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NAME: _____

VCE® PSYCHOLOGY

UNITS 3 & 4 Practice Written Examination

Reading time: 15 minutes
Writing time: 2 hours 30 minutes

QUESTION AND ANSWER BOOK

Structure of Book

<i>Section</i>	<i>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
A	40	40	40
B	8	8	80
			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 of 35 pages.
- Answer Sheet for Multiple-Choice Questions.
- Additional space is available at the end of the book if you need extra paper to complete an answer.

Instructions

- Write your **student name** in the space provided above on this page.
- Check that your **name** is printed on your Answer Sheet for Multiple-Choice Questions.
- All written responses must be in English.

At the end of the examination

- Place the Answer Sheet for Multiple-Choice Questions around this book.

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

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.

Use the following information to answer Questions 1 and 2

Nicole swatted a bee when it stung her on her leg. Initially Nicole was concerned the bee was a wasp and became panicked because she is allergic to wasps. Once she realised it was a bee and the pain lessened, Nicole was able to calm down.

Question 1

Which of the following identifies the correct function of the sympathetic and parasympathetic nervous system in response to Nicole being stung?

	Sympathetic Nervous System	Parasympathetic Nervous System
A.	Pupil dilation	Increased heart rate
B.	Relaxed bladder	Release of adrenaline
C.	Inhibited digestion	Decreased respiration
D.	Release of adrenaline	Pupil dilation

Question 2

When Nicole felt the sting of the bee, this was a result of the _____ function of the _____ nervous system sending information to the brain to analyse.

- A. sensory; autonomic
- B. motor; peripheral
- C. sensory; somatic
- D. motor; sympathetic

Question 3

The gut-brain axis

- A. provides communication links between the brain and digestive tract and vice versa.
- B. is a natural habitat for gut microbiota.
- C. coordinates stress-induced changes in the gut and brain.
- D. continually adjusts the gut microbiota balance.

Use the following information to answer Questions 4-5

A group of doctors wanted to compare the biological responses of experiencing stress, to the physical impact of stepping on a nail. The purpose of the experiment was to observe a person's stress response when stepping on a nail. The experiment had two components: Part A measured heart rate increase, when participants stepped on the nail, whilst Part B required the participants to identify the level of pain they experienced, by responding to the question, 'How much did that hurt?'

Question 4

All the participants were shown the nail they would be required to step on prior to Part A of the experiment. One of the participants, Elsa, indicated that her stress levels rose when shown the nail. It was observed that the colour drained from her face and her heart rate decreased.

Elsa is likely experiencing

- A. the alarm-reaction stage of the GAS model where the body goes into shock, characterised by a momentary increase in functioning.
- B. shock, where the body decreases in functioning as coordinated by the parasympathetic nervous system.
- C. the resistance stage of the GAS model, where the body releases adrenaline into the bloodstream.
- D. counter-shock, where the body decreases in functioning as coordinated by the sympathetic nervous system.

Question 5

Which of the following describes the types of data collected for Part B?

- A. Objective and qualitative
- B. Objective and quantitative
- C. Subjective and qualitative
- D. Subjective and quantitative

Question 6

Which of the following can be described as a negative of Selye's GAS model?

- A. Demonstrates that prolonged stress can lead to death.
- B. Provides a universal understanding of how the body responds to stress.
- C. Selye did not recognise the role of emotions and cognitions in the stress response.
- D. Selye's GAS model led us to further develop coping strategies.

Question 7

Aboriginal and Torres Strait Islander peoples' ways of knowing are dependent on which **two** concepts?

- A. Formal education and teachers
- B. Culture and written communication
- C. Multimodal oral communication and relationships
- D. Demonstrating where one is from

Use the following information to answer Questions 8-10

Maja participated in a television game show that tested a person's musical knowledge. Whilst waiting on the set until it was her turn to be a contestant, Maja felt very stressed as she did not think she deserved to be on the show. Maja felt so anxious that she left the studio and sought a quiet space. Once alone, Maja studied her notes and quizzed herself, which built her confidence and subsequently enabled her to go back into the studio. When it was Maja's turn to be quizzed, she was excited and realised she was enjoying the experience.

Question 8

The coping strategy that Maja used when reviewing her notes prior to returning to the television studio is described as an

- A. avoidant strategy.
- B. approach strategy.
- C. appropriate strategy.
- D. adaptable strategy.

Question 9

Throughout the music trivia questions, Maja was focused and won several prizes. It is likely that Maja was experiencing

- A. eustress.
- B. distress.
- C. daily pressure.
- D. accumulative stress.

Question 10

When Maja initially felt anxious and left the studio where filming was taking place, it was likely her

- A. pupils constricted, and her level of stress hormones increased.
- B. heart rate increased, and her levels of stress hormones decreased.
- C. muscles in the digestive system relaxed and her levels of stress hormones increased.
- D. body ensured there was less oxygen in her blood and her levels of stress hormones decreased.

Question 11

The main purpose of cortisol during prolonged periods of stress is to

- A. activate the freeze response.
- B. trigger the release of adrenaline.
- C. increase the immune system.
- D. none of the above.

Question 12

Which one of the following will best assist the capacity to learn crucial knowledge by Aboriginal and Torres Strait Islander peoples?

- A. Pen and paper
- B. Books
- C. Oral narratives
- D. Digital media (i.e., internet)

Question 13

Aboriginal and Torres Strait Islander peoples model behaviours to their young people, who in turn mimic and replicate the same or similar behaviours. This learning process primarily involves

- A. classical conditioning.
- B. operant conditioning.
- C. associative learning.
- D. observational learning.

Question 14

Which of the following statements is **not** correct when discussing aphantasia?

- A. Aphantasia is not a result of brain damage.
- B. Aphantasia is often caused by damage to the hippocampus.
- C. Aphantasia is an inability to form visual imagery.
- D. Sufferers of aphantasia are likely to have an intact semantic memory.

Question 15

Wilma studied Swedish for five years and spoke very excitedly to her friend Alice about their upcoming six-month exchange program to Sweden. In response, Alice confided that she felt nervous about their trip because she did not have any knowledge of the Swedish language. Considering the Lazarus and Folkman's Transactional Model of Stress and Coping, in terms of primary appraisal, which of the following is likely to occur?

- A. Both Wilma and Alice will evaluate their upcoming exchange experience as either harm, threat, or challenge if they anticipate the experience will be a source of stress.
- B. Alice will be more likely to experience acculturative stress than Wilma.
- C. Alice will be more likely to experience shock than Wilma.
- D. Both Wilma and Alice will evaluate their coping strategies in response.

Question 16

Which of the following describes changes to neurochemical functions in the brain region, and the type of memory deficit associated with Alzheimer's disease?

	Neurochemical change	Brain region	Memory type
A.	Dopamine	Hippocampus	Implicit
B.	Acetylcholine	Hippocampus	Explicit
C.	GABA	Cerebral cortex	Explicit
D.	Glutamate	Amygdala	Implicit

Question 17

In relation to the Atkinson and Shiffrin multi-store model of memory, which of the following statements is correct?

- A.** Echoic memory lasts for approximately 3 or 4 seconds.
- B.** STM's capacity is limited but its duration is unlimited.
- C.** We cannot consciously increase the duration of STM because STM is beyond our voluntary control.
- D.** Iconic memory is an exact replica of auditory information.

Question 18

Which neurotransmitter is dramatically reduced in quantity by the onset of Alzheimer's disease?

- A.** Glutamate
- B.** Acetylcholine
- C.** Adrenaline
- D.** Dopamine

Question 19

A person with a dysfunctional basal ganglion would experience problems with

- A. forming and storing new explicit memories.
- B. retrieval of procedural memories.
- C. responding to stimuli with appropriate emotions.
- D. transferring information from STM to LTM.

Question 20

All of Aboriginal and Torres Strait Islander peoples' knowledge, which has been transmitted through numerous generations, is embedded in

- A. holistic individuals.
- B. country.
- C. spiritual beliefs.
- D. knowledge systems.

Question 21

Chun-Li has always had trouble sleeping whilst travelling long distances. On a recent flight from Melbourne to Los Angeles, Chun-Li could not sleep for the entire 17-hour flight. Upon landing at Los Angeles, Chun-Li struggled to fill out her Visa and Passport forms. Chun-Li's altered state of consciousness upon arriving at Los Angeles would be equivalent to a BAC level of:

- A. .1
- B. .75
- C. .5
- D. .05

Question 22

As part of an experiment, participants were required to play a video game that involved driving a car through a racecourse. Objects would randomly appear, requiring the player to swerve to avoid hitting the objects. The experiment required each participant to play the game under three different conditions:

- before the consumption of alcohol
- during the consumption of alcohol
- after the consumption of alcohol.

The number of objects avoided by each participant, under each condition, was recorded and used for analysis. This method of measurement is assessing the

- A. objective measurement of speed.
- B. subjective measurement of speed.
- C. objective measurement of accuracy.
- D. subjective measurement of accuracy.

Question 23

A zeitgeber can best be described as

- A. the body's biological clock.
- B. our biological rhythm.
- C. an environmental time cue.
- D. the stimulus that induces sleep.

Question 24

Which of the following is not an example of behavioural responses associated with sleep deprivation?

- A. impaired behavioural regulation.
- B. uncoordinated behaviour.
- C. impaired ability to interpret other's emotions.
- D. experiencing fatigue.

Use the following information to answer Questions 25-28

30-year-old James began part-time work in the deli section of a supermarket, three months ago. Wanting to earn more money, James requested night-shift work, stacking shelves in the grocery department. James was allocated four additional shifts, which required him to work four nights in a row each week, between the hours of 10:00pm and 5:00am.

James completed three weeks of the night shifts in addition to his usual work in the deli. By the second week, James struggled to concentrate and stay awake during his regular shifts in the deli as he did not get enough sleep.

Question 25

Which of the following is a key characteristic of the sleep disorder James is experiencing?

- A. Two separate sleep periods
- B. Reduced sleep of 1-4 hours
- C. Reduced quality and quantity of sleep
- D. All the above

Question 26

In James's third week of working night shifts, which of the following tasks is most likely to be affected by his sleep deprivation?

- A. The controlled process of counting items and ticking them off a list
- B. The automatic process of stacking shelves
- C. The controlled process of reading the label on the grocery boxes
- D. The automatic task of completing his university study

Question 27

In order for James to sleep and therefore concentrate during his night shifts, he could-use bright light therapy (BLT) and apply a light box

- A. early in the morning.
- B. in the afternoon.
- C. in the evening before he starts his night shift.
- D. at the end of his night shift.

Question 28

James's ability to sleep and responsiveness to light is largely due to his

- A. release of melatonin.
- B. hypothalamus.
- C. substantia nigra.
- D. superchiasmatic nucleus.

Question 29

Which of the following is considered a good sleep hygiene practice?

- A. Have a lot of coffee about an hour before bedtime to adjust core body temperature and relax the body.
- B. A long nap during waking time is better than going to bed earlier that evening if still tired.
- C. When you cannot sleep, get up and do something relaxing before going back to bed for sleep.
- D. Ensure you have a full stomach before going to sleep so you don't wake up hungry during the night.

Question 30

Avoidance behaviours are those that

- A. replace a fear-provoking object, activity, or situation with a calming one.
- B. attempt to increase exposure to the fear-provoking object, activity, or situation.
- C. replace a calming object, activity, or situation with a stressful one.
- D. attempt to prevent exposure to the fear-provoking object, activity, or situation.

Question 31

Which of the following statements about anxiety is **incorrect**?

- A. The source of anxiety is always known.
- B. Anxiety can be a result of a stress response.
- C. Anxiety can produce physiological changes.
- D. Anxiety can be adaptive and helpful in mild amounts.

Question 32

Which of the following characteristics would **not** enable an individual to be more resilient?

- A. High self-esteem
- B. Being stubborn and unwilling to negotiate
- C. The ability to make realistic plans
- D. Having problem-solving skills

Question 33

When using bright light therapy to treat Advanced Sleep Phase Disorder, light exposure will be more effective during the

- A. early morning.
- B. late morning.
- C. early evening.
- D. late evening.

Use the following scenario to answer Questions 34-36

Eve suffers from a social phobia. According to the mental health continuum, her level of phobia would be described as a mental disorder.

Question 34

When Eve is exposed to a social situation, the flight-fight-freeze response is activity that triggers the

- A. suppression of cortisol by her adrenal gland.
- B. release of cortisol by her adrenal gland.
- C. suppression of cortisol by her cerebellum.
- D. release of cortisol by her hippocampus.

Question 35

Eve has agreed to participate in a research investigation into the effectiveness of benzodiazepines versus placebos for the treatment of social phobias.

To comply with ethical considerations prior to the commencement of the research investigation, which of the following should Eve **not** be made aware of?

- A. The nature of the research
- B. Whether she will be consuming benzodiazepines or placebos during the research
- C. Any risks involved
- D. Her rights

Question 36

Eve's social phobia has most likely been precipitated through which of the following learning theories?

- A. Classical conditioning
- B. Operant conditioning
- C. Social learning
- D. Long-term potentiation

Question 37

The negative correlation between cultural continuity and self-harm rates observed in Indigenous communities means that

- A. cultural continuity contributes to the causation of self-harm.
- B. there is a negligible relationship between cultural continuity and self-harm.
- C. there is an inverse relationship between cultural continuity and self-harm.
- D. the incidence of self-harm is dependent on cultural continuity.

Question 38

Which of the following statements about Aboriginal and Torres Strait Islander peoples' traditional ways of learning, teaching, and knowing is correct?

- A. Aboriginal and Torres Strait Islander peoples' ways of learning, teaching, and knowing are reliant on written communication.
- B. Aboriginal and Torres Strait Islander peoples' ways of learning, teaching, and knowing were not transferred across generations and that knowledge has been lost.
- C. Aboriginal and Torres Strait Islander peoples' ways of learning, teaching, and knowing are holistic, build on relationships with people and Country.
- D. Aboriginal and Torres Strait Islander peoples' ways of learning, teaching, and knowing are known among all their young people.

Use the following information to answer Questions 39 and 40

Researchers wanted to conduct an experiment to find out if drinking more water each day led to improved mental wellbeing. Prior to the experiment, participants completed various self-reports about their mental wellbeing. The experiment design required that one group was instructed to drink more than three litres of water a day, whilst the second group maintained their usual drinking water habits. At the conclusion of the experiment, participants completed the same self-reports to see whether their mental wellbeing had changed over the course of the experiment.

Question 39

The experimental design meant one group drank at least three litres of water a day, whilst the other group maintained their usual level of water consumption. The second group was not given any limits regarding water consumption. The lack of parameters for the second group could be regarded as a/an

- A. dependent variable.
- B. independent variable.
- C. controlled variable.
- D. extraneous variable.

Question 40

The participants were recruited from a pool of individuals over the age of 18 who were interested in exploring the implications of the experiment findings, in relation to the mental wellbeing of adults. Ultimately, the participants were university students due to the accessibility of advertisements for the study. Gathering data using only university students and seeking to apply the findings to all adults is likely to impact the _____ of the experiment.

- A. precision
- B. internal validity
- C. external validity
- D. reproducibility

Section B**Instructions for Section B**

Answer **all** questions in the spaces provided.

Write using blue or black pen.

Question 1 (14 marks)

Bell joined the army when she was 19 and was sent to East Timor only six months later. Overseas, Bell faced conditions she had not experienced before, was constantly on mental alert and felt frightened, victimised, and defenseless. Upon her return to Australia, Bell was frustrated by comments made to her such as, 'Oh, you are home. You are safe now and life goes on'.

Bell began to enjoy drinking and consumed more alcohol than she had before going to East Timor. She did not realise that she was drinking a lot and became addicted to alcohol. Following counselling and support, Bell joined the Army Public Relations Service and became a photographer. She now believes she has the best job in the world.

- a.** During combat Bell displayed behaviours of which she was not aware, such as instantly moving her hands off a weapon that was very hot. Identify and explain the type of response that occurred when Bell unconsciously moved her hands off the weapon. 4 marks

- b.** Whilst overseas with the army, Bell realised that as time passed, she was able to respond to stressful situations and process what was happening around her more quickly. With reference to neural plasticity, explain what process has occurred to allow Bell to respond more quickly. 2 marks

- c.** A new behaviour Bell exhibited after returning to Australia was an increase in her enjoyment of alcohol. Discuss why dopamine would be associated with this habit. 2 marks

- d.** During Bell’s time in East Timor, she noticed that she would frequently catch a cold after experiencing the ‘frontline’ or highly stressful events. Identify what stage of Seyle’s Gas Model Bell experienced when on the frontline. Justify your response. 3 marks

- e. In reference to the gut-brain axis, explain why Bell might be feeling nervous and suffering from a loss of appetite. In your answer comment on what might happen if this situation continued. 3 marks

Question 2 (7 marks)

Jamie wishes to learn origami so she can make a present for her mum. Watching an online video Jamie observes the person in the video clip demonstrating how to make a paper origami heart and the various steps involved.

- a. Discuss the five stages of observational learning for a participant completing this newly learnt behaviour, to make the paper origami heart from the video clip. 5 marks

- b.** Describe how System Learning used by Aboriginal and Torres Strait Islander people has **one** similar feature and **one** different feature to the observational learning used by Jamie to make origami. 2 marks

Similarity: _____

Difference: _____

Question 3 (6 marks)

Astrid is a first-year international student who is studying for a Bachelor of Psychology. She is the only student from her high school enrolled at the university, therefore, Astrid does not know anyone and is yet to make new friends. A further complication is that Astrid is too young to obtain her driver's licence and she lives one hour away from the university. Consequently, Astrid must be up by 5:30am and use multiple forms of transport to get to the university on time each day. Astrid is finding the travelling exhausting and the workload demanding and unmanageable; she is extremely worried about failing her first year. Over the last few days, Astrid has felt lethargic and run down and has missed two of her tutorials.

Liam is also a first-year student studying for a Bachelor of Psychology, but he is living on campus with his best friend from high school. Liam is enjoying attending university and participating in the extra-curricular activities on offer; he has many friends and recently joined a sports club at the university with his roommate. Whilst Liam finds his course challenging at times, he loves his lectures and finds the course content and his classes, engaging and interesting, despite the workload.

- a. Referencing the Lazarus and Folkman Transactional Model of Stress and Coping, discuss the primary appraisals of Astrid and Liam during their first year at university. Justify your answers. 4 marks

Astrid: _____

Liam: _____

- b. Describe Liam's secondary appraisal with reference to a coping strategy he is utilising. 2 marks

Question 4 (12 marks)

Psychologists wanted to conduct an experiment to see how memory mnemonics improved the encoding, storage and retrieval of information from memory of university students. A sample of 30 participants, randomly selected from the students currently completing a Psychology degree, were divided into Groups A and B.

Group A was presented with images of twenty symbols, given 5 minutes to memorise them, then asked to draw all the images they had seen.

Group B was coached prior to the experiment on how to generate a Mental Palace using method of loci and creating mental representations of an environment similar to each image, which needed to be remembered. Group B was then given the same set of twenty symbols, 5 minutes to study them, and were also required to draw the images from memory.

- a.** Justify why the method of loci is a type of mnemonic device. 2 marks

- b.** Write a suitable research hypothesis for this study. 3 marks

- c. Discuss the Atkinson and Shiffrin multistore model of memory, in terms of how participants were able to study the symbols and store this information for future use, when asked to draw the images. 4 marks

- d. Describe how **two** participants' use of the method of loci would be impacted for this study if one participant had been diagnosed with Alzheimer's disease years ago and the other participant had Aphantasia. 3 marks

Question 5 (16 marks)

An online article highlighted concern about the amount of sleep teenagers were averaging per night. The article also identified that teenagers are impacted by emotional changes, personality, demanding social and family lives, sport, and their studies.

A research study was undertaken to examine the sleeping patterns of 150 adolescents and the impacts of sleep deprivation. Each participant was provided with a sleep diary in which they were required to record their bedtimes, wake times, approximate number of hours sleeping and concentration or level of awareness, on a 5-point scale, for a one-week period. Within the first hour of being awake, participants completed several cognitive tasks to identify their varying levels of functioning in the morning. The results of this study are shown below.

Median Bedtime	Mean Wake Time	Mean Hours Slept
12:00am	7:30am	7.21 hours

- a. Discuss the type of sleep disorder experienced by adolescents and **one other** possible factor, which could cause this median bedtime. 3 marks

- b. Describe the effects of sleep deprivation on adolescents' lives, providing an example of a negative affective, behavioural, and cognitive impact of sleep deprivation. 3 marks

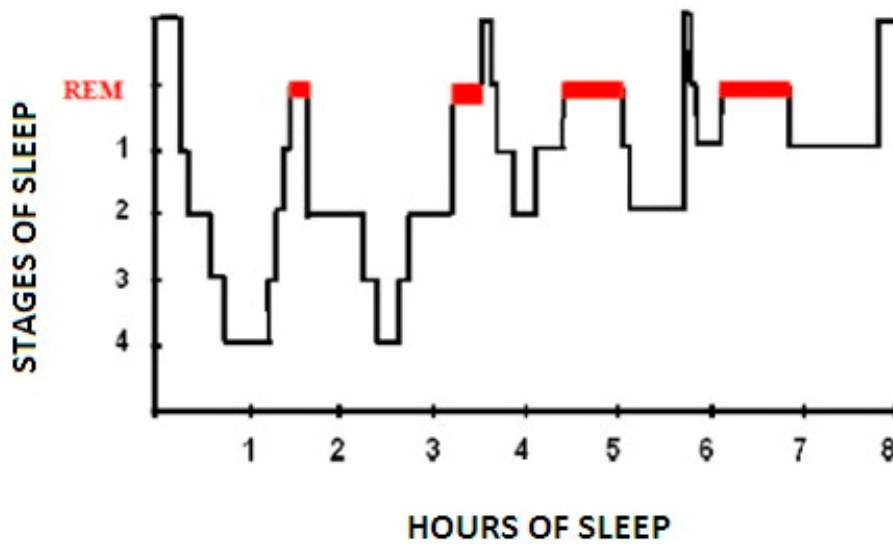
c. Explain how bright therapy could be used to assist teenagers in getting to sleep earlier.

3 marks

d. Sleep hygiene is another alternative to improving sleep. Outline **two** different ways teenagers could improve their sleep quality and/or quantity, using sleep hygiene techniques.

2 marks

- e. One of the adolescents visited a sleep clinic during the experiment and the hypnogram below was recorded. Explain **two** differences between this hypnogram and the hypnogram of an infant. 2 marks



Difference 1: _____

Difference 2: _____

- f. Identify the type of data that would be obtained from the use of a sleep diary in this study. 1 mark

- g.** Describe another measure of sleep that could be suitably used in this study to gather data on adolescents' sleep. 2 marks

Question 6 (5 marks)

Reuben is in his mid-thirties. Recently his wife left him, taking their two children with her. Reuben maintains regular contact with his best friend, Lachy, and talks to him often. Reuben believes everyone just wants to “take something from me” and struggles to trust anyone since his wife’s departure. Consequently, Lachy does Reuben’s grocery shopping for him as he is triggered at the cash register, believing the store is “taking his money.”

Reuben has a diagnosis of Schizophrenia and has spent a lot of time in the adult psychiatric unit of a hospital over the years due to prolonged periods of poor mental health. As soon as his diagnosis was confirmed, Reuben gave up his job at the fish and chip shop where he had worked for several years, despite his boss’ assurance that Reuben’s condition was not a problem.

Reuben regularly forgets to take his medication and claims he does not need it. Lachy is worried about Reuben, whom he believes is spending too much time inside, no longer goes to the gym and has gained a large amount of weight.

- a.** Identify where Reuben would sit on the Mental Health Continuum. 1 mark

- b.** Discuss how Reuben is not showing a suitable level of resilience and use the biopsychosocial framework to outline what Reuben could do to improve this problem.

4 marks

Question 7 (10 marks)

Dr Flynn is a psychiatrist who wants to conduct a study into how the body responds to various mental disorders, namely stress and anxiety. A new variant of a class of drugs known as benzodiazepines is being used by Dr Flynn. The drug was successful when used with rats, however, there are concerns that it could make humans very tired, with the added concern of possible muscle fatigue. Dr Flynn's study uses many participants, who are split into three groups:

Group 1 – Participants diagnosed with stress disorder.

Group 2 – Participants diagnosed with a specific phobia.

Group 3 – Participants diagnosed as mentally healthy.

During the experiment Groups 2 & 3 are placed on the new drug, whilst Group 1 is given a placebo, or sugar pill. All participants are paid \$20 a day for their involvement in the study.

- a.** Describe the role of benzodiazepines when treating anxiety disorders. 2 marks

- b.** Explain the purpose of using a sugar pill for Group 1. 2 marks

- c.** In the role of Dr Flynn, describe the appropriate informed consent that would be presented to participants. 2 marks

- d.** Identify the social risk factor that may stop people with a mental health disorder from volunteering to be a participant in Dr Flynn’s research. 1 mark

- e.** At times, to test the effectiveness of the new drug, participants’ fight-flight-freeze response was activated. Explain how the role of neural plasticity could have a harmful effect, particularly for participants in Group 2. 3 marks

END OF QUESTION AND ANSWER BOOK

Answer Sheet for All Multiple-Choice Questions

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

NAME: _____

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
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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