Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

SKU: 9781266194139-TEST-BANK

Correct answers located at the end of the chapter.

1) Development can be defined as the pattern of movement or change that
   A) begins at childhood and continues until adulthood.
   B) begins at conception and continues until adulthood.
   C) begins at birth and continues through the human lifespan.
   D) begins at conception and continues through the human lifespan.

2) Who among the following is most likely taking the traditional approach to the study of development?
   A) Darren, who emphasizes developmental change throughout adulthood as well as childhood
   B) Nick, who emphasizes extensive change in adulthood
   C) James, who emphasizes extensive change from birth to adolescence, little or no change in adulthood, and decline in old age
   D) Gregory, who emphasizes development as lifelong, multidimensional, multidirectional, plastic, multidisciplinary, and contextual

3) The_____ approach to the study of development emphasizes extensive change from birth to adolescence, especially during infancy, little or no change in adulthood, and decline in old age.
   A) prescriptive
   B) constructivist
   C) traditional
   D) evolutionary

4) In his psychology class, Professor Sharma emphasizes that developmental change occurs throughout adulthood as well as childhood. Professor Sharma is taking a(n)_____ approach to developmental change.
   A) lifespan
   B) evolutionary
   C) normative
   D) constructivist

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

5) In the context of Laura Carstensen's view on life expectancy, which of the following statements is true?
   A) There has been a remarkable decrease in the number of people living to an old age.
   B) The concept of work as a full-time endeavor that ends in the early 60s is well suited for long lives.
   C) Science, technol-ogy, and behavioral changes have not kept pace with the increase in the number of people living to an old age.
   D) There should be a change from a world constructed mainly for the elderly to a world that is more compatible for young people.

6) On your first day of class, Professor Red-Elk claims that for too long we have focused on the development of young children, especially infants. She argues that the development of adults and elderly people is just as important. This professor is articulating a(n)_____ approach.
   A) evolutionary
   B) constructivist
   C) normative
   D) lifespan

7) Which of the following is an accurate description of life expectancy?
   A) It is the upper boundary of any lifespan.
   B) It is the average number of years a person can expect to live.
   C) It is the maximum lifespan of humans.
   D) It is the difference in lifespan between cultures.

8) Which of the following led to a recent drop in life expectancy in the United States, especially among Black Americans and Latinos?
   A) COVID-19
   B) heart disease
   C) suicide
   D) cancer

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

9) Who saw the highest mortality rate from COVID-19?
   A) people in early childhood
   B) people in adolescence
   C) people in middle adulthood
   D) people in late adulthood

10) Paul Baltes' lifespan perspective includes which of the following characteristics of development?
   A) Development stops during adolescence.
   B) Development is multidimensional.
   C) Development is unidirectional.
   D) Development occurs independent of context.

11) The idea that no age period dominates development highlights the lifespan perspective that development is
   A) plastic.
   B) contextual.
   C) multidimensional.
   D) lifelong.

12) Dr. Tepper-Harmon believes that lifespan development cannot be studied without considering biological, socioemotional, and cognitive dimensions. Dr. Tepper-Harmon believes that development is
   A) lifelong.
   B) contextual.
   C) multidimensional.
   D) plastic.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

13) Many individuals become wiser as they age, but their performance on tasks that require speed in processing information starts to decline. This illustrates how throughout life, some dimensions or components of a dimension expand and others shrink—in other words, how development is
   A) plastic.
   B) contextual.
   C) multidisciplinary.
   D) multidirectional.

14) Jeremy becomes fluent in English at the age of 4. At the age of 6, he becomes fluent in French. However, when Jeremy's parents try to teach him Spanish when he is 8 years old, they find that Jeremy's capacity to acquire a new language has decreased. This scenario most likely illustrates Paul Baltes's view that development is
   A) plastic.
   B) contextual.
   C) multidisciplinary.
   D) multidirectional.

15) _____means the capacity for change.
   A) Elasticity
   B) Plasticity
   C) Contextuality
   D) Tenacity

16) Bruce Chan, a 57-year-old accountant, decides to enroll in a short-term course on creative writing. He performs well in the course and is surprised that he does so despite not having engaged in creative writing for over 25 years. This scenario illustrates Paul Baltes's view that development is
   A) plastic.
   B) multidisciplinary.
   C) lifelong.
   D) contextual.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

17) Divya is 65 years old. She undergoes training and uses effective strategies to improve her memory. As a result, her memory does not decline but rather improves as she ages. According to Paul Baltes's view, which of the following aspects of the lifespan perspective most likely explains the improvement in Divya's memory?

A) Development is plastic.
B) Development is contextual.
C) Development is multidirectional.
D) Development is multidimensional.

18) The setting in which human development occurs, or_____, is influenced by historical, economic, social, and cultural factors.

A) location
B) stage
C) context
D) content

19) The lifespan perspective proposes that contexts

A) have a biological impact on development.
B) are influenced by genetic factors.
C) remain constant over time.
D) refer to the capacity for change.

20) As people enter adolescence, they start focusing more time on romantic relationships and spend less time with friends as a result. This illustrates how development is

A) plastic.
B) contextual.
C) multidisciplinary.
D) multidirectional.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

21) Based on the work of Paul Baltes, which of the following statements supports the view that development is plastic?
A) Early adulthood is not the endpoint of development; rather, no age period dominates development.
B) The cognitive skills of older adults can be improved through training and acquisition of effective strategies.
C) Development has biological, cognitive, and socioemotional dimensions.
D) All development occurs within a context or a setting that changes.

22) Psychologists, sociologists, anthropologists, neuroscientists, and medical researchers all share an interest in unlocking the mysteries of development through the lifespan. This indicates how development is
A) multidirectional.
B) plastic.
C) multidisciplinary.
D) multidimensional.

23) "Individuals are changing beings in a changing world." Which characteristic of development is reflected in this statement?
A) Development is multidisciplinary.
B) Development is contextual.
C) Development is multidimensional.
D) Development is multidirectional.

24) Which of the following is an example of a normative age-graded influence?
A) World War II
B) the start of puberty
C) early death of a parent
D) the start of Facebook

25) Which of the following is an example of a normative history-graded influence?
A) starting menopause
B) starting kindergarten at 5 years old
C) the start of the Internet
D) winning a car in a raffle

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

26) Which of the following is an example of a nonnormative life event?
A) graduating high school at the end of 12th grade
B) learning to drive at 16 years old
C) losing eyesight after a car accident
D) dealing with COVID-19

27) The cultural makeup of the U.S. population has changed over the past few years because of immigration and other factors. Such long-term changes in the genetic and cultural makeup of a population are part of
A) nonnormative multidirectional change.
B) normative historical change.
C) nonnormative life events.
D) nonnormative demographic change.

28) When she was a child, Anna's home was wrecked by a tornado and her neighbor was killed. More than 30 years later, she is still terrified of storms. This is an example of how a_____ event can influence a person's development.
A) normative age-graded
B) normative generational
C) nonnormative life
D) normative history-graded

29) According to Paul Baltes, which of the following is true of nonnormative life events?
A) They do not happen to all people.
B) They are similar for individuals in a particular age group.
C) They do not influence the lives of individual people.
D) They are usual occurrences.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

30) Thomas is a teenager who lives with his parents in an American city. During one of his high school years, Thomas's house gets destroyed in a fire, forcing his family to relocate to a rural area. According to Paul Baltes, this incident is likely to affect Thomas's development and life and is likely an example of a

A) normative history-graded influence.
B) nonnormative life event.
C) minority influence.
D) cohort effect.

31) Agatha is 83 years old. According to Baltes and his colleagues,_____ and_____ will take center stage.

A) growth; maintenance of her capacities
B) maintenance of her capacities; regulation of loss
C) regulation of loss; augmentation of her capacities
D) growth in her capacities; regulation of loss

32) Ahn Nguyen is a clinical psychologist who counsels young adults with anxiety and depression who are navigating life transitions. She is most likely to help her clients by

A) conducting research on the effects of specific policies on children's well-being.
B) referring clients to medical facilities.
C) resolving their problems without seeking outside help.
D) improving their developmental outcomes.

33) _____encompasses the behavior patterns, beliefs, and all other products of a particular group of people that are passed on from generation to generation.

A) Culture
B) Genotype
C) Phenotype
D) Ethnocentricity

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

34) Dr. Wilman is researching the place women occupy in families in Japan and the United States. Dr. Wilman is conducting a(n)_____ study.

A) longitudinal
B) ethnocentric
C) cross-cultural
D) decentralized

35) Socioeconomic status (SES) refers to

A) the behavior patterns, beliefs, and all other products of a particular group of people that are passed on from generation to generation.
B) a person's position within society based on occupational, educational, and economic characteristics.
C) the degree to which development is similar or universal across cultures.
D) a social label placed on a similar group of people based on their heritage, nationality, race, religion, and language.

36) _____is a government's course of action designed to promote the welfare of its citizens.

A) Social policy
B) Generational policy
C) Cultural legislation
D) Equity policy

37) Children who develop resilience are likely to have which of the following?

A) insufficient adult relationships
B) poor financial circumstances
C) close relationships with caring adults
D) fewer positive relationships

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

38) Based on the results of a study that analyzed the exposure to six stressors among poor children and middle-income children in the United States, which of the following is a difference between children in poor families and children in middle-income families?
   A) Compared to children in poor families, children in middle-income families are much more likely to separate from a parent.
   B) Compared to children in poor families, children in middle-income families are much less likely to have a peaceful home.
   C) Compared to children in middle-income families, children in poor families are much more likely to be exposed to violence.
   D) Compared to children in middle-income families, children in poor families are much less likely to be exposed to family turmoil.

39) In the context of technology, which of the following was invented in the 1950s and contributed to changing human life permanently?
   A) Bluetooth
   B) smartphones
   C) global positioning system (GPS)
   D) television

40) Changes in motor skills, nutrition, exercise, the hormonal changes of puberty, and cardiovascular decline are all examples of_____ processes that affect development.
   A) cognitive
   B) biological
   C) socioemotional
   D) cultural

41) _____processes refer to changes in the individual's thought, intelligence, and language.
   A) Cognitive
   B) Biological
   C) Socioemotional
   D) Cultural

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

42) As an adult ages and cardiovascular health declines, it is an example of_____ processes.
A) biological
B) social
C) emotional
D) cognitive

43) The fields of developmental cognitive neuroscience and_____ connect biological, cognitive, and socioemotional processes.
A) developmental social neuroscience
B) social policy
C) social cognitive theory
D) socioeconomic status

44) The developmental period, whether one is an infant, adolescent, or middle-aged person, refers to
A) a historical circumstance common to people of a particular generation.
B) a time frame in a person's life that is characterized by certain features.
C) a time frame in which a person experiences maximum change.
D) a time frame in a nation's history that is characterized by rapid development.

45) During the_____ period, a single cell grows into a complete organism.
A) perinatal
B) prenatal
C) neonatal
D) postnatal

46) Daniel is 10 months old and is completely dependent on his parents. He is just beginning to acquire language and develop symbolic thought. In this scenario, which of the following developmental periods is Daniel most likely in?
A) adolescence
B) middle childhood
C) early childhood
D) infancy

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

47) Jenny is 4 years old. She becomes self-sufficient and develops school readiness skills. In this scenario, identify the developmental period that Jenny is most likely in.
A) infancy
B) early childhood
C) prenatal period
D) late childhood

48) Which of the following is a characteristic of the developmental period known as early childhood?
A) extreme dependency on adults
B) development of school readiness skills
C) formal exposure to the larger world
D) development of sexual characteristics

49) Alex is 8 years old and in the third grade; his main focus is success in school, as he is gradually exposed to more and more information about the world at large. The developmental period Alex is currently in is
A) early childhood.
B) middle childhood.
C) adolescence.
D) adulthood.

50) Joey has shot up in height over the past year, has developed a deeper voice, and is starting to grow facial hair. He is preoccupied with the pursuit of independence and identity and is spending more time with friends and less with family. Which of the following periods of development is Joey in?
A) middle childhood
B) adolescence
C) early adulthood
D) late childhood

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

51) Brittany is preoccupied with the pursuit of independence and identity and is spending more time with friends and less with family. Her thoughts are more logical, abstract, and idealistic. She is also experiencing rapid physical changes such as gaining height and weight. Which of the following periods of development is Brittany most likely in?

A) middle childhood
B) late adulthood
C) late childhood
D) adolescence

52) During which stage of development do individuals normally establish economic independence, develop a career, and learn to live with a partner in an intimate way?

A) early adulthood
B) late adolescence
C) middle adulthood
D) late adulthood

53) Travis spends a great deal of time working and trying to establish his career. He is also wondering if he should move in with his girlfriend and about their long-term prospects. Travis is most likely in the_____ period of development.

A) late adolescence
B) early adulthood
C) middle adulthood
D) late adulthood

54) Johnathan and his wife Tracy are in their mid-fifties. They are expanding their personal and social responsibilities and assisting their children in becoming competent, mature individuals. Which of the following developmental periods are Johnathan and Tracy currently in?

A) early adulthood
B) emerging adulthood
C) middle adulthood
D) adolescence

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

55) Peter is a senior partner at his law firm and is an important member of his church and community. Both his children are in college. Peter's situation is most representative of which period of development?

A) early adulthood
B) middle adulthood
C) late adulthood
D) retirement

56) Late adulthood is a time of

A) life review, adjustment to new social roles, and diminishing strength and health.
B) expanding personal and social involvement and responsibility.
C) establishing personal and economic independence and advancing in a career.
D) selecting a mate, learning to live with that person in an intimate way, starting a family, and rearing children.

57) Jessica spends a lot of time thinking about the choices she has made in her life and the events she has witnessed. She is adjusting to decreasing strength and health, and she has made several lifestyle changes as a result. Jessica is most likely in the_____ period of development.

A) adolescence
B) early adulthood
C) middle adulthood
D) late adulthood

58) _____show considerable loss in cognitive skills, experience increase rates of chronic stress, and are more frail.

A) The oldest-old
B) The young-old
C) Adults in middle adulthood
D) Adults in late middle adulthood

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

59) Selena is 88 years old and has trouble remembering important dates. She is most likely a member of the
A) young-old.
B) old-old.
C) oldest-old.
D) late-old.

60) An accurate description of the “young-old” population would include which of the following?
A) They are people between 60 and 65 years of age.
B) They have little potential for physical and cognitive fitness.
C) They show considerable loss in cognitive skills.
D) They can develop strategies to cope with the gains and losses of aging.

61) Determining_____ age involves knowing the functional capacities of a person's vital organs.
A) social
B) chronological
C) biological
D) psychological

62) Ramada, 69, an avid golfer and fitness enthusiast, recently got a comprehensive health exam done, and her physician remarked that her vital organs were in such good shape that her_____ age was about 10 years less than her chronological age.
A) social
B) mental
C) biological
D) psychological

63) _____age is an individual's adaptive capacities compared with those of other individuals of the same chronological age.
A) Social
B) Psychological
C) Physical
D) Biological

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

64) The presence or absence of connectedness with friends and family would impact the
A) chronological age.
B) social age.
C) psychological age.
D) biological age.

65) Which of the following statements is true regarding chronological age?
A) It is not a reliable predictor of an individual's health.
B) According to the lifespan perspective, it is the sole component of the overall age profile of an individual.
C) It is determined by knowing the functional capacities of a person's vital organs, which may be better or worse than those of other people of comparable age.
D) It refers to connectedness with others and the social roles individuals adopt.

66) Who among the following most clearly exhibits the developmental pattern of successful aging?
A) Khalid, who is 79 years old and has started experiencing a modest decline in his psychological functioning
B) Shyam, who is 81 years old and frequently forgets where he places his belongings
C) Carlo, who is 78 years old and suffers from Parkinson disease, which impairs his daily functioning
D) Selena, who is 80 years old and is capable of walking without the support of a cane

67) The developmental pattern experienced by most people in which psychological functioning peaks in early middle age and starts to decline in the early 80s is called
A) normal aging.
B) pathological aging.
C) everyday aging.
D) successful aging.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

68) Andrew is 60 and is starting to have memory lapses and struggling to complete things that used to take him no time at all. He finds himself forgetting driving routes that he used to know. Andrew seems to be experiencing the developmental pattern called
A) normal aging.
B) pathological aging.
C) everyday aging.
D) successful aging.

69) What is one reason more older people report being happier and more satisfied with their lives than younger people do?
A) They have more time for leisurely pursuits.
B) They engage in healthier practices.
C) They have more relationships with social acquaintances.
D) They feel more pressure to succeed.

70) In the nature-nurture issue, nature refers to an organism's_____, nurture to its_____.
A) personality traits; abilities
B) attributes; ecological heritage
C) biological inheritance; environmental experiences
D) acquired traits; heredity

71) The question about whether puberty occurs abruptly or as a result of a gradual process that develops over several years is based on the_____ issue.
A) continuity-discontinuity
B) pathological aging
C) nature-nurture
D) stability-change

72) Gina's therapist attributes her delinquent behavior to heredity and to the gross neglect she suffered as a baby at the hands of her alcoholic mother. Gina's therapist appears to be emphasizing the_____ aspect of her development.
A) personality
B) lifelong learning
C) discontinuity
D) stability

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

73) The_____ debates the degree to which development involves gradual, cumulative change or distinct stages.
A) stability-change issue
B) continuity-discontinuity issue
C) nature-nurture issue
D) normative-nonnormative issue

74) The concept of discontinuity is characterized by
A) qualitative change.
B) quantitative change.
C) collective change.
D) measured change.

75) A_____ is an interrelated, coherent set of ideas that helps to explain phenomena and make predictions.
A) theory
B) hypothesis
C) policy
D) context

76) Lisa is a clinical psychologist. She decides to conduct a study on whether the progression of memory loss in older adults with Alzheimer disease can be slowed down. According to the scientific method, which of the following describes the sequence Lisa should follow?
A) collect data, conceptualize a process or problem to be studied, analyze data, draw conclusions
B) conceptualize a process or problem to be studied, collect data, analyze data, draw conclusions
C) collect data, analyze data, conceptualize a process or problem to be studied, draw conclusions
D) conceptualize a process or problem to be studied, draw conclusions, collect data, analyze data

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

77) A researcher studying college student behavior believes that friend choices impact grade point average. The researcher predicts that friends who are more concerned about grades will have a positive impact on each other. What is this prediction called?

A) a concept
B) a hypothesis
C) data collection
D) a conclusion

78) Dr. Perkins predicts that children who spend years playing a musical instrument are smarter than children who do not play music. This testable prediction is known as a(n)

A) hypothesis.
B) classification.
C) variable.
D) axiom.

79) _____theories describe development as primarily unconscious and heavily colored by emotion.

A) Behavioral
B) Social cognitive
C) Evolutionary
D) Psychoanalytic

80) Dr. Berenstein holds the view that behavior is merely a surface characteristic and that a true understanding of development requires analyzing the symbolic meanings of behavior and the deep inner workings of the mind. Dr. Berenstein can be described as a(n)

A) psychoanalytic theorist.
B) evolutionary theorist.
C) cognitive theorist.
D) behavioral theorist.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

81) Freud developed a technique called_____, which is based on his belief that patients who talked about their problems could be restored to psychological health.

A) psychoanalysis
B) psychosocial theory
C) information processing
D) the social cognitive approach

82) According to Sigmund Freud, which of the following statements is true?

A) Children's social interaction with more-skilled adults and peers is indispensable to their cognitive development.
B) Children go through four stages of cognitive development as they actively construct their understanding of the world.
C) The primary motivation for human behavior is social in nature.
D) People's basic personality is shaped during the first five years of their life.

83) Freud's psychoanalytic theory focuses on which of the following?

A) conscious thought
B) observable behaviors
C) extroversion
D) the unconscious

84) Many of Freud's followers moved focus from_____ to the impact of cultural experiences on development.

A) unconscious thoughts
B) personality
C) early experiences
D) sexual instincts

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

85) One of the differences between Sigmund Freud and Erik Erikson is that
A) Freud underestimated the role of the unconscious mind in determining the lifespan development of an individual.
B) Erikson believed that development lasted only until the age of 20.
C) Erikson emphasized the importance of both early and later experiences.
D) Erikson overemphasized the role of sexuality in the lifespan development of an individual.

86) According to Erik Erikson's psychosocial theory, a lifelong expectation that the world will be a good and pleasant place to live sets in during the_____ stage.
A) industry versus inferiority
B) intimacy versus isolation
C) initiative versus guilt
D) trust versus mistrust

87) Based on Erikson's psychosocial theory, a_____ marks a turning point that will be resolved with either increased vulnerability or enhanced potential.
A) motivation
B) relationship
C) crisis
D) disagreement

88) The first stage in Erikson's theory is
A) autonomy versus shame and doubt.
B) initiative versus guilt.
C) generativity versus stagnation.
D) trust versus mistrust.

89) During which of Erikson's psychosocial stages does an infant begin to assert their independence if they navigate successfully?
A) trust versus mistrust
B) autonomy versus shame and doubt
C) initiative versus guilt
D) industry versus inferiority

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

90) Kelly responds to her infant's needs in a consistent and timely way. When he is tired, she puts him down for a nap, and when he is hungry she feeds him. Erikson would say that Kelly is helping her son to develop a sense of

A) autonomy.
B) initiative.
C) trust.
D) integrity.

91) Two-year-old Julia is learning to talk, and her parents would say that her favorite word is "no." This would be considered normal for a child in Erik Erikson's lifespan stage of

A) initiative versus guilt.
B) intimacy versus isolation.
C) autonomy versus shame and doubt.
D) trust versus mistrust.

92) McKenzie, age 2, wants to do everything on her own. Her mother punishes her when she attempts to pour her own milk or tries to answer the phone. Erikson would say that McKenzie is likely to develop a sense of

A) inferiority.
B) autonomy.
C) stagnation.
D) shame and doubt.

93) Johnny is attempting to resolve the crisis of initiative versus guilt. According to Erik Erikson, he is most likely in

A) preschool.
B) elementary school.
C) junior high school.
D) high school.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

94) Eugene is working on mastering knowledge and intellectual skills in order to navigate the_____ stage positively.
A) industry versus inferiority
B) identity versus identity confusion
C) initiative versus guilt
D) intimacy versus isolation

95) Dr. Wong is a cognitive developmental theorist, so we know that he will stress the importance of_____ in understanding development.
A) conscious thoughts
B) repressed memories
C) biological processes
D) the effects of genes and evolution on intelligence

96) During which of Erikson's psychosocial stages of development do individuals reflect on the past?
A) integrity versus despair
B) intimacy versus isolation
C) identity versus identity confusion
D) industry versus inferiority

97) Edwin was a neglected child in his infancy. Now, at 31 years of age, he is highly cynical about the world and feels that no one can be relied upon. In his relationship, he is suspicious toward his partner, and these feelings eventually lead to the breakup of the relationship. According to Erikson's Psychosocial Theory, this indicates that Edwin did not successfully resolve the_____ stage of development, which in turn is causing him to experience_____ in his current developmental stage.
A) identity versus identity confusion; stagnation
B) trust versus mistrust; isolation
C) autonomy versus shame and doubt; confusion
D) trust versus mistrust; despair

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

98) The elementary school years, in which children need to direct their energy toward mastering knowledge and intellectual skills, is when Erikson's stage of_____ takes place.
A) intimacy versus isolation
B) integrity versus despair
C) autonomy versus shame and doubt
D) industry versus inferiority

99) Jessica, 16, is in the process of deciding what she wants to study in college. She wants to be an engineer one day and a painter the next day. Erik Erikson would say Jessica is in the_____ stage of development.
A) intimacy versus isolation
B) identity versus identity confusion
C) initiative versus guilt
D) industry versus inferiority

100) During the_____ stage, individuals focus on forming healthy relationships with partners.
A) intimacy versus isolation
B) integrity versus despair
C) initiative versus guilt
D) industry versus inferiority

101) Caitlin, age 25, has a good job as a financial analyst but she has few friends and has had no success in dating. She admits that being close to others is a problem for her. According to Erikson's Psychosocial Theory, Caitlin is at risk of reaching the state of
A) stagnation.
B) guilt.
C) isolation.
D) shame and doubt.

102) The term *generativity* as described in Erikson's seventh stage of development primarily reflects a concern for
A) helping the younger generation to develop and lead useful lives.
B) forming healthy friendships and an intimate relationship with another.
C) developing healthy ego boundaries.
D) feeling secure in one's job.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

103) If a person is successful in navigating the_____ stage, they are able to look back at a life and feel it has been well spent.
A) generativity versus stagnation
B) trust versus mistrust
C) integrity versus despair
D) intimacy versus isolation

104) Roger looks back on his life and feels that he failed to reach his potential, squandered opportunities, and hurt a lot of people. At 82 years of age, he knows it is too late to make amends. Roger is slipping into
A) stagnation.
B) identity confusion.
C) despair.
D) mistrust.

105) One criticism of psychoanalytic theories is that they
A) do not emphasize unconscious aspects of the mind.
B) overly stress the importance of cognitive thoughts.
C) lack scientific support.
D) do not emphasize sexual underpinnings.

106) According to Piaget's theory, which two processes underlie children's cognitive construction of the world?
A) assimilation and generalization
B) adaptation and abstraction
C) association and abstraction
D) organization and adaptation

107) During which of Piaget's stages of cognitive development do infants begin to understand their world through sensory information?
A) formal operational
B) sensorimotor
C) concrete operational
D) preoperational

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

108) Piaget's four stages of cognitive development
A) start at conception and continue until adulthood.
B) start at birth and end at death.
C) span from conception to death.
D) start at birth and continue through adulthood.

109) Piaget proposed that a child's cognitive ability is_____ different from one stage to another.
A) extremely
B) qualitatively
C) quantitatively
D) minimally

110) Lynne, at 5 years old, loves to draw and color. She represents the world with words and her drawings. According to Piaget's Cognitive Development Theory, Lynne is in the_____ stage of cognitive development.
A) preoperational
B) sensorimotor
C) formal operational
D) concrete operational

111) Hidalgo, at 8 years old, is very good at addition and subtraction but has a hard time understanding the complex algebraic problems that his 14-year-old sister does. Hidalgo is currently in which of Jean Piaget's stages of development?
A) preoperational
B) concrete operational
C) formal operational
D) conceptual operational

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

112) Enola spends time thinking about what she will do in the future. She can develop hypotheses and solve more complex problems Enola is in the_____ stage of cognitive development.
A) preoperational
B) concrete operational
C) formal operational
D) conceptual operational

113) Vygotsky's theory emphasizes how_____ guide cognitive development.
A) culture and social interaction
B) biology
C) the unconscious mind
D) one's genetic makeup

114) Vygotsky proposed that cognitive development involves learning to use the inventions of_____, including language and memory strategies.
A) imaginations
B) medical science
C) society
D) behaviorism

115) A characteristic feature of information-processing psychologists is that they are most likely to
A) emphasize the influence of culture on development.
B) emphasize that individuals manipulate information, monitor it, and strategize about it.
C) state that individuals develop a gradually decreasing capacity for processing information.
D) state that thinking does not constitute information processing.

116) Siegler proposed that the_____ is used to obtain detailed information about processing mechanisms as they are occurring from moment to moment.
A) microgenetic method
B) input channel
C) print out
D) computer comparison

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

117) Behavioral and social cognitive theories emphasize
A) unconscious motives.
B) discontinuity in behavior.
C) continuity in development.
D) that development occurs in a stage-like fashion.

118) Which theory proposes that development can be described in terms of behavior learned through interactions with our surroundings?
A) psychoanalytic
B) cognitive
C) humanistic
D) social cognitive

119) Dr. Nasrin believes that associating a behavior with a consequence can shape the probability of a behavior occurring. He is arguing that_____ conditioning is important for behavior modification.
A) stimulus
B) operant
C) classical
D) cognitive

120) Nellie, at 3 years old, bangs her head against the wall repeatedly throughout the day. How could Skinner's concept of operant conditioning be applied to address this behavior?
A) by exploring experiences from Nellie's early childhood and addressing them in therapy
B) by testing Nellie to determine her current level of cognitive functioning
C) by investigating her psychosocial environment and eliminating stressors
D) by rewarding Nellie when she does not bang her head and punishing the head-banging behavior

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

121) Skinner proposed the_____ theory, which states that behaviors are more likely to be repeated when rewarded and less likely to be repeated when punished.

A) classical conditioning
B) operant conditioning
C) social cognitive
D) psychoanalytic

122) Danny's mother is even-tempered, fair, and tactful. Seeing this, Danny is growing up to be a polite, good-natured boy. This imitation or modeling of behavior mirrors the concept of_____ in Bandura's Social Cognitive Theory.

A) operant conditioning
B) observational learning
C) salient stimuli
D) classical conditioning

123) Bandura's most recent model of learning and development includes three elements: behavior, environment, and

A) person/cognition.
B) culture.
C) education level.
D) motivation.

124) According to Bandura, when engaging in_____, individuals guide and motivate themselves by creating action plans, formulating goals, and visualizing positive outcomes of their actions.

A) forethought
B) foresight
C) hindsight
D) forecast

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

125) Fernando believes that the presence or absence of certain experiences in life has a long-lasting influence on individuals. He further believes that there is rapid, innate learning that involves attachment to the first moving object seen and that this learning takes place at a critical period very early in the life of an animal. In this scenario, Fernando is most likely taking a(n)_____ approach to human development.

A) behavioral
B) ethological
C) social cognitive
D) psychoanalytic

126) Human infants go through an attachment period. John Bowlby calls this a_____ period, meaning that for optimal development attachment should occur during this period.

A) positive
B) critical
C) sensitive
D) severe attachment

127) Lorenz proposed that there is a rapid, innate learning that involves attachment to the first moving object seen, and that this is called

A) modeling.
B) imprinting.
C) reinforcing.
D) conditioning.

128) A recent television documentary concluded that from birth, girls are more nurturing than are boys. Daniel agrees with this. He believes nurturing is an evolutionary trait passed on through the generations because females needed to be more nurturing to aid the survival of the species. Daniel's view reflects the_____ perspective of development.

A) ideological
B) clinical
C) ethological
D) theological

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

129) Konrad Lorenz performed research with goslings and found that many, upon hatching, identified him as their mother. He called this form of attachment
A) conditioning.
B) imprinting.
C) internalizing.
D) acclimatizing.

130) In Lorenz's view, imprinting needs to take place at a certain very early time in the life of the animal, or else it will not take place. This period of time is called the
A) receptive period.
B) sensitive period.
C) critical period.
D) bonding period.

131) According to Bronfenbrenner's ecological theory, the_____ is the setting in which the individual lives. It includes the person's neighborhood, school, peers, and family.
A) microsystem
B) mesosystem
C) chronosystem
D) macrosystem

132) Urie Bronfenbrenner would argue that the relationship between a child's family experiences and teacher experiences are part of the child's
A) metasystem.
B) mesosystem.
C) chronosystem.
D) macrosystem.

133) The_____ consists of links between a social setting in which an individual does not have an active role and the individual's immediate context.
A) microsystem
B) mesosystem
C) exosystem
D) macrosystem

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

134) The_____ involves the culture in which individuals live.
A) chronosystem
B) mesosystem
C) ethnosystem
D) macrosystem

135) Which of Urie Bronfenbrenner's environmental systems consists of the patterning of environmental events and transitions over the life course, as well as sociohistorical circumstances?
A) the mesosystem
B) the chronosystem
C) the macrosystem
D) the exosystem

136) Which of the following is one criticism of Bronfenbrenner's ecological theory?
A) It ignores macro dimensions of environmental systems.
B) It does not sufficiently address biological factors.
C) It does not discuss connections between environmental systems.
D) It ignores social contexts beyond the family.

137) The idea that no singular theory can explain lifespan development as a whole, but that each theory plays an important role, is referred to as a(n)
A) eclectic theoretical orientation.
B) mixed theoretical orientation.
C) abridged theoretical orientation.
D) severed theoretical orientation.

138) Which of the following occurs when a researcher observes during a research study the desired stimulus without manipulating any part of the observation?
A) experiment
B) naturalistic observation
C) case study
D) survey

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

139) Flevy, a marketing researcher, is conducting an extensive market research study and has hired a big group of college students to hand out a standard set of questions to shoppers at malls and supermarkets and to seek their responses. Which of the following methods of data collection is Flevy using?

A) laboratory research
B) surveys
C) naturalistic observation
D) physiological measures

140) Physiological measures used in research include which of the following?

A) surveys
B) case studies
C) observation
D) neuroimaging

141) Cynthia is conducting a survey on the prevalence and patterns of substance abuse in her city. Which of the following problems is she likely to encounter while using this method of data collection?

A) the assumption that a person's behavior is consistent and stable
B) the inability to sample a large number of people
C) the assumption that surveys have to be conducted only in person
D) the fact that some participants may not tell the truth and will instead give socially acceptable answers

142) Which of the following is a criticism of standardized tests?

A) They allow a person's performance to be compared with that of other individuals.
B) They assume a person's behavior is consistent and stable.
C) They provide information about individual differences among people.
D) They are difficult to design.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

143) Ariel wants to describe the strength of the relationship between the number of airplane companies in the world and global warming. Which of the following kinds of research is Ariel most likely to perform?

A) descriptive
B) correlational
C) collaborative
D) discrete

144) Dr. Jackson's research has found that the correlation between IQ and head circumference is +.10. From this information, we can conclude that

A) people with large heads have a higher IQ than people with small heads.
B) there is a weak relationship between head size and IQ.
C) people with small heads tend to have a higher IQ than people with large heads.
D) head circumference is an important predictor of IQ.

145) Which of the following correlations is the strongest?

A) −.63
B) +.48
C) +.79
D) −.82

146) A correlation of zero means that

A) there is a strong association between two variables.
B) one variable causes the other.
C) the hypothesis has been proven.
D) there is no association between the two variables.

147) A(n)_____ is a carefully regulated procedure in which one or more factors believed to influence the behavior being studied are manipulated while all other factors are held constant.

A) case study
B) survey
C) experiment
D) correlation

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

148) A researcher is interested in the effect of exercise on stamina in elderly patients. The patients are randomly assigned to be in a high-exercise or low-exercise training program for eight weeks. At the end of the program, their stamina is measured by seeing how long they can walk comfortably on a treadmill. In this study, the dependent variable is

A) the number of minutes on the treadmill.
B) the exercise program (high versus low).
C) the number of elderly patients.
D) the eight-week duration of the exercise program.

149) In an experimental study, the_____ group serves as a baseline against which the effects of the manipulated condition can be compared.

A) control
B) experimental
C) dependent
D) independent

150) The cross-sectional approach to developmental research compares

A) various research methodologies.
B) various developmental theories.
C) individuals of different ages.
D) individuals of different genders.

151) Dr. McLean has designed a study to test the cognitive skills of people in their 30ss, 50ss, and 70ss, where data is collected over the course of a day through a series of tests. What type of research approach is Dr. McLean using?

A) longitudinal
B) cohort
C) latitudinal
D) cross-sectional

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

152) Researchers use the_____ to determine the answer to a question over a longer period of time with multiple assessment points on the same individuals over the years.

A) correlational method
B) cross-sectional approach
C) longitudinal approach
D) descriptive method

153) A group of people who are born at a similar point in history and share similar experiences as a result is referred to as a

A) cult.
B) clan.
C) cohort.
D) posse.

154) Which of the following can cause researchers to obtain samples of ethnic groups that are not representative of the group's diversity, which can then lead to overgeneralization and stereotyping?

A) diversity
B) ethology
C) ethnic gloss
D) context

155) According to the APA's guidelines, all participants must know what their research participation will involve and what risks might develop. This guideline addresses which of the following issues?

A) deception
B) debriefing
C) informed consent
D) confidentiality

156) According to Paul Baltes,_____ is a co-construction of biological, cultural, and individual factors working together.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

157) _____refers to a mosaic of categories related to femininity and masculinity based on social and cultural norms.

158) In the context of the conceptions of age,_____ age refers to connectedness with others and the social roles individuals adopt.

159) Apart from the issues of stability versus change and continuity versus discontinuity, the question of nature versus_____ characterizes development throughout the human lifespan.

160) _____theorists emphasize that behavior is merely a surface characteristic and that a true understanding of development requires analyzing the symbolic meanings of behavior and the deep inner workings of the mind.

161) _____proposed that we pass through five stages of psychosexual development: oral, anal, phallic, latency, and genital.

162) The last name of the theorist who proposed eight psychosocial stages of development is_____.

163) _____proposed that parents can increase desirable behaviors with rewards and decrease undesirable behaviors with punishments. (Provide the researcher's last name only.)

164) Riley argues that behavior is strongly influenced by biology; it is tied to evolution and characterized by critical or sensitive periods. Riley most likely embraces a(n)_____ theory of development.

165) _____observation is a method of gathering data by means of observing behaviors in real-world settings, making no effort to manipulate or control the situation.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

166) A(n)_____ research design by itself cannot prove what causes some phenomenon but can reveal important information about people's behavior.

167) What are the three developmental patterns of aging? Explain the differences between them.

168) In addition to chronological age, list and briefly describe the three other ways that "age" has been conceptualized.

169) What is the connection between age and happiness? What evidence is there for this relationship, and why does it exist?

170) Define *theory* and *hypothesis*. Illustrate your answer with an example.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

171) What are the four important ethical issues that the APA research guidelines address? Name them and explain why they are important.

172) List Freud's psychosexual stages, and explain how adult personality is determined as a result of these stages.

173) Describe two characteristics of the lifespan perspective on development. Provide an example for each.

174) List and briefly describe Urie Bronfenbrenner's five environmental systems.

175) Define *life expectancy*. Describe a challenge presented by the dramatic increase in life expectancy in the United States.

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

176) Name one advantage and one disadvantage of using surveys as a way to collect data.

177) If, as a developmental researcher, one wished to study in-depth the life and mind of Ted Kaczynski, the notorious Unabomber, which method of data collection would one adopt—and why?

178) Briefly explain the importance of studying lifespan development.

179) Compare and contrast the cross-sectional and longitudinal approaches to research, listing the advantages and disadvantages of each.

180) As a social worker, how would you explain the importance of asking for information about nonnormative life events when working with a new client?

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

181) As a health care professional, what examples might you use to show that understanding culture, ethnicity, SES, and gender is essential in educating future health care professionals?

182) As a social worker, what scholarly information might you draw on to encourage social work majors in college to learn more about the needs of older adults?

183) As a human development and family studies professional, what examples might you use to show that an understanding of the four ages is important in evaluating older adults?

184) As a social worker, how might you guide an unemployed adult client to use forethought to assist in finding employment?

185) As an educator, how might you use Bronfenbrenner's model to illustrate the need to look beyond the classroom to understand a student's poor performance?

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

186) As an educator, how would you explain the generational differences in viewpoints to a student, her mother, and her grandmother?

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

Answer Key

Test name: Chapter 01

1) D
2) C
3) C
4) A
5) C
6) D
7) B
8) A
9) D
10) B
11) D
12) C
13) D
14) D
15) B
16) A
17) A
18) C
19) A
20) D
21) B
22) C
23) B
24) B
25) C
26) C
27) B
28) C
29) A
30) B
31) B
32) D
33) A
34) C
35) B
36) A
37) C

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

38) C
39) D
40) B
41) A
42) A
43) A
44) B
45) B
46) D
47) B
48) B
49) B
50) B
51) D
52) A
53) B
54) C
55) B
56) A
57) D
58) A
59) C
60) D
61) C
62) C
63) B
64) B
65) A
66) D
67) A
68) B
69) A
70) C
71) A
72) D
73) B
74) A
75) A
76) B
77) B

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

78) A
79) D
80) A
81) A
82) D
83) D
84) D
85) C
86) D
87) C
88) D
89) B
90) C
91) C
92) D
93) A
94) A
95) A
96) A
97) B
98) D
99) B
100) A
101) C
102) A
103) C
104) C
105) C
106) D
107) B
108) D
109) B
110) A
111) B
112) C
113) A
114) C
115) B
116) A
117) C

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

118) D
119) B
120) D
121) B
122) B
123) A
124) A
125) B
126) C
127) B
128) C
129) B
130) C
131) A
132) B
133) C
134) D
135) B
136) B
137) A
138) B
139) B
140) D
141) D
142) B
143) B
144) B
145) D
146) D
147) C
148) A
149) A
150) C
151) D
152) C
153) C
154) C
155) C
156) development
157) Gender

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank

158) social
159) nurture
160) Psychoanalytic
161) Freud
162) Erikson
163) Skinner
164) ethological
165) Naturalistic
166) descriptive
167) Short Answer
168) Short Answer
169) Short Answer
170) Short Answer
171) Short Answer
172) Short Answer
173) Short Answer
174) Short Answer
175) Short Answer
176) Short Answer
177) Short Answer
178) Short Answer
179) Short Answer
180) Short Answer
181) Short Answer
182) Short Answer
183) Short Answer
184) Short Answer
185) Short Answer
186) Short Answer

Essentials of Life - Span Development 2024 Release 1st edition Santrock Test Bank