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| 1. The most critical way in which a person can contribute to his or her development is through           .

|  |  |  |
| --- | --- | --- |
|   | a.  | increasing physical ability |
|   | b.  | achieving upward mobility  |
|   | c.  | focusing on career success |
|   | d.  | creating significant social relationships |

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| --- | --- |
| *ANSWER:* | d |

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| 2. The life span approach strives to identify \_\_\_\_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | interactions of individuals that produce prejudice and discrimination |
|   | b.  | patterns of transition and transformation from one period of life to another  |
|   | c.  | individual differences in biological factors that lead to maladaptation |
|   | d.  | uncommon bonds among groups of people that lead to hostility between societies |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| 3. Which statement is an assumption of the Newman and Newman text?

|  |  |  |
| --- | --- | --- |
|   | a.  | Human growth peaks in middle childhood. |
|   | b.  | The study of human development is primarily theoretical. |
|   | c.  | Behavior must be interpreted in the context of settings and relationships.  |
|   | d.  | Human behavior has the same meaning across sociocultural borders. |

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| *ANSWER:* | c |

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| 4. Why do we need to understand the whole person in studying human development?

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| --- | --- | --- |
|   | a.  | We function as individuals. |
|   | b.  | Our families do not affect our development.  |
|   | c.  | We function in an integrated manner. |
|   | d.  | Our developmental outcomes are a result of external factors. |

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| *ANSWER:* | c |

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| 5. In the context of human development, to what does the term plasticity refer?

|  |  |  |
| --- | --- | --- |
|   | a.  | Continuity and developmental changes |
|   | b.  | An adaptive re-organization during the life span  |
|   | c.  | The impact of prior generations |
|   | d.  | The interaction of biological and psychological systems |

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| *ANSWER:* | b |

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| 6. According to the text, on what is development based?

|  |  |  |
| --- | --- | --- |
|   | a.  | Only an individual’s psychological ability |
|   | b.  | Only an individual’s biological ability |
|   | c.  | The interaction of the social, psychological, and biological systems  |
|   | d.  | The relationship between one's psychological and biological abilities |

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| --- | --- |
| *ANSWER:* | c |

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| 7. Which of the following is TRUE of individuals’ lives, as they progress through time?

|  |  |  |
| --- | --- | --- |
|   | a.  | They show both continuity and change |
|   | b.  | They show neither continuity nor change |
|   | c.  | They show continuity, but not change |
|   | d.  | They show change, but not continuity |

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| *ANSWER:* | a |

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| 8. Michael believes that he can influence his personal development by making certain choices and being motivated to succeed. Michael’s belief best illustrates which of the following assumptions of the Newman and Newman text?

|  |  |  |
| --- | --- | --- |
|   | a.  | Behavior is best analyzed within the context of a person’s environment. |
|   | b.  | Personal development occurs throughout the life span.  |
|   | c.  | People contribute actively to their development. |
|   | d.  | As people age, they show continuity and change in their personality. |

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| --- | --- |
| *ANSWER:* | c |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9. The meaning-making system focuses on the \_\_\_\_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | predictable nature of humankind |
|   | b.  | diversity of cultures  |
|   | c.  | search for identity |
|   | d.  | need for stability |

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| --- | --- |
| *ANSWER:* | d |

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| 10. According to the textbook, active contribution to one’s life can be expressed in numerous ways. The text suggests that the most influential among these is:

|  |  |  |
| --- | --- | --- |
|   | a.  | development of cognitive ability.  |
|   | b.  | development of a social network. |
|   | c.  | development of the epigenetic system. |
|   | d.  | establishment of cultural norms. |

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| --- | --- |
| *ANSWER:* | b |

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| 11. According to Erik Erikson, as 17-year-old Jamison lives his life, his experiences are produced by which of the following?

|  |  |  |
| --- | --- | --- |
|   | a.  | Primarily the biological system |
|   | b.  | Primarily the psychological system  |
|   | c.  | Primarily the societal system |
|   | d.  | The interaction of biological, psychological, and societal systems |

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| 12. According to your text, the developing person

|  |  |  |
| --- | --- | --- |
|   | a.  | cannot modify their psychological system. |
|   | b.  | can modify the psychological system through self-guided choice.  |
|   | c.  | can modify one system without affecting other systems. |
|   | d.  | has no control over their development. |

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| --- | --- |
| *ANSWER:* | b |

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| 13. Michael’s breathing, blood circulation, and reflexes are all considered elements of which of the following systems?

|  |  |  |
| --- | --- | --- |
|   | a.  | Biological |
|   | b.  | Psychological |
|   | c.  | Societal |
|   | d.  | Psychoanalytic |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| 14. Which scenario best illustrates how the environment influences the biological system?

|  |  |  |
| --- | --- | --- |
|   | a.  | A toddler is adopted by a family and grows to be much taller than her adopted parents |
|   | b.  | An adolescent attends middle school and then goes to high school. |
|   | c.  | An infant is exposed to many illnesses while attending infant day care.  |
|   | d.  | A family takes a vacation. |

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| --- | --- |
| *ANSWER:* | c |

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| 15. Which of the following is TRUE of the biological system?

|  |  |  |
| --- | --- | --- |
|   | a.  | It cannot modify the social system.  |
|   | b.  | It is stable over time. |
|   | c.  | It is guided by genetics. |
|   | d.  | It cannot modify the psychological system. |

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| *ANSWER:* | c |

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| 16. Manuel speaks six languages and has a very good memory. Which of the following systems can he thank for this?

|  |  |  |
| --- | --- | --- |
|   | a.  | Psychological |
|   | b.  | Affective |
|   | c.  | Societal |
|   | d.  | Ecological |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 17. The                 system provides the resources for processing information and navigating reality.

|  |  |  |
| --- | --- | --- |
|   | a.  | biological |
|   | b.  | psychological  |
|   | c.  | integrative |
|   | d.  | societal |

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| --- | --- |
| *ANSWER:* | b |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 18. Which of the following is most likely to bring about change in the biological system?

|  |  |  |
| --- | --- | --- |
|   | a.  | Use of drugs |
|   | b.  | Entry into new roles |
|   | c.  | Movement from one culture to the next  |
|   | d.  | Age-graded expectations |

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| --- | --- |
| *ANSWER:* | a |

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| 19. According to the text, changes in psychological processing are most likely to be affected by

|  |  |  |
| --- | --- | --- |
|   | a.  | genetic influences. |
|   | b.  | technological advances.  |
|   | c.  | historical events. |
|   | d.  | cultural shifts. |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| 20. Which system is most influenced by changes in self-regulation and self-awareness?

|  |  |  |
| --- | --- | --- |
|   | a.  | Psychological  |
|   | b.  | Biological |
|   | c.  | Societal  |
|   | d.  | Cultural |

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| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 21. Which of the following is most likely to bring about change in the psychological system?

|  |  |  |
| --- | --- | --- |
|   | a.  | Disease |
|   | b.  | Environmental toxins  |
|   | c.  | Education |
|   | d.  | Accidents |

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| *ANSWER:* | c |

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| 22. Which of the following is most likely to bring about change in the societal system?

|  |  |  |
| --- | --- | --- |
|   | a.  | Genetic factors  |
|   | b.  | Insight |
|   | c.  | Nutrition |
|   | d.  | Entry into new roles |

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| 23. The concept of identity best illustrates the relationship between the psychological system and the              system.

|  |  |  |
| --- | --- | --- |
|   | a.  | biological |
|   | b.  | scientific  |
|   | c.  | adaptive  |
|   | d.  | societal |

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 24. Which statement best illustrates how the biological system influences the societal system?

|  |  |  |
| --- | --- | --- |
|   | a.  | Tall people receive higher salaries and are more likely to be hired than short people.  |
|   | b.  | People who have a sense of hope have greater immunity toward disease. |
|   | c.  | Over 50% of new mothers in the United States are employed.  |
|   | d.  | As people age, they experience more sleep disturbances. |

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| *ANSWER:* | a |

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| 25. The Moore family’s elderly grandmother hosts an annual family celebration at the family farm every spring. Which system does this ritual best illustrate?

|  |  |  |
| --- | --- | --- |
|   | a.  | Biological |
|   | b.  | Psychological  |
|   | c.  | Societal |
|   | d.  | Emotional |

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| --- | --- |
| *ANSWER:* | c |

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| 26. The influence of culture in one's lifespan is considered to be a component of which of the following systems?

|  |  |  |
| --- | --- | --- |
|   | a.  | Psychological  |
|   | b.  | Societal |
|   | c.  | Biological |
|   | d.  | Psychoanalytic |

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| *ANSWER:* | b |

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| 27. In the U.S., 16-year-olds expect to obtain a driver’s license. What concept is best illustrated here?

|  |  |  |
| --- | --- | --- |
|   | a.  | Life expectancy |
|   | b.  | Psychological functioning |
|   | c.  | Age-graded societal expectations  |
|   | d.  | Individualism |

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| *ANSWER:* | c |

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| 28. In terms of human development, poverty is considered\_\_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | a major obstacle to optimal development |
|   | b.  | an enhancement to resiliency |
|   | c.  | in harmony with psychological functioning  |
|   | d.  | a source of continuity in the life course |

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| *ANSWER:* | a |

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| 29. Which factor is most likely to contribute to families living in poverty?

|  |  |  |
| --- | --- | --- |
|   | a.  | A change in government assistance programs |
|   | b.  | An increase in purchasing power for minimum wage earners  |
|   | c.  | An increase in white-collar jobs |
|   | d.  | An increase in single-mother households |

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| *ANSWER:* | d |

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| 30. Dale is 12 years old and is being raised by a single mother who recently lost her job. Dale and his mom are now homeless and experiencing poverty for the first time. Chip is 6 years old. He is being raised by an unemployed single father. Chip and his father have been living in poverty since Chip’s birth. According to research on poverty, who is more at risk for negative consequences pertaining to health, cognitive development, and school achievement?

|  |  |  |
| --- | --- | --- |
|   | a.  | Dale only  |
|   | b.  | Chip only |
|   | c.  | Both Dale and Chip |
|   | d.  | Neither Dale nor Chip, because they are being raised by a parent |

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| *ANSWER:* | b |

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| 31. Jo Ellen’s divorce was final yesterday afternoon. Based on research, she and her two children can expect which of the following in terms of their financial well-being?

|  |  |  |
| --- | --- | --- |
|   | a.  | An increase in financial stability based on child support |
|   | b.  | A decrease in household income followed by a sharp increase  |
|   | c.  | A decrease in household income |
|   | d.  | An increase in financial well-being |

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| --- | --- |
| *ANSWER:* | c |

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| 32. Earlier exposure to health risks, higher exposure to environmental hazards, and challenges in achieving developmental tasks are factors that are most often associated with              .

|  |  |  |
| --- | --- | --- |
|   | a.  | African American, Hispanic, and Asian American families who experience poverty  |
|   | b.  | children who must learn resilience |
|   | c.  | all Americans is rural areas |
|   | d.  | families who are in transitory poverty |

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| --- | --- |
| *ANSWER:* | a |

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| 33. Jennifer is being raised in a low-income family. Marjorie is being raised in a high-income family. Which of the following is TRUE of their risk of prenatal exposure to environmental toxins?

|  |  |  |
| --- | --- | --- |
|   | a.  | Jennifer’s risk is higher than Marjorie’s. |
|   | b.  | Jennifer’s risk is lower than Marjorie’s. |
|   | c.  | Jennifer’s risk is equal to Marjorie’s. |
|   | d.  | There is no relationship between their risk and family income level. |

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| *ANSWER:* | a |

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| 34. Which factor is least likely to enhance the impact of poverty?

|  |  |  |
| --- | --- | --- |
|   | a.  | Higher level of education  |
|   | b.  | Strong religious beliefs |
|   | c.  | Active behavioral coping skills  |
|   | d.  | Family conflict |

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| --- | --- |
| *ANSWER:* | d |

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| 35. Which descriptor most accurately reflects the psychosocial approach?

|  |  |  |
| --- | --- | --- |
|   | a.  | Only the biological and psychological systems are necessary to analyze behavior.  |
|   | b.  | People build relationships that remain in place throughout life. |
|   | c.  | Individual longevity is determined by one’s social relationships. |
|   | d.  | Internal experiences are products of the interaction of biological, psychological, and societal systems. |

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| *ANSWER:* | d |

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| 36. Which of the following statements best describes the psychosocial approach?

|  |  |  |
| --- | --- | --- |
|   | a.  | Most psychological development is a result of the environment. |
|   | b.  | Lives show patterns of change up through adolescence, and continuity thereafter. |
|   | c.  | Development must be understood as the integration of the biological, psychological, and societal systems.  |
|   | d.  | Home and school are the only relevant social environments. |

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| *ANSWER:* | c |

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| 37. Poverty is primarily considered an element of the \_\_\_\_\_\_system.

|  |  |  |
| --- | --- | --- |
|   | a.  | biological |
|   | b.  | psychological |
|   | c.  | societal |
|   | d.  | temporal |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 38. Which of the following is TRUE of poverty?

|  |  |  |
| --- | --- | --- |
|   | a.  | It can have an impact on both the biological and psychological systems. |
|   | b.  | It cannot have an impact on either the biological or psychological systems. |
|   | c.  | It can have an impact on the biological system, but not the psychological system. |
|   | d.  | It can have an impact on the psychological system, but not the biological system. |

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| --- | --- |
| *ANSWER:* | a |

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| 39. The psychosocial approach seeks to understand the internal experiences that are               .

|  |  |  |
| --- | --- | --- |
|   | a.  | relevant prior to the age of 12 |
|   | b.  | relevant after the age of 12 |
|   | c.  | products of interactions among biological, psychological, and societal systems  |
|   | d.  | influenced by the societal system |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 40. The biological system alerts us to the severity of a threat or crisis through the development of

|  |  |  |
| --- | --- | --- |
|   | a.  | psychological distress. |
|   | b.  | physical symptoms.  |
|   | c.  | social withdrawal. |
|   | d.  | hope and forgiveness. |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| 41. The concept of identity, the meaning we give to ourselves and our sense of purpose, connects us to others. This concept best illustrates the link between the psychological and          systems.

|  |  |  |
| --- | --- | --- |
|   | a.  | biological  |
|   | b.  | scientific |
|   | c.  | adaptive |
|   | d.  | societal |

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| *ANSWER:* | d |

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| 42. Rose is torn between her memories of how close her family used to be and how her son’s divorce has made her family less close. This disparity is a reflection of Rose’s              system.

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|   | a.  | biological |
|   | b.  | psychological  |
|   | c.  | societal |
|   | d.  | adaptive |

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| *ANSWER:* | b |

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| 43. Life expectancy refers to the \_\_\_\_ .

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| --- | --- | --- |
|   | a.  | longest potential lifespan of the human species  |
|   | b.  | number of years one can expect to live |
|   | c.  | expectation of resources needed for living |
|   | d.  | expectation that one will marry and have children |

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| *ANSWER:* | b |

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| 44. Jeanne’s great grandmother was born at the turn of the 20th century. Jeanne was born at the turn of the 21st century. Which of the following is TRUE of their life expectancies?

|  |  |  |
| --- | --- | --- |
|   | a.  | They were roughly the same. |
|   | b.  | Jeanne had a shorter life expectancy than her great grandmother.  |
|   | c.  | Jeanne had a longer life expectancy than her great grandmother. |
|   | d.  | There is no way to know how their life expectancies compared. |

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| *ANSWER:* | c |

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| 45. Which statement most accurately describes projections of life expectancy?

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| --- | --- | --- |
|   | a.  | Men outlive women in Africa. |
|   | b.  | Life expectancy is projected to decrease for men and women.  |
|   | c.  | Women outlive men worldwide. |
|   | d.  | Men outlive women worldwide. |

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| --- | --- |
| *ANSWER:* | c |

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| 46. Yolanda was born in 2015. Which of the following most closely represents her life expectancy?

|  |  |  |
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|   | a.  | 100 years  |
|   | b.  | 90 years  |
|   | c.  | 80 years |
|   | d.  | 70 years |

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| *ANSWER:* | b |

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| 47. Which statement about longevity is *false*?

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|   | a.  | A diet low in fat and high in fruits and vegetables contributes to longevity.  |
|   | b.  | Daily exercise can contribute to longevity. |
|   | c.  | Longevity is influenced by genetic factors. |
|   | d.  | Longevity is primarily influenced by psychological factors. |

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| *ANSWER:* | d |

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| 48. A high level of functioning in later life is associated with

|  |  |  |
| --- | --- | --- |
|   | a.  | education. |
|   | b.  | health. |
|   | c.  | lifestyle. |
|   | d.  | all of these. |

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| *ANSWER:* | d |

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| 49. People can live longer and healthier lives by

|  |  |  |
| --- | --- | --- |
|   | a.  | exercising 20-30 minutes daily. |
|   | b.  | engaging in predominantly light exercise. |
|   | c.  | socializing with healthy people to avoid catching illnesses.  |
|   | d.  | working as long and as productively as possible. |

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| *ANSWER:* | a |

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| 50. Which group has the shortest life expectancy?

|  |  |  |
| --- | --- | --- |
|   | a.  | White females |
|   | b.  | African American females  |
|   | c.  | White males |
|   | d.  | African American males |

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| --- | --- |
| *ANSWER:* | d |

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| 51. Likely advances in \_\_\_\_\_ and treatment, coupled with \_\_\_\_ can lead to higher standards of living in later life.

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| --- | --- | --- |
|   | a.  | medical technology; increased Medicare coverage  |
|   | b.  | insurance reform; improved support services |
|   | c.  | medical technology; improved support services  |
|   | d.  | eliminating poverty; new drugs |

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| --- | --- |
| *ANSWER:* | c |

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| 52. How is the study of life span development related to an understanding of life expectancy?

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| --- | --- | --- |
|   | a.  | Estimating death rates is the only reason for us to study life expectancy.  |
|   | b.  | Estimating birth rates is the only reason for us to study life expectancy. |
|   | c.  | Life expectancy has no relation to the way we study human development. |
|   | d.  | Life expectancy provides a framework for timing about stages and periods of life. |

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| *ANSWER:* | d |

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| 53. The development from one period of life to the next is an individual process.

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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| 54. Developmental change refers to patterns of growth and reorganization.

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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| 55. Self-insight is considered a vital component of mental health.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| *ANSWER:* | True |

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| 56. The biological, psychological, and societal systems are responsive and adapt to changes.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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| 57. All cultures support physical growth and health in similar ways.

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | False |

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| 58. Psychological change is partly guided by genetic information.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| *ANSWER:* | True |

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| 59. Children from low-income families are more likely to be exposed prenatally to maternal malnutrition.

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| *ANSWER:* | True |

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| 60. According to projections, life expectancy has been increasing for both men and women.

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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| 61. It is likely that people will be healthier in older age rather than live much longer than current life expectancy.

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| *ANSWER:* | True |

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| 62. Select one of the six assumptions of human development. Discuss the implications of this assumption for life span analysis. Critically evaluate the usefulness of this assumption for understanding human development.

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| *ANSWER:* | Answers will vary. |

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| 63. Define culture and describe how culture may influence the view of life span human development. What is the role of culture in the societal system?

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| *ANSWER:* | Answers will vary. |

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| 64. Discuss why poverty is a risk factor for development by considering biopsychosocial aspects.

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| *ANSWER:* | Answers will vary. |

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| 65. How does the case of Rose illustrate the relationships among the biological, psychological, and societal systems?

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| *ANSWER:* | Answers will vary. |

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| 66. What are some important life decisions you might make during early adulthood that would have an impact on your potential life expectancy?

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| *ANSWER:* | Answers will vary. |

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| 67. What does it mean to say that the concept of life-span development implies plasticity?

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| *ANSWER:* | Answers will vary. |

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| 68. Differentiate between “nature” and “nurture.”

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| *ANSWER:* | Answers will vary. |

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| 69. Discuss why and how both biological and psychological processes develop and change over one’s life span.

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| *ANSWER:* | Answers will vary. |

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| 70. What is meant by the statement that psychological change can be self-directed?

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| --- | --- |
| *ANSWER:* | Answers will vary. |

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| 71. Explain how we know about the life expectancy of people who were just born in the last few years.

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| *ANSWER:* | Answers will vary. |

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| 72. Which aspect of development is illustrated in the case of Ruth Hamilton?

|  |  |  |
| --- | --- | --- |
|   | a.  | Development is primarily a social construct. |
|   | b.  | Development is primarily a result of biological processes. |
|   | c.  | Development follows the same sequence of steps for everyone.  |
|   | d.  | Development occurs across the life span. |

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| *ANSWER:* | d |

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| 73. Ruth Hamilton believed having many students of differing levels in one classroom was good for children. This supports the idea that individuals       .

|  |  |  |
| --- | --- | --- |
|   | a.  | need external control of their environment  |
|   | b.  | are influenced by society |
|   | c.  | only learn from direct instruction |
|   | d.  | learn the most through competition |

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| --- | --- |
| *ANSWER:* | b |

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| 74. Why is it so important to interpret events in context?

|  |  |  |
| --- | --- | --- |
|   | a.  | People adapt to their environment. |
|   | b.  | People act outside of environmental influences. |
|   | c.  | People are most influenced by biological processes.  |
|   | d.  | People are affected by their surroundings. |

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| --- | --- |
| *ANSWER:* | d |

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| 75. Micah goes to a high school where the majority of students are immigrants from Russia, China, Bangladesh, and Korea. This diverse environment will benefit Micah by encouraging her to               .

|  |  |  |
| --- | --- | --- |
|   | a.  | adapt |
|   | b.  | understand others |
|   | c.  | maintain her identity  |
|   | d.  | act as caregiver |

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| --- | --- |
| *ANSWER:* | a |

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| 76. Bianca receives, processes, and transmits all sensory information through which components of her biological system?

|  |  |  |
| --- | --- | --- |
|   | a.  | Eyes and ears |
|   | b.  | Brain and spine |
|   | c.  | Brain and peri-nervous system |
|   | d.  | Central nervous system and peripheral nervous system |

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| --- | --- |
| *ANSWER:* | d |

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| 77. Ruth Hamilton’s motivation and personal goal to travel the world is an example of something that might be analyzedusing which system?

|  |  |  |
| --- | --- | --- |
|   | a.  | Biological |
|   | b.  | Psychological  |
|   | c.  | Societal |
|   | d.  | Physiological |

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| --- | --- |
| *ANSWER:* | b |

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| 78. Which of the following BEST describes self-insight?

|  |  |  |
| --- | --- | --- |
|   | a.  | Sheila is aware of her thoughts and feelings. |
|   | b.  | Margot understands which why she is growing. |
|   | c.  | Keith is aware of how biology influences his development. |
|   | d.  | Keisha desires to know about the world at large. |

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| *ANSWER:* | a |

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| 79. Changes in the biological system are most likely to cause changes in the               .

|  |  |  |
| --- | --- | --- |
|   | a.  | psychological and societal systems |
|   | b.  | genetic code of an individual  |
|   | c.  | awareness and identity of self |
|   | d.  | environmental systems around us |

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| --- | --- |
| *ANSWER:* | a |

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| 80. Tension between one’s competencies and the demands of society is a description of

|  |  |  |
| --- | --- | --- |
|   | a.  | the biological imperative.  |
|   | b.  | self-insight. |
|   | c.  | a normative crisis.  |
|   | d.  | plasticity. |

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| --- | --- |
| *ANSWER:* | c |

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| 81. Which of the following is most likely to result from a negative resolution to a normative crisis?

|  |  |  |
| --- | --- | --- |
|   | a.  | Self-indulgence  |
|   | b.  | Rigidity |
|   | c.  | Aggressiveness  |
|   | d.  | Unpredictability |

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| --- | --- |
| *ANSWER:* | b |

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| 82. Colleen expects to live until age 80, so she feels that there’s no need to have babies for a very long time. Tyler, though, only expects to live to age 25, so he wants to have babies as soon as possible. What is the core influence on Colleen and Tyler’s ideas about reproduction?

|  |  |  |
| --- | --- | --- |
|   | a.  | Plasticity |
|   | b.  | Biological threshold  |
|   | c.  | Life expectancy |
|   | d.  | Continuity |

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| --- | --- |
| *ANSWER:* | b |

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| 83. Retirement, dating in old age, and second or third careers are all part of a complex network of policies and practices that are being called into question. Which factor is the biggest influence in this shift?

|  |  |  |
| --- | --- | --- |
|   | a.  | Life expectancies |
|   | b.  | Governmental regulations  |
|   | c.  | Population plasticity |
|   | d.  | Brain science |

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| *ANSWER:* | a |

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| 84. How has life expectancy changed the landscape of retirement since the 1930s?

|  |  |  |
| --- | --- | --- |
|   | a.  | People are not as healthy after retirement.  |
|   | b.  | People tend to forego retirement. |
|   | c.  | People are living longer after retirement. |
|   | d.  | People receive unrestricted benefits from the government. |

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| --- | --- |
| *ANSWER:* | c |

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| 85. Which social change is brought about by longer life expectancies?

|  |  |  |
| --- | --- | --- |
|   | a.  | Establishing anti-discrimination norms  |
|   | b.  | Delaying marriage and reproduction |
|   | c.  | Retiring earlier |
|   | d.  | Adapting less frequently to environmental cues |

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| --- | --- |
| *ANSWER:* | b |

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| 86. Which factor is most influential in a society’s life expectancy?

|  |  |  |
| --- | --- | --- |
|   | a.  | Mobility |
|   | b.  | Family rituals  |
|   | c.  | Education |
|   | d.  | Urbanization |

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| --- | --- |
| *ANSWER:* | c |

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| 87. Longevity is influenced by \_\_\_\_\_ .

|  |  |  |
| --- | --- | --- |
|   | a.  | primarily the biological system |
|   | b.  | primarily the psychological system  |
|   | c.  | primarily the societal system |
|   | d.  | an interaction of all three systems |

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| 88. Which factor is a *societal* influence that has increased longevity?

|  |  |  |
| --- | --- | --- |
|   | a.  | Medicare and Medicaid  |
|   | b.  | Smoking cessation |
|   | c.  | Eating better |
|   | d.  | Reduction in heart disease |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| 89. What is one aspect of social integration that has been linked to improved health and longevity?

|  |  |  |
| --- | --- | --- |
|   | a.  | Having siblings |
|   | b.  | Being in a committed relationship  |
|   | c.  | Working in an office setting |
|   | d.  | Living in an urban environment |

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| --- | --- |
| *ANSWER:* | b |

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| 90. Many of our most important life decisions are made with either an implicit or explicit assumption about how long we expect to live.

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|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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| 91. Adaptive reorganization that occurs at every period of life is called             .

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| --- | --- | --- |
|   | a.  | plasticity |
|   | b.  | continuity  |
|   | c.  | stability |
|   | d.  | reductivity |

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| *ANSWER:* | a |

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| 92. Which assumption is fundamental to understanding how significant social relationships influence development?

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|   | a.  | Characteristics stay stable as individuals progress through time.  |
|   | b.  | People contribute actively to their development. |
|   | c.  | Development is based on physiological change in humans. |
|   | d.  | Individuals’ development occurs as a type of adaptation to the environment. |

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| *ANSWER:* | b |

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| 93. Which of the following is NOT a change factor for the biological system?

|  |  |  |
| --- | --- | --- |
|   | a.  | Genetically guided maturation  |
|   | b.  | Environmental toxins |
|   | c.  | Creative insight |
|   | d.  | Accidents and diseases |

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| --- | --- |
| *ANSWER:* | c |

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| 94. Insight is a change factor for which system?

|  |  |  |
| --- | --- | --- |
|   | a.  | Biological |
|   | b.  | Psychological  |
|   | c.  | Physiological  |
|   | d.  | Societal |

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| *ANSWER:* | b |

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| 95. As a child, Jordan had an accident that has left him with brain damage. As a result, he can’t read or write and hastrouble with his memory. Which system of development has been most disrupted?

|  |  |  |
| --- | --- | --- |
|   | a.  | Biological |
|   | b.  | Psychologica |
|   | c.  | Societal |
|   | d.  | Cultural |

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| *ANSWER:* | a |

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| 96. Which of these is an example of a change factor for the societal system?

|  |  |  |
| --- | --- | --- |
|   | a.  | An accident |
|   | b.  | Technological change  |
|   | c.  | Self direction |
|   | d.  | Nutrition |

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| *ANSWER:* | b |

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| 97. Most processes through which a person becomes integrated into a community involve the        system.

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| --- | --- | --- |
|   | a.  | societal |
|   | b.  | psychological |
|   | c.  | biological |
|   | d.  | physiological |

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| *ANSWER:* | a |

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| 98. The psychosocial approach emphasizes the                .

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|   | a.  | consistent progression to maturity through childhood |
|   | b.  | relatively minimal influence of heredity in development  |
|   | c.  | universality in common development stages |
|   | d.  | biopsychosocial aspects of development |

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| *ANSWER:* | d |

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| 99. Which statement best describes the biological system?

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| --- | --- | --- |
|   | a.  | All of the environmental influences on an individual's health |
|   | b.  | All of the processes through which a person becomes integrated into society  |
|   | c.  | All of the processes necessary for the physiological functions of an organism |
|   | d.  | All of the mental processes central to making sense of experiences |

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| *ANSWER:* | c |

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| 100. Education has been shown to be linked to             .

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|   | a.  | unstable relationships |
|   | b.  | an increased tendency toward pessimism |
|   | c.  | longevity |
|   | d.  | social isolation |

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| *ANSWER:* | c |

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| 101. What term refers to the number of years of life, based on the average length of life for a given population?

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|   | a.  | Life expectancy  |
|   | b.  | Population index  |
|   | c.  | Life index |
|   | d.  | Population expectancy |

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| *ANSWER:* | a |

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| 102. A well-balanced diet combined with vitamin and mineral supplements seems to      .

|  |  |  |
| --- | --- | --- |
|   | a.  | speed up cellular damage associated with aging |
|   | b.  | slow down cellular damage associated with aging  |
|   | c.  | lead to better education |
|   | d.  | keep a person skinny |

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| *ANSWER:* | b |

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| 103. Marcy can expect to live how much longer than her husband, Frank, who is Marcy’s same age?

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| --- | --- | --- |
|   | a.  | 5.5-7 years  |
|   | b.  | 6-10.5 years  |
|   | c.  | 1-2 years |
|   | d.  | 3.5-5 years |

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| *ANSWER:* | a |

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| 104. At summer camp, Gordon experienced a real sense of belonging for the very first time, connecting significantly with the other kids at camp. What is this an example of?

|  |  |  |
| --- | --- | --- |
|   | a.  | Social integration |
|   | b.  | Intrinsic meaning  |
|   | c.  | Plasticity |
|   | d.  | Self-insight |

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| *ANSWER:* | a |

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| 105. Barbara’s culture dictates that men work to make money, while women do not. As such, Barbara did not go to college, though both of her brothers did. Which system is influencing this aspect of Barbara’s development?

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| --- | --- | --- |
|   | a.  | Biological |
|   | b.  | Psychological |
|   | c.  | Societal |
|   | d.  | Physiological |

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| *ANSWER:* | c |

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| 106. Giovanni sustained a serious injury to his brain and spinal cord during the hockey game. Who among the following specialists should his parents seek for consultation?

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| --- | --- | --- |
|   | a.  | A peripheral nervous system specialist |
|   | b.  | A central nervous system specialist |
|   | c.  | An autonomic system specialist |
|   | d.  | A sympathetic system specialist |

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| *ANSWER:* | b |

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| 107. Candace has a 7-year-old son, and she would never leave him home alone. But in another country, it is common for 7-year-old boys to have a job and work. This is an example of              .

|  |  |  |
| --- | --- | --- |
|   | a.  | cultural insight |
|   | b.  | internal worldviews  |
|   | c.  | meaning making |
|   | d.  | age-graded expectations |

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| *ANSWER:* | d |

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| 108. The biological system is a                system.

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| --- | --- | --- |
|   | a.  | complex and self-containing |
|   | b.  | predictable and predetermined  |
|   | c.  | linear and static |
|   | d.  | multilevel and dynamic |

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| *ANSWER:* | d |

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| 109. Javier has always known exactly who he is and what is important to him. This shows that Javier has a strong \_\_\_\_\_\_\_\_.

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| --- | --- | --- |
|   | a.  | continuity  |
|   | b.  | resilience |
|   | c.  | plasticity |
|   | d.  | integration |

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| --- | --- |
| *ANSWER:* | a |

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| 110. Which of the following LEAST represents Karen’s psychological system at work?

|  |  |  |
| --- | --- | --- |
|   | a.  | Karen’s good memory leads to many As on tests and quizzes. |
|   | b.  | Karen has just become fluent in a third language. |
|   | c.  | Karen is not very motivated or excited about her future. |
|   | d.  | Karen’s hormonal changes have resulted in mood swings. |

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| *ANSWER:* | d |

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| 111. Which of the following LEAST describes the biological system?

|  |  |  |
| --- | --- | --- |
|   | a.  | Processes that regulate eating and sleeping patterns |
|   | b.  | Processes integral in hormonal changes and growth |
|   | c.  | Processes necessary for the physiological functions |
|   | d.  | Processes central to making sense of experiences |

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| *ANSWER:* | d |

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| 112. Which of the following is TRUE of life expectancy?

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| --- | --- | --- |
|   | a.  | It establishes and enhances meaningful relationships. |
|   | b.  | It has been largely stable for more than a century.  |
|   | c.  | It is a useful “bellwether” of societal progress. |
|   | d.  | It is affected more by societal than biological forces. |

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| *ANSWER:* | c |

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| 113. It has been demonstrated that Jerry (born in 1998) is likely to live ten years longer than his grandmother (born in 1948). Which of the following outlines this?

|  |  |  |
| --- | --- | --- |
|   | a.  | Life expectancy  |
|   | b.  | Population index  |
|   | c.  | Life index |
|   | d.  | Population expectancy |

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| --- | --- |
| *ANSWER:* | a |

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| 114. A poor diet, lacking essential vitamins, minerals, and supplements, seems to           .

|  |  |  |
| --- | --- | --- |
|   | a.  | speed up cellular damage associated with aging |
|   | b.  | slow down cellular damage associated with aging  |
|   | c.  | lead to a poor education |
|   | d.  | make a person obese |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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