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Correct answers located at the end of the chapter.

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

2) Who among the following is most likely taking the traditional approach to the study of development?
   A) Daren 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) When taking his psychology class, Professor Sharma emphasizes that developmental change occurs through out adulthood as well as childhood. Professor Sharma is taking a(n) ____ approach to developmental change.
   A) life span
   B) evolutionary
   C) normative
   D) constructivist

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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 conception of work as a full-time endeavor ending in the early 60s is well suited for long lives.
   C) Science, technology, and behavioural 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) life span

7) The maximum life span of humans ____.
   A) has increased over time
   B) has not changed since the beginning of recorded history
   C) has matched their life expectancy in recent times
   D) is about 105 years as the first decade of the 21st century draws to a close

8) Which of the following is true of life expectancy in Canada?
   A) It decreased by 15 years in the beginning of the 21st century.
   B) It has remained unaffected by improvements in sanitation and nutrition.
   C) It increased by 30 years in the 20th century.
   D) It has remained unpredictable and has confused demographers.

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9) According to Statistics Canada (2024), life expectancy in Canada is currently approximately ____.
   A) 70 years
   B) 79 years
   C) 82 years
   D) 88 years

10) According to researchers of development, which of the following statements is true?
   A) Development stops during adolescence.
   B) Development is multidimensional.
   C) Development is unidirectional.
   D) Development occurs independent of context.

11) Dr. Tepper-Harmon believes that life-span 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

12) ____ means the capacity for change.
   A) Elasticity
   B) Plasticity
   C) Contextuality
   D) Tenacity

13) 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 most likely illustrates the view that development is ____.
   A) plastic
   B) multidisciplinary
   C) lifelong
   D) contextual

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14) 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. Which of the following aspects of the life span 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.

15) Which of the following is true of the impact that contexts (or settings) have upon development?

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

16) Which of the following statements most likely supports the view that development is plastic?

A) Early adulthood is not the end- point 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.

17) "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.

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18) According to Paul Baltes, which of the following do normative age-graded influences include?
A) biological processes and sociocultural environmental processes
B) economic, political, and social upheavals
C) long-term changes in the cultural makeup of a population
D) long-term changes in the genetic composition of a population

19) By age 51, most women enter menopause. This is an example of how a biological process can exert a ____ influence on development.
A) normative history-graded
B) nonnormative multidirectional
C) normative age-graded
D) nonnormative age-graded

20) Influences that generally affect a generation (e.g., the effect of the Cold War on the baby boomers) are considered ____ influences.
A) nonnormative multidirectional
B) normative age-graded
C) nonnormative age-graded
D) normative history-graded

21) In what ways are older adults today different than in previous generations?
A) They are in poorer health.
B) They are more likely to be married and to have living children.
C) They are more likely to live alone.
D) There are fewer older adults entering late-adulthood than in recent decades.

22) When she was a child, Anna's home was wrecked by a tornado and her neighbour 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

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23) 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 associated with age-related changes in the body or in social relationships.

24) Thomas is a teenager who lives with his parents in a large 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. This incident is likely to affect Thomas's development and life and is most likely an example of a ____.
A) normative history-graded influence
B) nonnormative life event
C) minority influence
D) cohort effect

25) Agatha is 83 years old. According to Baltes and his colleagues, ____ and ____ in her capacities will take centre stage.
A) growth; maintenance
B) maintenance; regulation of loss
C) regulation of loss; augmentation
D) growth; regulation of loss

26) Gender refers to ____.
A) behavioural, cultural, or psychological traits that are generally presumed for one's sex
B) a binary distinction based on external genitals
C) a binary distinction based on chromosomal patterns
D) a multifaceted expression of a number of biological traits

27) ____ encompasses the behaviour 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

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28) Dr. Wilman is researching the place women occupy in families in Japan and in Canada. Dr. Wilman is conducting a(n) ____ study.
A) longitudinal
B) ethnocentric
C) cross-cultural
D) decentralized

29) Socioeconomic status (SES) refers to ____.
A) the behaviour 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

30) ____ is a national 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

31) According to a study by Evans and English (2002) investigating the exposure to six stressors among poor children and middle-income children, which of the following is a difference between children in poor families and children in middle-income families?
A) Unlike children in poor families, children in middle-income families were more likely to be separated from a parent.
B) Unlike children in poor families, children in middle-income families were less likely to have a peaceful home.
C) Unlike children in middle-income families, children in poor families were more likely to be exposed to violence.
D) Unlike children in middle-income families, children in poor families were less likely to be exposed to family turmoil.

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32) 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

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

34) ____ processes involve changes in the individual's relationships with other people, changes in emotions, and changes in personality.
A) Cognitive
B) Biological
C) Socioemotional
D) Polycentric

35) The connection across biological, cognitive, and socioemotional processes is most obvious in the two rapidly emerging fields of ____.
A) developmental cognitive neuroscience and developmental social neuroscience
B) developmental biological neuroscience and developmental social neuroscience
C) developmental socioemotional pharmacology and developmental biological pharmacology
D) developmental cognitive biology and developmental cognitive biology

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

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37) The ____ period is the time from conception to birth.
A) perinatal
B) prenatal
C) neonatal
D) postnatal

38) 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

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

40) 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) the pursuit of independence and identity

41) Alex is eight 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

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42) Joey has grown significantly 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

43) 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

44) ____ is a time of establishing personal and economic independence, career development, and for many, selecting a mate, learning to live with that person in an intimate way, starting a family, and rearing children.

A) Early adulthood
B) Late adolescence
C) Middle adulthood
D) Late adulthood

45) 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

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46) Johnathan and his wife, Tracy, are in their mid-50s. 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

47) 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

48) 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

49) 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

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50) Which of the following is true of the period of development known as late adulthood?
A) It involves rapid physical changes and the development of sexual characteristics.
B) It is a time of establishing economic independence and advancing in a career.
C) It begins in the early 20s and lasts through the 30s.
D) It is a time of life review, retirement, and adjustment to new social roles.

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

52) 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

53) ____ 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

54) In predicting an adult woman's behaviour, it may be more important to know that she is the mother of a three-year-old child than to know whether she is 20 or 30 years old. This reflects the concept of ____.
A) chronological age
B) social age
C) psychological age
D) biological age

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55) Which of the following statements is true of chronological age?
A) It is not very relevant to understanding a person's psychological development.
B) It is the sole component of the overall age profile of an individual from the life-span perspective.
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.

56) Who among the following most likely 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's disease, which impairs his daily functioning
D) Selena who is 80 years old and capable of walking without the support of a cane

57) The developmental pattern experienced by most people in which psychological functioning peaks in early middle age and shows modest declines in the early eighties is called ____.
A) normal aging
B) pathological aging
C) everyday aging
D) successful aging

58) 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 might be experiencing the developmental pattern called ____.
A) normal aging
B) pathological aging
C) everyday aging
D) successful aging

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59) 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

60) The question of whether a fun-loving, carefree adolescent is bound to have difficulty holding down a 9-to-5 job as an adult most likely reflects the ____.
A) epigenetic view
B) stability–change issue
C) nature–nurture issue
D) continuity–discontinuity issue

61) Gina's therapist attributes her delinquent behaviour 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

62) In the continuity–discontinuity issue in development, continuity refers to ___, while discontinuity implies ___.
A) abrupt change; stability
B) gradual change; distinct stages
C) qualitative change; quantitative change
D) discrete stages; gradations

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

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64) Lisa is a clinical psychologist. She decides to conduct a study on whether the progression of memory loss in older adults with Alzheimer's 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, and draw conclusions
B) conceptualize a process or problem to be studied, collect data, analyze data, and draw conclusions
C) collect data, analyze data, conceptualize a process or problem to be studied, and draw conclusions
D) conceptualize a process or problem to be studied, draw conclusions, collect data, and analyze data

65) 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

66) _____ theories describe development as primarily unconscious and heavily colored by emotion.

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

67) ____ theories describe development as primarily unconscious and heavily coloured by emotion.

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

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68) Dr. Berenstein holds the view that behaviour is merely a surface characteristic and that a true understanding of development requires analyzing the symbolic meanings of behaviour 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) behavioural theorist

69) Which of the following is the correct sequence of the five stages of psychosexual development described in Freud's theory of development?

A) genital, oral, anal, phallic, and latency
B) oral, anal, phallic, latency, and genital
C) anal, genital, oral, phallic, and latency
D) oral, phallic, anal, latency, and genital

70) 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 behaviour is social in nature.
D) Adult problems are the result of experiences early in life.

71) Most contemporary psychoanalytic theorists believe that Sigmund Freud ____.

A) proposed a theory that has stood the test of time and needs no revisions
B) overemphasized sexual instincts
C) overemphasized cultural experiences as determinants of an individual's development
D) underestimated the role of the unconscious mind in determining development

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72) One of the differences between Sigmund Freud and Erik Erikson is that ____.
A) Freud underestimated the role of the unconscious mind in determining the life-span 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 life-span development of an individual

73) 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

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

75) 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

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76) Three-year-old Santo is working on his counting skills. He is picking up marbles with his mother, and counting as they drop them into a cup. When he makes a mistake, his mother corrects him and they move on. He later plays the same game with an older boy. Which developmental theory does this best illustrate?
A) Piaget's cognitive developmental theory
B) Skinner's operant conditioning
C) Vygotsky's sociocultural cognitive theory
D) Information-processing theory

77) 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

78) 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 the development of intelligence

79) Erik Erikson's developmental theory consists of ____ stages that last from the first year of life to ____.
A) seven; early adulthood
B) eight; late adulthood
C) six; adolescence
D) nine; death

80) During early adulthood, Erik Erikson's developmental stage of ____ occurs.
A) intimacy versus isolation
B) integrity versus despair
C) initiative versus guilt
D) industry versus inferiority

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81) The final stage of Erik Erikson's developmental theory is ____.
A) generativity versus stagnation
B) trust versus mistrust
C) integrity versus despair
D) intimacy versus isolation

82) Psychoanalytic theories are criticized for ____.
A) not emphasizing sexual underpinnings
B) not emphasizing unconscious aspects of the mind
C) creating an image of people that is too negative
D) stressing the importance of cognitive thoughts

83) According to Jean Piaget's cognitive developmental theory, which of the following is true of the sensorimotor stage?
A) It is the second stage of cognitive development.
B) It lasts from birth to about two years of age.
C) It is the longest stage of cognitive development.
D) It involves developing images of ideal circumstances.

84) 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

85) Five-year-old Lynne loves to draw and colour. 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

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86) Eight-year-old Hidalgo is very good at addition and subtraction, but he 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

87) Sandrine is now able to use abstract thought as well as logic; Piaget would argue that she is in the ____ stage of development.

A) preoperational
B) concrete operational
C) formal operational
D) conceptual operational

88) Vygotsky's theory emphasizes how ____ guides cognitive development.

A) culture and social interaction
B) biology
C) the unconscious mind
D) genetic makeup

89) 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

90) Behavioural and social cognitive theories emphasize ____.

A) unconscious motives
B) discontinuity in behaviour
C) continuity in development
D) that development occurs in stage-like fashion

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

92) Three-year-old Nellie bangs her head against the wall repeatedly throughout the day. How could Skinner's concept of operant conditioning be applied to address this behaviour?
A) explore experiences from Nellie's early childhood and address them in therapy
B) test Nellie to determine her current level of cognitive functioning
C) investigate her psychosocial environment and eliminate stressors
D) reward Nellie when she does not bang her head and punish the head-banging behaviour

93) B. F. Skinner, a behaviourist, would argue that the most important things that shape development are ____.
A) thoughts and feelings
B) unconscious motivations
C) rewards and punishments
D) culture and society

94) Danny's mother is even-tempered, fair, and tactful. Seeing this, Danny is growing up to be a polite, good-natured boy too. This imitation or modelling of behaviour mirrors the concept of ____ in Bandura's social cognitive theory.
A) operant conditioning
B) observational learning
C) salient stimuli
D) classical conditioning

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95) Bandura's most recent model of learning and development includes three elements: behaviour, environment, and ____.
A) person/cognition
B) culture
C) education level
D) motivation

96) 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) behavioural
B) ethological
C) social cognitive
D) psychoanalytic

97) 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

98) 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

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99) 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

100) According to Urie Bronfenbrenner's ecological theory, a person's family, peers, school, and neighbourhood constitute his/her ____.

A) microsystem
B) mesosystem
C) chronosystem
D) macrosystem

101) The ____ involves relations between microsystems or connections between contexts.

A) metasystem
B) mesosystem
C) chronosystem
D) macrosystem

102) 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

103) The ____ involves the culture in which individuals live.

A) chronosystem
B) mesosystem
C) ethnosystem
D) macrosystem

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104) 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

105) The idea that no singular theory can explain life-span 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

106) Flevy, a marketing researcher, is conducting an extensive market 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

107) Which of the following is true of physiological measures used in the study of life-span development?

A) They are based on the assumption that a person's behaviour is consistent and stable, yet personality can vary with the situation.
B) They involve the use of a standard set of questions to obtain people's self-reported beliefs about a particular topic.
C) They may involve the use of electromagnetic waves to construct images of a person's brain tissue and biochemical activity.
D) They provide insights that sometimes cannot be attained in the labo-ratory and are used at sporting events and child-care centres.

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

A) the assumption that a person's behaviour 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) some participants may not tell the truth and instead give socially acceptable answers.

109) 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 behaviour is consistent and stable.
C) They provide information about individual differences among people.
D) They are difficult to design.

110) 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

111) 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

112) Which of the following correlations is the strongest?

A) -.65
B) +.46
C) +.70
D) -.77

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

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

114) 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 the ____.

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

115) 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

116) 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

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

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

118) The longitudinal method of research consists of studying ____.

A) the same individuals over a long period of time
B) individuals of different ages
C) individuals from around the globe
D) individuals born in the same year

119) 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

120) Which of the following is an ethical safeguard for human participants under the Tri-Council Policy Statement?

A) No human studies may involve deception.
B) Deception cannot be used on subjects under the age of 18.
C) All participants (or their guardians) must provide informed consent.
D) All subject data must be published and made open and accessible.

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121) After observing his mother speaking kindly and treating other people with respect, a young boy might, in turn, treat his peers more courteously, showing the same behavioural characteristics as his mother. Which theory would best account for this child's imitation of his mother?

A) Skinner's operant conditioning theory
B) Ethological theory
C) Bandura's social cognitive theory
D) Vygotsky's theory

122) Erikson's views regarding the stage of trust versus mistrust and its impacts on later development has the most similarities to ____.

A) Bandura's views regarding the role of cognitive representations of the behaviours of others upon later development
B) Bowlby's view regarding the development of attachment and its consequences throughout the lifespan
C) Lorenz's views regarding the role of innate influences upon infant developments
D) Skinner's views regarding the impact of the consequences of one's behaviours upon later development

123) The work of ____ has challenged previous ideas regarding the differences of humans from other species.

A) Thelen
B) Lorenz
C) Darwin
D) Goodall

124) Which of the following types of research allows one to make causal interpretations of the data collected?

A) survey research
B) correlational research
C) experimental research
D) observational research

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125) Research conducted in a laboratory setting has the advantage of ____.
A) participants awareness that they are being studied
B) participants being observed in controlled setting
C) recruiting participants who are from diverse cultural backgrounds
D) putting participants at ease and being more comafortable

126) Which of the following statements reflects the view that developmental change is continuous?
A) The general approaches children use to solve everyday problems have similarities to those of adults.
B) The ways in which children respond to the world differ in important ways from those of adults.
C) Developmental changes are best described as taking place in a stage-like way.
D) Developmental changes are best described as being qualitative.

127) Which of the following theorists emphasizes that development is influenced by the interaction of both nature and nurture?
A) Freud
B) Piaget
C) Vygotsky
D) Skinner

128) Which of the following theorists does **NOT** emphasize that development involves discontinuity?
A) Piaget
B) Freud
C) Erikson
D) Bandura

129) Compared with earlier decades, older adults today differ in all these ways **EXCEPT** who are ____.
A) less likely to be married
B) more likely to be childless
C) less likely to live alone
D) more likely to be without a spouse or children

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130) Which of the following statements does **NOT** support the notion that chronological age is not very relevant in terms of understanding a person's psychological development?

A) Chronological age only reflects the passage of time that has elapsed since birth.
B) Chronological age may not accurately reflect an individual's adaptive capacities.
C) Chronological age is closely related to one's biological aging.
D) Chronological age does not necessarily correlate to an individual's social age.

131) What statement below does **NOT** align with the characteristic of development having plasticity?

A) Development is characterized by the capacity for change.
B) The capacity for cognitive change decreases as we age.
C) The capacity for cognitive change remains the same as we age.
D) The capacity to improve cognitive skills is still evident in older adults.

132) Which statement accurately reflects what is meant by children playing an active role in their development?

A) Motor development is more advanced in children who have increased brain activity in their motor cortex.
B) Children who are passive do not have any control over their developmental paths.
C) Although they are shaped by genes and environment, children can create unique developmental paths through the choices they make.
D) Genes have a greater influence on development than does the environment a child grows up in.

133) All of the following are among the most notable mental and behavioural disorders currently experienced by Canadians, **EXCEPT** ____.

A) anxiety
B) depression
C) addiction
D) loneliness

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134) Which of the following statement does **NOT** accurately reflects what we know about the maximum lifespan of humans?

A) The upper boundary of the human lifespan is 122 years.
B) The maximum lifespan for Canadians has increased by 10 years from 1960 to 2020.
C) The maximum lifespan of humans has not changed since the beginning of recorded history.
D) The maximum lifespan of humans is unaffected by improvements in sanitation, nutrition, and medicine.

135) According to Canada Without Poverty (2021), ____.

A) a higher percentage of older adults are living in poverty in comparison to younger individuals
B) Canada's child poverty gap ranks in the top 10 of wealthy nations
C) one in five Canadian children are living in poverty
D) single parent women are not at greater risk of poverty than are other Canadians

136) Knowledge that infants have about certain concepts without any experience is considered to be ____.

A) unmodifiable by later experience
B) shaped by innate processes
C) unaffected by interactive processes that guide development
D) unlikely modified by nurture

137) Those who emphasize the critical role that early experiences play in development also agree that ____.

A) later sensitive caregiving is as important as earlier sensitive caregiving to children's development
B) children's development is malleable throughout development
C) nurturant caregiving during infancy predicts optimal development later in life
D) later experiences can overcome the impacts of earlier experiences

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138) Psychologists who believe in continuity agree that ____.
A) developments in areas such as learning to read show sudden abrupt shifts
B) developmental changes are gradual in nature rather than abrupt
C) children's mental strategies are essentially no different from those of adults
D) developmental changes are qualitative in nature

139) Piaget claims that it is not until the ____ that the child reasons logically about everyday events.
A) sensorimotor stage
B) preoperational stage
C) concrete operational stage
D) formal operational stage

140) According to ____, children's social interactions with skilled adults and peers facilitates their development.
A) Vygotsky's theory
B) Bandura's theory
C) Ethological theory
D) Skinner's theory

141) Research that stems from ____ focuses on factors that promote resilience in development.
A) positive psychology
B) dynamic systems approach
C) evolutionary psychology
D) social cognitive theory

142) Which of the following is NOT a drawback of case studies?
A) The subject of a case study has a genetic makeup and personal history that is unshared by others.
B) Case studies involve judgments that may be unreliable.
C) Difficulties in drawing generalizations from the information gathered.
D) The information collected is too detailed and specific.

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143) A correlation has been found between parents' strictness and children's self-discipline. Specifically, children who have greater self-discipline have parents who enforce stricter rules. From this evidence we can conclude that ____.

A) this style of parenting produces children with greater self-discipline
B) children with greater self-discipline encourage their parents to develop and enforce stricter rules
C) these children and their parents share a genetic tendency that influences their respective behaviours
D) the data does not allow us to make a firm conclusion

144) A researcher has two groups of children, one that has been taught a memory strategy and one that has not. Both groups are asked to learn a list of 20 word in five minutes, and both are then asked to verbally recall as many words as they can. What is the independent variable?

A) The number of words the children are asked to learn.
B) The number of words the children recall.
C) Whether or not the children have been taught the memory strategy.
D) The amount of time children are given to learn the list of words.

145) Suppose, to determine whether teenagers or young adults are faster sprinters, you located 15 teenagers at the sports complex and 15 young adults at the library and asked them all to run a 100-yard dash. Suppose the teenagers ran faster than the young adults and the researcher concludes that sprinting times decrease in young adulthood. The most justified criticism of this study is that the _____.

A) number of subjects was too small
B) samples of subjects were not randomly selected
C) race was too short
D) measure of running speed was not reliable

146) Cohort effects are most likely to affect the conclusions that can be made about development/aging in which of the following research designs?

A) correlational research
B) experimental research
C) cross-sectional research
D) longitudinal research

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147) In a 2021 study comparing cognitive performance of adults aged 40, 60, and 80, researchers found that 80-year-olds scored significantly lower than the younger groups. According to developmental researchers, what factor might best explain these findings?

A) Cohort effects—individuals born earlier had fewer educational opportunities, which may have influenced their test performance.
B) Biological aging inevitably causes cognitive decline by age 80.
C) Middle-aged adults have superior memory strategies compared to older adults.
D) Intelligence test performance remains constant across adulthood.

148) Why must researchers be especially cautious about cohort effects when studying adult intelligence?

A) because older adults have had more time to practice test-taking skills
B) because intelligence tests change frequently, making comparisons unreliable
C) because individuals from different generations have had different educational and life experiences that affect performance
D) because age-related decline always begins after age 60

149) Who is most closely associated with establishing the modern field of positive psychology?

A) Abraham Maslow
B) Sigmund Freud
C) Martin Seligman and Mihaly Csikszentmihalyi
D) Erik Erikson

150) What was Martin Seligman's major contribution after becoming president of the American Psychological Association in 1998?

A) introducing behaviour modification techniques to reduce phobias
B) redirecting psychology's focus from disease and pathology to happiness and resilience
C) establishing the field of developmental psychology
D) promoting medication-based treatments for depression

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151) A researcher studying individuals who have recovered from alcohol use disorder examines their resilience. Which psychological approach does this reflect?

A) psychoanalytic
B) positive psychology
C) behavioural
D) cognitive

152) What does neuroplasticity refer to?

A) the brain's ability to process sensory information
B) the brain's ability to compensate for injury and disease
C) the capacity of neurons to communicate through neurotransmitters
D) the natural aging of the nervous system

153) Which technological advancement has most enabled contemporary neuroscientists to observe how events create brain patterns?

A) psychological testing
B) behavioural observation
C) modern imaging technology
D) electrical stimulation therapy

154) According to the text, neuroscientists can now observe how experiences form self-organizing patterns in the brain that connect to which neurotransmitters?

A) acetylcholine and norepinephrine
B) oxytocin and cortisol
C) serotonin and dopamine
D) melatonin and epinephrine

155) What central question does the dynamic systems approach aim to answer?

A) How do genetics determine adult personality?
B) How does a helpless infant develop into a fully functioning adult?
C) How can intelligence be measured across the lifespan?
D) How do emotions influence decision-making in adulthood?

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156) What makes the dynamic systems approach different from most other developmental theories?

A) It focuses solely on motor development.
B) It proposes that development results from probabilistic interactions between the individual and the environment.
C) It emphasizes fixed genetic programming.
D) It limits its explanations to emotional development.

157) In what way did Goodall's findings challenge traditional views of animal behaviour?

A) She demonstrated that chimpanzees' social and emotional lives were more complex than previously believed.
B) She argued that animals act purely out of instinct, without emotion.
C) She proved that only humans can use tools.
D) She concluded that animal societies lack gender roles or social hierarchies.

158) What are the three developmental patterns of aging? Explain the difference between them.

159) In addition to chronological age, list and briefly describe the three other ways that "age" has been conceptualized. How are might these three ways be more relevant in terms of describing and understanding a particular individual's development than is chronological age?

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

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

162) Outline the characteristics of the life-span perspective on development as described by Paul Baltes. Describe two characteristics in detail.

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

164) Development is a co-construction of biology, culture, and the individual. Explain this statement, and discuss examples of how this perspective can be observed in your own life.

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

166) A researcher wants to examine the effects of cannabis legalization on the development of young Canadians. Consider the variety of approaches discussed in this chapter, and present the strengths and weaknesses of each approach. Which research technique would be most appropriate in your estimation?

167) Briefly explain the importance of studying life-span development.

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

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169) If you wanted to examine the development of adult intelligence using the cross-sectional approach, what would the advantages as well as disadvantages be of using this approach? Why might you want to consider also examining this development using a longitudinal approach?

170) Reflect on your own recent experiences after March 11, 2020, when the World Health Organization declared the COVID-19 outbreak a global pandemic. How would you classify your experiences and their impacts on your development in terms of normative age-graded influences, normative history-graded influences and nonnormative influences? In your discussion, be sure to define what these terms refer to as you link them to your experiences.

171) A researcher reports that a negative correlation between television viewing and reading ability was found in eight-year-olds. Specifically, a correlation of -.4 was found. What does this tell you about the relationship between television viewing and reading ability in this groups of children? What conclusions can (or can't) you draw from this finding? Why/why not?

172) What is an eclectic theoretical orientation? Why might contemporary researchers take such an approach in their attempts to understand development. What are the advantages of this orientation?

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Answer Key

Test name: Chapter 01

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

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

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78) A
79) B
80) A
81) C
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84) D
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98) B
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103) D
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107) C
108) D
109) B
110) B
111) B
112) D
113) C
114) A
115) A
116) C
117) D

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118) A
119) C
120) C
121) C
122) B
123) D
124) C
125) B
126) A
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128) D
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144) C
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147) A
148) C
149) C
150) B
151) B
152) B
153) C
154) C
155) B
156) B
157) A

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158) Short Answer
159) Short Answer
160) Short Answer
161) Short Answer
162) Short Answer
163) Short Answer
164) Short Answer
165) Short Answer
166) Short Answer
167) Short Answer
168) Short Answer
169) Short Answer
170) Short Answer
171) Short Answer
172) Short Answer

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