The Open University of Sri Lanka
07 JAN 2025
Department of psychology & Counselling
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THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR 2024/2025– SEMESTER I

BSC HONS IN PSYCHOLOGY
PLU3301 – INTRODUCTION TO PSYCHOLOGY - LEVEL 3
CONTINUOUS ASSESSMENT TEST – NBT I
DURATION: 1 ½ HOURS

DATE: 07th January 2025 TIME: 9.00AM – 10.30 AM

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IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES

- This question paper consists of **09 pages** with **TWO sections**

  Section 1: 20 Multiple Choice Questions - (40 Marks)

  Section 2: 12 Short Answer Questions - (60 Marks)

- Write your INDEX number in the space provided.
- **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 the answer within the space provided.
- Do **NOT** remove any page/part of this question paper from the examination hall.
- Do **NOT** keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination

SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)

1.1 Which one of the following was the most influential philosopher who was considered as one of the founders of functional psychology?

A Sigmund Freud
B William James
C Edward Thorndike
D Wilhelm Wundt

1.2 A definition has the potential to provide clarity and help eliminate ambiguity. Which of the following best defines the term 'Psychology'?

A A discipline in which scientific study of behaviour and mental health.
B A discipline in which scientific study of behaviour and mental process.
C A discipline in which scientific study of behaviour and mental illness.
D A discipline in which scientific study of behaviour and mental retardation.

1.3 Which one of the following scholars who exerted enormous influence on the development of psychology as a discipline and is considered as the Father of American Psychology?

A Rene Descartes
B Sigmund Freud
C Wilhelm Wundt
D Carl Jung

1.4 Which one of the following was a philosopher and a medical researcher who believed that children's minds were "blank slates" when they were born and that their experiences shaped the types of adults they would grow up to be?

A Frederick Adams
B John Locke
C Wilhelm Reich
D Richard Boyd

1.5 Which of the following schools of psychology provided the foundation for the modern study of perception and explained that the whole of anything is greater than its parts?

A Behaviorism
B Functionalism
C Humanistic
D Gestalt psychology

1.6 A student must do a presentation in front of the class. But he has anxiety about it. The teacher creates positive stimuli associated with public speaking. In time, the student may come to relate public speaking with a positive environment rather than one that makes him anxious. This is an example for,

A Social Learning
B Classical conditioning
C Operant conditioning
D Observable learning

1.7 While ..... explained the study of the preconscious, unconscious and conscious process of a child about the developmental stages; on the other hand, ... emphasized researching the conscious behaviour through observations and experimentations. Which of the following is the correct answer?

A Ivan Pavlov, Carl Jung
B Wilhelm Wundt, Danial Goldman
C Kurt Koffka, Alfred Adler
D Sigmund Freud, John B Watson

1.8 Which of the following theoretical perspectives highlights the importance of looking at the whole person, and assumes that individuals have free will and are motivated to accomplish their potential?

A Psychoanalytic approach
B Behaviourism
C Humanistic approach
D Gestalt psychology

1.9 Which one of the following scholars was most closely associated with the functionalist school of psychology and whose psychological theories influenced growing science?

A William James
B Rene Descartes
C J.B. Watson
D John Dewey

1.10 Which one of the following scholars articulated his first statements on his theoretical approach in the article "Psychology as a behaviourist views it" which was published in 1913 explaining psychology as the study of human behaviour which should be examined under laboratory conditions?

A John B. Watson
B B. F. Skinner
C Edward Thorndike
D Albert Bandura

1.11 Which of the following subfield in psychology studies atypical patterns of thoughts, emotions, and behaviours to identify, understand, and potentially resolve any issues that may negatively affect a person's life"?

A Biological Psychology
B Developmental Psychology
C Neuropsychology
D Abnormal Psychology

1.12 Which of the following is considered the subfield in psychology that examines how individuals acquire, perceive, process, and store information and has more of an internal focus than other fields of psychology?

A Biological psychology
B Cognitive psychology
C Personality psychology
D Neuropsychology

1.13 Which of the following is considered as a broad specialization within the field of psychology that uses psychological principles and culturally sensitive practices to help individuals prevent and relieve distress and maladjustment, increase their ability to function better, and enhance their mental health and well-being?

A Clinical psychology
B Counselling psychology
C Abnormal psychology
D Personality psychology

1.14 Which of the following is considered as a branch of psychology which focuses on studying human behaviour, particularly in the work environment, deriving principles of individual and group and applying them to resolve problems and increase productivity and efficiency while maximizing individuals' well-being?

A Health Psychology
B Occupational Health Psychology
C Counselling Psychology
D Industrial & Organizational Psychology

1.15 Which of the following professionals provide continuing and comprehensive psychological and behavioral health care for individuals, families, and groups by using various assessments to identify mental health conditions and apply psychological interventions to overcome these mental health problems?

A Counselling psychologists
B Clinical psychologists
C Health psychologists
D Developmental psychologists

1.16 According to Sigmond Freud, Id operates on the..... principle that every unconscious impulse should be satisfied immediately while the Ego functions based on the ..... principle that works by reason. Which of the following is the correct answer?

A aggressive, sexual
B sexual, aggressive
C reality, pleasure
D pleasure, reality

1.17 Which professionals are concerned with how biological, social, and psychological factors influence health and illness, how patients manage health conditions, and develop health care strategies and interventions to foster psychological and physical well-being?

A Occupational psychologists
B Community psychologists
C Health psychologists
D Counselling psychologists

1.18 Which of the following terms in Psychoanalytic theory is used to describe the attraction of a young girl to the parent of the opposite sex during the phallic stage?

A Oedipus complex
B Unconscious mind
C Penis Envy
D Electra complex

1.19 Which of the following psychologists known as a Neo-Freudian who departed from some of the basic principles of Sigmund Freud's Psychoanalytic theory introduced the concept of womb envy and undertook feminine psychology?

A Mary Ainsworth
B Karen Horney
C Malani Klien
D Anna Freud

1.20 A student failed to submit the home assignment on time, therefore he received low marks which affected his overall performance for that course and reduced his GPA. This makes the student understand the outcome of his behaviour and makes it less likely that he will finish his home assignments late in the future. This is an example for.....

A Social learning
B Operant conditioning
C observational learning
D Classical conditioning

INDEX NO: .....

ANSWER SHEET FOR SECTION-1

Q. No.	(a)	(b)	(c)	(d)
1.1				
1.2				
1.3				
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SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All Questions are compulsory.

2.1 Define the term "mental process" (5 marks)

2.2 Describe the term human behavior. (5 marks)

2.3 Explain "Functionalism" as the school of thought in psychology. (5 marks)

2.4 Describe <u>two</u> (2) research methods that can be applied in psychological studies. (5 marks)

2.5 Describe the scope and role of a neuropsychologist. (5 marks)

2.6 Describe the term "Introspection". (5 marks)

2.7 Define biological psychology. (5 marks)

2.8 Describe the two (2) main skills that are required for counselling practice. (5marks)

2.9 Define the role of the psychologists who work in the field of sports and exercise. (5 marks)

2.10 What is forensic psychology? (5 marks)

2.11 Define educational psychology as a branch of psychology. (5 marks)

2.12 What is Eyewitness testimony? (5marks)

----------END OF QUESTION PAPER----------