE YOUR SPACE:** To improve your memory, you need to be able to focus. Distractions of any kind will prevent this, so make sure your space is clear of clutter and has all the materials you need for your study session.
2. **WRITE OUT NOTES:** For information to be transferred to your long-term memory, it is important to write notes out and practice repeating definitions over and over again.
3. **USE ACRONYMS AND MNEMONICS:** Create patterns and words with from the information you need to remember. Associating the first letter of each item with a word, phrase, or rhyme, can make information easier to recall. These tricks are especially useful to help remember lists and ordered information.
4. **USE IMAGE-NAME ASSOCIATIONS:** Recalling names can be easier by associating images and names in a clever, unique way. Remember the names of the presidents by associating a facial feature with their name, such as ‘Mutton Chops Van Buren’.
5. **STUDY IN DIFFERENT LOCATIONS:** Your memory can be triggered by different cues in your environment. If you are having trouble remembering the material you are studying, try moving to a new spot to help the information stand out in your mind.
6. **REVISIT THE MATERIAL:** Review the material you studied a couple days after your study session. Make a mental note of anything you have forgotten, and review those areas again.

