Test Bank

Chapter 1: Human Development Through the Lifespan

## Multiple Choice

1. Human growth and development is both multidimensional and \_\_\_\_\_\_.

a. loss-oriented

b. multidirectional

c. observable

d. mobile

Ans: B

Learning Objective: 2: Explain the multidimensional and multidirectional nature of lifespan development.

Cognitive Domain: Knowledge

Answer Location: Essential to Counseling Practice

Difficulty Level: Easy

2. Life maturation processes and \_\_\_\_\_\_ shape the individual’s life at any stage of human development.

a. culture

b. adversity

c. psychotherapy

d. addiction

Ans: A

Learning Objective: 1: Describe what is meant by viewing development from a lifespan perspective.

Cognitive Domain: Knowledge

Answer Location: Essential to Counseling Practice

Difficulty Level: Easy

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

a. early school age

b. middle childhood

c. early adolescence

d. late adolescence

Ans: B

Learning Objective: 3: Describe what is meant by viewing development within a contextual framework.

Cognitive Domain: Comprehension

Answer Location: Development as Contextual

Difficulty Level: Medium

4. The \_\_\_\_\_\_ period of development involves adjusting to post work identity and the challenges of changing health.

a. elderhood

b. early adulthood

c. middle adulthood

d. late adulthood

Ans: D

Learning Objective: 3: Describe what is meant by viewing development within a contextual framework.

Cognitive Domain: Comprehension

Answer Location: Development as Contextual

Difficulty Level: Medium

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

a. early school age

b. early adolescence

c. late adolescence

d. early adulthood

Ans: C

Learning Objective: 3: Describe what is meant by viewing development within a contextual framework.

Cognitive Domain: Comprehension

Answer Location: Development as Contextual

Difficulty Level: Easy

6. Baltes and Smith (2003) examine three influences on human development, including normative age-graded influence, normative history-graded influences, and \_\_\_\_\_\_.

a. normative individualized life events

b. nonnormative history-graded influences

c. nonnormative or highly individualized life events

d. nonnormative professional influences

Ans: C

Learning Objective: 3: Describe what is meant by viewing development within a contextual framework.

Cognitive Domain: Knowledge

Answer Location: Development as Contextual

Difficulty Level: Easy

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

a. interactive patterns, socioeconomic status

b. nutrition, genetic vulnerability

c. intelligence, poverty

d. irrational thinking, lack of self-control

Ans: D

Learning Objective: 4: Discuss the biopsychosocial approach to defining human development and the multiple interactive forces that shape human development.

Cognitive Domain: Knowledge

Answer Location: Psychological System

Difficulty Level: Easy

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

a. psychological

b. social system

c. biological

d. pathophysiological

Ans: B

Learning Objective: 4: Discuss the biopsychosocial approach to defining human development and the multiple interactive forces that shape human development.

Cognitive Domain: Knowledge

Answer Location: Sociocultural System

Difficulty Level: Easy

9. Counseling coursework in \_\_\_\_\_\_ addresses theories of individuals, families, and communities coping with disasters and post-trauma stress.

a. crises intervention

b. assessment

c. addiction

d. abnormal psychology

Ans: A

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Comprehension

Answer Location: Integrated in Our Studies

Difficulty Level: Easy

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

a. CACREP

b. CORE

c. CPEAA

d. NBCC

Ans: A

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Knowledge

Answer Location: Development: Change and Stability

Difficulty Level: Easy

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

a. Stress

b. Development

c. Regulation

d. Evolution

Ans: B

Learning Objective: 1: Describe what is meant by viewing development from a lifespan perspective.

Cognitive Domain: Knowledge

Answer Location: Development: Change and Stability

Difficulty Level: Easy

12. \_\_\_\_\_\_ was one of the pioneers in bringing an integrative model into the field of medicine.

a. George Engel

b. Lawrence Kohlberg

c. Sigmund Freud

d. Eric Erikson

Ans: A

Learning Objective: 4: Discuss the biopsychosocial approach to defining human development and the multiple interactive forces that shape human development.

Cognitive Domain: Knowledge

Answer Location: A Biopsychosocial Approach

Difficulty Level: Easy

13. The \_\_\_\_\_\_ system consists of a group of organs that work together to perform certain tasks.

a. psychological

b. sociocultural

c. biological

d. pathophysiological

Ans: C

Learning Objective: 4: Discuss the biopsychosocial approach to defining human development and the multiple interactive forces that shape human development.

Cognitive Domain: Knowledge

Answer Location: Biological System

Difficulty Level: Easy

14. \_\_\_\_\_\_ studied the cognitive development of children as they think about the physical world.

a. George Engel

b. Lawrence Kohlberg

c. Jean Piaget

d. Carol Gilligan

Ans: C

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Knowledge

Answer Location: Human Development Knowledge Applied to Counseling

Difficulty Level: Easy

15. \_\_\_\_\_\_ believed the skill of listening requires role-taking important for both moral and psychological growth between the counselor and the client.

a. Piaget

b. Kohlberg

c. Engel

d. Ainsworth

Ans: B

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Knowledge

Answer Location: Human Development Knowledge Applied to Counseling

Difficulty Level: Easy

16. \_\_\_\_\_\_ is a view that encourages the individual’s natural interaction with a developing society or environment.

a. Existentialism

b. Empiricism

c. Progressivism

d. Constructivism

Ans: C

Learning Objective: 3: Describe what is meant by viewing development within a contextual framework.

Cognitive Domain: Knowledge

Answer Location: Human Development Knowledge Applied to Counseling

Difficulty Level: Easy

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

a. how individuals cope with and make sense of their environment

b. deductive and inductive reasoning

c. locus of control

d. one’s ability to hypothesize

Ans: A

Learning Objective: 3: Describe what is meant by viewing development within a contextual framework.

Cognitive Domain: Comprehension

Answer Location: Essential to Counseling Practice

Difficulty Level: Medium

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

a. advocating for their clients

b. providing legal assistance for clients

c. problem-solving for clients

d. prescribing medication for clients

Ans: A

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Comprehension

Answer Location: Human Development Knowledge Applied to Counseling

Difficulty Level: Medium

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

a. abnormal psychology

b. assessment

c. addiction

d. family counseling

Ans: D

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Knowledge

Answer Location: Integrated in Our Studies

Difficulty Level: Easy

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

a. 51 to 75

b. 36 to 60

c. 30 to 65

d. 75 to 90

Ans: C

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Knowledge

Answer Location: Development as Contextual

Difficulty Level: Hard

## True/False

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

Ans: T

Learning Objective: 2: Explain the multidimensional and multidirectional nature of lifespan development.

Cognitive Domain: Comprehension

Answer Location: Development: Change and Stability

Difficulty Level: Easy

2. Human development is both multidimensional and multidirectional.

Ans: T

Learning Objective: 2: Explain the multidimensional and multidirectional nature of lifespan development.

Cognitive Domain: Knowledge

Answer Location: Development: The Result of Interactive Forces

Difficulty Level: Easy

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

Ans: F

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Knowledge

Answer Location: Development as Contextual

Difficulty Level: Easy

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

Ans: T

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Knowledge

Answer Location: Development as Contextual

Difficulty Level: Easy

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

Ans: F

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Knowledge

Answer Location: Development as Contextual

Difficulty Level: Easy

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

Ans: F

Learning Objective: 4: Discuss the biopsychosocial approach to defining human development and the multiple interactive forces that shape human development.

Cognitive Domain: Comprehension

Answer Location: A Biopsychosocial Approach

Difficulty Level: Medium

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

Ans: T

Learning Objective: 4: Discuss the biopsychosocial approach to defining human development and the multiple interactive forces that shape human development.

Cognitive Domain: Application

Answer Location: Application to Counseling Skills

Difficulty Level: Hard

8. Developmental psychologist Lawrence Kohlberg established the Moral Development Theory.

Ans: T

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Knowledge

Answer Location: Human Development Knowledge Applied to Counseling

Difficulty Level: Easy

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

Ans: F

Learning Objective: 4: Discuss the biopsychosocial approach to defining human development and the multiple interactive forces that shape human development.

Cognitive Domain: Comprehension

Answer Location: Life Domains of Human Development

Difficulty Level: Medium

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

Ans: F

Learning Objective: 4: Discuss the biopsychosocial approach to defining human development and the multiple interactive forces that shape human development.

Cognitive Domain: Knowledge

Answer Location: Psychological System

Difficulty Level: Easy

## Essay

1. Describe the period of human development known as early adolescence.

Ans: Answers may vary, and may include:

This period, from ages 13 to 18, is marked by rapid physical changes and the development of sexual characteristics, increased peer interaction and influence, and the cognitive movement to formal, abstract reasoning.

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Analysis

Answer Location: Lifespan: A Series of Human Developmental Periods

Difficulty Level: Medium

2. Describe the period of human development known as early school age.

Ans: Answers may vary, and may include:

This period, from ages 4 to 6, is marked by increasing self-sufficiency, peer interest and interaction, and school readiness skills.

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Analysis

Answer Location: Lifespan: A Series of Human Developmental Periods

Difficulty Level: Medium

3. What are the essential elements of counselor knowledge about human development that helps to fulfill the role of advocate against barriers that limit development?

Ans: Answers may vary and may include:

Professional knowledge of the nature of human development across the lifespan; the understanding of both normative and exceptional challenges that can be and are experienced; and the use of the research and theory on human development to guide professional practice decisions.

Learning Objective: 5: Explain the value of understanding human development across the lifespan for the counseling process.

Cognitive Domain: Analysis

Answer Location: Essential to Counseling Practice

Difficulty Level: Medium