

THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF PSYCHOLOGY & COUNSELLING  
2018/2019- SEMSETER-I



BSc HONOURS IN PSYCHOLOGY  
PLU3301-INTRODUCTION TO PSYCHOLOGY-LEVEL-3  
CONTINUOUS ASSESSMENT TEST- NBT-II  
DURATION: 1 HOUR

DATE: 05<sup>TH</sup> JANUARY 2019

TIME:09.00AM-10.00AM

REGISTRATION NO: .....

**IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES**

- This question paper consists of **08 pages** with **two sections**  
**Section 1: 20 Multiple Choice Questions (40 Marks)**  
**Section 2: 12 Short Answer Questions (60 Marks)**
- Write your Registration Number in the space provided.
- Answer **ALL** questions.
- **Multiple Choice Questions (Section 1):** Indicate answers in the answer sheet provided by placing a cross (X) in **INK** in the relevant cage (answers in pencil will **NOT** be marked)
- **Short Answer Questions (Section 2):** Write answers within the space provided.
- Do **NOT** remove any page/part of this question paper from the examination hall.
- Do **NOT** keep unauthorized material, including mobile phones and other electronic equipment, with you during the examination.

**SECTION 1: MULTIPLE CHOICE QUESTIONS (20 QUESTIONS -40 MARKS)**

- 1.1 Choose the answer which includes the two main parts of the peripheral nervous system**
- a Brain and the sympathetic nervous system
  - b Autonomic and Somatic nervous system
  - c Sympathetic nervous system and Spinal cord
  - d Autonomic nervous system and Brain
- 1.2 Which two structures of the brain are most important to regulate human emotions**
- a Thalamus and Corpus callosum
  - b Amygdala and Prefrontal cortex
  - c Cortex and Hippocampus
  - d Hypothalamus and Amygdala
- 1.3 Which of these lists main theorists who forwarded ideas about our emotional experiences**
- a James & Lange, Cannon & Bard
  - b James & Lange, Piaget & Pinker
  - c Cannon & Bard, Maslow & Mischel
  - d Freud & Adler, Jung & Brenner
- 1.4 Which of these are identified as the two core concepts of personality?**
- a Convergence and Divergence
  - b Correlation and Diversion
  - c Coherence and Diversity
  - d Consistency and Distinctiveness
- 1.5 According to Gordon Allport, there are three sub categories of a personality trait. Identify them correctly.**
- a Primary traits, Secondary traits and peripheral traits
  - b Cardinal traits, Central traits and Secondary traits
  - c Stable traits, Unstable traits and Extraordinary traits
  - d Central traits, Secondary traits and peripheral traits
- 1.6 What are the main responsibilities of the receptor cell called 'rods' found in a human eye?**
- a Daylight vision and Central vision
  - b Visual acuity and Precise vision
  - c Night vision and Peripheral vision
  - d Dim light vision and Colour vision
- 1.7 Which of these lists contain most common causes of forgetting?**
- a Decay, Interference, Ineffective encoding, Retrieval failure
  - b Encoding, Interference, Motivated forgetting, Retrieval
  - c Delayed processing, Decay, Retrieval failure, Schematic processing
  - d Ineffective encoding, Delayed processing, Indifference, Retrieval

- 1.8 Which of these are main difficulties that a person with dyslexia will experience when he/she is writing?**
- a Spelling errors and minimal vocabulary
  - b Writing mirror letters and slow speed in writing
  - c Slow in writing and identifying writing rules
  - d Spelling errors and writing backwards
- 1.9 Identify the three main components of an attitude?**
- a Affect, Behaviour and Cognition
  - b Affect, Belief and Convenience
  - c Aspect, Benefit and Convergence
  - d Affection, Boundary and Conflict
- 1.10 Which of these is a direct measure of attitudes?**
- a Implicit Association Test
  - b Galvanic skin response scale
  - c Semantic-differential scales
  - d Numerical Attitude Test
- 1.11 Identify the persuasion principle described below:**  
“You are unsure of which courses to choose for your programme, so you may select what majority of students would choose”
- a Principle of reciprocity
  - b Principle of Consensus
  - c Principle of Authority
  - d Principle of Liking
- 1.12 ‘Humans fighting to secure and acquire things is in their nature’- Which theory of aggression solely uses this type of explanation to explain human aggression**
- a Cognitive theory of aggression
  - b Social learning theory of aggression
  - c Biological theory of aggression
  - d Instinct theory of aggression
- 1.13 Which area in the human brain is related to ‘inhibition of aggression’?**
- a Temporal lobe
  - b Amygdala
  - c Frontal lobe
  - d Hippocampus
- 1.14 Which of the following phrases best describes the concept of ‘stereotypes’**
- a Overgeneralization made about members of a specific group
  - b Oversimplification of an individual trait of a person
  - c Overrated characteristics of a specific group
  - d Overall decisions made about a groups’ behaviour

**1.15 Identify the two types of prejudices?**

- a Egalitarian and Energetic
- b Blatant and Subtle
- c Distant and Discriminative
- d Conventional and Stereotypical

**1.16 Choose the most accurate statement about 'Biofeedback system' used to relieve stress.**

- a It allows improvement of health and well bring through biological processing
- b It is a system that uses biological feedback to increase stress responses
- c It is a technique that requires training in medical field to achieve well being
- d It is about learning how to change physiological responses to improve well being

**1.17 Which of the following is used as a successful method to reduce prejudices, stereotyping and discrimination?**

- a Persuading groups to abide by laws of the country
- b Persuading individuals separately before groups are formed
- c Perusal of a common goal with intergroup connections
- d Perusal of individual goals to change perceptions and attitudes

**1.18 What is the most accurate statement about continuous development in humans according to lifespan studies?**

- a It is cumulative and accepts gradually improvement of existing skills
- b It is a stage like process and achieving goals in each stage is required.
- c It is a continuous process of human skill development
- d It is a process that requires accepting goals and succeeding in each

**1.19 Which type of research study is more useful to test biological aspects of personality, aggression and even mental illnesses?**

- a Correlation and experimental studies
- b Case studies and questionnaires
- c Twin and adoption studies
- D Observational and case studies

**1.20 Which three characteristics are required for perception to occur?**

- a Sensation, Organisation, Preference
- B Screening, Scanning and Presentation
- c Surveillance, Searching and Selection
- d Selection, Organization, Interpretation

REGISTRATION NO: .....

**ANSWER SHEET FOR SECTION-I**

Q. No.	(a)	(b)	(c)	(d)
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**SECTION II: SHORT ANSWER QUESTIONS (12 QUESTIONS – 60 MARKS)**  
**WRITE ANSWERS ONLY WITHIN THE SPACE PROVIDED.**

- 2.1 Name the human biological systems that are related to the functions given below:
- a) Delivers oxygen & nutrients to the body using arteries  
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  - b) Helps oxygenation of hemoglobin  
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  - c) Provides the structural framework of the body  
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  - d) Interpretation of and reactions to stimuli is produced  
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  - e) Composed of glands which secretes chemical messengers  
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- 2.2 Write FIVE responses that of your body produces in response to a stressful situation  
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- 2.3 Name the four levels of the environment that influence individuals as forwarded by Bronfenbrenner (1979) in his ecological approach  
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- 2.4 Name FIVE social motives that encourages humans to act in different ways  
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2.5 Briefly explain the difference between Freud’s ideas of personality development and his followers who are known as ‘Neo-Freudians’

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2.6 Illusions occur when we perceive something inaccurately. Briefly explain one example or such situation

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2.7 Briefly explain the basic stage model of memory using a diagram

2.8 ‘We think what we talk-We talk what we think’- Identify the concept that can explain this phrase and briefly explain it.

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2.9 Briefly explain the persuasion principle of ‘scarcity’ using an example

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2.10 Identify and briefly explain one type of behaviour that can be identified as ‘passive aggressive behaviour’

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2.11 Name four different types of discrimination that is common in current societies

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2.12 Briefly explain the difference between biomedical perspective of health versus holistic health perspective

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