

## **Am I Ready to Challenge PSYC 101: Introduction to Psychology?**

This document is intended for student self-assessment purposes only. Please review it carefully to help you determine if you believe you are ready for the Challenge Exam for the course indicated above. Your self-assessment is not a guarantee that you will pass the Challenge Exam. Faculty with expertise in the subject matter/course outcomes evaluate whether your exam provides sufficient evidence that you have demonstrated appropriate college-level mastery of the course content. Enrolling in the course may be your best option.

### **Objectives**

To succeed on this exam you need to be prepared to demonstrate knowledge of and be able to think critically about the following majors topics in the field of Psychology:

- Basic research designs in psychology
- Understand the differences among the major “perspectives” on Psychology
- Human Consciousness
- Psychological understandings of sleep and dreams
- Developmental theories in psychology
- Human Memory
- Psychological theories of personality
- Social psychology
- General psychological disorders
- Major psychological therapeutic approaches
- Motivation
- Emotion

To prepare for this exam it would be prudent to review these topics in a college level Introduction to Psychology textbook. We most highly recommend this textbook to use for review:

Myers, D. G., & DeWall, C. N. (2015). *Psychology* (11<sup>th</sup> ed.). New York: Worth. ISBN-10: 1-4641-4081-2. ISBN-13: 978-1-4641-4081-5.

## **Challenge Exam Description**

You will be asked to demonstrate your knowledge and skill related to the Challenge Course through these types of questions:

Multiple-Choice

### **Example Exam Item**

\_\_\_\_\_ 's research focused less on abnormal beliefs and behaviors and more on what constituted positive mental health.

- a) Skinner
- b) Maslow
- c) Freud
- d) All of the above

### **Determination of Challenge Exam Outcome**

You will need to earn the following to be awarded credit through Challenge Exam for this course:

A score of at least 35 out of 50 points is required to pass. An assessment rubric is attached.

**PSYC 101: Introduction to Psychology Challenge Exam  
Assessment Rubric**

Assessed Items	Number of the question(s) in which each item is assessed	Performance Levels (Out of 50 points)			
		Passing	Passing	Passing	Not Passing
<b>50 Multiple Choice Questions at 1 point per question</b>		Exceptional 45-50 pts.	Good 40-44 pts.	Acceptable 35-39 pts.	Unacceptable 0-34 pts.
		Passing	Passing	Passing	Not Passing
Basic research designs in psychology	2,3,4,5,6,7,8,9,10,11				
Understand the differences among the major “perspectives” on Psychology	1				
Psychological understandings of sleep and dreams	19				
Developmental theories in psychology	12,13,14,15,16,17				
Human Consciousness	18, 20, 21				
Human Memory	22, 23, 24,25				
Motivation	27, 28,				
Emotion	28, 29, 30,31,32				
Psychological theories of personality	33, 34, 35,36, 37, 38				
Social psychology	46, 47, 48, 49,50				

General psychological disorders	<b>39, 40, 41, 42</b>	
Major psychological therapeutic approaches	<b>43, 44, 45</b>	