

Note: This exam has special instructions. Answer the questions according to these instructions.

שים לב: בבחינה זו יש הנחיות מיוחדות. יש לענות על השאלות על פי הנחיות אלה.

Psychology

לכיתות י"ב
ולבוגרים

פסיכולוגיה

Instructions to examinees

הוראות לנבחן

א. Duration of the exam: Two hours

א. משך הבחינה: שתיים.

ב. Exam structure and breakdown of points:

ב. מבנה השאלון ומפתח ההערכה:

This exam consists of two parts.

בשאלון זה שני פרקים.

Part One — (four items x $12\frac{1}{2}$) — 50 points

פרק ראשון — (ארבעה סעיפים $\times 12\frac{1}{2}$) — 50 נקודות

Part Two — (five questions x 10) — 50 points

פרק שני — (חמש שאלות $\times 10$) — 50 נקודות

Total — 100 points

סה"כ — 100 נקודות

ג. Material that may be used during the exam:

ג. חומר עזר מותר בשימוש:

A Hebrew-other language / other language-Hebrew dictionary

מילון עברי-לועזי / לועזי-עברי.

ד. Special instructions:

ד. הוראות מיוחדות:

(1) Write clear, concise answers.

(1) ענה בתמצות ובבהירות.

(2) In your answers, use concepts you learned.

(2) בתשובותיך השתמש במושגים שלמדת.

Write in the answer booklet only. Write "טייטה" at the top of each draft page. If you use draft paper that is not in the answer booklet, your exam may be disqualified.

כתוב במחברת הבחינה בלבד. רשום "טייטה" בראש כל עמוד המשמש טייטה. כתיבת טייטה בדפים שאינם במחברת הבחינה עלולה לגרום לפסילת הבחינה.

Good Luck!

בהצלחה!

Questions

Part One (50 points)

Answer four items from Questions 1-4 (each item – $12\frac{1}{2}$ points).

1. The transition to first grade is a landmark in the life of a six year old, a sign that he or she is mature enough to cope with the demands of the system, take on responsibility, respect boundaries, and integrate into a new social group. The transition to first grade affects different children in different ways. Some children are happy and excited about the anticipated change, and others feel stressed as the big day approaches.

Amit, Y. (no date). Emotional aspects of the transition to first grade. [Hebrew] Israel Association for Child Development and Rehabilitation. Retrieved from: www.child-development.org.il [03/11/2020]

- א. At what developmental stage is a child going into first grade, according to Erikson?
Describe two of the characteristics of this stage, and give an example of one of them, based on the passage above. ($12\frac{1}{2}$ points)
- ב. List the two stages of Lazarus' transactional (interactional) model of stress.
Based on these stages, explain the emotions experienced by children who are under stress during the transition to first grade. ($12\frac{1}{2}$ points)

2. Many children adopt irregular eating habits: skipping meals and eating an unbalanced diet. Researchers claim that irregular eating is liable to lead to sickness.

Efshari Bari, National Program for an Active Healthy Life. Research: Regular meals help to keep children healthy. [Hebrew]. Retrieved from: www.efsharibari.gov.il [03/11/2020]

- א. Explain the concepts of 'self-reinforcement' and 'self-punishment'.
Give an example of one of these concepts based on the statements at the beginning of this question. ($12\frac{1}{2}$ points)
- ב. Explain the 'foot-in-the-door' ¹/₂ compliance technique.
Use the conclusion of the research conducted in this field to explain how we can persuade children to eat healthy food. ($12\frac{1}{2}$ points)

3. One of the important events for 12th grade students in Israel and worldwide is the graduation party. Event producers offer teenagers different 'packages' for the 12th grade graduation party, with various attractions such as performances, etc. Organizing the graduation party is an experience that can make the teenage organizers feel stressed.

- א. List two causes of stress, based on the stimulus model.
Give an example of one of the causes of stress based on the passage above. ($12\frac{1}{2}$ points)
- ב. Explain what 'overt behavior' is and what 'covert behavior' is.
What type of behavior is mentioned in the passage? Explain your answer. ($12\frac{1}{2}$ points)

4. The traditional media and social media sometimes feature appeals to integrate people with disabilities in various jobs. Some employers avoid hiring people with disabilities, because they have reservations about their level of functioning at work.

Margalit, M. (2014, December 16). The economy will make billions from integrating people with disabilities. [Hebrew] YNET. Retrieved from: www.ynet.co.il [15.11.2020]

- א. Based on the passage above, write about two reasons for the prejudice found among employers who avoid hiring people with disabilities. (12½ points)
- ב. Write about one important value that would make an employer hire a worker with a disability. Why did you choose this value? Explain your answer. (12½ points)

Part Two (50 points)

Answer five of the questions 5-16 (each question – 10 points).

5. Many students would like to expand their social circle. After several unsuccessful attempts to do so on social media, Roni decided to sign up for activities at the neighborhood community center and, in this way, make new friends.

Explain what insight learning is, and use the stages of this type of learning to explain Roni's decision.

6. Consider the following statement: 'Problem or conflict resolution at each of the stages of development affects the way a person's life develops.'

Do you agree with this statement? Base your answer on an explanatory argument.

7. Many students experience difficulties in distance learning and feel stressed as a result of this.

Suggest to the students two ways of coping [התמודדות]: one focusing on the **problem** [ממוקדת בבעיה], and the other focusing on **emotions** [ממוקדת ברגשות].

8. Adi's parents decided to teach her to swim.

Use one concept from operant learning theory to explain and illustrate how Adi's parents can help her learn to swim.

In your answer you should define the concept you used.

9. Use two criteria of your choice to compare the concept of 'compliance' with the concept of 'obedience to authority'.

10. Write about the research goal of Bandura's study of the effect on children of violence on television. Write about the conclusions of the study.

11. Many young people around the world express their attitudes toward different issues by going out to demonstrate.

List two characteristics of an attitude [עמדה], and use the statement above to illustrate one of these characteristics.

12. Some people claim that prejudice about the integration of women in the IDF has decreased in recent years.

Barbivai, O. (November 18, 2019). It's about time that 100% of IDF positions were open to women. Globes [Hebrew]. Retrieved from: www.globes.co.il [12/6/2020].

Write about the conclusion of the follow-up study conducted by Hraba and Grant (1970) on prejudice among children, and use it to explain the decrease in prejudice regarding integration of women in the IDF.

13. Write about the conclusion of the study conducted by Schachter (1951) on conformity.

How can the Ministry of Health use of this conclusion to persuade the public to wear masks?

14. Nofar has many discipline problems at school. The grade level coordinator informed her that she will not be able to join the trip to Poland if she does not improve her behavior.

Explain how Nofar can change her behavior through a process of self regulation.

15. Research psychologists are of the opinion that social isolation during the COVID pandemic has had a negative effect on adolescents.

Arazi, T. Sabag, R. (2020). Increase in risk situations of children and youth during the COVID-19 crisis. [Hebrew]
Brookdale Institute. Retrieved from: brookdale.jdc.org.il [4/2/2021]

Write about two of the goals of psychology, and give examples of these goals based on the statement at the beginning of this question.

16. Write about the goal of Sherif's research about intergroup conflict (1961).

Based on this research, explain how prejudice can be reduced.

Good Luck!

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בהצלחה!

זכות היוצרים שמורה למדינת ישראל
אין להעתיק או לפרסם אלא ברשות
משרד החינוך