

Psychology Units 3 & 4

Contents

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Aboriginal and Torres Strait Islander content has been excluded as accuracy cannot be guaranteed, and it is better to be respectful than cover the entire curriculum inaccurately.

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Series contents

This series comprises **ten content workbooks**, cumulative **topic tests**, and a **practice-examination booklet**, covering the complete VCAA Psychology Units 3 & 4 course. Each content workbook follows the same structure: concise theory, scaffolded and unscaffolded worked examples, graded practice questions, a compact answer key, and fully-worked solutions. The key science skills are treated as full workbooks in their own right and are also embedded as research-method and stimulus questions throughout every chapter. The complete series runs to $\approx$ 495 pages across twelve booklets.

Topic 1 — Research methods and the key science skills

Chapter 1 — Scientific investigation, ethics and safety (33 pp)

1A Aims, hypotheses and variables · 1B Methodologies, experimental designs and sampling · 1C Ethics and safety

Chapter 2 — Analysing data and drawing conclusions (37 pp)

2A Data, processing and measurement quality · 2B Evidence, conclusions and communication

Topic 1 Test A (multiple choice) and Test B (short answer), with fully-worked solutions, are included at the end of this workbook.

Topic 2 — The nervous system and stress

Chapter 3 — Nervous system functioning (27 pp)

3A The central and peripheral nervous systems · 3B Neurotransmitters and neuromodulators · 3C Synaptic plasticity

Chapter 4 — Stress as a psychobiological process (57 pp)

4A Stressors and the acute and chronic stress response · 4B The gut–brain axis · 4C Selye’s General Adaptation Syndrome · 4D Lazarus and Folkman’s Transactional Model of Stress and Coping · 4E Coping strategies and coping flexibility

Topic 2 Test A (multiple choice) and Test B (short answer), with fully-worked solutions, are included at the end of this workbook.

Topic 3 — Learning and memory

Chapter 5 — Approaches to understand learning (35 pp)

5A Classical conditioning · 5B Operant conditioning · 5C The social-cognitive approach: observational learning · 5D Aboriginal and Torres Strait Islander ways of knowing

Chapter 6 — The psychobiological process of memory (49 pp)

6A The Atkinson–Shiffrin multi-store model of memory · 6B Brain regions in long-term memory · 6C Episodic and semantic memory · 6D Techniques to improve memory

Topic 3 Test A (multiple choice) and Test B (short answer), with fully-worked solutions, are included at the end of this workbook.

Topic 4 — Sleep

Chapter 7 — The demand for sleep (35 pp)

7A Sleep as an altered state of consciousness · 7B Measuring physiological responses during sleep · 7C Regulation of sleep-wake patterns · 7D The demand for sleep across the life span

Chapter 8 — Importance of sleep to mental wellbeing (39 pp)

8A Sleep deprivation and its effects · 8B Circadian rhythm sleep disorders · 8C Sleep hygiene and zeitgebers

Topic 4 Test A (multiple choice) and Test B (short answer), with fully-worked solutions, are included at the end of this workbook.

Topic 5 — Mental wellbeing and specific phobia

Chapter 9 — Mental wellbeing (40 pp)

9A Defining mental wellbeing: functioning, resilience and SEWB · 9B Mental wellbeing as a continuum · 9C Maintaining mental wellbeing: protective factors · 9D Cultural determinants of wellbeing

Chapter 10 — Specific phobia (31 pp)

10A The development of specific phobia · 10B Evidence-based interventions for specific phobia

Topic 5 Test A (multiple choice) and Test B (short answer), with fully-worked solutions, are included at the end of this workbook.

Practice examinations

Chapter 11 — Practice Examinations (109 pp)

Six full practice examinations with fully-worked solutions, cumulative over the whole course. Each mirrors the VCAA end-of-year examination: **Section A** — 40 multiple-choice questions (40 marks); **Section B** — short-answer and extended-response questions (80 marks), including a 10-mark extended response marked against published assessment criteria. Total 120 marks; reading time 15 minutes and writing time 2 hours 30 minutes; no calculator or reference materials. Examinations 1 and 2 are the more scaffolded papers — questions split into more parts, with more short recall items — while Examinations 3–6 sit at full examination demand, so students can build from consolidation to sitting a complete paper under trial conditions.