

Human Growth and Development

Sample Assessment Questions

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25 Recall/Reproduction Assessment Questions

- All of the following are periods of prenatal development except:
 - germinal
 - embryonic
 - fetal
 - postpartum
- Lack of prenatal care increases the risk of all of the following **EXCEPT**:
 - infants with low birth weight
 - child abuse
 - increased infant mortality
 - preterm births
- All of the following have been found to endanger the unborn child **EXCEPT**:
 - saunas and hot tubs
 - PCB-polluted fish
 - carbon monoxide
 - computer monitors
- What frequently happens between adolescents and parents?
 - They compete for family resources
 - They violate one another's expectations
 - They reject one another's personal space
 - They get along well because they share similar levels of cognitive development
- According to Centers for Disease Control and Prevention, what percentage of American adults 20–39 years of age are obese?
 - 8%
 - 30%
 - 29%
 - 22%
- The main cause of death for individuals in middle adulthood is:
 - heart disease
 - diabetes
 - cancer
 - cerebrovascular disease
- A middle-aged adult who begins to hold books or other items at a distance in order to focus on the image may be experiencing the age-related deterioration in vision known as:
 - presbyopia
 - cataracts
 - presbycusis
 - glaucoma
- Which of the following is Erikson's stage for middle adulthood?
 - generativity versus stagnation
 - intimacy versus isolation
 - autonomy versus shame
 - integrity versus despair

9. What is the single largest factor determining the trajectory of an adult's mental or physical status in the years beyond age 65?
- Health
 - Personality
 - Socioeconomic status
 - The size of the social support network
10. Which of the following is not a risk factor for the development of depression in late adulthood?
- Poverty
 - Female gender
 - Personality type
 - Health status
11. Erikson's psychosocial theory:
- is a behavioral theory of development
 - is a stage theory of development
 - is a systems theory
 - is widely used in psychiatric treatments
12. The environmental conditions that influence development are called:
- ethology
 - ecological systems
 - socio-cultural
 - nurture
13. Which developmental theory was based on how children learn by observing and imitating others' behavior?
- Classical
 - Operant conditioning
 - Psychosocial
 - Social learning theory
14. Which researcher believed that children adjust their understanding as they learn about the world?
- Vygotsky
 - Skinner
 - Piaget
 - Bandura
15. Piaget's theory of cognitive development began with his study of:
- rhesus monkeys
 - mollusks
 - children
 - dogs
16. What nutrient has been shown to reduce the risk of neural tube defects in infants if consumed by the mother at least one month before conception and during the early weeks of pregnancy?
- Calcium
 - Vitamin C
 - Zinc
 - Folic acid

17. Which of the following fish should be limited, because of mercury content, to no more than 6 oz. per week for pregnant, nursing, or women of childbearing age who may become pregnant?
- Salmon
 - Albacore tuna
 - Catfish
 - Cod
18. Which of the following is acceptable for a pregnant woman to consume daily?
- A can of soda
 - Swordfish
 - Green tea
 - Raspberry tea
19. How many daily minutes of moderate exercise are recommended during pregnancy by the American College of Obstetricians and Gynecologists for women without medical complications?
- 20 minutes
 - 45 minutes
 - No exercise is recommended during pregnancy
 - 30 minutes
20. The average 8-year-old will probably still have difficulty:
- riding a bike
 - jumping rope
 - judging speed
 - aiming a ball
21. The preschool child has the following daily nutritional needs:
- meat - 2-3 servings
 - fruits and vegetables - 5 or more servings
 - milk - 3 glasses
 - all of the above
22. What provision provides the local authority's key duty to investigate suspected child abuse?
- S. 11 Children Act 2004
 - S. 31 Children Act 1989
 - S. 47 Children Act 1989
 - S. 17 Children Act 1989
23. Which Act created the office of Children's Commissioner?
- The Children Act 2004
 - The Education Act 1996
 - The Care Standards Act 2000
 - The Children Act 1989
24. What body has replaced Area Child Protection Committees?
- Children's Trusts
 - Children's Services Authorities
 - Local Safeguarding Children Boards
 - Children Safeguarding Committees

25. Environmental factors that shape development include all of the following **EXCEPT**:
- a. quality of learning
 - b. intelligence
 - c. quality of nutrition
 - d. culture

Recall/Reproduction Assessment Key

- 1. d
- 2. b
- 3. d
- 4. b
- 5. d
- 6. a
- 7. a
- 8. b
- 9. a
- 10. c
- 11. b
- 12. d
- 13. d
- 14. c
- 15. b
- 16. d
- 17. b
- 18. a
- 19. d
- 20. c
- 21. d
- 22. c
- 23. a
- 24. c
- 25. b

25 Skill/Concept Assessment Questions

1. Adolescents' cognitive abilities differ from those of children primarily in that, unlike children, an adolescent's thinking is not necessarily tied to ____.
 - a. logic
 - b. abstract ideas
 - c. fantasy
 - d. concrete events
2. Adolescents develop the ability to use ____, or the ability to draw logical conclusions based on a set of facts or premises.
 - a. inductive reasoning
 - b. abstract reasoning
 - c. relational reasoning
 - d. deductive reasoning
3. Early-maturing adolescents often date at an earlier age than their later-maturing friends. For females, at least, this early social involvement may be welcomed uneasily by the adolescent, because many adolescent females are:
 - a. unprepared for puberty
 - b. emotionally secure
 - c. unattractive
 - d. not interested in heterosexual interactions
4. Conflict between adolescents and parents is typically strongest in early adolescence, and may be a healthy aspect of the development of:
 - a. autonomy
 - b. attachment
 - c. parenting skills
 - d. dating skills
5. Which of the following are not key features that characterize emerging adulthood?
 - a. Identity exploration
 - b. Instability
 - c. Commitment to others
 - d. Self-focused
6. In the United States, which of the following is the most widely recognized marker of entry into adulthood?
 - a. Economic independence
 - b. Independent decision making
 - c. Taking of the first more-or-less permanent job
 - d. Graduation from high school
7. A person between the ages of 40 and 59 is going to have most difficulty:
 - a. reading a wall chart at the eye-care professional's office
 - b. reading street signs
 - c. reading a newspaper
 - d. watching television at a distance

8. What type of hormonal changes do middle-aged men experience?
 - a. Loss of their capacity to father children
 - b. Modest increase in appetite
 - c. Psychological adjustment to declining physical energy
 - d. A dramatic drop in testosterone levels
9. The period of middle and late childhood involves:
 - a. slow, consistent growth
 - b. rapid, consistent growth
 - c. rapid spurts of growth
 - d. moderate growth with occasional spurts
10. Compared to young adults, elders:
 - a. are less able to separate emotional interpretations from objective aspects of situations
 - b. are more able to interpret negative events in a positive light
 - c. feel emotion superficially
 - d. have poor emotional self-regulation
11. Having an extraverted personality is linked to:
 - a. high morale in old age
 - b. loneliness in old age, since opportunities for social interaction are limited
 - c. decreased commitment to social relationships
 - d. low self-esteem and depression in late life
12. Both urban and rural older adults report greater life satisfaction when:
 - a. many senior citizens reside in their neighborhood
 - b. few people reside in their neighborhood
 - c. many young adults reside in their neighborhood
 - d. many children reside in their neighborhood
13. According to Erikson's psychosocial theory:
 - a. competent parents protect their children from developmental crises
 - b. crises occur when the ego faces overwhelming anxiety
 - c. early developmental crisis is one source of later mental health difficulties
 - d. all development involves crises
14. Piaget's theory of cognitive development is essentially about:
 - a. the influence of the social world on the growing child
 - b. the development of the ability to think
 - c. therapeutic procedures to correct incorrect cognitions
 - d. problems in sensory-motor development
15. Piaget reasoned that before the individual can organize and interpret experience, they must first:
 - a. represent it mentally
 - b. create schemas
 - c. receive appropriate tuition
 - d. intellectualize it

16. The cognitive stage in which abstract thought emerges is:
 - a. preoperational
 - b. sensorimotor
 - c. concrete operational
 - d. formal operational
17. Which of the following is true concerning prenatal exposure to smoke?
 - a. Significantly increased infant growth
 - b. Increased future behavioral performance
 - c. Increase risk of sudden infant death syndrome
 - d. Increased birth weight
18. The tendency for elementary school boys to associate with boys and elementary school girls with girls is called:
 - a. gender consciousness
 - b. peer group
 - c. gender cleavage
 - d. gender experimentation
19. What characteristics are normally seen in the play patterns of the 3- and 4-year-old child?
 - a. The 3-year-old puts toys away without supervision
 - b. The 3-year-old enjoys a group of 5 or 6 peers
 - c. The 4-year-old frequently has imaginary playmates
 - d. The 4-year-old engages in solitary and parallel play most of the time
20. What characteristics are normal for a 5-year-old child?
 - a. Can tell full name and address
 - b. Knows main colors and counts to 10
 - c. Asks searching questions about life
 - d. All of the above
21. Safety suggestions for parents of the preschool child include all of the following except:
 - a. state safety rules simply, positively, and firmly
 - b. remove safety hazards from the house
 - c. avoid teaching the child ways to be independent
 - d. teach child safety rules in every situation
22. In addition to providing good nutrition, food for the young child can provide specific positive learning experiences. These are:
 - a. teach color, shape, texture
 - b. help stimulate speech
 - c. develop muscle coordination
 - d. all of the above
23. Physical development in the preschool years:
 - a. continues at the rapid rate characteristic of babyhood
 - b. is at an uneven rate with rapid increases
 - c. is at a relatively even rate
 - d. is primarily influenced by gender

24. Which of the following is formal guidance relating to child protection work?
- a. Every Child Matters (2003)
 - b. Child Protection: Messages from Research (1995)
 - c. No Secrets (2000)
 - d. No Secrets (2000)
25. Local authorities owe certain duties to children generally. Of the following, which service is specifically provided to children in need?
- a. Provision of family centers
 - b. Home help (including laundry facilities)
 - c. Reduce the need to bring care proceedings
 - d. Encourage children not to commit criminal offences

Skill/Concept Assessment Key

- 1. d
- 2. d
- 3. a
- 4. a
- 5. c
- 6. c
- 7. c
- 8. c
- 9. a
- 10. b
- 11. a
- 12. a
- 13. d
- 14. b
- 15. a
- 16. d
- 17. c
- 18. c
- 19. c
- 20. d
- 21. c
- 22. d
- 23. c
- 24. d
- 25. b

25 Strategic Thinking Assessment Questions

1. Which of the following is true about theories that endeavor to explain adolescent development?
 - a. If theorists keep working at it they will eventually come up with one theory that explains development
 - b. Cognitive, psychoanalytic, and humanistic theories have nothing in common and can never be reconciled
 - c. The theories proposed should be thought of as complementary rather than competitive
 - d. One theory from biology, one theory from cognitive psychology, and one theory from social psychology are all that is needed to explain development
2. Regarding early adult health knowledge and behavior, which of the following statements is true?
 - a. College students have a poor understanding of what it takes to prevent illness and promote health
 - b. College students clearly see the relationship between their risk of heart attack and their nutrition and exercise habits
 - c. In early adulthood, few people stop to think about how their personal lifestyles will affect their health later in their adult lives
 - d. Most young adults have realistic beliefs about their future health risks
3. Which of the following is not characteristic of physical development in early adulthood?
 - a. Reaching the peak of physical performance
 - b. Notice of the decline in physical performance
 - c. Large changes in the sensory systems
 - d. Increase in the body's fatty tissue
4. The changing nature of middle age can be accounted for by the fact that:
 - a. average life expectancy has increased dramatically in the past 100 years
 - b. people today are more active and productive at later ages
 - c. medical discoveries have improved health in adulthood
 - d. all of these explain why the concept of middle age is changing
5. Regarding physical changes in middle adulthood, which of the following statements is true?
 - a. Midlife changes are mostly rapid
 - b. Genetic factors alone are the primary predictors of which chronic diseases will appear and when
 - c. Physical changes include changes in physical appearance such as wrinkles and age spots
 - d. Being overweight is not a critical health problem in middle adulthood
6. In middle adulthood, individuals typically experience all the following sleep changes except:
 - a. fewer total number of hours spent in sleep than in early adulthood
 - b. more frequent wakeful periods
 - c. less time spent in stage 4 sleep
 - d. all of these are sleep changes experienced by people in middle adulthood
7. In order of frequency, the top three chronic health problems for women in middle adulthood are:
 - a. arthritis, poor eyesight, and hearing impairments
 - b. hypertension, arthritis, and hearing impairments
 - c. arthritis, varicose veins, and bursitis
 - d. hypertension, arthritis, and menstrual problems

8. Which of the following is NOT a challenge for the middle-aged worker in the 21st century?
- Declining work prospects in the service industries
 - Downsizing of organizations
 - Decline in defined-benefit pensions
 - Outsourcing
9. Why do psychologists believe leisure takes on increased importance in middle adulthood?
- Middle adults need to practice their leisure skills in preparation for late adulthood
 - Middle adulthood is a time of questioning and reassessing priorities
 - Middle adulthood physical and career changes produce expanded opportunities for leisure
 - All these are reasons that leisure takes on increased importance
10. Leisure is particularly important during middle adulthood because it:
- improves the nation's economy
 - helps adults narrow their interests
 - eases the transition from work to retirement
 - gives grandparents something to talk about with their grandchildren
11. Which of the following is not an accurate statement about disability and activity in old age?
- Of the oldest old group, approximately half have some level of difficulty performing basic daily life activities, and approximately half do not have such problems
 - Women are more likely than men to be limited in their ability to carry out the tasks and movements necessary to live an independent life
 - The physical problems or diseases that are most likely to contribute to functional disability and reduced activity in old age are cancer and dementia
 - Research indicates that a significant proportion of elders have some degree of disability, but the majority has no difficulty performing activities of daily life
12. Which of the following is not an accurate statement about how most older adults adjust to retirement?
- Retirement is not perceived as a stressor by most older adults
 - Life satisfaction after retirement is predicted by the degree of life satisfaction of young and middle adulthood
 - Most older adults experience a rapid and significant deterioration in their health in the decade following retirement
 - Those who respond least well to retirement are those who had the least control over the retirement decision
13. In advanced old age, the majority of older adults regard themselves as:
- very much the same person they have always been
 - rigid and pessimistic
 - much different than they were in middle adulthood
 - helpless and unable to lead a fulfilling life
14. Compared to younger adults, older adults place greater emphasis on:
- the emotional quality of their social interaction
 - information seeking and future contact as a basis for selecting social partners
 - increasing the size of their social networks
 - seeking affirmation from social partners

15. According to attachment theory:
- responses to bereavement are examples of the activation of attachment behaviors in adulthood
 - attachment needs are only activated in adulthood if the individual regresses
 - insecure attachment is an example of attachment disorder
 - avoidant attachment is an example of attachment disorder
16. Bronfenbrenner's ecological theory:
- states that human beings must respect the environment and cut pollution
 - argues that the broad influences of society are more important than family influence
 - is a form of psychoanalytic theory
 - argues that the individual and their environment form integrated systems which develop together
17. Bronfenbrenner's ecological model:
- implies that changing behavior may involve changing social cultures and structures
 - implies that the modification of behavior should be based on rational principles of reinforcements and disincentives
 - denies genetic influences on development
 - has been largely superseded by life course theory
18. In Piaget's theory of cognitive development, the key features of the stage of ____ are simple repetitive actions organized around the infant's own body.
- tertiary circular reactions
 - secondary circular reactions
 - object permanence
 - primary circular reactions
19. Which of the following is not an accurate statement about brain development in infancy and early childhood?
- The period of greatest plasticity is infancy and early childhood
 - Brain developments such as synaptogenesis and pruning are completed by the age of two
 - An infant needs both stimulation and order in her environment to maximize the early period of rapid brain growth and plasticity
 - Synapses are both formed and pruned as a result of experience; therefore the quality of early infant experiences is a key factor in neurological development
20. Erikson's stage of psychosocial development in which a child gains independence from caregivers is:
- basic trust vs. mistrust
 - industry vs. inferiority
 - initiative vs. guilt
 - autonomy vs. shame and doubt
21. Piaget believed that extensive interaction with _____ is essential for each person's cognitive development.
- one's own family
 - authority figures
 - other children
 - the environment

22. A major cognitive and social change occurs as children go through their elementary school years. They are most likely to:
- be best friends with the child next door rather than classmates
 - select friends from their own age group who have interests and personality traits similar to their own
 - play with the children their parents select
 - make friends with the kids who have the nicest homes and toys
23. Children under 8 years of age tend to describe other people in:
- terms of external, readily observable attributes
 - terms of unchanging qualities and inner dispositions
 - specific, precise, and concrete ways
 - a straightforward, non-stereotypical way
24. The preschool child is in the preoperational stage of cognitive development according to Piaget's theory. Characteristics of this stage are:
- intermingling of fantasy, intuition and reality
 - focusing on one thing at a time
 - beginning concept development for time, space, and numbers
 - all of the above
25. A child is subject to a care order made at age 11. In which of the following circumstances will the care order continue?
- When the child is placed with grandparents
 - When the child is adopted
 - When a residence order is made
 - When the child reaches 18

Strategic Thinking Assessment Key

1. c
2. c
3. c
4. d
5. c
6. a
7. c
8. a
9. d
10. c
11. c
12. c
13. a
14. a
15. a
16. d
17. a
18. d
19. b
20. d
21. d
22. b
23. a
24. a
25. a

Extended Thinking Assessment Questions/Tasks

1. Discuss what we learn about infant cognitive and social development by studying infant smiling and crying.
2. Indicate and explain the individual differences in attachment, and the relationship of early attachment to later social interactions.
3. Explain reciprocal socialization. Provide at least two examples of how parents socialize their children and two examples of how children socialize their parents.
4. What does it mean to think of a family as a system? Illustrate your answer using the concepts of reciprocal socialization, scaffolding, or attachment.
5. What is the course of prenatal development, including development of the brain? What typically occurs during each of the three periods of prenatal development?
6. Describe how heredity and the environment are both important factors in determining human traits such as intelligence and attitudes.
7. Given the degree to which cognitive abilities change during adolescence, discuss whether or not it is reasonable to expect adolescents to make serious decisions and choices about career goals and plans.
8. Discuss the relationship between health habits and longevity in late adulthood.
9. How does day care affect children's cognitive development, peer relations, and attachments to their parents?
10. What parental behaviors influence the development of an attachment relationship with an infant? What individual caregiver characteristics influence the quality of the attachment? What characteristics of the infant influence the formation of attachment?
11. What can teachers learn from Piagetian theory? Include in your answer something about materials, scheduling, and the role of the teacher.
12. Explain the concept of constructivism. Why is Piaget considered a constructivist?
13. How do descriptive and experimental research methods differ in how they measure development effects?
14. Explore personal and societal attitudes about growing old and your role in promoting positive attitudes.
15. Describe how the middle-aged adult's cognitive skills and emotional and moral development influence your thoughts about Human Growth and development.
16. Discuss young adulthood as a developmental crisis and how and why the present young adult generation differs from earlier generations.
17. Discuss how cognitive characteristics, social concerns, moral-spiritual, and philosophical development influence the total behavior and well-being of the young adult.

18. Explore the developmental crisis of identity formation with the adolescent and the parents, the significance of achieving this crisis for ongoing maturity, and how to counteract influences that interfere with identity formation.
19. Compare and assess the physical changes and needs, including nutrition, rest, exercise, safety, and health protection, for the early to middle childhood stage of development (preadolescence).
20. Discuss the crisis of school entry and ways to help the child adapt to the experience of formal education, including latch key care.
21. Assess physical, motor, mental, language, play, and emotional characteristics of a 3-, 4-, and 5-year-old.
22. Describe the health needs of the preschooler, including nutrition, exercise, rest, safety, and immunization, and measures to meet these needs.
23. Identify and discuss major theoretic perspectives for understanding the developing person.
24. Critique the major psychological developmental theorists, according to their views about the developing person.
25. Discuss height and weight changes that take place during middle and late childhood.

Extended Thinking Assessment Key

1 – 25 Student responses will vary