

■ Human Growth and Development II

Select the single best answer for each question or statement, then transfer your answers to the appropriate scan sheet provided.

1. Which of the following terms relates to an individual's overall and specific positive and negative self-evaluation?

____ a. Social comparison

____ b. Self-concept

____ c. Self-esteem

____ d. Downward social comparison

2. Which of the following psychologists developed the three stages of moral development for women?

____ a. Lawrence Kohlberg

____ b. B. F. Skinner

____ c. Carol Gilligan

____ d. Sigmund Freud

Life/Work Experience Examination – Part 1

3. _____ is an individual's overall and specific positive and negative self-evaluation (which is more emotionally oriented), whereas _____ reflects beliefs and cognitions about the self.
- _____ a. Self-concept; self-esteem
 - _____ b. Self-esteem; self-concept
 - _____ c. Self-esteem; social comparison
 - _____ d. Social comparison; self-concept
4. According to psychologist William Damon, a child's view of friendship passes through all of the stages below EXCEPT basing friendship on:
- _____ a. intelligence.
 - _____ b. others' behavior.
 - _____ c. trust.
 - _____ d. psychological closeness.

Life/Work Experience Examination – Part 1

5. During adolescence, all of the following are true EXCEPT:
- ☐ a. adolescents increasingly rely on their friends and peers as sources of information.
 - ☐ b. societal pressures for them to make decisions regarding education and occupational decisions are high during the identity-versus-identity-confusion stage.
 - ☐ c. their dependence upon adults declines.
 - ☐ d. adolescents lack sufficient brain development to make informed decisions.
6. Physical declines brought about by environmental factors of an individual's behavioral choices are called:
- ☐ a. risk factors.
 - ☐ b. maturity.
 - ☐ c. secondary aging.
 - ☐ d. primary aging.

Life/Work Experience Examination – Part 1

7. Jayne is having difficulty finding adequate, affordable daycare for her child while she is at work. Instead of focusing on the negative, she looks at the bright side and realizes that at least she has a good job in a tight economy. Jayne is utilizing:
- _____ a. coping.
 - _____ b. emotion-focused coping.
 - _____ c. defensive coping.
 - _____ d. problem-focused coping.
8. Which of the following is a reason why older, nontraditional students attend college?
- _____ a. Economic opportunity
 - _____ b. Social stimulation
 - _____ c. Intellectual stimulation
 - _____ d. Therapeutic reasons

Life/Work Experience Examination – Part 1

9. Molly is a 27-year-old female who looks years older than her actual age. She lives a high-risk lifestyle that includes regular use of alcohol, tobacco, and illicit drugs, and she has never exercised regularly. Molly's behavioral choices have likely brought about:
- ☐ a. illness and disease.
 - ☐ b. secondary aging.
 - ☐ c. mental illness.
 - ☐ d. early death.
10. Medical problems caused by the interaction of psychological, emotional, and physical difficulties are called:
- ☐ a. psychosomatic disorders.
 - ☐ b. psychological disorders.
 - ☐ c. neuropsychological conditions.
 - ☐ d. psychotic episodes.
11. At what age does the "settling" process generally begin with regard to height?
- ☐ a. 35
 - ☐ b. 45
 - ☐ c. 55
 - ☐ d. 65

Life/Work Experience Examination – Part 1

12. Since chronic illnesses begin to appear during middle adulthood, the death rate during this period:
- _____ a. is stable.
 - _____ b. is about the same.
 - _____ c. decreases.
 - _____ d. increases.
13. George is experiencing back pain. His doctor tells him the bones attached to his spinal column have become less dense. The doctor is referring to the:
- _____ a. aging process.
 - _____ b. settling process.
 - _____ c. physical decline process.
 - _____ d. bone density decline.
14. Middle-aged people who lose their jobs may be discriminated against when trying to find a new job, which is not only illegal, but based upon misguided assumptions. All of the following statements are true about middle-aged workers EXCEPT:
- _____ a. older workers show less absenteeism than younger workers.
 - _____ b. older workers hold their jobs longer and are more reliable.
 - _____ c. older workers lack sufficient technological skills, and are unable to learn new skills.
 - _____ d. older workers are willing to learn new skills.

Life/Work Experience Examination – Part 1

15. What are the odds that a woman will get divorced from her first marriage by the time she is 40 years old?
- _____ a. 1 in 10
 - _____ b. 1 in 5
 - _____ c. 1 in 8
 - _____ d. 1 in 4
16. In stark contrast to the majority of immigrants in the beginning of the 20th century, the majority of recent immigrants are:
- _____ a. illiterate.
 - _____ b. not white.
 - _____ c. illegal immigrants.
 - _____ d. fugitives from the law.
17. Memories that are related to specific life experiences such as recalling the events of a vacation are called _____ memories.
- _____ a. life
 - _____ b. episodic
 - _____ c. semantic
 - _____ d. visual

Life/Work Experience Examination – Part 1

18. All of the following contribute to a person getting osteoporosis EXCEPT:
- _____ a. insufficient exercise earlier in life.
 - _____ b. thinning of the bones due to insufficient protein and calcium intake earlier in life.
 - _____ c. improper posture throughout life.
 - _____ d. reduction of estrogen in women following menopause.
19. What is the age of the onset of late adulthood?
- _____ a. 55
 - _____ b. 65
 - _____ c. 75
 - _____ d. 80
20. Which of the following statements regarding personality throughout adulthood is true?
- _____ a. Profound changes in social environments can produce fluctuations.
 - _____ b. Changes in physiological adaptation produce fluctuations in personality.
 - _____ c. Personality will change with age.
 - _____ d. There are constant fluctuations in personality.

Life/Work Experience Examination – Part 1

21. MacDonald is in his mid-60s. He is reflecting on his life and is experiencing a sense of satisfaction and accomplishment. Erikson refers to this as:
- _____ a. self-esteem.
 - _____ b. civility.
 - _____ c. integrity.
 - _____ d. self-appraisal.
22. Which of the following can assist in conflict resolution when elderly people live with their children?
- _____ a. Establishing ground rules regarding roles
 - _____ b. Allowing everyone to be totally independent
 - _____ c. Having family meetings
 - _____ d. Establishing separate living areas.
23. All of the following are reasons why people overspend at funerals EXCEPT:
- _____ a. enterprising salespeople.
 - _____ b. the vulnerability of the bereaved.
 - _____ c. social norms and customs represented by the transition of death for the loved ones and entire community.
 - _____ d. complexities of governmental regulations related to burying the dead.

Life/Work Experience Examination – Part 1

24. According to Kübler-Ross, what is the final step of the five-step process of dying?
- _____ a. Denial
 - _____ b. Depression
 - _____ c. Acceptance
 - _____ d. Bargaining
25. The legal document designating what medical treatments people want or do not want if they cannot express their wishes is called a:
- _____ a. will.
 - _____ b. dying will.
 - _____ c. final will.
 - _____ d. living will.

Life/Work Experience Examination – Part 2

■ Human Growth and Development II

Select the single best answer for each question or statement, then transfer your answers to the appropriate scan sheet provided.

1. Friends influence children's development during the middle childhood years in all of the following ways EXCEPT friendship provides:
 - _____ a. a child with information about the world, other people, and him/herself.
 - _____ b. emotional support that helps the child respond more effectively to stress.
 - _____ c. a training ground for communicating and interacting with others.
 - _____ d. more security than relationships with parents and other family members.

2. The lack of cross-gender interaction in the middle childhood years means that:
 - _____ a. girls and boys may not learn to like each other and have difficulty making cross-gender friendships.
 - _____ b. boys' and girls' friendships are restricted to members of their own sex.
 - _____ c. girls and boys do not have enough time or opportunity to learn about each other's differences and/or similarities.
 - _____ d. it is more difficult for boys and girls to build social competence.

Life/Work Experience Examination – Part 2

3. Occupations that are associated with relationships are called:
- ☐ a. maternal.
 - ☐ b. agentic.
 - ☐ c. communal.
 - ☐ d. intrinsic.
4. A divide between parents and adolescents in attitudes, values, aspirations, and worldviews is known as:
- ☐ a. autonomy.
 - ☐ b. maturity.
 - ☐ c. conscience.
 - ☐ d. generation gap.
5. Which of the following reflects the latest information regarding racial and ethnic differences in the timing of first intercourse?
- ☐ a. African Americans generally have sex for the first time earlier than do Puerto Ricans, who have sex earlier than whites do.
 - ☐ b. There is no significant difference in when racial and ethnic groups have sex for the first time.
 - ☐ c. Whites generally have sex for the first time at an earlier age.
 - ☐ d. Sex education has made a significant impact on when ethnic and racial groups will have sex for the first time.

Life/Work Experience Examination – Part 2

6. Which of the following is a reason why older, nontraditional students attend college?
- ☐ a. Economic opportunity
 - ☐ b. Social stimulation
 - ☐ c. Intellectual stimulation
 - ☐ d. Therapeutic reasons
7. Physical declines brought about by environmental factors of an individual's behavioral choices are called:
- ☐ a. risk factors.
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8. Jayne is having difficulty finding adequate, affordable daycare for her child while she is at work. Instead of focusing on the negative, she looks at the bright side and realizes that at least she has a good job in a tight economy. Jayne is utilizing:
- ☐ a. coping.
 - ☐ b. emotion-focused coping.
 - ☐ c. defensive coping.
 - ☐ d. problem-focused coping.

Life/Work Experience Examination – Part 2

9. When a person attempts to control stress by using conscious regulation of emotions, this is known as:
- _____ a. coping.
 - _____ b. emotion-focused coping.
 - _____ c. defensive coping.
 - _____ d. hardiness.
10. Bernice's male science professor gives her an easier research project than the males in the class. Although the professor thinks he is being helpful, this makes Bernice feel that she is not being taken seriously and this undermines her view of her competence. The professor is practicing:
- _____ a. stereotype threat.
 - _____ b. blatant sexism.
 - _____ c. poor advising.
 - _____ d. benevolent sexism.
11. The process by which people concentrate on particular skill areas to compensate for losses in other areas is called:
- _____ a. expertise.
 - _____ b. sensory memory.
 - _____ c. long-term memory.
 - _____ d. selective optimization.

Life/Work Experience Examination – Part 2

12. Behavior that is categorized by competitiveness, impatience, and a tendency toward frustration and hostility is called:
- _____ a. Type B behavior pattern.
 - _____ b. psychological imbalance.
 - _____ c. Type A behavior pattern.
 - _____ d. polyphasic activities.
13. When a person carries out multiple activities simultaneously, this is called:
- _____ a. Type B behavior pattern.
 - _____ b. psychological imbalance.
 - _____ c. Type A behavior pattern.
 - _____ d. polyphasic activities.
14. After Kathy and Bob's son leaves for college, they have feelings of unhappiness, worry, loneliness, and depression. They are experiencing:
- _____ a. a midlife crisis.
 - _____ b. the empty nest syndrome.
 - _____ c. the sandwich generation.
 - _____ d. boomerang children.

Life/Work Experience Examination – Part 2

15. Which of the following psychologists developed the “seasons of life” theory, where men in their early 40s are in a period of transition and crisis?
- _____ a. Erikson
 - _____ b. Gould
 - _____ c. Vaillant
 - _____ d. Levinson
16. According to Levinson, _____ is the period of assessment that middle-aged people 40-45 go through that may lead to a stage of uncertainty and indecision brought about by the realization that life is finite.
- _____ a. midlife crisis
 - _____ b. midlife transition
 - _____ c. generativity-versus-stagnation stage
 - _____ d. normative-crisis models
17. The goal of professionals such as social services workers is to help senior citizens extend their:
- _____ a. periods between illnesses.
 - _____ b. lives.
 - _____ c. active lifespans.
 - _____ d. mental capabilities.

Life/Work Experience Examination – Part 2

18. What are the two major factors that determine whether or not an elderly person can engage in sexual activity?
- ☐ a. Family approval and personal sexual history
 - ☐ b. Participation in an exercise program, and whether they have an available partner
 - ☐ c. Good physical and mental health and previous sexual activity
 - ☐ d. The level of testosterone in males, and estrogen in females
19. In which of the following countries are the elderly likely to show less memory loss?
- ☐ a. United States
 - ☐ b. China
 - ☐ c. Italy
 - ☐ d. Canada
20. Thinking about “old age” and associating it with nursing homes is a:
- ☐ a. way of life.
 - ☐ b. coping style.
 - ☐ c. stereotype.
 - ☐ d. possible alternative.

Life/Work Experience Examination – Part 2

21. The process of adjusting to widowhood encompasses all of the following stages EXCEPT:
- _____ a. regret.
 - _____ b. preparation.
 - _____ c. grief and mourning.
 - _____ d. adaptation.
22. Children's responsibility in perpetuating an older parent's views, beliefs, values, and standards is called _____, and is responsible for parents wanting closer bonds with their children.
- _____ a. lifestyle
 - _____ b. characteristics
 - _____ c. developmental stake
 - _____ d. scruples
23. A diagnosis of death based on the cessation of all signs of brain activity, as measured by electrical brain waves, is called:
- _____ a. electrocardiogram.
 - _____ b. electroshock.
 - _____ c. functional death.
 - _____ d. brain death.

Life/Work Experience Examination – Part 2

24. The absence of a heartbeat and breathing is called:
- _____ a. brain death.
 - _____ b. functional death.
 - _____ c. mortality.
 - _____ d. clinical death.
25. According to Kübler-Ross, what is the second step people pass through as they move toward death?
- _____ a. Anger
 - _____ b. Bargaining
 - _____ c. Denial
 - _____ d. Depression