# *Counseling Individuals Through the Lifespan 3rd edition Wong Test Bank*

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# Counseling Individuals Through the Lifespan (3rd)

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*Total Questions: 33*

**Multiple Choice (20)**

***Q1.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

Human growth and development is both multidimensional and _____.

**a)** loss–oriented
**b) multidirectional ✓ correct**
**c)** observable
**d)** mobile

***Q2.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

Life maturation processes and _____ shape the individual's life at any stage of human development.

**a) culture ✓ correct**
**b)** adversity
**c)** psychotherapy
**d)** addiction

***Q3.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

During the _____ period of development, achievement drive becomes evident, and the fundamental skills of reading, writing, and arithmetic are mastered.

**a)** early school age
**b) middle childhood ✓ correct**
**c)** early adolescence
**d)** late adolescence

***Q4.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

The _____ period of development involves adjusting to post–work identity and the challenges of changing health.

**a)** elderhood
**b)** early adulthood
**c)** middle adulthood
**d) late adulthood ✓ correct**

***Q5.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

At the _____ period of development, the pursuit of independence and the desire to identify vocational direction and personal identity are manifested.

**a)** early school age
**b)** early adolescence
**c) late adolescence ✓ correct**
**d)** early adulthood

***Q6.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

Context exerts three influences on human development, including normative age–graded influence, normative history–graded influences, and _____.

**a)** normative individualized life events
**b)** nonnormative history–graded influences
**c) nonnormative or highly individualized life events ✓ correct**
**d)** nonnormative professional influences



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***Q7.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

In the psychological component of the biopsychosocial model, issues such as _____ and _____ may result in physical and mental health problems during human development.

**a)** interactive patterns, socioeconomic status
**b)** nutrition, genetic vulnerability
**c)** intelligence, poverty
**d) irrational thinking, lack of self–control ✓ correct**

***Q8.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

The _____ system within the biopsychosocial model of development considers various factors such as socioeconomic status, family structure, and religion, as they contribute to healthy or unhealthy development.

**a)** psychological
**b) sociocultural ✓ correct**
**c)** biological
**d)** pathophysiological

***Q9.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

Counseling coursework in _____ addresses theories of individuals, families, and communities coping with disasters and post–traumatic stress.

**a) crises intervention ✓ correct**
**b)** assessment
**c)** addiction
**d)** abnormal psychology

***Q10.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

_____, the premier accreditation body of counselor education programs, requires their accredited programs to include at least one course in human growth and development.

**a) CACREP ✓ correct**
**b)** CORE
**c)** CPEAA
**d)** ACA

***Q11.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

_____ is defined as the orderly and sequential changes that occur in an organism over time, from the beginning until the end of life.

**a)** Stress
**b) Development ✓ correct**
**c)** Regulation
**d)** Evolution

***Q12.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

_____ was one of the pioneers in bringing an integrative model into the field of medicine.

**a) George Engel ✓ correct**
**b)** Lawrence Kohlberg
**c)** Sigmund Freud
**d)** Eric Erikson



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***Q13.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

The _____ system consists of a group of organs that work together to perform specific tasks.

**a)** psychological
**b)** sociocultural
**c) biological ✓ correct**
**d)** pathophysiological

***Q14.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

_____ studied the cognitive development of children's thinking about the physical world.

**a)** George Engel
**b)** Lawrence Kohlberg
**c) Jean Piaget ✓ correct**
**d)** Eric Erikson

***Q15.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

_____ believed the skill of listening requires empathy and role–taking which are important for both moral and psychological growth between the counselor and the client.

**a)** Jean Piaget
**b) Lawrence Kohlberg ✓ correct**
**c)** George Engel
**d)** Sigmund Freud

***Q16.*** *[Multiple Choice] · Cognitive Domain: Application*

A counselor encourages the nourishment of a client's natural interaction with their environment through both moral and psychological growth. This counselor likely ascribes to the view of _____.

**a)** existentialism
**b)** empiricism
**c) progressivism ✓ correct**
**d)** constructivism

***Q17.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

Understanding the processes of human development in clients includes gaining a clear concept of which of the following?

**a) how individuals cope with and make sense of their environment ✓ correct**
**b)** deductive and inductive reasoning
**c)** locus of control
**d)** one's ability to hypothesize

***Q18.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following is a required or expected responsibility of counseling professionals in helping their clients through the therapeutic relationship?

**a) advocating for their clients ✓ correct**
**b)** providing legal assistance for clients
**c)** problem–solving for clients
**d)** prescribing medication for clients



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***Q19.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following areas of counselor education programs include study of theories of family and individuals as related to the transition across the lifespan?

**a)** abnormal psychology
**b)** assessment
**c)** addiction
**d) family counseling ✓ correct**

***Q20.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

Which of the following ages corresponds to the developmental period of middle adulthood?

**a)** 51 to 75
**b) 36 to 50 ✓ correct**
**c)** 30 to 65
**d)** 25 to 45

**True/False (10)**

***Q21.*** *[True/False] · Cognitive Domain: Comprehension*

The complexity of human development is the result of the intricate interplay and interaction between biological and environmental processes.

**a) True ✓ correct**
**b)** False

**Correct answer: True**

***Q22.*** *[True/False] · Cognitive Domain: Knowledge*

Human development is both multidimensional and multidirectional.

**a) True ✓ correct**
**b)** False

**Correct answer: True**

***Q23.*** *[True/False] · Cognitive Domain: Comprehension*

During the developmental period of late adulthood, individuals typically begin to reflect on their lives, review their life stories, and prepare for the end–of–life.

**a)** True
**b) False ✓ correct**

**Correct answer: False**

***Q24.*** *[True/False] · Cognitive Domain: Comprehension*

During middle adulthood, an individual's interest turns toward social responsibility and assisting the next generation.

**a) True ✓ correct**
**b)** False

**Correct answer: True**

***Q25.*** *[True/False] · Cognitive Domain: Comprehension*

The developmental period known as toddlerhood involves the growth from a single cell to human, with neurological capabilities.

**a)** True
**b) False ✓ correct**

**Correct answer: False**



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***Q26.*** *[True/False] · Cognitive Domain: Comprehension*

Review of the literature and research outcomes points to the argument that to understand the influences on human development is to simply answer the question of nature versus nurture.

**a)** True

**b) False ✓ correct**

**Correct answer: False**

***Q27.*** *[True/False] · Cognitive Domain: Application*

An example of a nonnormative factor that may contribute to the formation and development of an individual is the death of a sibling.

**a) True ✓ correct**

**b)** False

**Correct answer: True**

***Q28.*** *[True/False] · Cognitive Domain: Knowledge*

Developmental psychologist Lawrence Kohlberg established the Moral Development Theory.

**a) True ✓ correct**

**b)** False

**Correct answer: True**

***Q29.*** *[True/False] · Cognitive Domain: Comprehension*

The major domains of development include psychosocial, emotional, physical, and recreational.

**a)** True

**b) False ✓ correct**

**Correct answer: False**

***Q30.*** *[True/False] · Cognitive Domain: Comprehension*

Socioeconomic status and emotional distress are both parts of the psychological system.

**a)** True

**b) False ✓ correct**

**Correct answer: False**

**Essay (3)**

***Q31.*** *[Essay] · Cognitive Domain: Application*

Based on the primary characteristics present during early adolescence, illustrate the considerations that a counselor may need to take into account when counseling a person of this age.

***Suggested answer:*** *Sample response: This period, from ages 13 to 18, is marked by rapid physical changes and the development of sexual characteristics, increased peer interaction and influence, and the cognitive movement to formal, abstract reasoning. Given these characteristics, the counselor may consider an open approach that takes into account the current transitional stage (in terms of physical changes and sexual characteristics) of early adolescence while recognizing the influence that peers may have on their behavior. Also, the ability of early adolescents to engage in formal and abstract reasoning likely enhances the tools that counselors may use with them.*



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***Q32.*** *[Essay] · Cognitive Domain: Application*

Using an example, illustrate how pathology can develop during developmental periods from an integrative, biopsychosocial perspective.

> ***Suggested answer:*** *Sample response: Human development is influenced by biological, psychological, and social factors. For example, heart disease that develops in middle to late adulthood can be attributed to pathophysiology or biological components like genetics, and it can also be influenced by sociocultural and psychological factors interacting with the cardiovascular system. Social and cultural conditions like poverty and nutrition can lead to the development of heart disease, and psychological dispositions such as stress management strategies can lead to high blood pressure and other pathologies in the cardiovascular system. All of these factors interact and can lead to the development of pathology.*

***Q33.*** *[Essay] · Cognitive Domain: Analysis*

What are the essential elements counselors need to understand in order to act as advocates against barriers that limit human development?

> ***Suggested answer:*** *Sample response: In order to eliminate barriers that limit development, counselors must have professional knowledge of the nature of human development across the lifespan, the understanding of both normative and exceptional challenges that can be and are experienced, and the use of the research and theory on human development to guide professional practice decisions. Additionally, this may be enhanced by the knowledge that counselors have regarding community resources clients may be eventually be referred to.*



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