Developing Person Through the Life Span 10th edition Berger Test Bank

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1. What is a *developmental theory*? Identify three things discussed in the text that a theory can do.

2. Describe similarities between Freud's theory of psychosexual development and Erikson's theory of psychosocial development. Next, describe ways in which these theories differ.

3. Describe *classical* and *operant conditioning*. Next, identify the researcher who proposed the concept of classical conditioning and the researcher who introduced the idea of operant conditioning.

4. Explain *social learning theory*. From where did this theory originate, and what does it emphasize? Next, describe the concept of *modeling*, and indicate at least three reasons that a model is likely to be copied.

5. List Piaget's four stages of cognitive development in order, and explain what Piaget believed facilitates intellectual advancement.

6. Define *information-processing theory*. How does this theory different from Piaget's theory of cognitive development?

7. Your textbook describes seven techniques used by neuroscientists to understand brain function. List and describe two of these techniques. Despite advancements in brain imaging, why are theories still needed to understand human development?

8. Describe what Vygotsky meant by “apprenticeship in thinking” and “guided participation.” Give an example of each.

9. Define Vygotsky's “zone of proximal development,” including how it relates to learning. Provide two examples.

10. Maggie works is a child-care teacher who works primarily with toddlers. Most of the children that Maggie works with are not yet toilet-trained. Explain the advice a psychoanalyst, behaviorist, cognitive theorist, and a sociocultural theorist would give Maggie regarding her approach to toilet training.

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11. Describe the two biologically-based drives associated with evolutionary theory, and explain how selective adaptation relates to this theory. Be sure to explain the process of selective adaptation in your answer.

12. Define *eclectic perspective*, and provide an example of how a clinician might use this approach to explain a case of childhood aggression.

13. List and describe the five theories that have contributed to our understanding of human development.

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Answer Key

1. A developmental theory is a systematic statement of general principles that provides a framework for understanding how and why people change as they grow older. Theories can produce hypotheses, generate discoveries, and offer practical guidance.

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)
Defines developmental theory	Defines developmental theory	Gives a vague definition of developmental theory	Does not define a developmental theory
Identifies the three things a theory can do	Tells the three things a theory can do	Tells two things a theory can do	Tells one thing or nothing that a theory can do

2. Both Freud and Erikson proposed stage theories based on the belief that adult problems echoed childhood conflicts. However, Erikson's psychosocial theory had eight stages, while Freud's psychosexual theory had just four. Erikson named two polarities at each stage, and his stages encompassed the entire life span, while Freud's ended at adolescence. Erikson's theory also emphasized the influence of family and culture, while Freud's theory emphasized unconscious sexual urges.

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)
Describes similarities	States that both men had stage theories based on the idea that adult problems echoed childhood conflicts	States that both theories had stages	Does not describe accurately how the theories were similar
Describes differences	States all four ways in which the theories differed	States three of the four ways in which the theories differed	States two or fewer ways in which the theories differed or does not accurately describe how the theories differed

3. Classical conditioning is the learning process in which a meaningful stimulus is connected with a neutral stimulus that had no special meaning before conditioning. The person gradually reacts to the neutral stimulus with the same behavior as the meaningful one. Pavlov introduced the concept of classical conditioning. In operant conditioning, a person performs some action, and then a response occurs. If the response is pleasurable, the person is likely to repeat the action. If the response is unpleasant, the person is unlikely to repeat the action. Skinner is associated with operant conditioning.

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)
Describes classical and operant conditioning	Correctly describes both types of conditioning	Correctly describes one type of conditioning	Does not describe either type of conditioning or confuses the two types

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Names the researchers associated with each	Correctly names Pavlov and Skinner	Correctly names Pavlov *or* Skinner	Does not name either Pavlov or Skinner or confuses who belongs with each type of conditioning

4. Social learning theory is an extension of behaviorism that emphasizes the influence that other people have over a person's behavior. Even without specific reinforcement, every individual learns many things through observation and imitation of other people. Modeling is the central process of social learning, by which a person observes the actions of others and then copies them. Models are people; they are most likely to be copied if they are admired, powerful, nurturing, or similar to the observer.

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)
Explains social learning theory	States that the theory is an offshoot of behaviorism and how everyone learns by observation and imitation	States that everyone learns through observation and imitation	Is vague about the definition of social learning theory
Describes modeling	Clearly describes how modeling is implicit in social learning	Describes imitation but not modeling	Fails to describe modeling
Gives reasons why a model is likely to be copied	Lists at least three of the four reasons	Lists two of the four reasons	Lists one or none of the reasons

5. The four stages are sensorimotor, preoperational, concrete operational, and formal operational. According to Piaget, cognitive equilibrium facilitates intellectual advancement because humans seek mental balance. Disequilibrium can cause cognitive growth if people change their thinking through assimilation or accommodation.

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)
Lists the stages of cognitive development	Lists the four stages in order	Lists three of the stages in order *or* confuses the order of two of the stages	Lists two or fewer stages or has the stages out of order
Explains causes of intellectual advancement	Understands how people seek cognitive equilibrium and that disequilibrium can cause assimilation or accommodation	Understands that people seek cognitive equilibrium	Does not adequately explain Piaget's belie about intellectual advancement

6. Information-processing theory is a perspective that compares humans' thinking processes to a computer's analysis of data, including sensory input, connections, stored memories, and output. Instead of interpreting responses by infants and children, as Piaget did, information-processing theory focuses on the processes of thought—that is, when, why, and how neurons fire before a response.

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	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)
Defines information-processing theory	Gives the definition of information-processing theory	Knows that information-processing theory compares cognition to computer processes	Gives an incorrect or vague definition of information-processing theory
Explains how the theory differs from Piaget's	Differentiates Piaget's theory from information-processing theory	Partially differentiates Piaget's theory from information-processing theory	Does not differentiate between the two theories

7. Students can list and describe any two of the following techniques:
   EEG (electroencephalogram): This measures electrical activity in the cortex. It can differentiate active brains from sleeping brains and brain states that are half-awake, or dreaming.
   ERP (event-related potential): The amplitude and frequency of brain electrical activity change when a particular stimulus occurs. First the ERP establishes the usual patterns, and then researchers present a stimulus that causes a blip in electrical activity. ERP indicates how quickly and extensively people react.
   MRI (magnetic resonance imaging): The water molecules in various parts of the brain each have a magnetic current, and measuring that current reveals the amount of myelin, neurons, and fluid in the brain.
   fMRI (functional magnetic resonance imaging): In advanced MRI, function is measured as more oxygen is added to the blood flow when specific neurons are activated. The presumption is that increased blood flow means that the person is using that part of the brain. fMRI has revealed that several parts of the brain are active at once.
   PET (position emission tomography): This can reveal the volume of neurotransmitters; the rise or fall of brain oxygen, glucose, amino acids; and more.
   fNIRS (functional near infrared spectroscopy): This measures changes in blood flow. It depends on light rather than magnetic charge. By measuring how each area of the brain absorbs light, neuroscientists can infer activity of the brain.
   DTI (diffusion tensor imaging): This is another technique that builds on the MRI. It measures the flow (diffusion) of water molecules within the brain, which shows connections between one area and another.
   Variations within and between people make it difficult to know what someone is thinking via brain scans. This confirms the need for theory. Without an idea of what to look for, or what it might mean, the millions of data points from all brain images might lead to the same trap as earlier measurements of the skull—human bias.
8. Vygotsky stated that all adults teach children the skills expected by their society and culture. Apprenticeship in thinking is how Vygotsky described the more skilled members of the society acting as tutors or mentors to help a person develop skills. Guided participation is the method used by parents, teachers, and entire societies to teach novices (apprentices) the skills and habits expected within their culture.

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)

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Defines apprenticeship in thinking and guided participation	Gives a definition for each term	Gives a definition for either term	Confuses the two terms
Gives an example of each	Offers an example for each term	Offers an example for either term	Confuses the two examples

9. The zone of proximal development is the set of skills, knowledge, and concepts that a learner is close to acquiring but cannot master without help. A mentor breaks a large task down into its parts and then motivates and assists the learner to achieve it, one step at a time. Some frustration is permitted, but the learner must be actively engaged and never passive or overwhelmed. Mentors continually push for more competence by urging the learner to try something just a little harder rather than make a large leap. Examples include a person helping another learn how to tie his or her shoes, swim, ride a bike, or ice skate.

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)
Defines zone of proximal development and how it relates to learning	Defines the term and explains clearly how it relates to learning (describes mentor and learner)	Defines the term and somewhat explains how it relates to learning (describes mentor or learner)	Does not define the term or cannot explai how it relates to learning (fails to describe mentor or learner)
Provides examples	Provides two examples	Provides one example	Does not provide an example

10. Psychoanalytic theory identifies the first year of life as the oral stage, which occurs before the anal stage (years 1–3). Thus, psychoanalytic theorists believe that toilet training should be postponed until the child is cognitive, emotionally, and biologically ready—around age 2 for daytime training and age 3 for nighttime dryness.
A behaviorist would argue that toilet training should occur whenever the parent (or adult) wishes to start, not at a particular age. Praise and reward should be used each time the child uses the toilet, as they will increase the likelihood that the child will successfully use the toilet in the future.
A cognitive theorist would suggest that a parent (or adult) wait until the child can understand reasons to urinate and defecate in the toilet.
A sociocultural theorist would emphasize the vast differences between one community and another. That is, different communities set their own guidelines for when and how to begin toilet training. Therefore, toilet training should reflect the values and expectations of the child's cultural environment.

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)
Explains the advice that each therapist would offer	Accurately explains how each therapist would advise Maggie on toilet training	Accurately explains how two therapists would advise Maggie on toilet training	Does not explain how any therapist would advise on toilet training or provides incorrect information

11. According to evolutionary theory, every species has two long-standing, biologically

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based drives: survival and reproduction. A basic idea from evolutionary theory is selective adaptation, which proposes that humans today react in ways that helped their ancestors' survival and reproduction long ago. Thus, some of the best qualities of people—cooperation, spirituality, and self-sacrifice—may have originated thousands of years ago, when groups of people survived because they took care of one another. The process of selective adaption works as follows: If one person happens to have a trait that makes survival more likely, the gene (or combination of genes) responsible for that trait is passed on to the next generation if that person lives long enough to reproduce. Anyone with such a fortunate genetic inheritance has a better chance than those without that gene to survive, mate, and bear many children—half of whom would inherit genes for the desirable trait.

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)
Identifies the drives associated with evolutionary theory	States the two biologically based drives	States either survival *or* reproduction	Cannot identify eithe survival or reproduction
Explains selective adaptation, including the process	Explains both aspects of selective adaptation, including the process	Explains either aspect of selective adaptation and process	Does not adequately explain either aspect of selective adaptatio or the process

12. The approach taken by most developmentalists is to apply aspects of each of the various theories of development rather than adhering exclusively to one theory. Childhood aggression should be explained from at least two competing theories: psychoanalytic (e.g., inner drives), behaviorism (e.g., learned from observation), cognitive (e.g., beliefs that aggression is good or helpful), sociocultural (e.g., may need to be aggressive to be successful in one's culture), and evolutionary (e.g., aggression was an adaptive response among our ancestors or promoted survival).

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)
Defines eclectic perspective	Understands that most developmentalists apply aspects of multiple theories	States that most developmentalists apply aspects of two theories	Cannot define the eclectic perspective
Describes its use to explain childhood aggression	Explains childhood aggression based on three or more theories	Explains childhood aggression based on two theories	Explains childhood aggression based on one theory

13. Psychoanalytic theory has made scientists aware of the importance of social and emotional experiences during early childhood. Behavioral theory (or behaviorism) has shown the effect that immediate responses and associations have on human learning. Cognitive theory helps scientists understand how intellectual processes and thinking affect people's actions. Sociocultural theories show how one's culture, social interaction, and environment influence one's behaviors. Evolutionary theory suggests that human impulses need to be recognized before they can be guided.

	Good (5 pts.)	Fair (3 pts.)	Weak (1–0 pts.)

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Lists theories	Lists the five theories: psychoanalytic, behaviorism, cognitive, sociocultural, and evolutionary	Lists three of the theories	Lists one or two of the theories
Describes how theories have contributed to understanding	Describes how each of the five theories has added to our knowledge of development	Describes how two of the theories have added to our knowledge of development	Describes how one of the theories has added to our knowledge of development

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1. A _____ is an explanation of facts and observations, or a set of concepts and ideas that organize the confusing mass of sensations that each of us encounters at every moment.

2. A _____ *theory* is a systematic statement of principles and generalizations that provides a framework for understanding how and why people change over time.

3. Theories can produce hypotheses, generate discoveries, and offer practical _____.

4. Jason learned that emotions affect performance. From this, he developed the idea that students who are sad when they take a test will perform poorly, whereas those who are happy will perform better. In this example, Jason made a specific prediction that can be tested. This is known as a(n) "_____."

5. In her developmental psychology course, Avery learned about techniques that can be used to reduce problem behavior in young children. She in turn implemented some of these techniques in her job as a child-care supervisor. This demonstrates the idea that theories offer _____.

6. A _____ is an average or usual event or experience.

7. Filial responsibility—the idea that adults should care for their aged parents—is a _____ in most cultures.

8. In Western cultures, it is a _____ for brides to wear white at their weddings.

9. _____ is a theory that stresses the potential of all humans for good and the belief that all people have the same basic needs, regardless of culture, gender, or background.

10. _____ theories are comprehensive, enduring, and far-reaching.

11. The foundation of psychoanalytic theory is inner drives, motives, and _____ needs.

12. According to Freud, the _____ stage is the first stage of psychosexual development.

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13. According to Freud's theory, adolescence occurs during the _____ stage of psychosexual development.

14. _____ is the psychoanalytic theorist who described eight developmental stages, each characterized by a particular challenge or developmental crisis.

15. Erikson's first _____ stages are closely related to Freud's stages.

16. Erikson's stages emphasized _____, not sexual urges.

17. *Behaviorism* is also called "_____ theory."

18. _____ was the behavioral theorist who first described the process of conditioning.

19. The learning process in which a meaningful stimulus is connected with a neutral stimulus is called "_____."

20. One example of classical conditioning is _____, when past experiences with medical professionals conditioned a person to be anxious.

21. After visiting the doctor's office several times and receiving a shot each time, Erin now tenses and cries when her mother pulls into the doctor's parking lot. Erin's response is an example of _____ conditioning.

22. _____ was developed to study observable behavior objectively and scientifically.

23. _____ was the most influential North American proponent of behaviorism.

24. In _____ conditioning, a particular action is followed by something desired or by something unwanted.

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25. Two-year-old D'Angelo picks up his trains and puts them in the toy box. His father smiles and claps, exclaiming, “Good boy! You cleaned up your toys!” The next time D'Angelo plays with his trains, he eagerly cleans up, and his father responds the same way. In this example, praise is operating as a _____ for D'Angelo.

26. _____ theory states that every individual learns many things through observation and imitation of other people.

27. According to Bandura, _____ occurs when people copy what they see others do.

28. Tim watches his father mow the lawn. After a few minutes, Tim takes a toy lawnmower and begins following his father, row by row. Tim is _____ his father's behavior.

29. Piaget's stages of cognitive development include the sensorimotor, preoperational, concrete operational, and _____ operational stages.

30. According to Piaget, humans seek cognitive _____, or a state of mental balance.

31. According to Piaget's theory of cognitive development, _____ is when new experiences are reinterpreted to fit into old ideas.

32. According to Piaget's theory of cognitive development, _____ is when old ideas are restructured to include new experiences.

33. _____ theory was inspired by the input, programming, memory, and output of a computer.

34. Information-processing theory focuses on the _____ of thought—that is, when, why, and how neurons fire between a response.

35. Regarding brain-imaging techniques, _____ shows that the brains of newborns are more active when they hear the language that their mother spoke when they were in the womb than when they hear another language.

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36. The central thesis of _____ theory is that human development results from the dynamic interaction between developing persons and their surrounding society.

37. Vygotsky asserted that each person develops with the guidance of more skilled members of the society, who are tutors or mentors in a(n) _____ in thinking.

38. Vygotsky developed the concept of "_____," which is the method used by parents, teachers, and entire societies to teach novices the skills and habits expected within their culture.

39. According to sociocultural theory, the _____ is an imaginary area surrounding the learner that contains the skills, knowledge, and concepts that are close to being grasped but not yet reached.

40. Mrs. Saxena is working with her toddler daughter, Arianna, on potty training. Each time Arianna uses the toilet, Mrs. Saxena lets her pick a small prize out of a treasure chest. Mrs. Saxena's strategy is consistent with the _____ perspective.

41. The basic idea of _____ theory in development is that in order to understand the emotions, impulses, and habits of humans over the life span, it is important to understand how those same emotions, impulses, and habits developed within *Homo sapiens* over the past 100,000 years.

42. *Selective* _____ is the process by which living creatures (including people) adjust to their environment.

43. Keta believes that breast-feeding is a personal choice. That is, the woman should be able to choose whether she breast-feeds her infant. Keta's belief is consistent with the _____ perspective.

44. Each theory, grand or newer, has received severe criticism. _____ theory has been criticized for being too subjective.

45. _____ theories bring an understanding of intellectual processes.

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46. Dr. Carson believes that human impulses need to be reorganized before they can be guided. Dr. Carson's beliefs are consistent with _____ theories.

47. Most developmentalists prefer a(n) _____ perspective, choosing what they consider to be the best aspects of each theory.

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Answer Key

1. theory
2. developmental
3. guidance
4. hypothesis
5. practical guidance
6. norm
7. norm
8. norm
9. Humanism
10. Grand
11. unconscious
12. oral
13. genital
14. Erik Erikson (Erikson)
15. five (5)
16. family and culture
17. learning
18. Ivan Pavlov (Pavlov)
19. classical conditioning (respondent conditioning)
20. white coat syndrome
21. classical
22. Behaviorism
23. B. F. Skinner (Skinner)
24. operant
25. reinforcement
26. Social learning
27. modeling
28. modeling
29. formal
30. equilibrium
31. assimilation
32. accommodation
33. Information-processing
34. processes
35. fNIRS (functional near infrared spectroscopy)
36. sociocultural
37. apprenticeship
38. guided participation
39. zone of proximal development
40. behaviorist (behavioral)
41. evolutionary
42. adaptation
43. cognitive
44. Psychoanalytic

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45. Cognitive
46. evolutionary
47. eclectic

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1. An explanation of facts and observations defined by a set of concepts and ideas that organize phenomena is called a "_____."
   A) hypothesis
   B) theory
   C) conclusion
   D) development

2. A systematic statement of principles and generalizations that provides a framework for understanding how and why people change over time is called a "_____."
   A) hypothesis
   B) developmental theory
   C) conclusion
   D) stage

3. Theories can do all the following EXCEPT _____.
   A) produce hypotheses
   B) solve developmental problems
   C) generate discoveries
   D) offer practical guidance

4. In class, Sam learned that some theorists link happiness to productivity. From this, he developed the idea that happy employees in a factory will produce more products per hour. In this example, Sam's theory led him to _____.
   A) produce a hypothesis
   B) solve a developmental problem
   C) generate a discovery
   D) gain practical guidance

5. Hannah theorized that sleep helps people behave in safer ways. She tested her theory by conducting an experiment. She manipulated the amount of sleep participants got and then tested their driving ability. Hannah learned that participants who got more sleep were safer drivers. In this example, Hannah's theory led her to _____.
   A) replicate research
   B) solve a developmental problem
   C) generate a discovery
   D) change the behavior of many people

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6. Lilly's 12-year-old son used to get out of bed easily and early on school days, but lately he has been hard to wake. While reading a parenting book, Lilly came across the theory of "delayed phase of preference," which states that sleep patterns shift when young people start to go through puberty. In this example, a theory helped Lilly _____.
   A) design an experiment
   B) change her own behavior
   C) generate a discovery
   D) gain practical guidance

7. A _____ is an average or usual event or experience.
   A) *norm*
   B) *theory*
   C) *hypothesis*
   D) *median*

8. The term *norm* communicates _____.
   A) a common behavior that results from biological or social pressure
   B) the presence and severity of atypical behavior
   C) that some behaviors are more desirable than others
   D) that individual differences in behavior may result from cognitive or social deficits

9. In the United States, the legal age for drinking alcohol is 21 years. Thus, age 21 represents a(n) _____.
   A) median
   B) norm
   C) hypothesis
   D) estimate

10. Which of the following statements about norms is correct?
   A) A norm always represents a usual practice within a culture.
   B) Norms tend to highlight deficits in development rather than strengths.
   C) The terms "theories," "norms," and "facts" are used interchangeably.
   D) Sometimes a norm in an expected behavior, even if it is not the usual practice.

11. _____ is a theory that stresses the potential of all humans for good and the belief that all people have the same basic needs, regardless of culture, gender, or background.
   A) *Humanism*
   B) *Behaviorism*
   C) *Information processing*
   D) *Ecology*

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12. In the first half of the twentieth century, which two opposing theories dominated the discipline of psychology?
    A) humanism and cognitive theory
    B) behaviorism and sociocultural theory
    C) psychoanalytic theory and behaviorism
    D) cognitive theory and sociocultural theory

13. Psychoanalytic theory, behaviorism, and cognitive theory are considered "grand" because they are _____.
    A) comprehensive, enduring, and widely applied
    B) comprehensive, well developed, and universally correct
    C) enduring, widely applied, and universally correct
    D) comprehensive, widely applied, and unchallenged

14. The foundation of psychoanalytic theory is _____.
    A) observable behaviors
    B) inner drives, motives, and unconscious needs
    C) an individual's ideas and beliefs
    D) self-awareness and willingness to change

15. Psychoanalytic theory originated with _____.
    A) Piaget
    B) Freud
    C) Watson
    D) Erikson

16. _____ emphasizes unconscious drives and early experiences with respect to development, whereas _____ emphasizes learning by association, reinforcement, or observation with respect to development.
    A) Psychoanalytic theory; behaviorism
    B) Psychoanalytic theory; cognitive theory
    C) Behaviorism; psychoanalytic theory
    D) Cognitive theory; psychoanalytic theory

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17. _____ emphasizes unconscious drives and early experiences with respect to development, whereas _____ emphasizes learning by understanding how a person thinks.
    A) Psychoanalytic theory; behaviorism
    B) Psychoanalytic theory; cognitive theory
    C) Behaviorism; psychoanalytic theory
    D) Cognitive theory; psychoanalytic theory

18. Which is the correct order of the stages of Freud's psychosexual theory, beginning with infancy and ending with adolescence?
    A) oral, anal, genital, phallic, latency
    B) anal, oral, phallic, genital, latency
    C) oral, anal, phallic, latency, genital
    D) latency, phallic, oral, anal, genital

19. Each stage of Freud's psychosexual theory of development is characterized by a conflict associated with different parts of the body. According to Freud, how people experience and resolve each conflict influences personality _____.
    A) throughout life, because early years provide the foundation of adult behavior
    B) throughout life, only if some of the conflicts are successfully resolved
    C) only in childhood, with new conflicts emerging later that shape adult identity
    D) at a particular stage of development, also called a sensitive period

20. According to Freud's psychosexual theory, the _____ stage centers around breastfeeding and weaning.
    A) oral
    B) anal
    C) phallic
    D) genital

21. Freud argued that the goal of a healthy life is to _____.
    A) connect spiritually with another person
    B) follow moral codes set by society
    C) avoid conflict and promote social harmony
    D) love and to work

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22. Although many of the theorists who follow Freud's psychoanalytic theory have modified and expanded his ideas, they agree on the importance of _____.
    A) early childhood experiences and psychosexual conflicts
    B) psychosexual conflicts and the unconscious
    C) early childhood experiences and the unconscious
    D) psychosexual conflicts and stages of psychosexual development

23. Unlike Freud, Erikson _____.
    A) only described development in childhood
    B) believed that adult problems reflect childhood conflicts
    C) emphasized family and culture in his stages
    D) leaned toward the behaviorist perspective

24. Which psychoanalytic theorist identified unique stages of development from birth through late adulthood?
    A) Freud
    B) Piaget
    C) Skinner
    D) Erikson

25. Within Erikson's theory of psychosocial development, each of the developmental stages is characterized by a particular challenge, or a _____.
    A) conflict negotiation
    B) developmental conflict
    C) developmental crisis
    D) resolution

26. Which of Erikson's stages did he regard as particularly crucial for later development?
    A) initiative versus guilt
    B) intimacy versus isolation
    C) trust versus mistrust
    D) autonomy versus shame and doubt

27. Behaviorists believe that psychologists should focus on _____.
    A) observable behaviors
    B) inner drives and motives
    C) a person's ideas and beliefs
    D) a person's sexual conflict

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28. Behaviorism has also been referred to as "_____ theory."
    A) conditioning
    B) learning
    C) modeling
    D) operant

29. The process by which a response becomes linked to a particular stimulus is called "_____."
    A) psychoanalysis
    B) cognition
    C) observational learning
    D) conditioning

30. Pavlov's experiments with dogs that salivated when they heard a specific noise without the presence of food provide an example of _____.
    A) classical conditioning
    B) observational learning
    C) operant conditioning
    D) reinforcement

31. When a person or animal learns to associate a neutral stimulus with a meaningful stimulus, gradually responding to the neutral stimulus in the same way as to the meaningful one, he or she is exhibiting _____.
    A) classical conditioning
    B) observational learning
    C) operant conditioning
    D) modeling

32. A balloon popped and made Bobby cry. It happened again when he was at a friend's birthday party. Now when Bobby sees a balloon, he starts to cry. According to the behaviorist perspective, Bobby cries in response to the balloon because of _____.
    A) operant conditioning
    B) observational learning
    C) classical conditioning
    D) modeling

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33. The type of conditioning that Skinner identified is referred to as "_____ conditioning."
    A) classical
    B) observational
    C) operant
    D) cognitive

34. Operant conditioning is also referred to as "_____ conditioning."
    A) classical
    B) instrumental
    C) observational
    D) reinforcement

35. Dominique, age 14, dislikes school. Her parents were recently informed that Dominique has missed 12 days of school this quarter and has left school early on at least four occasions. Dominique's father has decided to drop his daughter off every morning and pick her up every afternoon to make sure she is attending school. Dominique is now attending school, but she has gotten into serious trouble on multiple occasions, leading to a five-day out-of-school suspension. Since Dominique dislikes school and prefers to skip rather than attend, the out-of-school suspension represents a _____.
    A) reinforcement
    B) punishment
    C) conditioner
    D) norm

36. The boss praises his hourly employees for their good work. The boss hopes that the praise encourages the employees to continue to work hard. In this example, the reinforcement is _____.
    A) the boss's praise
    B) worker productivity
    C) the boss
    D) an hourly wage

37. Any consequence that follows a behavior and makes a person likely to repeat that behavior is called a(n) "_____.
    A) punishment"
    B) condition
    C) reinforcement
    D) observation

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38. Theorists who promote classical conditioning believe that learned behavior is the result of _____, whereas theorists who promote operant conditioning believe that learned behavior is the result of _____.
    A) the association between one stimulus and another; past reinforcement
    B) past reinforcement; the association between one stimulus and another
    C) observing another person's actions; past reinforcement
    D) the association between one stimulus and another; observing another person's actions

39. Social learning theory indicates that learning occurs from _____.
    A) the association between one stimulus and another
    B) past reinforcement
    C) observing and imitating others
    D) responding to a particular stimulus

40. A person observes the actions of others and copies them. Social learning theorists would call this an example of "_____."
    A) classical conditioning
    B) operant conditioning
    C) modeling
    D) cognition

41. Observational learning is also called "_____."
    A) classical conditioning
    B) operant conditioning
    C) modeling
    D) cognition

42. Jimmy watches his friend kick a soccer ball into the goal. Later that day, Jimmy finds a soccer ball and proceeds to kick it into the goal. Jimmy most likely engaged in the same behavior as his friend due to _____.
    A) classical conditioning
    B) modeling
    C) operant conditioning
    D) reinforcement

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43. The modeling of behavior is more likely to occur when the model is all the following EXCEPT _____.
    A) younger
    B) admired
    C) powerful
    D) nurturing

44. According to the text, social learning is particularly noticeable in _____.
    A) infancy
    B) early adolescence
    C) late adolescence
    D) early adulthood

45. The foundation of cognitive theory is _____.
    A) observable behaviors
    B) inner drives and motives
    C) a person's thoughts and expectations
    D) cultural influence

46. _____ was a cognitive theorist.
    A) Freud
    B) Watson
    C) Piaget
    D) Vygotsky

47. With regard to cognitive development, Piaget argued that _____ is more revealing than _____.
    A) what children know; how they think
    B) how children think; what they know
    C) the cultural context; what children know
    D) what children know; their cultural context

48. Piaget's four stages of cognitive development, in order, are _____.
    A) formal operational, concrete operational, preoperational, and sensorimotor
    B) preoperational, sensorimotor, formal operational, and concrete operational
    C) sensorimotor, preoperational, concrete operational, and formal operational
    D) sensorimotor, preoperational, formal operational, and concrete operational

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49. According to Piaget, intellectual advancement occurs because of cognitive _____.
    A) learning
    B) resolution
    C) equilibrium
    D) modeling

50. A state of mental balance in which people are not confused because they can use their existing thought processes to understand current experiences and ideas is called "_____."
    A) social learning
    B) conflict resolution
    C) cognitive equilibrium
    D) information processing

51. Jenny has never seen a pear before today. As her mom hands it to her, she says that it is a fruit. Jenny knows that apples and bananas are fruits and that she likes eating them, so she has a reference for this new experience. Jenny is experiencing _____.
    A) social learning
    B) operant conditioning
    C) guided participation
    D) cognitive equilibrium

52. According to Piaget, when new experiences are interpreted to fit into old ideas, it is called "_____."
    A) learning
    B) assimilation
    C) equilibrium
    D) accommodation

53. Sanjay has a small dog at home, so he knows about dogs. He is walking down the street and sees an animal walking toward him. The animal is very large; has four legs, fur, and a tail; and is barking. Sanjay knows that these are characteristics of a dog, given his knowledge of dogs. He quickly concludes that this animal is a dog. This example illustrates Piaget's concept of "_____."
    A) operations
    B) assimilation
    C) equilibrium
    D) accommodation

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54. According to Piaget, when old ideas are restructured to include new experiences, it is called "_____."
    A) learning
    B) assimilation
    C) equilibrium
    D) accommodation

55. Sally has a dog at home, so she knows about dogs. She is walking down the street and sees an animal walking toward her. The animal has four legs, fur, and a tail. Sally knows that these are characteristics of dogs. But the animal coming toward her is meowing, not barking. Sally's mom tells her that the animal is a cat. Now when Sally sees an animal with four legs, a tail, and fur, she will conclude it is a dog if it barks and a cat if it meows, illustrating Piaget's concept of "_____."
    A) operations
    B) assimilation
    C) equilibrium
    D) accommodation

56. With respect to Piaget's theory of cognitive development, the more difficult cognitive adaptation is _____.
    A) assimilation
    B) accommodation
    C) sensorimotor behavior
    D) equilibrium

57. _____ is a perspective that compares a human's thinking processes, by analogy, to a computer's analysis of data.
    A) Social learning theory
    B) Information-processing theory
    C) Behaviorism
    D) Psychoanalytic theory

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58. Within the information-processing perspective, which is the correct sequential order for producing cognition?
    A) The brain produces an output; input is picked up by the five senses; the brain reacts, connects, and stores memories.
    B) The brain reacts, connects, and stores memories; input is picked up by the five senses; the brain produces an output.
    C) Input is picked up by the five senses; the brain produces an output; the brain reacts, connects, and stores memories.
    D) Input is picked up by the five senses; the brain reacts, connects, and stores memories; the brain produces an output.

59. Antonia has always had a difficult time remembering things. She visited a psychologist and underwent tests that concluded that the way she senses input and then stores the information is interfering with her ability to recall the information. This explanation for Antonia's memory difficulties is consistent with _____ theory.
    A) psychoanalytic
    B) evolutionary
    C) social learning
    D) information-processing

60. In the nineteenth and twentieth centuries, many scientists believed that bumps on the head reflected intelligence and character, a theory known as _____.
    A) neurology
    B) phrenology
    C) anthropology
    D) ethology

61. The _____ measures electrical activity in the cortex.
    A) EEG
    B) ERP
    C) MRI
    D) fMRI

62. Dr. House is a neurologist who evaluates individuals who have experienced brain injuries or have suspected brain damage. Dr. House often has his patients undergo testing that allows measurement of myelin, neurons, and fluid in the brain. Dr. House utilizes _____ with his patients.
    A) PET
    B) DTI
    C) EEG
    D) MRI

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63. Which of the following neuroimaging techniques is almost impossible to use with children?
    A) fMRI
    B) EEG
    C) PET
    D) fNIRS

64. Baby Elijah is participating in a study in which scientists are examining areas of the brain that are activated when they are exposed to music, speech, and random noise. This test, called _____, requires the individual to be fitted with a special cap connected to electrodes.
    A) fNIRS
    B) DTI
    C) fMRI
    D) PET

65. _____ is a test that is used by clinicians who want to individualize treatment and monitor progress.
    A) PET
    B) DTI
    C) fNIRS
    D) ERP

66. Neuroscientists have discovered that the _____ is not completely connected to the rest of the brain until about age 25.
    A) hippocampus
    B) prefrontal cortex
    C) amygdala
    D) brain stem

67. Newer theories, unlike grand theories, are multicultural and multidisciplinary. _____ theory, for example, draws on anthropology.
    A) Psychoanalytic
    B) Information-processing
    C) Evolutionary
    D) Sociocultural

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68. The idea that human development results from the dynamic interaction between developing persons and their surrounding society is the central thesis of _____ theory.
    A) information-processing
    B) sociocultural
    C) evolutionary
    D) cognitive

69. Which cognitive theorist emphasized the cultural context?
    A) Piaget
    B) Vygotsky
    C) Maslow
    D) Erikson

70. Vygotsky used the term _____ to describe how cognition is stimulated and developed in people by more skilled members of society.
    A) *zone of proximal development*
    B) *guided participation*
    C) *apprenticeship in thinking*
    D) *selective adaptation*

71. Vygotsky used the term _____ to describe the method used by parents, teachers, and entire societies to teach novices the skills and habits expected within their culture.
    A) *zone of proximal development*
    B) *guided participation*
    C) *apprenticeship in thinking*
    D) *selective adaptation*

72. Sally is helping her mom make a cake. Her mom helps her pick out the right ingredients, measure them, and mix them together. According to Vygotsky, Sally is engaging in _____.
    A) modeling
    B) guided participation
    C) operant conditioning
    D) selective adaptation

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73. According to Vygotsky, the skills, knowledge, and concepts that the learner is close to acquiring but cannot yet master without help is referred to as "_____."
    A) the zone of proximal development
    B) guided participation
    C) operant conditioning
    D) selective adaptation

74. According to Vygotsky's concept of the zone of proximal development, a mentor must avoid two opposite dangers: _____.
    A) fear and anger
    B) boredom and failure
    C) shame and doubt
    D) competition and punishment

75. Sociocultural theory is _____.
    A) active
    B) passive
    C) unidirectional
    D) outdated

76. Approaches to toilet training have changed over time. At one point, it was suggested to parents to postpone toilet training until the child was at least a year old to avoid serious personality problems later on. This view is most consistent with _____.
    A) psychoanalytic theory
    B) cognitive theory
    C) behaviorism
    D) information-processing theory

77. Approaches to toilet training have changed over time. At one point, it was suggested that parents toilet-train whenever they wished, using reinforcement as part of the training. This view is most consistent with _____.
    A) psychoanalytic theory
    B) cognitive theory
    C) behaviorism
    D) information-processing theory

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78. Different theories and diverse parental practices are associated with toilet training. According to the text, which is the best method for toilet training?
    A) It is best to start to toilet-train children before they turn 1 year old.
    B) Using reinforcements for toilet training works for all children.
    C) Children should decide when they want to be toilet-trained.
    D) There is no single best strategy for toilet training all children.

79. In order to understand the emotions, impulses, and habits of humans over the life span, it is important to understand how those same emotions, impulses, and habits developed within *Homo sapiens* over the past 100,000 years. This concept is consistent with _____ theory.
    A) psychoanalytic
    B) sociocultural
    C) information-processing
    D) evolutionary

80. Which of the following questions would be addressed by an evolutionary theorist?
    A) At what age do adolescents initiate sexual activity?
    B) How does social media affect self-esteem in young people?
    C) Why do pregnant women have morning sickness?
    D) What risk factors are associated with the development of Alzheimer's disease in late adulthood?

81. According to evolutionary theory, why are so many people afraid of snakes?
    A) because of daily life-threatening experiences
    B) because of unconscious memories of childhood experiences with spiders
    C) because they have learned by watching others react with fear to spiders
    D) because a fear of snakes helped our ancient ancestors survive

82. According to evolutionary theory, every species has two long-standing, biologically based drives: _____.
    A) survival and reproduction
    B) aggression and sex
    C) hunger satiation and shelter
    D) fear and aggression

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83. According to the _____ hypothesis, menopause and female longevity are evolutionary adaptations arising from children's survival needs.
    A) selectivity
    B) sociocultural
    C) extended family
    D) grandmother

84. The process by which living creatures (including people) adjust to their environment is referred to as "_____."
    A) reinforcement
    B) conditioning
    C) selective adaptation
    D) cognitive equilibrium

85. _____ is when genes for traits that aid survival and reproduction are selected over time to allow the species to thrive.
    A) *Reinforcement*
    B) *Conditioning*
    C) *Selective adaptation*
    D) *Cognitive equilibrium*

86. Chris is helpful and cooperative and takes care of his family and friends. Aaron is selfish and arrogant and puts his needs before those of his family and friends. Whose traits are likely to be selected for future generations in order to meet the evolutionary goals of humans?
    A) Chris's
    B) Aaron's
    C) Both Chris's and Aaron's
    D) Neither Chris's nor Aaron's

87. For centuries, men have needed women to be sexually faithful to ensure that her children are also his offspring. Which theory is most consistent with this explanation for faithfulness among romantic partners?
    A) eclectic theory
    B) evolutionary theory
    C) behaviorism
    D) sociocultural theory

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88. Da'Shay believes that breast-feeding her infant son is crucial for developing a close bond with him and facilitating favorable development. Da'Shay's belief is consistent with the _____ perspective.
    A) psychoanalytic
    B) cognitive
    C) sociocultural
    D) universal

89. Maria believes that it is her choice whether she wants to breast-feed her infant daughter. Maria has decided that breast-feeding will be too difficult once she returns to work full-time, so she plans to use formula instead. Maria's beliefs are consistent with the _____ perspective.
    A) psychoanalytic
    B) cognitive
    C) sociocultural
    D) universal

90. _____ theories have made us aware of the impact of early-childhood experiences, remembered or not, on development.
    A) Psychoanalytic
    B) Cognitive
    C) Sociocultural
    D) Eclectic

91. _____ has/have shown the effect that immediate response, associations, and examples have on learning, moment by moment and over time.
    A) Psychoanalytic theories
    B) Cognitive theories
    C) Sociocultural theories
    D) Behaviorism

92. _____ theories have brought an understanding of intellectual processes and how our thoughts and beliefs affect every aspect of our development.
    A) Psychoanalytic
    B) Cognitive
    C) Sociocultural
    D) Eclectic

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93. _____ theories have reminded us that development is embedded in a rich and multifaceted cultural context that is evident in every social interaction.
    A) Psychoanalytic
    B) Cognitive
    C) Sociocultural
    D) Evolutionary

94. Critics of sociocultural theory argue that it is _____.
    A) too subjective
    B) too mechanistic
    C) neglectful of individual choices
    D) culturally biased

95. Critics of behaviorism argue that the theory _____.
    A) is too subjective
    B) is too mechanistic
    C) neglects individuals
    D) undervalues emotions

96. The approach taken by most developmentalists, in which they apply aspects of each of the various theories of development rather than adhering exclusively to one theory, is referred to as the _____ perspective.
    A) eclectic
    B) multidisciplinary
    C) self-selected
    D) multicontextual

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Answer Key

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

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45. C
46. C
47. B
48. C
49. C
50. C
51. D
52. B
53. B
54. D
55. D
56. B
57. B
58. D
59. D
60. B
61. A
62. D
63. C
64. A
65. B
66. B
67. D
68. B
69. B
70. C
71. B
72. B
73. A
74. B
75. A
76. A
77. C
78. D
79. D
80. C
81. D
82. A
83. D
84. C
85. C
86. A
87. B
88. A
89. B
90. A

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91. D
92. B
93. C
94. C
95. B
96. A

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1. A developmental theory is a systematic statement of general principles that provides a framework for understanding how and why people change as they grow older.
   A) True
   B) False

2. Theories undermine the development of hypotheses.
   A) True
   B) False

3. A norm is an average or usual event or experience.
   A) True
   B) False

4. The foundation of psychoanalytic theory is inner drives, motives, and unconscious needs.
   A) True
   B) False

5. According to Freud, the first stage of psychosexual development during infancy is the anal stage.
   A) True
   B) False

6. Erikson's stages of psychosocial development apply specifically to the childhood years.
   A) True
   B) False

7. In classical conditioning, a meaningful stimulus becomes linked to a neutral stimulus.
   A) True
   B) False

8. According to John Watson, psychologists should only study observable behavior.
   A) True
   B) False

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9. In operant conditioning, an individual follows a modeled behavior.
   A) True
   B) False

10. Cognitive theory utilizes modeling.
   A) True
   B) False

11. Piaget's first stage of cognitive development is the preoperational stage.
   A) True
   B) False

12. Social learning theory compares a human's thinking processes to a computer's analysis of data.
   A) True
   B) False

13. Newer theories on development tend to be multicultural and multidisciplinary.
   A) True
   B) False

14. Sociocultural theory states that human development results from the dynamic interaction between a person's genes and his or her unconscious drives.
   A) True
   B) False

15. A father utilizes the zone of proximal development when he helps his daughter learn how to ride a bike by herself through adjusting the level of support he provides to her.
   A) True
   B) False

16. Evolutionary theory is based on the idea that thoughts and expectations affect actions.
   A) True
   B) False

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17. According to evolutionary theory, every species has two long-standing, biologically based drives: survival and reproduction.
    A) True
    B) False

18. Modern mating patterns have been explained from an evolutionary perspective.
    A) True
    B) False

19. Developmentalists who subscribe to the eclectic perspective select what they consider to be the best aspects of each theory to explain development.
    A) True
    B) False

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Answer Key

1. A
2. B
3. A
4. A
5. B
6. B
7. A
8. A
9. B
10. B
11. B
12. B
13. A
14. B
15. A
16. B
17. A
18. A
19. A

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