



Victorian Certificate of
Education
2022

Name: _____

Teacher's name: _____

STUDENT NUMBER

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PSYCHOLOGY

Written examination

2022

Reading time: 15 minutes

Writing time: 2 hours 30 minutes

QUESTION AND ANSWER BOOK

Structure of book

| Section | Number of questions | Number of questions to be answered | Number of marks |
|---------|---------------------|------------------------------------|-----------------|
| A | 50 | 50 | 50 |
| B | 5 | 5 | 70 |
| | | | Total 120 |

- Students are permitted to bring into the examination room: pens, pencils, highlighters, erasers, sharpeners, and rulers.
- Students are NOT permitted to bring into the examination room: blank sheets of paper and/or correction fluid/tape.
- No calculator is allowed in this examination.

Materials supplied

- Question and answer book.
- Answer sheet for multiple-choice questions.
- Additional space is available at the end of the book if you need extra space to complete an answer.

Instructions

- Write your student number in the space provided above on this page.
- Check that your name and student number on your answer sheet for multiple-choice questions are correct.
- All written responses must be in English.

At the end of the examination

- Place the answer sheet for multiple-choice questions inside the front cover of this book.

Students are NOT permitted to bring mobile phones and/or any other unauthorised electronic devices into the examination room.

SECTION A – Multiple-choice questions**Instructions for Section A**

Answer **all** questions in pencil on the answer sheet provided for multiple-choice questions.

Choose the response that is **correct** or that **best answers** the question.

A correct answer scores 1; an incorrect answer scores 0.

Marks will **not** be deducted for incorrect answers.

No marks will be given if more than one answer is completed for any question.

Question 1

Which of the following structures of a neuron is responsible for sending neurotransmitters into the synaptic gap?

- A. dendrites
- B. axon
- C. myelin
- D. axon terminals

Question 2

Which of the following structures of a neuron is responsible for receiving neurotransmitters from neighbouring neurons?

- A. dendrites
- B. axon
- C. myelin
- D. axon terminals

Question 3

The lack of the neurotransmitter _____ is thought to be primarily responsible for the _____ symptoms of Parkinson's disease.

- A. dopamine; non-motor
- B. dopamine; motor
- C. melatonin; non-motor
- D. melatonin; motor

DO NOT WRITE IN THIS AREA

Use the following information to answer Questions 4-7.

Jessie and Henry are sitting the final Psychology exam in a few weeks' time. Both students have not completed any revision in preparation for the exam. Jessie knows that she needs to dedicate a lot more time and effort to revise effectively for the exam and has begun to put together a study timetable. On the other hand, Henry does not think he needs to change his behaviour at all.

Question 4

Which stage of the transtheoretical model of behaviour change are the two students likely in?

| | Jessie | Henry |
|----|-------------------|-------------------|
| A. | pre-contemplation | action |
| B. | action | relapse |
| C. | relapse | preparation |
| D. | preparation | pre-contemplation |

Question 5

Both students complete a trial exam at school. Although Jessie found the trial exam stressful, she reviewed the questions she made mistakes on to focus her revision, so that she could improve her understanding of the course. On the other hand, Henry was anxious about how his poor result might reflect badly on his school report which he hoped to show to future employers. Which of the following primary appraisals regarding the trial exam are likely for the two students?

| | Jessie | Henry |
|----|----------------------|-----------------------|
| A. | stressful; alarm | stressful; resistance |
| B. | stressful; threat | stressful; harm/loss |
| C. | stressful; harm/loss | stressful; challenge |
| D. | stressful; challenge | stressful; threat |

Question 6

Although Jessie put together a study timetable, she had barely begun to revise and did not feel sufficiently prepared for the trial exam. Henry completed no preparation for the trial exam. Which of the following secondary appraisals regarding the trial exam are likely for the two students?

| | Jessie | Henry |
|----|-----------------------------|-----------------------------|
| A. | adequate coping resources | adequate coping resources |
| B. | inadequate coping resources | inadequate coping resources |
| C. | inadequate coping resources | adequate coping resources |
| D. | adequate coping resources | inadequate coping resources |

Question 7

After completing the trial exam, Jessie puts in lots of time and effort to revise the course, and due to a poor result, Henry realises that he needs to start revising the course but has not yet begun to put a study plan in place. Which stage of the transtheoretical model of behaviour change are the two students likely in?

| | Jessie | Henry |
|----|-------------------|-------------------|
| A. | maintenance | pre-contemplation |
| B. | action | contemplation |
| C. | pre-contemplation | relapse |
| D. | preparation | maintenance |

DO NOT WRITE IN THIS AREA

Use the following information to answer Questions 8-18.

It has been reported that over 20 million people suffer from a fear of flying. Take-offs, landings, and every noise and bump in the air can make people anxious while traveling.

However, there is one trick that can help you stay calm when turbulence hits; when those shakes and bumps start, just grab a pen and paper and write your name over and over. The trick is to do it with your non-dominant hand.

The act of using your non-dominant hand to write tries to pull your focus away from your current environment and disrupting your normal thinking patterns. That way, you're more focused on writing your name legibly than on your fear. If you still have some trouble on a turbulent flight, researchers also suggest breathing through a drinking straw in order to avoid hyperventilating.

Source: <https://www.travelandleisure.com/travel-tips/trick-for-dealing-with-turbulence>

Question 8

For most people, encountering mild turbulence is likely to be considered

- A. a life event.
- B. a catastrophe.
- C. acculturative stress.
- D. none of the above.

Question 9

When people who suffer from a fear of flying encounter turbulence, they are likely experiencing

- A. eustress.
- B. distress.
- C. emotion-focused coping.
- D. problem-focused coping.

Question 10

Severe turbulence is likely to lead to

- A. the fight-flight response.
- B. coping flexibility.
- C. context-specific effectiveness.
- D. secondary appraisal.

Question 11

The _____ is likely to be activated by severe turbulence.

- A. sympathetic division of the central nervous system
- B. somatic division of the central nervous system
- C. parasympathetic division of the somatic nervous system
- D. sympathetic division of the autonomic nervous system

Question 12

Sweating and an increased heart rate due to turbulence is likely to be

- A. a conscious response.
- B. an unconscious response.
- C. a spinal reflex.
- D. catastrophic.

DO NOT WRITE IN THIS AREA

Question 13

Writing your name with your non-dominant hand is likely to be

- A. an automatic process that requires selective attention.
- B. an automatic process that enables divided attention.
- C. a controlled process that requires selective attention.
- D. a controlled process that enables divided attention.

Question 14

Writing your name with your non-dominant hand as a coping strategy for turbulence is likely to be

- A. an approach strategy.
- B. an avoidance strategy.
- C. eustressful.
- D. distressful.

Question 15

Breathing through a drinking straw to avoid hyperventilation may be considered a form of _____ which is primarily a _____ intervention.

- A. breathing retraining; biological
- B. exercise; psychological
- C. systematic desensitisation; social
- D. breathing retraining; psychological

Question 16

People with a phobia of flying may be more likely to have a _____ dysfunction compared to the general population.

- A. GABA
- B. glutamate
- C. dopamine
- D. melatonin

Question 17

If severe turbulence leads to the development of a phobia of flying, this is likely to be considered

- A. a stigma and a perpetuating factor.
- B. a lack of self-efficacy and a protective factor.
- C. rumination and a predisposing factor.
- D. a specific environmental trigger and a precipitating factor.

Question 18

The biopsychosocial model considers a variety of protective factors that may enhance adaptation to adversity, such as to severe turbulence. Which of the following best describes some of these factors?

| | Biological | Psychological | Social |
|----|---------------------------------|----------------------------------|--|
| A. | resilience | adequate diet and sleep | cognitive behavioural strategies |
| B. | GABA dysfunction | rumination | stigma |
| C. | the role of the stress response | memory bias | psychoeducation |
| D. | adequate diet and sleep | cognitive behavioural strategies | support from family, friends and community |

Use the following information to answer Questions 19-21.

Dr Ong decided to observe the brain wave patterns of people who suffer from a fear of flying while undergoing turbulence in a flight simulator.

Question 19

The device he could use is an

- A. electrocardiograph.
- B. electro-oculograph.
- C. electromyograph.
- D. electroencephalograph.

Question 20

Dr Ong hypothesised that people who have a fear of flying would likely experience different brain wave patterns when undergoing turbulence compared to a smooth flight. Which of the following would best describe the variables in Dr Ong's study?

| | Independent variable | Dependent variable |
|----|----------------------|---------------------|
| A. | brain wave patterns | turbulence |
| B. | brain wave patterns | fear of flying |
| C. | fear of flying | brain wave patterns |
| D. | turbulence | brain wave patterns |

Question 21

The kinds of brain waves that Dr Ong would be most likely to find during the simulated turbulence is

- A. alpha waves.
- B. beta waves.
- C. delta waves.
- D. theta waves.

Question 22

One major ethical issue of the Little Albert experiment was that

- A. Little Albert was able to withdraw from the study at any time.
- B. Little Albert maintained confidentiality.
- C. attempts to reverse any harm was not carried out.
- D. attempts to seek informed consent from Little Albert was overridden by his mother.

Question 23

Little Albert's fear response was conditioned via

- A. classical conditioning.
- B. operant conditioning.
- C. observational learning.
- D. both classical conditioning and observational learning.

Question 24

After conditioning, when Little Albert showed a fear response to other furry objects such as a fur coat, he demonstrated

- A. stimulus generalisation.
- B. stimulus discrimination.
- C. spontaneous recovery.
- D. extinction.

DO NOT WRITE IN THIS AREA

Question 25

If Little Albert had only demonstrated the fear of rats after conditioning and no other stimulus, it would have demonstrated

- A. stimulus generalisation.
- B. stimulus discrimination.
- C. spontaneous recovery.
- D. extinction.

Question 26

After the experiment, if Little Albert's mother continued to expose him to rats without the loud noise until Little Albert no longer showed fear, this would demonstrate

- A. stimulus generalisation.
- B. stimulus discrimination.
- C. spontaneous recovery.
- D. extinction.

Question 27

If Little Albert's fear of rats reappeared after a period of time that he did not show any fear to rats, then this would demonstrate

- A. stimulus generalisation.
- B. stimulus discrimination.
- C. spontaneous recovery.
- D. extinction.

Question 28

Which of the following indicates the capacity of the stores of memory according to the Atkinson-Shiffrin multi-store model?

| | Sensory memory | Short-term memory | Long-term memory |
|----|---------------------------|-------------------------------|-------------------------------|
| A. | 20 seconds | 3 - 4 seconds | 2 hours |
| B. | 0.2 - 4 seconds | approximately 20 seconds | potentially permanent |
| C. | 5 - 9 bits of information | potentially unlimited | 20 - 30 chunks of information |
| D. | unlimited | 7 ± 2 bits of information | potentially unlimited |

Question 29

Which of the following indicates the duration of the stores of memory according to the Atkinson-Shiffrin multi-store model?

| | Sensory memory | Short-term memory | Long-term memory |
|----|---------------------------|-------------------------------|-------------------------------|
| A. | 20 seconds | 3 - 4 seconds | 2 hours |
| B. | 0.2 - 4 seconds | approximately 20 seconds | potentially permanent |
| C. | 5 - 9 bits of information | potentially unlimited | 20 - 30 chunks of information |
| D. | unlimited | 7 ± 2 bits of information | potentially unlimited |

Question 30

Which of the following methods of retrieval can demonstrate the existence of an explicit memory?

- A. recall
- B. recognition
- C. relearning
- D. all of the above

Question 31

Which of the following methods of retrieval can demonstrate the existence of an implicit memory?

- A. recall
- B. recognition
- C. relearning
- D. all of the above

Question 32

A researcher wanted to test memory by first asking participants to memorise a particular configuration of holiday photos. The researcher then shuffled the order of the photos and asked participants to place them back into their original order. The researcher was testing participants using

- A. recall.
- B. recognition.
- C. relearning.
- D. reconstruction.

Use the following information to answer Questions 33-45.

Professor Snoop wanted to investigate the effect of temporarily disabling different areas of the brain on the recall of specific details of a car crash scene. She did this by using powerful magnets to temporarily prevent brain activity in certain areas of the brain. She described the study to her Psychology class then called for volunteers. Professor Snoop said that anyone who volunteered to participate would receive a bonus 20% to their final score.

Question 33

Which of the following ethical principles has Professor Snoop most clearly breached?

- A. voluntary participation
- B. informed consent
- C. debriefing
- D. withdrawal rights

Question 34

What type of sampling method did Professor Snoop employ?

- A. random sampling
- B. stratified sampling
- C. random stratified sampling
- D. convenience sampling

Question 35

Professor Snoop managed to recruit 20 participants for her study. She decided that she would give all participants a memory test to establish a baseline, before giving them the treatments targeting various areas of the brain. The memory test involved showing participants a car crash scene, then asking them 20 yes/no questions about the scene (e.g., 'Was there any broken glass on the ground?'). This baseline test acts as a

- A. control condition.
- B. controlled variable.
- C. experimental condition.
- D. experimental variable.

DO NOT WRITE IN THIS AREA

Question 36

If Professor Snoop decides to have all 20 participants take part in every treatment of her experiment, this would best be described as

- A. an independent groups design.
- B. a repeated measures design.
- C. a counterbalanced design.
- D. a matched participants design.

Once the baseline testing was over (with results in Table 1, below), Professor Snoop temporarily disabled a specific brain region of the participants, then showed them a new car crash scene, and asked them 20 yes/no questions about the scene. She did this procedure with four different brain areas, with four different car crash scenes. She collected the following results.

Table 1

| Average number of details correctly recalled before any brain procedure | Standard deviation |
|---|--------------------|
| 16.3 | 0.2 |

Table 2

| Brain area disabled | Average number of details correctly recalled after brain area disabled | Standard deviation |
|---------------------|--|--------------------|
| Area A | 1.5 | 0.1 |
| Area B | 15.5 | 1.1 |
| Area C | 15.9 | 1.5 |
| Area D | 9.2 | 1.2 |

Question 37

Which of the following operationalises the independent and dependent variables of Professor Snoop's study?

| | Independent variable | Dependent variable |
|----|--|---|
| A. | car crash scenes | area of the brain that is temporarily disabled |
| B. | brain procedure | performance on a memory task |
| C. | average number of details correctly recalled after brain area disabled | temporary disabling brain area A, B, C, or D |
| D. | temporary disabling brain area A, B, C, or D, or no treatment | the number of details correctly recalled from a car crash scene |

Question 38

Which of the following conclusions would be most reasonable to draw from the data above?

- A. brain area A is the most important of the four brain areas for the memory of details relating to a car crash scene
- B. brain area B is the least important of the four brain areas for the memory of details relating to a car crash scene
- C. brain area C is the most important of the four brain areas for the memory of details relating to a car crash scene
- D. brain area D is not involved in the memory of details relating to a car crash scene

DO NOT WRITE IN THIS AREA

Question 39

What type of data did Professor Snoop collect?

- A. primary, quantitative data
- B. primary, qualitative data
- C. secondary, quantitative data
- D. secondary, qualitative data

Question 40

What do the standard deviations suggest about the data?

- A. the relatively high standard deviations indicate low variability in the data
- B. the relatively low standard deviations indicate high variability in the data
- C. the relatively low standard deviations means that the averages are likely to be an unreliable representation of all the participants' scores
- D. the relatively low standard deviations means that the averages are likely to be a reliable representation of all the participants' scores

Question 41

Disabling brain area A appears to have led to

- A. temporary anterograde amnesia.
- B. temporary retrograde amnesia.
- C. permanent Alzheimer's disease.
- D. permanent neurodegeneration.

Question 42

It is likely that brain area A is the

- A. hippocampus, as this brain region is responsible for encoding long-term implicit memories.
- B. hippocampus, as this brain region is responsible for encoding long-term explicit memories.
- C. cerebellum, as this brain region is responsible for encoding long-term implicit memories.
- D. cerebellum, as this brain region is responsible for encoding long-term explicit memories.

Question 43

It is likely that brain area C is the

- A. hippocampus, as this brain region is most important for the encoding of long-term implicit memories.
- B. hippocampus, as this brain region is most important for the encoding of long-term explicit memories.
- C. cerebellum, as this brain region is most important for the encoding of long-term implicit memories.
- D. cerebellum, as this brain region is most important for the encoding of long-term explicit memories.

Question 44

The amygdala may have been activated by the neurohormone _____ to help consolidate the memory of the car crash scenes, as these are likely to be emotionally arousing experiences.

- A. GABA
- B. dopamine
- C. adrenaline
- D. glutamate

DO NOT WRITE IN THIS AREA

Question 45

After the experiment was over, Professor Snoop asked participants, 'How fast do you think the cars were going when they smashed into each other?'. According to Loftus' research, this _____ may affect the participants' _____ of the event.

- A. context dependent cue; recognition
- B. state dependent cue; reconstruction
- C. presupposition; relearning
- D. leading question; reconstruction

Question 46

The serial position effect is made up of

- A. the primacy effect.
- B. the recency effect.
- C. both the primary and secondary effect.
- D. both the primacy and recency effect.

Question 47

Sleep consists of

- A. multiple circadian rhythms.
- B. multiple ultradian rhythms.
- C. a single circadian rhythm.
- D. a single ultradian rhythm.

Question 48

The evidence that animals will sleep during the most dangerous part of the day to prevent being preyed upon is support for the

- A. restoration theory.
- B. evolutionary theory.
- C. rejuvenation theory.
- D. biopsychosocial theory.

Question 49

Which of the following is not considered a characteristic of a mentally healthy person?

- A. high levels of functioning
- B. social and emotional well-being
- C. resilience to life stressors
- D. rumination on life stressors

Question 50

If a person has multiple risk factors for the development of a mental disorder, this may lead to

- A. lower cumulative risk.
- B. greater cumulative risk.
- C. lower stigma.
- D. higher stigma.

DO NOT WRITE IN THIS AREA

- c.** Which neurotransmitter is primarily involved in long-term potentiation, and what effect does it have on the post-synaptic neuron? 2 marks

- d.** Describe how neurotransmission occurs through the lock-and-key process from the moment that an action potential reaches the end of the presynaptic neuron. 3 marks

- e.** Janine eventually got fed up with being zapped, so she threw out her woollen shoes and began to wear a different pair of shoes which did not create any static electricity. Eventually, she no longer flinched to metal door handles. How might long-term depression contribute to the extinction of Janine's response? 3 marks

DO NOT WRITE IN THIS AREA

Question 2 (24 marks)

Professor Twerk wanted to investigate the effects of different sleep therapies to improve the sleep quality and duration of teenagers with sleep disorders. She went to Summer Bay High School to recruit 50 teenagers who had been diagnosed with sleep-onset insomnia (Group A), and 50 teenagers who had been experiencing adolescent sleep-wake cycle shift (Group B). Professor Twerk decided to employ ten 30-minute sessions of either bright light therapy (BLT) or cognitive behavioural therapy (CBT) to improve the sleep of participants.

- a. Is sleep generally considered a naturally occurring or induced altered state of consciousness? 1 mark

- b. Is sleep-onset insomnia categorised as a dyssomnia or parasomnia? Justify your response. 2 marks

- c. An inadequate quantity or quality of sleep can lead to changes in a person's affective functioning. List two of these changes that may occur. 2 marks

- d. Studies show that insufficient sleep has a substantial effect on physical and mental functioning. Describe this effect as compared to blood-alcohol concentration (BAC) readings of 0.05% and 0.10%. 2 marks

DO NOT WRITE IN THIS AREA

i. Explain how CBT can be used to improve participants' sleep.

2 marks

j. Explain how BLT can be used to improve participants' sleep.

3 marks

DO NOT WRITE IN THIS AREA

- ki.** Provide two reasons why it may be advantageous for Professor Twerk to use video monitoring over a sleep diary to operationalise her dependent variable. 2 marks

- kii.** Provide two reasons why it may be advantageous for Professor Twerk to use a sleep diary over video monitoring to operationalise her dependent variable. 2 marks

DO NOT WRITE IN THIS AREA

Question 3 (13 marks)

Heat stress occurs when our body is unable to cool itself enough to maintain a healthy temperature. Normally, the body cools itself by sweating, but sometimes sweating isn't enough, and body temperature keeps rising. Exposure to radiant heat from bushfires can cause rapid dehydration and heat-related illness. If a person becomes dehydrated, they don't sweat as much, and their body temperature keeps rising.

Heatstroke occurs when the core body temperature rises above 40.5°C and the body's internal systems start to shut down. Many organs in the body suffer damage and body temperature must be reduced quickly. The person may stagger, appear confused, have a fit, or collapse and become unconscious. As well as effects on the nervous system, there can be liver, kidney, muscle, and heart damage.

Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/heat-stress-and-heat-related-illness>

- a. Name and explain the sub-stages of 'alarm reaction' of Selye's General Adaptation Syndrome (GAS), and how this might apply to a firefighter who is exposed to extreme heat. 4 marks

- b. Explain the stage of 'resistance' of Selye's GAS, and how this might apply to a firefighter who is exposed to extreme heat. 2 marks

DO NOT WRITE IN THIS AREA

- c.** Explain the stage of 'exhaustion' of Selye's GAS, and how this might apply to a firefighter who is exposed to extreme heat for a prolonged period. 2 marks

- d.** State one benefit and one disadvantage of cortisol being released for a firefighter who is regularly exposed to extreme heat. 2 marks

- e.** How could a firefighter exposed to extreme heat demonstrate high levels of coping flexibility, and how might this affect context-specific effectiveness? 3 marks

DO NOT WRITE IN THIS AREA

Question 4 (8 marks)

Shanti is a 17-year-old girl who is experiencing the symptoms of schizophrenia; she has disorganised speech, hallucinations, and delusions (unshakable beliefs in things that are untrue), and has been experiencing these symptoms for more than eight months. Shanti found these symptoms very unpleasant and upsetting to her and has begun to withdraw from her close group of friends after a series of emotional outbursts. Shanti has discontinued going to school because she was unable to focus in class.

- a. Where would Shanti likely be placed on the mental health continuum? Provide two reasons to support your response. 3 marks

- b. Alongside a definition, describe how stigma could act as a barrier for Shanti to access treatment. 2 marks

DO NOT WRITE IN THIS AREA

- c.** Research suggests that the child of parents who are both diagnosed with schizophrenia are up to forty times more likely to develop the condition compared to the rest of the population. In terms of the biopsychosocial framework, name and explain the type of risk factor that describes this phenomenon. 2 marks

- d.** Even if both parents are diagnosed with schizophrenia, this does not necessarily mean that their offspring will develop the condition. Explain why this may be the case. 1 mark

DO NOT WRITE IN THIS AREA



VCE PSYCHOLOGY
Written Examination
ANSWER SHEET – 2022

Student
name:

Use a **PENCIL** for **ALL** entries. For each question, shade the box which indicates your answer.

Marks will **NOT** be deducted for incorrect answers.

NO MARK will be given if more than **ONE** answer is completed for any question.

If you make a mistake, **ERASE** the incorrect answer – **DO NOT** cross it out.

| | | | | |
|----|---|---|---|---|
| 1 | A | B | C | D |
| 2 | A | B | C | D |
| 3 | A | B | C | D |
| 4 | A | B | C | D |
| 5 | A | B | C | D |
| 6 | A | B | C | D |
| 7 | A | B | C | D |
| 8 | A | B | C | D |
| 9 | A | B | C | D |
| 10 | A | B | C | D |
| 11 | A | B | C | D |
| 12 | A | B | C | D |
| 13 | A | B | C | D |
| 14 | A | B | C | D |
| 15 | A | B | C | D |
| 16 | A | B | C | D |
| 17 | A | B | C | D |

| | | | | |
|----|---|---|---|---|
| 18 | A | B | C | D |
| 19 | A | B | C | D |
| 20 | A | B | C | D |
| 21 | A | B | C | D |
| 22 | A | B | C | D |
| 23 | A | B | C | D |
| 24 | A | B | C | D |
| 25 | A | B | C | D |
| 26 | A | B | C | D |
| 27 | A | B | C | D |
| 28 | A | B | C | D |
| 29 | A | B | C | D |
| 30 | A | B | C | D |
| 31 | A | B | C | D |
| 32 | A | B | C | D |
| 33 | A | B | C | D |
| 34 | A | B | C | D |

| | | | | |
|----|---|---|---|---|
| 35 | A | B | C | D |
| 36 | A | B | C | D |
| 37 | A | B | C | D |
| 38 | A | B | C | D |
| 39 | A | B | C | D |
| 40 | A | B | C | D |
| 41 | A | B | C | D |
| 42 | A | B | C | D |
| 43 | A | B | C | D |
| 44 | A | B | C | D |
| 45 | A | B | C | D |
| 46 | A | B | C | D |
| 47 | A | B | C | D |
| 48 | A | B | C | D |
| 49 | A | B | C | D |
| 50 | A | B | C | D |