Lifespan Development 1st edition Riser Test Bank

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Lifespan Development

OpenStax *Lifespan Development* Test Bank

Chapter 01: Lifespan Psychology and Developmental Theories

Review Questions

Multiple Choice

1. Psychology is defined as the scientific study of _____.

A. human groups and how they interact
B. the mind and the behavior it produces*
C. how cultures evolve over time
D. mental health problems and treatment

LO: Describe the differences, similarities, and intersections between the fields of psychology, lifespan development, and human development
Bloom's: Remember
Difficulty: Easy

2. Sharif is upset, Shania is in a good mood, and Dylan is fearful. This is all information about their _____.

A. affect*
B. behavior
C. cognition
D. consciousness

LO: Identify major questions of interest and topics of research within the field of lifespan development
Bloom's: Apply
Difficulty: Moderate

3. In one of the earliest published scientific accounts of child development, Victor, the "Wild Boy of Aveyron," was studied by French physician Jean-Marc Gaspard Itard. What makes Victor's story unique is that he was _____.

A. incredibly violent toward other children
B. raised without human contact*
C. severely abused by his parents
D. very tall

LO: Identify major questions of interest and topics of research within the field of lifespan development

Bloom's: Remember
Difficulty: Moderate

4. Which of the following best demonstrates the concept of application?
A. changing social media policies based on research showing how they impact teenagers*
B. comparing how teenagers communicate with each other compared to how children interact
C. studying children's eating and sleeping habits throughout the world
D. understanding the best ways to raise children and teenagers

LO: Identify major questions of interest and topics of research within the field of lifespan development
Bloom's: Apply
Difficulty: Moderate

5. Studies of the relationship between income and happiness have found that _____.
A. happiness increases with income level but only up to about $100,000 per year*
B. people with lower incomes are typically the happiest people
C. high-income people are almost always happier than people with low incomes
D. there is no relationship between income and happiness

LO: Identify major questions of interest and topics of research within the field of lifespan development
Bloom's: Remember
Difficulty: Moderate

6. Developmental psychologists often refer to social, personality, and emotional topics as what kind of development?
A. biological
B. cognitive
C. neurological
D. psychosocial*

LO: Differentiate between the various domains within the field of lifespan development
Bloom's: Remember
Difficulty: Moderate

7. Continuous development is to discontinuous development as _____.
A. fast is to slow
B. gradual is to abrupt*
C. typical is to atypical
D. universal is to unique

LO: Explain the difference between continuous and discontinuous development
Bloom's: Analyze
Difficulty: Difficult

8. Brynn is an independent six-year-old. However, after moving to a new, unfamiliar town, Brynn has wanted to sleep in bed with her parents, and she holds their hands tightly when out in public. Brynn is demonstrating _____.

A. continuous development
B. heritability
C. reaction range
D. regression*

LO: Explain the difference between continuous and discontinuous development
Bloom's: Apply
Difficulty: Moderate

9. Which of the following is most clearly due to nature, not nurture?

A. attitudes
B. eye color*
C. language
D. social skills

LO: Describe nature and nurture as sources for developmental change
Bloom's: Understand
Difficulty: Moderate

10. The reaction range refers to what?

A. how children respond to change
B. how caregivers influence children
C. upper and lower limits of skills*
D. vulnerability to particular types of illness

LO: Describe nature and nurture as sources for developmental change
Bloom's: Remember
Difficulty: Moderate

11. Which of the following situations is most typical of the evocative type of environment?

A. Dan and Regina enjoy playing music in their home, and their daughter comes to enjoy music too.
B. Muhammed and Arya take their daughter to a concert after noticing that she enjoys music.*

C. Naomi and Bernadette's daughter asks them if she can play an instrument and join the school orchestra.
D. Reid's daughter decides to start her own podcast where she discusses some of her favorite new songs.

LO: Describe nature and nurture as sources for developmental change
Bloom's: Apply
Difficulty: Difficult

12. After losing their home due to a hurricane, Dietrich's parents notice that he has been very helpful with his siblings and that his grades have improved. Dietrich is demonstrating _____.
A. a critical period
B. epigenetics
C. normative development
D. resilience*

LO: Explain the importance of the timing of opportunities for development
Bloom's: Apply
Difficulty: Easy

13. The key developmental task in Erik Erikson's first stage of psychosocial development is _____.
A. determining which tasks you are good at
B. establishing trust in others*
C. figuring out your personality
D. taking initiatives with tasks

LO: Describe the major theoretical perspectives of lifespan development
Bloom's: Remember
Difficulty: Moderate

14. Scaffolding is best demonstrated when caregivers _____.
A. assist children and then allow them to take the lead*
B. give their children what they need to be happy
C. match their child's energy level and enthusiasm
D. show that they believe in their children's success

LO: Provide examples of developmental concepts present in the lifespan
Bloom's: Understand
Difficulty: Difficult

15. The information-processing theory compares the human brain to _____.
A. a computer*
B. a library
C. a school
D. an encyclopedia

LO: Describe the major theoretical perspectives of lifespan development
Bloom's: Understand
Difficulty: Easy

16. What kind of behavior is studied by ethology?
A. animal*
B. emotional
C. group
D. repeated

LO: Describe the major theoretical perspectives of lifespan development
Bloom's: Remember
Difficulty: Moderate

17. When feedback from the environment impacts future behavior, what is being demonstrated?
A. classical conditioning
B. cognitive learning
C. operant conditioning*
D. observational learning

LO: Describe the major theoretical perspectives of lifespan development
Bloom's: Understand
Difficulty: Moderate

18. To learn how to make Kung Pao chicken, Lian spends time watching videos on TikTok. Lian is demonstrating _____.
A. classical conditioning
B. insight learning
C. observational learning*
D. scaffolding

LO: Provide examples of developmental concepts present in the lifespan
Bloom's: Apply
Difficulty: Easy

19. Urie Bronfenbrenner was a cofounder of what program that provided education-focused childcare, nutrition services, and parenting classes for caregivers?
A. AmeriCorps
B. Head Start*
C. SNAP
D. WIC

LO: Identify the various contextual settings of the ecological systems model
Bloom's: Remember
Difficulty: Easy

20. In the ecological systems model, which of the following is part of the mesosystem?
A. the individual's gender and personality
B. parent-teacher communication*
C. peers and the school
D. the passage of time and historical events

LO: Identify the various contextual settings of the ecological systems model
Bloom's: Understand
Difficulty: Difficult

21. When Myspace, Facebook, and YouTube launched, they allowed young people to communicate and access information in a different way than previous generations. These different experiences based on when someone grew up are _____.
A. cohort effects*
B. part of the macrosystem
C. typical of associative learning
D. unconditioned stimuli

LO: Describe and give examples of cohort, identity, social, and cultural contexts
Bloom's: Apply
Difficulty: Moderate

22. The difference between sex and gender parallels the difference between
A. continuous versus discontinuous development
B. critical versus sensitive periods
C. nature versus nurture*
D. operant versus classical conditioning

LO: Describe and give examples of cohort, identity, social, and cultural contexts

Bloom's: Analyze
Difficulty: Easy

23. The term for a person's income level, education, and occupational prestige is _____.
A. desirability quotient
B. interpersonal reputation
C. marketability index
D. socioeconomic status*

LO: Describe and give examples of cohort, identity, social, and cultural contexts
Bloom's: Remember
Difficulty: Easy

24. When researchers talk about the generalizability of their research, they wonder if _____.
A. the study they have conducted has already been performed by other researchers in their field
B. their data can be analyzed with statistical data
C. their findings can apply to other people or animals beyond those who participated in the study*
D. they would get the same results if they did their study the same way again

LO: Describe and give examples of cohort, identity, social, and cultural contexts
Bloom's: Remember
Difficulty: Moderate

25. Cal weighs 76 pounds, but their scale says that they weigh 67 pounds. Which of the following best describes the problem with the scale?
A. It is not hypothesized.
B. It is not reliable.
C. It is not standardized.
D. It is not valid.*

LO: Describe the strengths and weaknesses of different research methods
Bloom's: Apply
Difficulty: Moderate

26. One of the major challenges with naturalistic observation is that _____.
A. people may behave differently if they know they are being watched*
B. people tend to lie when asked sensitive questions
C. it is difficult to use statistical data with this kind of research
D. there is a very small number of people who are being studied

LO: Describe the strengths and weaknesses of different research methods
Bloom's: Remember
Difficulty: Easy

27. Of the following, which would be the strongest possible correlation coefficient?
A. −10
B. −0.9*
C. 0.4
D. 100

LO: Compare and contrast correlation and causation
Bloom's: Remember
Difficulty: Moderate

28. Johanna has found that shorter people tend to whistle more often than taller people. This indicates what kind of correlation between tallness and whistling?
A. negative correlation*
B. positive correlation
C. no correlation
D. not enough information to determine

LO: Compare and contrast correlation and causation
Bloom's: Apply
Difficulty: Difficult

29. Taylor conducts a study where fifty children take melatonin thirty minutes before bedtime. Fifty other children are not given melatonin before bedtime. Then, Taylor measures how much time each of the one hundred children spends sleeping. In this study, taking melatonin is the _____.
A. dependent variable
B. independent variable*
C. quasi-variable
D. third variable

LO: Identify the major research methods for studying individuals across the lifespan
Bloom's: Apply
Difficulty: Moderate

30. Logan will be studying a group of children's aggression levels every year as the same group of children grows from the ages six to sixteen years. Logan is conducting what type of study?

A. cross-sectional
B. experimental
C. longitudinal*
D. quasi-experimental

LO: Identify the major research methods for studying individuals across the lifespan
Bloom's: Apply
Difficulty: Moderate

Fill in the Blank

31. The term _____ refers to thinking abilities, such as memory and language.
Answer: cognition

LO: Identify major questions of interest and topics of research within the field of lifespan development
Bloom's: Remember
Difficulty: Moderate

32. Translating evidence-based research and ideas into practical solutions to improve life is known as _____.
Answer: application

LO: Identify major questions of interest and topics of research within the field of lifespan development
Bloom's: Understand
Difficulty: Easy

33. The process of _____ refers to how the environment and behaviors can impact genes.
Answer: epigenetics

LO: Describe nature and nurture as sources for developmental change
Bloom's: Remember
Difficulty: Moderate

34. A _____ period refers to the ages when environmental influence can have an impact on a characteristic, whereas a critical period is a time during which these influences must occur for certain abilities to develop.
Answer: sensitive

LO: Explain the importance of the timing of opportunities for development

Bloom's: Understand
Difficulty: Moderate

35. Because it focused on experiencing the world through senses and actions, Jean Piaget called the first stage of his cognitive development theory the _____ stage.
Answer: sensorimotor

LO: Describe the major theoretical perspectives of lifespan development
Bloom's: Remember
Difficulty: Moderate

36. Alex and his son Nate have a close emotional bond that John Bowlby would refer to as _____.
Answer: attachment

LO: Describe the major theoretical perspectives of lifespan development
Bloom's: Apply
Difficulty: Easy

37. One part of the social ecological model is known as the _____, which refers to the historical events and the times during which we grow up.
Answer: chronosystem

LO: Identify the various contextual settings of the ecological systems model
Bloom's: Remember
Difficulty: Difficult

38. A person's _____ refers to society's expectations about their roles, attitudes, and behaviors based on their sex.
Answer: gender

LO: Describe and give examples of cohort, identity, social, and cultural contexts
Bloom's: Remember
Difficulty: Easy

39. In _____ observation, people are watched while they complete a specific set of tasks.
Answer: structured

LO: Describe the strengths and weaknesses of different research methods
Bloom's: Understand
Difficulty: Difficult

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40. With a cross-_____ type of study, different people of different ages are measured at a given time.
Answer: sectional

LO: Identify the major research methods for studying individuals across the lifespan
Bloom's: Remember
Difficulty: Moderate

Short Answer Questions

41. Three components of the human experience are behavior, affect, and cognition. Describe and give examples of each of those.
Sample Answer: Behavior refers to physical actions, such as jumping or eating. Affect refers to emotions, such as anger or fear. Cognition refers to thinking, such as solving a math problem or using your memory.

LO: Identify major questions of interest and topics of research within the field of lifespan development
Bloom's: Analyze
Difficulty: Moderate

42. Describe what application is and give an example of application in regard to sleep.
Sample Answer: Application refers to using evidence-based research to influence life. For example, if we know that people sleep better and longer in cool environments, we may want to turn down the thermostat in the evening. Or, since we know that blue light exposure is not good for sleep, we might want to tell our child that they cannot watch TV or look at their phones in the final thirty minutes before they go to sleep, and they cannot keep their phone at their bedside.

LO: Identify major questions of interest and topics of research within the field of lifespan development
Bloom's: Apply
Difficulty: Easy

43. Provide some examples of how nature might influence athletic skills. Then, provide some examples of how nurture might influence athleticism.
Sample Answer: Nature refers to the influence of biology and genetics. Some tall parents may have tall children whose height may provide an advantage in certain sports, and athletic parents may have children who are very coordinated and who find that sports come easy to them. Nurture refers to the impact of the environment. So, parents may spend a lot of time

playing or watching sports with their children. Parents may also enroll their children in sports leagues or send their children to a camp that focuses on sports.

LO: Describe nature and nurture as sources for developmental change
Bloom's: Apply
Difficulty: Easy

44. Describe the difference between critical periods and sensitive periods.
Sample Answer: Critical periods are the ages when certain experiences are necessary for a physical or psychological ability to develop. For example, the first few years of life are especially important for developing language skills. If we are not exposed to language then, it can be more difficult to learn later. Sensitive periods are the ages when the development of a characteristic is especially vulnerable to the impact of the environment. For example, adolescence is an important time for people to explore their identity. So, how we spend our time and who we spend our time with can have a big influence.

LO: Explain the importance of the timing of opportunities for development
Bloom's: Understand
Difficulty: Moderate

45. What did Lev Vygotsky mean by the zone of proximal development?
Sample Answer: The zone of proximal development means that we can achieve beyond our current level with help (perhaps from others). For example, a child may struggle to understand multiplication. However, if an older sibling assists the child, they may be able to start grasping this concept.

LO: Describe the major theoretical perspectives of lifespan development
Bloom's: Remember
Difficulty: Moderate

46. Describe the difference between reinforcement and punishment in operant conditioning, and provide examples of times when a caregiver would want to use each one.
Sample Answer: Reinforcement encourages behavior, whereas punishment discourages it. For example, a caregiver would want to reinforce a child who has demonstrated good manners or earned good grades in school, but the caregiver might want to punish their child who was hitting someone or has stayed out past curfew.

LO: Provide examples of developmental concepts present in the lifespan
Bloom's: Apply
Difficulty: Difficult

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47. Describe the difference between sex and gender.
Sample Answer: Sex refers to biological anatomy and physiology (such as chromosomes). Gender refers to society's ideas about the roles, attitudes, and behaviors that are associated with a person's sex.

LO: Describe and give examples of cohort, identity, social, and cultural contexts
Bloom's: Remember
Difficulty: Moderate

48. What is meant by WEIRD cultures?
Sample Answer: Psychology researchers have often studied cultures that are *W*estern (United States, Canada, and Eastern Europe), *E*ducated, *I*ndustrialized (having more advanced technology), *R*ich, and *D*emocratic (with elected representatives and more individual rights).

LO: Describe and give examples of cohort, identity, social, and cultural contexts
Bloom's: Remember
Difficulty: Moderate

49. What is the difference between the independent and dependent variables in an experiment?
Sample Answer: The independent variable is altered, and it is expected to influence some outcome behavior. The dependent variable is believed to be impacted by the independent variable. For example, a researcher could control how much caffeine people are given to see if that influences people's moods. The independent variable would be the caffeine, whereas mood would be the dependent variable.

LO: Describe the strengths and weaknesses of different research methods
Bloom's: Understand
Difficulty: Difficult

50. What is meant by a longitudinal design?
Sample Answer: In this type of research, the same people are measured repeatedly over time as they progress through the lifespan.

LO: Identify the major research methods for studying individuals across the lifespan
Bloom's: Remember
Difficulty: Easy

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