

Psychology

Reform for Meaningful Learning Program

Instructions to examinees

א. Duration of the exam: Two hours

ב. Exam structure and breakdown of points:

This exam consists of two parts.

Part One – (2×25) – 50 points

Part Two – (5×10) – 50 points

Total – 100 points

ג. Material that may be used during the exam:

A Hebrew-other language/other language-
Hebrew dictionary.

ד. Special instructions:

Write brief, precise answers.

Write only in the answer booklet. Use separate pages for everything you want to use as draft material (outlines, calculations, etc.). Write "טיוטה" at the top of each draft page. If you write draft material on paper outside the answer booklet, your exam may be disqualified!

פסיכולוגיה

על פי תכנית הרפורמה ללמידה משמעותית

הוראות לנבחן

א. משך הבחינה: שעותיים.

ב. מבנה השאלון ומפתח ההערכה:

בשאלון זה שני פרקים.

פרק ראשון – (25×2) – 50 נקודות

פרק שני – (10×5) – 50 נקודות

סה"כ – 100 נקודות

ג. חומר עזר מותר בשימוש:

מילון עברי-לועזי / לועזי-עברי.

ד. הוראות מיוחדות: כתוב בדיוקנות

ובתמציתיות.

כתוב במחברת הבחינה בלבד, בעמודים נפרדים, כל מה שברצונך לכתוב כטיוטה (ראשי פרקים, חישובים וכדומה). רשום "טיוטה" בראש כל עמוד טיוטה. רישום טיוטות כלשהן על דפים שמחוץ למחברת הבחינה עלול לגרום לפסילת הבחינה!

Good Luck!

בהצלחה!

Questions

Part One (50 points)

Answer two of the questions 1-4 (each question – 25 points).

1. Two-year-old Yotam was trying to do a jigsaw puzzle that was appropriate for his age. After several unsuccessful attempts, he looked carefully at the pieces of the puzzle and suddenly managed to assemble the puzzle correctly. His mother was sitting on the side, watching him but not intervening.
 - א. What type of learning did Yotam exhibit? Give two examples of the characteristics of this type of learning that appear in the description above. (12 points)
 - ב. Name the developmental stage that Yotam is at, according to Erikson's theory. Does his mother's behavior contribute to Yotam's development? Explain your answer and refer to two of the characteristics of this stage. (13 points)
2. Israel's judo team won two medals at the last Olympics. As a result of this win, all the students in Class 4₁ decided to sign up for a judo class at the community center. Even Yossi, who dislikes sports, decided to sign up for the class.
 - א. Name the four conditions necessary for learning by imitation [למידת חיקוי] and give examples of these conditions as they appear in the behavior of the Class 4₁ students. (13 points)
 - ב. Explain Yossi's decision to sign up for the judo class, referring to two factors that influence degree of conformity. (12 points)
3. Yael, one of the participants in a reality show, wanted to leave the show. She claimed that the tasks she had to perform in the show made her feel stressed out and discouraged. The program's producer held a private meeting with her and told her that he was sure she would reach the advanced stages of the show. He also stayed on after hours to help her practice.
 - א. Explain two ways of coping with stress that could help Yael. (12 points)
 - ב. As a result of her conversation with the producer, Yael remained in the show and reached the semi-final.
Use the concept of "self-fulfilling prophecy" ["נבואה המגשימה את עצמה"] to explain the process that Yael underwent. (13 points)

4. When Shir was a child, a dog bit her. The bite was very painful. Since then she has been afraid of dogs. She experiences stress whenever she sees a dog in the street.
- א. Use the theory of classical conditioning [התניה קלסית] to explain how Shir acquired her fear of dogs. (13 points)
- ב. List four types of possible reactions to a situation of stress, and give examples of two of them that are evident in Shir's case. (12 points)

Part Two (50 points)

Answer five of the questions 5-15 (each question – 10 points).

5. Compare the two techniques of "influence by stages" ["השפעה בשלבים"]: "foot in the door" ["רגל בדלת"] and "door in the face" ["דלת בפרצוף"], according to two criteria of your choice. In your comparison, write about one similarity and one difference.
6. Shimon is getting married in a month. Two days ago, Shimon lost his job and next week he has to move to a new apartment. Shimon feels very stressed because of these changes.
What is the Social Readjustment Rating Scale ["סולם ההסתגלות מחדש"] developed by Holmes and Rahe? Use this scale to explain the stress that Shimon is feeling, and write about one of the advantages and one of the disadvantages of this scale.
7. In the latest elections for the head of the city student council, Naama, who had successfully chaired her school student council, was elected.
Tomer, a member of the city student council, refuses to cooperate with Naama, because, in his opinion, girls are not suited to leadership roles. Explain how the research conducted by Sternhell can explain Tomer's prejudice about women in management roles. Describe Sternhell's study and its conclusion.
8. Adi is a girl who does not keep her room tidy.
 - א. Use one of the following concepts – positive reinforcement, negative reinforcement or punishment – to explain how Adi's parents can get her to keep her room tidy. (5 points)
 - ב. Adi's parents are undecided whether to address the issue of her room's untidiness or to ignore it.
Explain what values could guide her parents in making this decision. (5 points)
9. David was involved in a serious work accident at the factory where he worked and was hospitalized for a long time. Prior to his discharge from hospital, he wanted to consult with a psychologist about the issues he would have to cope with in the future.
What would be the specialization of the psychologist with whom you would advise David to consult? Explain your answer.

10. Explain the three types of social influence according to Kelman. Give an example of one of the types of influence that you explained.
11. Dan is looking for work. He has had work interviews at several companies. Now he is preparing himself for an interview in a large, well-known company.
Explain what self-regulation ["ייסות עצמי"] is, according to Bandura, and explain how Dan can use the process of self-regulation to prepare himself optimally for his interview.
12. Naomi thinks it is important to protect the environment and makes sure to protect the environment in the area where she lives. Explain what the three components of a position [עמדה] are and give an example of each of these components regarding Naomi's position on the environment.
13. Studies conducted on children in institutions ["ילדי מוסדות"] show that attachment [התקשרות] affects child development in many spheres. Describe one of the studies conducted on children in institutions and use the conclusion of the study to explain one effect of attachment on child development.

Optional question on a topic of study

- If you studied altruism, you may answer question 14.
 - If you studied Rogers' theory, you may answer question 15.
14. Consider the following claim: "People help other people in distress in all circumstances." Present an argument, based either on an explanation [מסוג הסבר] or on evidence [מסוג ראיה], to support or refute this claim. In your answer, note what type of argument (explanation or evidence) you are using.
 15. In the course of preparation for being drafted into the army, 12th-grade students were approached regarding a year of voluntary work prior to their military service. Omer claimed that a person could benefit from a year of voluntary work, whereas Tal claimed that a year of voluntary work would be a waste of time.
Use an appropriate concept from Rogers' theory to explain each of these viewpoints, i.e. Omer's viewpoint and Tal's viewpoint.

Good Luck!

בהצלחה!