

Psychology

פסיכולוגיה

Instructions

הוראות

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 $\times 12\frac{1}{2}$) – 50 points

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

Part Two – (five questions $\times 10$) – 50 points

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

Total – 100 points

סך הכול – 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:

Write clear, concise answers and use concepts you studied.

יש לענות בתמצות ובבהירות ולהשתמש במושגים שנלמדו.

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

יש לכתוב במחברת הבחינה בלבד. יש לרשום "טיוטה" בראש כל עמוד המשמש טיוטה. כתיבת טיוטה 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. A university lecturer decided to change the method of assessment for his course: Instead of an exam at the end of the course, he asked the students to write a final paper. This considerably reduced the level of stress the students experienced toward the end of the course. As a result, many students asked lecturers of other courses to change the method of assessment. Many lecturers did decide to assign a final paper, rather than setting an exam.
 - א. Write about Lazarus' interactional model.
Use the model to explain why the students who wrote a final paper experienced less stress than the students who took an exam.
 - ב. Explain the concept of "conformity".
List two reasons (needs) for conforming behavior.
Illustrate the concept of "conformity", based on the behavior of the lecturers described in the paragraph above.
2. Despite her parents' objections, 17-year-old Niv went on vacation to Eilat with her friends. While on vacation Niv stepped on a sea urchin and cried out for help. None of the swimmers around offered any help.
 - א. What stage is Niv going through, according to Erikson's psychosocial theory?
List two characteristics of this stage, and illustrate one of them, based on the paragraph above.
 - ב. Explain the concept of "pluralistic ignorance" with regard to pro-social behavior.
Use this concept to explain why no one offered to help her.
3. The swimmer Anastasia Gorbenko smiled broadly and felt satisfied and happy when she discovered that she had won first place in the European swimming championship.
 - א. Define the concept of "psychology".
List and explain two types of behavior.
Illustrate the two types of behavior you explained, based on the opening sentence of this question.
 - ב. Write about two characteristics of Plutchik's model of primary emotions.
List two primary emotions defined by the model, and illustrate one of them, based on the opening sentence of this question.
4. Some students refuse to turn on their cameras during online lessons, despite their teachers' efforts to persuade them to do so.
 - א. Name and explain one of the methods of persuasion by stages or one of Cialdini's principles of persuasion.
Illustrate how the teachers can use the method or principle you explained to persuade their students to turn on their cameras.
 - ב. Turning on the camera during online learning sometimes makes students feel stressed.
List four levels of reaction to stress according to the response model.
From two different levels, give two examples of responses to stress that are liable to be expressed in the behavior of students during online learning.

Part Two (50 points)

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

5. Self-restraint, the idea that you do not necessarily have to do something even if you can do it, is a subject that has been considered and practiced since the beginning of time. In the post-modern era, people are driven by the need to shake off limitations and follow their wants and desires.
Mizrahi, M. (September 14, 2020). The science of success using self-restraint. *Epoch Magazine*.
Retrieved from: www.epoch.org.il [22/12/2022]
- א. At what stage is a child taught self-restraint (to delay gratification), according to Freud's psychosexual theory?
Describe two characteristics of the stage you named.
(5 points)
- ב. List two contradictory values mentioned in the paragraph above.
Which is the more important value for you? Explain.
(5 points)
6. Anat is trying to remember the password to log in to her computer.
List the four stages in the memory process (four "תהליכי הזכירה").
Explain two of these stages, and illustrate how Anat could use each of them to remember her login password later on.
7. Tomer, who is 28 years old, is having difficulty in finding a partner. He still does not know what he is looking for in a partner, and when he is on a date, he finds it difficult to open up and talk about himself.
What stage is Tomer at, according to Erikson's psychosocial theory?
Explain what the main developmental task is at this stage.
How does positive development at one of the previous stages contribute to success at this stage?
8. Explain what a "critical period" is.
Use the research conducted by Konrad Lorenz on geese (Lorenz, 1973) to illustrate this concept.
9. Consider the following statement: People tend to produce false memories.
Do you agree with this statement?
Give an evidence-based argument or an explanatory argument to support or refute this statement.
10. Compare Burger's research and Milgram's research on obedience to authority, based on two criteria of your choice.
11. A researcher hypothesized that the environment in which people live affects their attitudes [עמדות]. The researcher conducted an experiment: Subjects were asked to answer a questionnaire about the climate crisis while sitting in a room containing some dried out plants. Results showed that these subjects believed in the climate crisis and its implications to a greater extent than did subjects who sat in a room containing flowering plants.
Ben David, Y. (October 29, 2019). Does winter affect the climate crisis? In our minds it does. *Haaretz*.
Retrieved from: www.haaretz.co.il [18/08/2022]
List the four stages of scientific research, and illustrate two of them, based on the paragraph above.

- 12.** Researchers all over the world are studying the effect of "long COVID" on memory and attention in people who have recovered from COVID.
List two methods for studying cognition.
Illustrate how one of the methods you listed can be used to study the issue of "long COVID" described above.
- 13.** Describe the summer camp experiment conducted by Sherif (1961).
Describe the research process stage by stage.
Describe one of the results and one of the conclusions of the research.
- 14.** Uri, a professional swimmer, was enjoying a walk along the beach, when he suddenly noticed someone in the sea waving for help. It seemed to him that the person was drowning, but there was no lifeguard around.
Uri ran into the sea to save that person.
List the five stages of Darley and Latané's "decision tree" model.
Illustrate each stage of this model, based on the situation described above.
- 15.** Explain what "size constancy" is and illustrate it using the Ponzo illusion.
- 16.** Children experienced anxiety as a result of rocket fire over Israeli towns and villages. Some children started wetting their beds again at night.
Explain the concepts of "fixation" and "regression" in Freud's psychosexual theory.
Illustrate one of these concepts, based on the situation described above.

Good Luck!

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בהצלחה!

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