

Multiple Choice

Identify the choice that best completes the statement or answers the question.

1. Nature is to nurture as _____ is to _____.
a. culture; society
b. genetics; environment
c. environment; genetics
d. biology; physics
2. The three phases of the prenatal period in the correct order are:
a. germinal, fascia, zygote
b. embryonic, preoperational, operational
c. mitosomal, chromosomal, fetal
d. germinal, embryonic, fetal
3. Which of the following is not a stage in prenatal development?
a. placental
b. embryonic
c. germinal
d. fetal
4. Following fertilization, the single cell is called a(n):
a. embryo
b. germinal
c. fetus
d. zygote
5. Which of the following marks the end of the germinal period?
a. fertilization of the ovum
b. the zygote attached itself to the wall of the uterus
c. cells divide and differentiate into bone, muscle, and organs
d. the birth of the fetus
6. During the embryonic period:
a. the ovum is fertilized
b. the zygote attaches itself to the wall of the uterus
c. cells divide and differentiate into bone, muscle, and organs
d. the fetus is born
7. The organ that connects the mother's blood supply to that of the fetus is called the:
a. germinal
b. teratogen
c. placenta
d. blood-baby barrier
8. Short-term effects of exposure to nicotine during prenatal development is associated with:
a. poor muscle control
b. loss of reflexes
c. temporary liver damage
d. low birth weight
9. Heavy drinking during pregnancy can result in:
a. chromosomal damage to the fetus
b. high levels of arousal in the newborn
c. fetal alcohol syndrome
d. a newborn with a large appetite
10. Newborns have a preference for _____ tasting things.
a. cool/acidic
b. sour
c. sweet/salty
d. bitter/cool
11. The visual cliff allowed Gibson and Walk to study:
a. the proximodistal principle
b. preference for complex patterns
c. visual acuity
d. depth perception

- _____ 12. The proximodistal principle states that parts of the body that are _____ develop before parts of the body that are _____.
a. close to the center of the body; farther away
b. close to the head; close to the feet
c. internal; external
d. used for processing information; used for motor skills
- _____ 13. Emotional development is an interaction among:
a. temperament and cognitions
b. maturation and norms for development
c. genetic, cognitive, and cultural factors
d. cephalocaudal and proximodistal principles
- _____ 14. According to longitudinal data, the majority of babies examined had _____ temperaments.
a. easy
b. difficult
c. slow-to-warm-up
d. moderate
- _____ 15. One difference between a securely attached infant and one who is insecurely attached is that securely attached infants:
a. explore their environments more freely
b. nurse less
c. show more indifference toward their principal caretakers
d. are less active and alert
- _____ 16. Piaget called the incorporation of new objects into existing knowledge:
a. assimilation
b. object permanence
c. conservation
d. formal operations
- _____ 17. "They'll all laugh at me," says Mindy, a 13-year old, after discovering a large pimple on her nose. Mindy's comment best illustrates a characteristic known as:
a. preconventional thinking
b. inferiority
c. the imaginary audience
d. the personal fable
- _____ 18. Recent research on gender differences has indicated that:
a. women process language in both sides of their brains
b. women process language only on the left side of their brains
c. women process language only on the right side of their brains
d. men process language in both sides of their brains
- _____ 19. Which set of traits best characterizes parents who abuse their children?
a. confident, arrogant, moody
b. demanding, difficult
c. shy, introverted, unsure, permissive
d. in distress, impulsive, unhappy
- _____ 20. As one possible explanation for child abuse, the principle of bidirectionality states that:
a. children's emotions swing rather rapidly between extremes
b. mothers interact with their children in both play and caretaking
c. children's behaviors influence adults' behaviors and vice versa
d. the same caretaker treatment can produce entirely different behavior in different infants
- _____ 21. Researchers now believe that most adolescents:
a. experience great psychological turmoil
b. successfully negotiate their teenage years
c. have many emotional problems

- d. pass on to postconventional moral development
22. The first menstrual period is menarche and is triggered by the:
- limbic system
 - thymus
 - hypothalamus
 - hippocampus
23. The most important hormone in the development of female sexual characteristics is:
- estrogen
 - progesterone
 - testosterone
 - luteinizing hormone
24. Which of the following is an example of a male secondary sex characteristic?
- production of estrogen
 - production of testosterone
 - production of sperm
 - the voice change
25. Which of the following is generally found in late-maturing boys?
- a sense of social responsibility
 - a general feeling of relaxation
 - greater popularity with peers
 - a lack of self-confidence
26. The changes in your perception, thinking, and understanding of the world through learning and genetic factors are called:
- cognitive development
 - operational development
 - postconventional moral reasoning
 - formal operations
27. The stage in Piaget's theory of cognitive development that starts in adolescence and goes through adulthood is:
- postconventional
 - accommodation
 - preconventional
 - formal operations
28. What part of the brain is in the process of development in the adolescent and is believed to be responsible for risk taking and other poor decisions?
- prefrontal cortex
 - thalamus
 - corpus callosum
 - hypothalamus
29. As the module describes, adolescents take risks. Why?
- The executive control areas are underdeveloped.
 - Conventional thinking limits their judgment.
 - Postconventional thinking limits their judgment.
 - The ability to think in abstractions limits their judgment.
30. The study of moral development is most associated with the work of:
- Piaget
 - Erikson
 - Freud
 - Kohlberg
31. The highest level of moral reasoning according to Kohlberg is:
- postconventional
 - conventional
 - postformal
 - formal
32. Which of the following is not among the styles of parenting discussed in this module?
- authoritarian
 - authoritative
 - permissive
 - congenial
33. "My dad sets the rules and that's it. There are no ifs, ands, or buts about it!" This parent has a(n) _____ style.
- authoritarian
 - authoritative
 - disciplinarian
 - congenial

34. Theresa says that her parents are supportive and loving. In her family, rules are openly discussed, and there is frequent give-and-take. It sounds as though Theresa's parents are:
- a. permissive
 - b. authoritative
 - c. authoritarian
 - d. overprotective
35. What are the two factors that greatly influence self-esteem in adolescents?
- a. their athleticism and social competence
 - b. their physical attractiveness and social competence
 - c. their clothes and cars
 - d. their personality and social competence
36. Zoann doesn't like herself. She doesn't feel competent or attractive. Zoann has low:
- a. self-esteem
 - b. self-efficacy
 - c. self-concept
 - d. identity
37. Erikson's psychosocial stage, which corresponds to young adulthood, is called:
- a. generativity versus stagnation
 - b. intimacy versus isolation
 - c. industry versus inferiority
 - d. integrity versus despair
38. Erikson believed that people in middle adulthood could achieve generativity through:
- a. personal success
 - b. developing a healthy identity
 - c. industrious behavior
 - d. raising their own children
39. According to evolutionary theory, men increase their chances for reproduction by being:
- a. dominant
 - b. caring
 - c. sensitive
 - d. nurturing
40. According to evolutionary theory, women increase their chances for reproduction by being:
- a. controlling
 - b. dominant
 - c. caring
 - d. aggressive
41. An increase in fear and heart rate, trembling, sweating, and dread characterize a(n):
- a. panic attack
 - b. galvanic skin response
 - c. increase in parasympathetic activity
 - d. Type A person
42. When we interpret a situation as threatening and do not feel psychologically equipped to handle the situation, we experience:
- a. psychosis
 - b. stress
 - c. motivation
 - d. challenge
43. A consequence of describing a primary appraisal as irrelevant, positive, or stressful is that:
- a. stress can be better studied
 - b. a situation is perceived in similar ways by healthy individuals
 - c. normal stress reactions are caused by stressful situations
 - d. different people can appraise the same situation differently
44. What is responsible for calming the body down and returning it to a more relaxed state?
- a. the endocrine system
 - b. the exhaustion stage
 - c. the parasympathetic division
 - d. the general adaptation syndrome
45. Sympathetic is to _____ as parasympathetic is to _____.
- a. arousal; relaxation
 - b. relaxation; arousal
 - c. intellectual; emotional
 - d. mind; body

46. Psychosomatic symptoms are:
- a. real physical symptoms that are caused by psychological factors
 - b. imagined physical ailments
 - c. real physical symptoms that are caused by defense mechanisms
 - d. symptomatic of Type B personalities

47. One of the most common psychosomatic symptoms is:
- a. thinking you are ill when, in fact, you are not
 - b. fidgeting
 - c. hyperactivity
 - d. stomach problems

48. Which of the following is characteristic of the exhaustion stage of the general adaptation syndrome?
- a. the weakening of the immune system
 - b. the activation of the fight-flight response
 - c. feeling healthy and energetic
 - d. the body returning to normal levels of functioning

49. Terrifying flashbacks, avoiding similar situations, and experiencing an event that involves actual or threatened death or injury refers to a condition known as:
- a. burnout
 - b. generalized anxiety disorder
 - c. posttraumatic stress disorder
 - d. hardness

50. When we must choose between two incompatible options, we experience:
- a. motivation
 - b. hardness
 - c. conflict
 - d. physical illness

