

**Note : Note : Answers in below this chapter, look below**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. List three normative and three non-normative influences in your life.
2. Estimate the amount of time you spend on social media during a typical week. Then, as a thought experiment, imagine your Internet goes on the fritz, and you are forced to spend time on other activities. What specifically would you choose to do? Do you think social media sites are a negative or a positive influence in your life?
3. Explain the “culture of connectivity.”
4. Joey and Cyril are born on the same day, but Joey lives in Canada and Cyril was born and is growing up in Haiti. Statistically speaking, what differences between Joey and Cyril might you predict as they travel through life?
5. Explain how you might teach table manners to a 4-year-old, using operant conditioning.
6. Brandi, a college sophomore, seeks help from the counseling center for her extreme shyness, and is offered a choice of treatments. She can have sessions with a behavioral therapist, work with a psychoanalyst, or get therapy from a person who follows the developmental systems perspective. Explain in a sentence how each treatment would differ from the others.
7. Dr. Ragan, is a social learning/cognitive behaviorist. Dr. Malesta is a traditional behaviorist. Both college counselors specialize in helping “at-risk” freshman who are currently doing very poorly in their current semester, succeed at school. Compare Dr. Ragan's and Dr. Malesta's treatment of the freshman.
8. Spell out the main similarity and the main difference between John Bowlby's attachment theory and traditional psychoanalytic theory.
9. A psychologist wants to determine the heritability (or genetic contribution) to being shy. Describe how the psychologist might design this study. What findings would suggest that shyness is highly genetic?

10. Give an example each of evocative and active genetic/environment forces and how they have shaped the person you are. Then give an example of either an optimum or poor person-environment fit that you have experienced this semester.
11. Compare and contrast Erikson's and Freud's ideas.
12. Explain Piaget's concepts of assimilation and accommodation and give a concrete example of those processes.
13. A developmentalist is studying the relationship between parental physical punishment (e.g., hitting, spanking) and first graders' aggression. Her plan is to individually watch each parent interact with a child at home, and then observe that child's behavior at school. Name the type of measurement strategy this researcher is using, and spell out its advantages and disadvantages.
14. Melissa and Ramon want to conduct a study to determine if exercise promotes health. Melissa plans to test this question using a correlational approach, while Ramon decides to conduct an experiment. Describe what each student's research might look like and discuss the respective pluses and minuses of each plan.
15. After researchers conduct a cross-sectional study, they find that older people are happier than younger people. How should these developmentalists interpret this finding?
16. List the minuses and pluses of conducting longitudinal research.
17. Take a specific concept, term, or theory in this chapter and discuss how it applies to your own life.
18. The scientific study of aging is called \_\_\_\_\_.
19. Unusual, or unpredictable, transitions people encounter during life, such as divorce or the death of a child, are called \_\_\_\_\_.

20. If Janet is a baby boomer and Jamila is a millennial, then Janet and Jamila are members of different \_\_\_\_\_.
21. \_\_\_\_\_ is the term that refers to advancing or rising in education, income, and social status compared to our parents.
22. Harmonious group relationships are of primary importance in collectivist cultures, while independence and personal achievement are highly valued in \_\_\_\_\_ cultures.
23. The developmental science term for inherited or genetic forces that shape behavior is \_\_\_\_\_.
24. \_\_\_\_\_ theories focus on specific changes that occur at particular ages.
25. In traditional operant behaviorist terminology, people learn through \_\_\_\_\_.
26. In cognitive behavioral terms, a person who has low \_\_\_\_\_ will be less likely to accept a challenging task than a counterpart.
27. Freud referred to the rational part of personality that allows us to successfully function in life as our \_\_\_\_\_.
28. According to John Bowlby, children's early experiences with \_\_\_\_\_ shape their ability to love.
29. Evolutionary psychologists emphasize the \_\_\_\_\_ roots of human behavior.
30. The field that explores the biological or genetic contribution to human differences is called \_\_\_\_\_.
31. We shape our environment to go along with our genetic propensities in two different ways. These principles are called \_\_\_\_\_ and \_\_\_\_\_ forces.

32. For Erikson, each life stage involves a particular developmental challenge, or \_\_\_\_.
33. According to Piaget, we shape the environment to who we are by \_\_\_\_ and in the process we change to fit the environment by \_\_\_\_.
34. A researcher who looks at many different influences on behavior advocates the \_\_\_\_ perspective.
35. The disadvantage of correlational studies is that they do not allow a researcher to determine \_\_\_\_.
36. In a(n) \_\_\_\_, the researcher assigns groups to different treatments and looks at the results.
37. Longitudinal studies examine a group of people \_\_\_\_.
38. The volunteers who remain in a longitudinal study for years tend to be a(n) \_\_\_\_ group, much better than average.
39. When researchers use personal interviews (versus statistics) to understand behavior, these scientists are conducting \_\_\_\_.
40. Gerontologists study:  
A) evolution.  
B) genes.  
C) diseases of the ancient world.  
D) aging.
41. What area of the lifespan did scientists study first?  
A) child development  
B) adult development  
C) gerontology  
D) prenatal development

42. Researchers increased the study of which life stage during the final third of the twentieth century?
- A) child development
  - B) adult development
  - C) adolescent development
  - D) prenatal development
43. A developmental scientist might study:
- A) parenting practices and how they affect normal child development.
  - B) changes in socioeconomic status.
  - C) cross-cultural comparisons related to political climates.
  - D) travel and its economic impact on a nation's wealth.
44. A developmentalist might study:
- A) effective therapies for eating disorders among males.
  - B) what treatments work best for people with schizophrenia.
  - C) which treatments are most effective for borderline personality disorder.
  - D) how an individual's personality may change over time.
45. Which is a non-normative transition?
- A) Mary begins kindergarten at age 5.
  - B) Sara has a child when she is in her twenties.
  - C) Josephine gets cancer at age 18.
  - D) Manuel retires at age 65.
46. Which is a normative transition?
- A) walking
  - B) divorce
  - C) sleeping in bed with a child
  - D) living through a recession
47. Which is a fundamental context of development?
- A) weight
  - B) date of birth
  - C) height
  - D) cohort

48. Which statement is referring to a person's cohort?
- A) "We live in the same area of the country."
  - B) "We play tennis together every week."
  - C) "We were born around the same time."
  - D) "We are of the same ethnic group."
49. A cohort refers to a:
- A) group of friends.
  - B) group of people who were born around the same time.
  - C) family group.
  - D) group of people who live in the same neighborhood.
50. When Aracelly tells you that she is a millennial, Aracelly is referring to her \_\_\_\_.
- A) society
  - B) cohort
  - C) income
  - D) gender
51. Millennial, generation X, and baby boomer are terms that refer to a person's:
- A) social class.
  - B) cohort.
  - C) society.
  - D) group of friends.
52. Which person definitely is a baby boomer?
- A) Cesar, who is 30
  - B) Callista, who is 65
  - C) Cami, who is 40
  - D) Corrine, who is 10
53. Which person is definitely a baby boomer?
- A) Selma, who is about to turn 50
  - B) Kimiko, who is 65
  - C) Kevin, who became a father last year
  - D) Tan, who just got his Ph.D.

54. Which of the following is true of the baby-boom cohort?
- A) They are in their sixties and early seventies.
  - B) They were born right after World War I.
  - C) They are in their forties.
  - D) They are all in middle adulthood.
55. Which of the following is true of the baby boomers?
- A) They were teenagers during the late 1980s.
  - B) They are mainly in their young-old years.
  - C) They are an incredibly small cohort.
  - D) They have had little impact on Western society.
56. Today, the baby-boom cohort is:
- A) mainly young-old.
  - B) old-old.
  - C) almost completely dead.
  - D) mainly middle aged.
57. Which person is a member of the baby-boom cohort?
- A) David, who was born in 1946 after his dad returned from World War II
  - B) Adrianna, who just entered college at age 18
  - C) Lynnette who was born during the 1970s
  - D) Liang, who retired in 1960
58. A woman who says she is a baby boomer:
- A) grew up during World War II.
  - B) grew up during the 1980s.
  - C) reached her teens during the late 1960s or 1970s.
  - D) reached her teens in the 1980s.
59. Childhood got longer because of:
- A) schooling—the need for more education.
  - B) economic pressures—the need for kids to stay at home.
  - C) biology—children reaching puberty at younger ages.
  - D) family changes—more single-parent moms.

60. The modern “caring” view of childhood was influenced by:
- A) the writings Freud, who felt childhood was a special period.
  - B) social media.
  - C) the need for children to receive an education.
  - D) larger families.
61. Over the centuries, childhood has become much:
- A) longer.
  - B) more difficult.
  - C) more stressful.
  - D) simpler.
62. For people born in the nineteenth century, which of the following is true?
- A) They would be far more likely to die during early childhood than today.
  - B) They would be far more likely to go to school than today.
  - C) They began their “adult life” at a far older age than today.
  - D) They skipped the developmental stage of adolescence.
63. Adolescence became a life stage during:
- A) the eighteenth century.
  - B) the nineteenth century.
  - C) the early twentieth century.
  - D) the late twentieth century.
64. Carlos, in his twenties, is trying to decide on a career. Carlos is in the life stage called:
- A) emerging adulthood.
  - B) wandering adulthood.
  - C) immaturity.
  - D) post adolescence.
65. Emerging adulthood:
- A) refers to the time from age 18 through the late twenties.
  - B) refers to making the transition from high school to college.
  - C) tends to be an unusually happy life stage.
  - D) tends to be an unusually unhappy life stage.



66. If Therese is in her eighties, she is \_\_\_\_\_.  
A) old-old  
B) a new senior citizen  
C) in early old age  
D) an emerging adult
67. The age to which people have a 50-50 chance of surviving is their \_\_\_\_\_.  
A) ultimate life expectancy  
B) average life-expectancy  
C) statistical life span  
D) predictable lifespan
68. The maximum lifespan:  
A) refers to the biological limit of human life, about 105.  
B) is about age 85.  
C) can be changed by public health improvements.  
D) can be changed by curing all infectious diseases.
69. Which of the following is true of the twentieth-century life-expectancy revolution?  
A) It was caused by public health improvements and medical advances.  
B) It occurred mainly in the early eighteenth century.  
C) It allowed people to live beyond the maximum lifespan.  
D) It allowed most people to live past late adulthood.
70. The twentieth-century life-expectancy revolution occurred when scientists were able to:  
A) cure or prevent many infectious diseases.  
B) slow the progress of many chronic diseases.  
C) make inroads in curing heart disease.  
D) allow people to live happier lives.
71. Which age group has benefited MOST from the disease-control advances that produced the twentieth-century life-expectancy revolution related to pasteurized milk?  
A) infants and children  
B) adults in their thirties  
C) midlife adults  
D) elderly people

72. Deaths from heart disease are much more common today than a century ago because people are:
- A) living much longer.
  - B) not taking good care of their bodies.
  - C) working harder.
  - D) under more stress.
73. Sara is describing some effects of the twentieth-century life-expectancy revolution. Which statement is correct?
- A) "People today are unlikely to die of infectious diseases."
  - B) "People today often live beyond the maximum lifespan."
  - C) "People today expect to survive beyond late adulthood."
  - D) "People today are not likely to die of heart disease and cancer."
74. Ali is discussing the young-old. Which statement is correct?
- A) "They are in their thirties."
  - B) "They are often unhealthy."
  - C) "They may say they look and feel middle-aged."
  - D) "They are in their late fifties."
75. The main difference between the young-old and the old-old is:
- A) health.
  - B) wisdom.
  - C) discrimination.
  - D) the climate in which they live.
76. If Phillip is describing the young-old, he should say:
- A) "They are far more likely to be healthy than the old-old."
  - B) "They are in their fifties."
  - C) "They were born during the Great Depression."
  - D) "They clearly define themselves as senior citizens."
77. If someone says, "My grandma is old-old," which of the following is likely to be true?
- A) She is in her eighties or older.
  - B) She is less likely to be frail.
  - C) She is not likely to live in a nursing home.
  - D) She is a recent grandparent.

78. Which of the following is a late-twentieth-century lifestyle change in the United States?
- A) fewer divorces
  - B) men doing much more housework and childcare
  - C) women moving out of the workforce
  - D) more rigid ideas about how adults should behave
79. The main consequence of the lifestyle revolution of the 1960s is greater:
- A) freedom in lifestyle choices.
  - B) happiness.
  - C) unhappiness.
  - D) obesity.
80. Which event relates to the lifestyle revolution of the 1960s?
- A) deaths shifting from chronic to infectious disease
  - B) the men's movement
  - C) decreases in divorce
  - D) increases in unmarried motherhood
81. What phenomenon is part of the social media revolution?
- A) on-line bullying
  - B) increased social relationships
  - C) increased academic performance
  - D) increased longevity
82. Social media transformed U.S. lifestyles around the:
- A) 1960s.
  - B) 1980s.
  - C) early years of the twenty-first century.
  - D) last 2 or 3 years.
83. Income inequalities grew most extreme during:
- A) the late 1970s.
  - B) the late 1980s.
  - C) the early 1990s.
  - D) the early twenty-first century.

84. A main cause of widening income inequalities in bedrock U.S. sectors of the economy was:
- A) the loss of U.S manufacturing jobs.
  - B) poor education.
  - C) racial stereotyping.
  - D) Amazon.
85. Which of the following is true of the top 1 percent of the U.S. population?
- A) They became much richer during the early twentieth century.
  - B) They became much richer during the early twenty-first century.
  - C) They own almost 90 percent of our nation's wealth.
  - D) They own a decreasing fraction of our nation's wealth.
86. "Income inequality" refers to the widening income gap between:
- A) the very rich (top 1 percent) and the rest of the population.
  - B) the young and old.
  - C) minorities and everyone else.
  - D) women and men.
87. What question BEST refers to upward mobility?
- A) Has someone risen in socioeconomic status compared to his parents?
  - B) Is someone taller than her parents?
  - C) Is someone more athletic than his parents?
  - D) Does someone live in an affluent section of a city?
88. Which famous person's life illustrates upward mobility?
- A) President Abraham Lincoln was born in a mansion.
  - B) Oprah Winfrey was born to a disadvantaged single teenage mom.
  - C) . Eleanor Roosevelt married her cousin Franklin.
  - D) Jeff Bezos grew up in an upper-class family.
89. What question(s) would a person ask to BEST understand someone's socioeconomic status?
- A) "What is your education level?"
  - B) "What is your medical history?"
  - C) "What is your income?"
  - D) "What is your education level?" and "What is your income?"

90. Which of the following statements relates to a person's socioeconomic status?
- A) Zaire
  - B) Pakistan
  - C) Indonesia
  - D) Japan
91. "This country has a high median income and high life expectancy." This statement describes a(n):
- A) primitive society.
  - B) developing world nation.
  - C) developed world nation.
  - D) individualistic society.
92. Mariah says, "Obedience to family comes first." Obi says, "Honesty and independence are my main values in life." Compared to Obi's cultural worldview, Mariah's cultural worldview is \_\_\_\_\_.
- A) narcissistic
  - B) caring
  - C) collectivist
  - D) individualistic
93. In collectivist cultures, people tend to:
- A) value their own needs over the good of the community.
  - B) value obedience to elders.
  - C) care greatly about personal success.
  - D) want to succeed economically above all else.
94. In individualistic cultures, people tend to prioritize:
- A) arranged marriages.
  - B) independence.
  - C) obedience.
  - D) suppressing feelings.

95. Who has the MOST individualistic worldview?
- A) Pedro, who puts his college plans on hold because his grandparents are ill and he feels “family comes first”
  - B) Kim, who is preparing for her wedding to Jules, the man her parents picked to be her husband
  - C) Marta, who wants to go to school to become a doctor, but will easily give up this plan to preserve family harmony, if her father and brothers object
  - D) Dimitrios, who wants to raise his daughters to be self-sufficient
96. The nation with the LEAST collectivist worldview is:
- A) the United States.
  - B) India.
  - C) China.
  - D) Bangladesh.
97. People from collectivist cultures have which tendency?
- A) being more open about sharing feelings
  - B) living in single family homes
  - C) placing value on subordinating their personal needs to the group
  - D) wanting to live independently as adults
98. Ata has a collectivist worldview and Maya has an individualistic worldview. Which statement is NOT a good prediction about Ata and Maya?
- A) Ata values obedience more than Maya.
  - B) Maya values independence more than Ata.
  - C) Maya values self-assertion more than Ata.
  - D) Ata is more unhappy than Maya.
99. Which of these people is likely to live the longest?
- A) Donald, a farmer in the U.S. Midwest
  - B) Raquel, who works in a factory in Haiti
  - C) Abdul, who runs a shop in Bangladesh
  - D) Maya, a third-grade teacher, in Japan
100. As of 2018, which is the largest U.S. minority group?
- A) Asian Americans
  - B) Latinos
  - C) Blacks
  - D) American Indians

101. Population projections in the United States suggest that in 2042 there will be many more \_\_\_\_\_.
- A) Latinos
  - B) Whites
  - C) American Indians
  - D) African Americans
102. Each major ethnic minority group in the United States is:
- A) very similar.
  - B) composed of people from a variety of countries, with different attitudes and worldviews.
  - C) becoming more isolated.
  - D) growing dramatically as a fraction of the U.S. population.
103. In 2042 in the United States, people are apt to see which of the following changes?
- A) fewer Latino adults
  - B) fewer old-old people
  - C) more ethnic minorities
  - D) more African Americans
104. Transgender adults:
- A) are all emotionally disturbed.
  - B) have a different gender identity than their sex chromosomes at birth.
  - C) were more common in previous centuries.
  - D) are typically in their teens.
105. Gender differences in attitudes and lifestyles:
- A) are mainly biological.
  - B) are mainly shaped by society.
  - C) are shaped by biology and society.
  - D) stay the same over time.
106. Which statement about the lifespan is MOST true?
- A) Most people's lives are the same, no matter where in the world they live.
  - B) Throughout history, people's day-to-day lives have not changed much no matter where they live.
  - C) Most ideas about proper behavior are universal.
  - D) The human lifespan varies dramatically depending on cohort, socioeconomic status, cultural background, and gender.

107. If Dr. Im believes in a nurture explanation of development, she might make which statement?
- A) "Personality is inherited."
  - B) "Gender differences in friendship styles are programmed at birth."
  - C) "Good teachers can raise intelligence test scores in children from impoverished homes."
  - D) "People are destined to follow in their parents' footsteps."
108. Which comment would be made by a behaviorist?
- A) "I can explain human behavior by looking at the reinforcers."
  - B) "I want to understand people's inner motivations."
  - C) "Each person perceives reality differently."
  - D) "Human behavior is very complicated."
109. According to B. F. Skinner, behaviors that are \_\_\_\_\_ will be learned.
- A) stopped
  - B) reinforced
  - C) observed
  - D) beneficial
110. Which statement refers to a variable reinforcement schedule?
- A) "Sometimes I get As when I study and sometimes I don't. So if I happen not to get an A on this test, I know I'll have to keep studying and eventually I will succeed."
  - B) "If I don't get an A on this test, I will give up."
  - C) "If I get an A on this test, I'm a genius."
  - D) "I love teachers who give mainly As."
111. Which is the BEST example of operant conditioning?
- A) When Tiffany cries, the family gives her attention, so she cries a lot.
  - B) Bao gives her husband a lot of love because she had a nurturing mom.
  - C) After watching a movie about sharks Anya becomes afraid to swim.
  - D) A child basically feels blessed in life.
112. If a traditional behaviorist notices that a nursing home resident's memory has seriously declined, this developmentalist MOST likely would say that the resident:
- A) is not being reinforced for remembering anything.
  - B) has developed Alzheimer's disease.
  - C) is being overmedicated.
  - D) is lonely and depressed.



113. A behaviorist might give which of the following childrearing tips?
- A) "Make sure kids have a balanced diet."
  - B) "Be consistent. Never reward a child who acts inappropriately."
  - C) "Pay attention to a child who is acting up."
  - D) "Give a child total, unconditional love."
114. Imagine that a couple visits a behavioral therapist for marital treatment. The psychologist MOST likely would:
- A) train the couple to increase the reinforcing comments they say to one another.
  - B) encourage each person to explore his or her inner motivations.
  - C) comment on early childhood experiences.
  - D) help the couple understand their unconscious motives.
115. A behaviorist is giving childrearing advice. Which tip is this person LEAST likely to give?
- A) "Ignore bad behavior (or don't reinforce it) by paying attention to a child."
  - B) "Pay attention and reinforce a child for good behavior."
  - C) "To encourage a child to persist at an activity, reinforce him every time he performs that action."
  - D) "To discipline a child, be consistent. Never give in because the child whines."
116. Link statements (1), (2), and (3) to the correct behavioral terms.
- (1) "Sometimes when I study, I get As and sometimes I don't. So I keep plugging along."
  - (2) "Even though I failed this test, I know I'm a terrific student. So I keep studying because I have faith in myself."
  - (3) "I watched my brother studying; that's how I learned to study hard."
- A) (1) = high self-efficacy; (2) = modeling; (3) = variable reinforcement schedule
  - B) (1) = variable reinforcement schedule; (2) = high self-efficacy; (3) = modeling
  - C) (1) = reinforcement; (2) = variable schedule; (3) = modeling
  - D) (1) = variable reinforcement schedule; (2) = modeling; (3) = high self-efficacy
117. A cognitive behaviorist would likely make which of the following statements?
- A) "I can't predict behavior by looking at a person's feelings of competence."
  - B) "Human beings learn by doing."
  - C) "Human beings learn only when they are given concrete rewards."
  - D) "The best way to change behavior is to change people's thoughts."

118. Jorge is an 8-year-old boy. According to social learning theory, which person would Jorge be MOST likely to model?
- A) Maria, a 4-year-old girl who lives down the street
  - B) Uncle Pedro, who is incredibly kind and involved with Jorge
  - C) Mr. Taylor, the principal at the high school in town
  - D) Spot, Jorge's dog
119. At age 72, Phyllis is very reluctant to go to the local senior center. A behaviorist might make which statement?
- A) "Phyllis is emotionally disturbed."
  - B) "Phyllis is not being reinforced for attending the program."
  - C) "Phyllis may have high efficacy feelings with regard to making new friends."
  - D) "The senior center should develop less reinforcing activities for younger adults like Phyllis."
120. Which person is showing high self-efficacy?
- A) Annie withdraws from a challenging Italian course.
  - B) Petra refuses to audition for a starring role in a local play.
  - C) Maurice likes to stretch his physical capacities by rock climbing.
  - D) Crista only interacts with people she knows well because she is shy.
121. With regard to studying, link the examples to the following: (1) modeling and (2) self-efficacy.
- A) (1) "My best friend studies and makes good grades, so I am inspired to study." (2) "I know I can do well academically, so I study a lot."
  - B) (1) "I know I can do well academically, so I study a lot." (2) "My best friend studies and makes good grades, so I am inspired to study."
  - C) (1) "The last test I studied for I got an A, so I'll study for this one too." (2) "I'm in the habit of studying."
  - D) (1) "I hate studying." (2) "I love studying."
122. Joanna gets a C on her first test and then decides to work very hard because she believes that with extra effort she can succeed in class. According to cognitive behaviorists, Joanna has:
- A) high self-efficacy.
  - B) good ego strength.
  - C) good genetics.
  - D) high self-esteem.

123. Which statement would a behaviorist NOT make?
- A) "People can succeed if they try hard."
  - B) "People can succeed if they are rewarded for doing well."
  - C) "People can succeed if their parents encourage them to do their best."
  - D) "People can succeed if they score high on intelligence tests."
124. Daniel gets an A on his developmental psych test and Eva gets a C. Which conclusion is one a behaviorist might make?
- A) Eva may have low self-efficacy with regard to this class.
  - B) Daniel is more genetically gifted than Eva.
  - C) Eva may have been reinforced for doing well in school in the past.
  - D) Daniel may not have been reinforced for doing well in school in the past.
125. A psychoanalytic theorist might make which of the following statements?
- A) "Personality does not depend on how parents treat a child during early childhood."
  - B) "Personality is shaped by unconscious feelings stemming from childhood."
  - C) "Self-understanding is not the key to a successful life."
  - D) "People act rationally."
126. If a client visits a behaviorist for treatment that therapist would discuss \_\_\_\_\_, while if she sees a psychoanalytic therapist that person would discuss \_\_\_\_\_.
- A) early childhood experiences; the reinforcers shaping behavior
  - B) the reinforcers shaping the behavior; early childhood experiences
  - C) self-efficacy; the reinforcers shaping the behavior
  - D) the reinforcers shaping the behavior; self-efficacy
127. If a person visits a psychoanalytic therapist for treatment, that therapist MOST likely would:
- A) discuss early childhood experiences.
  - B) identify the reinforcers shaping the person's behavior.
  - C) give the person homework exercises to employ between sessions.
  - D) stimulate self-efficacy.
128. If a couple goes to a psychoanalytically oriented mental health professional, this therapist MOST likely would focus on:
- A) increasing the positive comments spouses make.
  - B) understanding the unconscious motivations from childhood that are keeping the spouses from relating well.
  - C) increasing marital efficacy feelings.
  - D) providing medications.

129. Which of the following is a goal of psychoanalytic treatment?
- A) Promoting ego strength.
  - B) Promoting self-esteem.
  - C) Understanding consequences for actions.
  - D) Changing the reinforcers.
130. Yael has coped very well with serious life stresses. A psychoanalytic theorist would say Yael's behavior shows:
- A) high self-efficacy.
  - B) good ego strength.
  - C) positive motivation.
  - D) high self-esteem.
131. When Freud used the term "libido," he was referring to:
- A) sexual impulses driving behavior.
  - B) the goal of psychoanalytic treatment.
  - C) feelings of love for the therapist.
  - D) a transfer of unconscious impulses.
132. Which is the correct order of Freud's psychosexual stages?
- A) anal, oral, phallic
  - B) oral, anal, phallic
  - C) phallic, oral, anal
  - D) anal, phallic, oral
133. Baby Chiara is almost 1 year old. According to Freud, Chiara is in the \_\_\_\_\_ stage.
- A) oral
  - B) anal
  - C) phallic
  - D) basic trust
134. Both psychoanalytic theorists and attachment theorists believe:
- A) early caregiving experiences determine adult mental health.
  - B) nurture is the only influence shaping human behavior.
  - C) reinforcers determine how people act.
  - D) genetics determines how people behave.

135. Which advice would an attachment theorist give to a new mom?
- A) "Don't spoil your baby by giving her too much attention."
  - B) "Human beings need to be independent. Don't let your baby get too attached."
  - C) "Once your baby begins to walk, try to leave him alone."
  - D) "Give your baby a lot of love, so he will have loving relationships later in life."
136. Dr. Schatzman is a fan of attachment theory. Which statement is he LEAST likely to make?
- A) "The way parents treat children during infancy determines adult mental health."
  - B) "The attachment response is biologically programmed to come out when babies start to walk."
  - C) "People need to have a significant other during every stage of life."
  - D) "It's unhealthy to get too attached to people."
137. Which statement would an attachment theorist be MOST likely to make?
- A) "Humans need to be physically close to their caregivers in the first year of life."
  - B) "People need to get reinforced for acting appropriately."
  - C) "Children need the right environment to express their genetic talents."
  - D) "Children need severe discipline in order to behave well."
138. \_\_\_\_\_ look at the genetic tendencies that humans share as a species.
- A) Evolutionary psychologists
  - B) Behavioral geneticists
  - C) Traditional behaviorists
  - D) Behavioral genetic researchers
139. Dr. Chuang is an evolutionary psychologist. Which research paper is she MOST likely to write?
- A) "The effects of experimenter praise on participant accuracy in a card-selection task"
  - B) "The impact of parental modeling on children's performance of household chores"
  - C) "Changes in efficacy feelings with age"
  - D) "Biologically built-in mate preferences among males versus females"
140. Tanisha gets Cs and Ds in math while Freddie always gets As. In understanding these differences, an evolutionary theorist would be interested in whether:
- A) there are genetic variations between individuals in math abilities.
  - B) Freddie has been reinforced more than Tanisha for performing well in math.
  - C) math abilities are biologically built into being male.
  - D) math abilities can be increased by stimulating efficacy feelings.

141. Which is the main difference between an evolutionary psychologist and a behavioral geneticist?
- A) Evolutionary psychologists speculate about the genetic basis of traits that are common to all human beings; behavioral geneticists conduct research on the genetics of human differences.
  - B) Evolutionary psychologists conduct research on the genetics of human differences; behavioral geneticists speculate about the genetic basis of traits that are common to all human beings.
  - C) Evolutionary psychologists focus on nature; behavioral geneticists believe mainly in nurture.
  - D) Evolutionary psychologists believe mainly in nurture; behavioral geneticists focus on nature.
142. The term “dizygotic” refers to fraternal twins, while “monozygotic” twins are \_\_\_\_.
- A) identical
  - B) unrelated
  - C) fraternal
  - D) individuated
143. The women in a math class tend to do worse than the men. A behavioral genetic researcher would be interested in exploring:
- A) to what degree these individual differences are genetic.
  - B) whether teachers reinforce males more for performing well in math.
  - C) whether math abilities are biologically built into being male.
  - D) whether males have higher math self-efficacy than females.
144. The women in Andre's math class tend to do worse than the men. An evolutionary theorist would MOST likely be interested in exploring:
- A) to what degree these individual differences are genetic.
  - B) whether teachers reinforce males more for performing well in math.
  - C) whether math abilities are biologically built into being male.
  - D) whether males have higher math self-efficacy than females.
145. If someone says that the heritability of a trait is high, that trait is:
- A) mainly genetically determined.
  - B) mainly environmentally determined.
  - C) two-thirds heredity and one-third environment.
  - D) 25 percent environmental and 75 percent genetic.

146. Which number shows the highest heritability?
- A) 0.4
  - B) 0.65
  - C) -0.7
  - D) 0.28
147. If the heritability of an intelligence quotient (IQ) score is 0.75, people should conclude that:
- A) three-fourths of IQ scores are genetic.
  - B) IQ scores are about the same wherever a person lives.
  - C) IQ scores are mainly genetically determined.
  - D) IQ scores are mainly due to upbringing.
148. Dr. Patel is a behavioral geneticist. He would be LEAST likely to conduct a study that compares:
- A) identical twins and fraternal twins' test scores on risk taking.
  - B) adopted children's personalities to the personalities of their biological parents.
  - C) childrearing practices in India and the United States.
  - D) pairs of identical twins raised apart and reunited in adulthood.
149. According to the Swedish twin adoption study, \_\_\_\_\_ is the most heritable ability.
- A) sexual orientation
  - B) general intelligence
  - C) mechanical ability
  - D) political affiliation
150. When Dr. Hernandez compares happiness in a sample of fraternal and identical twins, she finds fraternal twins' scores on this trait differ a great deal, while identical twins' scores are virtually "the same." Dr. Hernandez would conclude that happiness is:
- A) mainly genetic.
  - B) mainly environmental.
  - C) due to our upbringing.
  - D) greater for identical twins than fraternal twins.

151. Which of the following is a twin/adoption study?
- A) A researcher compares the personalities of identical twins separated at birth, adopted into different families and reunited as adults.
  - B) A researcher compares an adopted child's personality with the personalities of her biological and adoptive parents.
  - C) A researcher adopts a child who is a twin.
  - D) A researcher gives birth to twins and gives them up for adoption.
152. When researchers conducted twin and adoption studies, they discovered that:
- A) genetics was surprisingly influential in shaping a variety of behaviors.
  - B) the environment was surprisingly influential in shaping a variety of behaviors.
  - C) most traits were 50 percent genetic and 50 percent environmental.
  - D) most traits were 75 percent genetic and 25 percent environmental.
153. Which quality has almost nothing to do with genetics?
- A) religious tendencies
  - B) political views
  - C) the tendency to drink to excess
  - D) the region of the world where a person is born
154. Rosario is adopted as an infant and then meets his biological parents. Generalizing from the behavioral genetic findings, Rosario is apt to be more like:
- A) his adoptive parents.
  - B) his biological parents.
  - C) his adoptive mother and biological father.
  - D) both his adoptive and biological parents equally.
155. Which is an evocative heredity/environment relationship?
- A) Kerry is crabby when she wakes up, so her husband makes an effort to cheer her up.
  - B) Josh is always smiling, but his mother can't understand why he's so happy.
  - C) When things don't go Ian's way, he loses his temper. So Ian's family goes out of their way to help him calm down.
  - D) Alex is an argumentative person, so people are always fighting with her.



156. Jocasta put on plays for the neighborhood children in elementary school. She gravitated to drama in high school, majored in theater in college, and is now starring on Broadway. This BEST illustrates the behavioral genetic process called \_\_\_\_\_ forces.
- A) evocative
  - B) bidirectional
  - C) evolutionary
  - D) active
157. Which is an example of an evocative heredity/environment relationship with a child genetically prone to be grumpy?
- A) A child is temperamentally grumpy, so everyone starts yelling at him, and he gets even grumpier.
  - B) A mother takes special care to be kind to her grumpy child.
  - C) A child is genetically prone to be grumpy, so he hits other children.
  - D) A child shares his biology with his parents, so his parents are grumpy.
158. Which is a bidirectional relationship?
- A) Jorge is temperamentally unpleasant, so everything disturbs him.
  - B) Ara is temperamentally unpleasant, so people avoid her.
  - C) Sean is temperamentally unpleasant, so he goes into therapy.
  - D) Kei is temperamentally unpleasant, so she withdraws to the house.
159. Which is an active heredity/environment relationship?
- A) Oma loves painting, so she takes many art classes in school.
  - B) Cory's parents push him unwillingly into taking art classes.
  - C) Fatimah gets rewarded by her parents for enrolling in art.
  - D) Carl comes from a family of great artists.
160. Ralph's grandmother was born in 1925. Ralph was born in 1990. If both Ralph and his grandmother took the intelligence quotient (IQ) test, who would MOST likely get more items correct?
- A) Ralph would get more items correct.
  - B) Ralph's grandmother would get more items correct.
  - C) No one can make any predictions.
  - D) Both would get the same number of items correct since they are from the same family.

161. The main message of the text's heredity environment discussion is that:
- A) people need the right environment to fully express their inborn talents.
  - B) people can overcome every obstacle if they try hard.
  - C) people can do anything if given the right environment.
  - D) our life fate lies totally in our genes.
162. Which example refers to promoting the right person-environment fit?
- A) Alana is gifted in music, and so she is sent to an arts camp.
  - B) Adrian gets overwhelmed by stress, and so his parents put him in stressful situations.
  - C) Alice is not very active, and so her teachers give her a lot of outdoor playtime.
  - D) Adam loves cooking, so his father enrolls him in a soccer league.
163. What is the chapter's take-away message with regard to nature and nurture?
- A) People are most likely to be successful when the environment fits their genetic strengths.
  - B) As genetics is so important, changing the environment doesn't often work.
  - C) It's easy to separate out what is genetic from what is environmental.
  - D) Children around the world have a good chance of expressing their genetic gifts.
164. Which action involves providing a good person-environment fit?
- A) A principal builds recess into the school day, because she knows kids biologically need to run around.
  - B) A town provides limited public transportation, because the managers know if older people can't drive, they may need to go to a nursing home.
  - C) Regan sees no need to baby proof the house for her 2-year-old.
  - D) Noah gives Ritalin to an ADHD child, because that boy has trouble sitting still in class.
165. Which is the BEST conclusion about the impact of nature and nurture on development?
- A) Genetics totally determines how people's lives turn out.
  - B) Parents totally determine how children's lives turn out.
  - C) An adult should push children into unfamiliar environments to expand the child's potential.
  - D) Adults need to pick environments that bring out children's inborn genetic talents.

166. Which example illustrates an epigenetic effect?
- A) A baby who is born premature is at risk of having learning problems during life.
  - B) A child whose mother has learning problems has these same problems in school.
  - C) A toddler who comes from a poor family is at risk of having learning problems in school.
  - D) An elementary school girl whose siblings have learning problems is at risk of having these same difficulties.
167. A researcher interested in epigenetics would MOST likely study the impact of:
- A) events in utero on behavior throughout life.
  - B) breast feeding on infant weight gain.
  - C) reading to children in elementary school grades.
  - D) closeness with adult children on older people's well-being.
168. Baby Clara is almost 1 year old. According to Erikson, her life task is \_\_\_\_.
- A) basic trust
  - B) initiative
  - C) integrity
  - D) autonomy
169. Which is NOT a difference between Erikson and Freud?
- A) Freud believed that development ends at age 5, whereas Erikson believed people develop throughout life.
  - B) Freud believed sexuality drives behavior, whereas Erikson believed a person's main mission is becoming an independent self and having caring relationships.
  - C) Freud believed stages of development end after early childhood, whereas Erikson believed people develop into old age.
  - D) Freud believed childhood is crucially important, whereas Erikson didn't believe childhood was important in shaping life.
170. Erikson's MOST important contribution to human development was:
- A) spelling out the principle that people develop throughout the lifespan.
  - B) showing that children think and reason differently than adults.
  - C) making Freud's work accessible to the public.
  - D) showing that human behavior obeys basic laws of learning.

171. For Erikson, each life stage is characterized by a particular:
- A) sociocentric challenge.
  - B) cultural role.
  - C) psychosocial task.
  - D) prosocial quest.
172. Piaget was MOST interested in:
- A) children's reading capacities.
  - B) affection between mothers and infants.
  - C) young children's ideas about the world.
  - D) identity in teens.
173. Which BEST illustrates Piaget's concept of accommodation with regard to this course?
- A) Jonas realizes that his previous way of classifying minority groups masks huge differences in cultures.
  - B) Lydia realizes that she already knows most of the material in this class.
  - C) Ines realizes that she is not on the same wavelength as the textbook's author.
  - D) Hiro realizes that his progressive world view is correct.
174. Which BEST illustrates Piaget's concept of assimilation?
- A) Nate relates what his teacher is saying to his own "knowledge base."
  - B) Irena agrees with everything her teacher says.
  - C) Jesse takes good notes on what her teacher says.
  - D) Paulo vows to become exactly like his teacher.
175. Piaget studied cognitive development by:
- A) observing and questioning children.
  - B) measuring how much children know at different ages.
  - C) comparing children on different abilities.
  - D) analyzing children's relationships with their parents.
176. According to ecological developmental systems theory:
- A) family is the main influence on people's lives.
  - B) friends are the main influence on people's lives.
  - C) cohort is the main influence on people's lives.
  - D) peoples' lives are shaped by many different influences— friends, family, school system, and culture.

177. Bronfenbrenner believed all of these influences affect children's behavior EXCEPT:
- A) family relationships.
  - B) the school system.
  - C) culture.
  - D) climate.
178. Which statement would an ecological developmental systems theorist MOST likely make?
- A) "Human behavior is shaped by complex forces."
  - B) "Experts need to do research in the laboratory, where they can isolate single variables."
  - C) "Biology and culture are completely separate."
  - D) "It's important to believe in a single theory."
179. Which research collaboration BEST illustrates the developmental systems perspective?
- A) Behaviorists work together to formulate a treatment plan for autism spectrum disorder.
  - B) Psychoanalytic therapists work together to help depressed adolescents.
  - C) A geneticist, a psychologist, and a sociologist work together to understand the complex causes of school phobia in children.
  - D) A school district hires Piagetian educators to work together to overhaul its curriculum.
180. When researchers explore the relationship between students' grades and their current happiness, they are conducting a:
- A) correlational study.
  - B) true experiment.
  - C) cross-sectional study.
  - D) longitudinal study.
181. Dr. Hardy is studying the correlation between physical exercise and health in old age. Which is the BEST representative sample?
- A) elderly marathon runners
  - B) elderly people who just had hip replacements
  - C) a random group of elderly people
  - D) people over age 65 who work out regularly

182. If a researcher goes to a playground and records the frequency of aggressive acts among a sample of first graders, this person is employing the measurement technique called\_\_\_\_\_.
- A) self-report
  - B) expert assessment
  - C) naturalistic observation
  - D) experimental manipulation
183. If Rory gives parents a questionnaire to determine their child-rearing skills, he is using \_\_\_\_\_.
- A) self-reports
  - B) naturalistic observation
  - C) ability tests
  - D) qualitative research
184. The measurement technique that involves watching people's behavior is called \_\_\_\_\_.
- A) naturalistic observation
  - B) self-reports
  - C) observer evaluations
  - D) ability tests
185. A psychology professor wants to measure "parent aggressiveness." Which is the BEST strategy?
- A) Visit each home and chart how often parents hit their children.
  - B) Develop a questionnaire asking parents, "How often do you hit your children?"
  - C) Go down the street and ask neighbors, "Does this parent hit the children a lot?"
  - D) No approach is ideal, because each has its own problems and biases.
186. Choose the correct name for each measurement technique: (1) watching people and coding their behavior; (2) giving questionnaires to a group.
- A) (1) self-report; (2) naturalistic observation
  - B) (1) naturalistic observation; (2) self-report
  - C) (1) correlation; (2) experiment
  - D) (1) experiment; (2) correlation

187. Which developmental scientist is using naturalistic observation?
- A) A researcher visits each fourth-grade class and rates its teachers on a scale from 1 to 10.
  - B) A researcher gives fourth-graders a questionnaire asking them to rate their teachers on a scale from 1 to 10.
  - C) A researcher asks a principal to rate the teachers in his fourth-grade classes on a scale from 1 to 10.
  - D) A researcher asks parents to rate their child's fourth-grade teacher on a scale from 1 to 10.
188. Which research strategy involves self-reports?
- A) A researcher visits each fourth-grade class and rates different teachers.
  - B) A researcher gives fourth-graders a questionnaire asking them to rate their teachers.
  - C) A researcher asks teachers in each fourth-grade class to rate their own behavior.
  - D) A researcher asks parents to rate their child's fourth-grade teacher.
189. Before taking this class, a student visits the “Rate My Professors” website to read comments about the professor. The student should:
- A) be confident that these responses are based on a representative sample.
  - B) be cautious, as these responses involve a nonrepresentative sample.
  - C) be confident that these responses are completely unbiased.
  - D) conclude that these responses are completely useless.
190. Which researcher is selecting a representative sample?
- A) Adela, whose study of parenting involves giving questionnaires to middle-class moms
  - B) Barnabas, whose research on the frequency of marital problems polls divorced men
  - C) Charlotte, whose investigation of adolescents' friendships samples students from five high schools of varying sizes
  - D) Dragan, whose study of older adults' health beliefs involves talking to hospitalized senior citizens
191. If Tikana explores the relationship between college students' height and happiness, and finds that taller students are happier, she can conclude:
- A) being tall causes people to be happy.
  - B) not much, because there may be many reasons to explain this association.
  - C) being happy causes people to grow taller, because they are less stressed.
  - D) happiness cannot be measured.

192. Which research question **MUST** be tested by using a correlational strategy?
- A) Do parents who frequently hit their children have more aggressive children?
  - B) Does reinforcement promote learning?
  - C) Do children with autism spectrum disorders respond best to a certain medication?
  - D) Does providing snacks help children focus better on a laboratory task?
193. Which research strategy involves self-reports?
- A) A researcher visits every fourth grade class and rates different teachers.
  - B) A researcher gives 4<sup>th</sup> graders a questionnaire asking them to rate their teachers.
  - C) A researcher asks teachers in each 4th grade class to rate their own behavior.
  - D) A researcher asks parents to rate their child's fourth grade teacher.
194. Which study examining the impact of teachers is **CLEARLY** unethical?
- A) A researcher randomly assigns third-graders to a high-quality teacher and a low-quality teacher and measures their grades at the end of the year.
  - B) A researcher relates third-graders' final grades to their teacher's skills that year.
  - C) A researcher sits in on third-grade classes and rates the skills of each teacher.
  - D) A researcher gives a questionnaire to each third-grade teacher in a particular school.
195. To measure whether older people are calmer than younger people, a researcher gives 20-year-olds, 40-year-olds, and 60-year-olds a questionnaire. This research technique is called a(n):
- A) experiment.
  - B) longitudinal study.
  - C) cross-sectional study.
  - D) correlational study.
196. To find out if older people are wiser than younger people, Samantha gives 20-year-olds, 40-year-olds, and 60-year-olds a “wisdom” test. If Samantha finds that, on average, wisdom scores increase in each older group, what should she conclude?
- A) As people get older, they get wiser.
  - B) Older cohorts are wiser, but it is unclear if wisdom increases with age.
  - C) Nothing. It's a lousy study because it is not constructed well.
  - D) As people get older, it takes them more time to answer test questions.



197. A friend wants to explore age differences in happiness for her Ph.D. thesis. She should MOST likely conduct a:
- A) cross-sectional study, because it will allow her to find out which people get happier over time.
  - B) cross-sectional study, because it will demand less time than other types of studies.
  - C) longitudinal study, because it will be more accurate than other types of studies.
  - D) longitudinal study, because it is easier to carry out than other types of studies.
198. In a cross-sectional study, a researcher finds that people in their fifties and sixties are happier than are college students. Which is the BEST conclusion from this study?
- A) As people get older, they get happier.
  - B) Older people are happier because they grew up in more intact families.
  - C) Everyone gets happier as they age.
  - D) Today's older people are happier than college students.
199. A friend is arguing that longitudinal research is the best way to study development. Which statement should this person NOT make?
- A) "These studies alone can reveal information about individual differences."
  - B) "These studies alone can show how people really change over time."
  - C) "These studies alone can reveal how early experiences relate to later behaviors."
  - D) "These studies are relatively easy to carry out."
200. Which of the following is a difficulty with conducting longitudinal research with adults?
- A) These studies are expensive and take years (or decades) to complete.
  - B) These studies require a small sample because people drop out over time.
  - C) These studies don't show how individual people change over time.
  - D) These studies provide information about how average people age and develop.
201. What is a feature of a longitudinal study?
- A) It takes a short time to carry out.
  - B) It requires a huge sample as people drop out as the study goes on.
  - C) It tends to show how the average person develops.
  - D) It tends to show how the worst functioning people change.
202. Which person is conducting a qualitative study of divorce?
- A) Cynthia interviews five people about how their divorce emotionally affected them.
  - B) Alek gives a group of divorced people standard measures of mental health.
  - C) Katya tracks the impact of divorce on disease rates.
  - D) Yuri looks at the frequency of divorces today compared to 10 years ago.

203. Which person is conducting a longitudinal study of divorce?
- A) Cynthia interviews five people about how their divorce emotionally affected them over an extended period of time.
  - B) Alek gives a group of divorced people standard measures of mental health.
  - C) Katya tracks the impact of divorce on disease rates.
  - D) Yuri looks at the frequency of divorces today compared to 10 years ago.
204. Which is a new research trend in developmental science?
- A) fewer international studies
  - B) more use of experiments
  - C) limited use of different measures to explore concepts
  - D) more use of interviews and other qualitative techniques
205. Which is the BEST developmental science research design?
- A) qualitative studies
  - B) quantitative studies
  - C) longitudinal studies
  - D) There is no best design as each approach has pluses and minuses.
206. Non-normative life events are the same for all people.
- A) True
  - B) False
207. The earliest baby boom cohort was born right after World War II.
- A) True
  - B) False
208. The young-old are typically fairly healthy.
- A) True
  - B) False
209. Education determines the length of childhood.
- A) True
  - B) False

210. Compared to people in Asian countries, U.S. residents are more likely to have a collectivist worldview.  
A) True  
B) False
211. Today, the working husband and stay-at-home wife is typical of U.S. marriages.  
A) True  
B) False
212. Income inequality is a huge economic problem in the United States.  
A) True  
B) False
213. According to traditional behaviorists, the way to extinguish behavior is to stop reinforcing it.  
A) True  
B) False
214. According to Bandura, modeling refers to watching and imitating another person's behavior.  
A) True  
B) False
215. Freud believed that self-awareness is the key to mental health.  
A) True  
B) False
216. Bowlby's attachment theory emphasizes the importance of the parent/child relationship in early childhood.  
A) True  
B) False
217. Bowlby embraced the importance of nurture but rejected the importance of nature.  
A) True  
B) False

218. Evolutionary psychologists emphasize the biological/hereditary roots of human behavior.  
A) True  
B) False
219. Behavioral geneticists emphasize the importance of reinforcement in determining behaviors and attitudes.  
A) True  
B) False
220. Piaget was interested in charting how the amount that children know gradually increases.  
A) True  
B) False
221. Developmental systems theorists stress that many different forces shape behavior.  
A) True  
B) False
222. Developmentalists conduct research to find out the scientific “truth.”  
A) True  
B) False
223. Correlational studies can determine cause-and-effect relationships.  
A) True  
B) False
224. Cross-sectional studies follow people as they age.  
A) True  
B) False
225. Longitudinal studies are inexpensive and easy to carry out.  
A) True  
B) False

226. Qualitative studies involve interviews, not statistical tests.  
A) True  
B) False
227. Two of the major areas comprising the study of lifespan development include \_\_\_\_\_ and \_\_\_\_\_.  
A) phrenology; phenomenology  
B) philosophy; child development  
C) gerontology; chemistry  
D) child development; adult development
228. "They are born at around the same time as we are, and we travel through life during the same point in history." This description refers to a person's:  
A) social group.  
B) social class.  
C) club.  
D) cohort.
229. Developmentalists want to understand all of the following EXCEPT:  
A) the universal and predictable ways in which a person develops.  
B) individual differences in human development.  
C) the impact of life transitions.  
D) the diagnosis and treatment of mental illness.
230. Which is an example of a normative transition?  
A) Frank is getting married at age 28.  
B) Yolanda is entering a master's program at age 45.  
C) Joseph is beginning medical school at age 58.  
D) Rachel is getting her driver's permit at age 35.
231. Joe lives in a society that prizes social harmony, obedience to one's elders, and living together with older family members as an adult. Joe lives in a(n) \_\_\_\_\_ culture.  
A) collectivist  
B) individualistic  
C) developed  
D) developing

232. According to traditional behaviorists, activities that are \_\_\_\_\_ or rewarded will be learned.
- A) improved
  - B) increased
  - C) reinforced
  - D) ignored
233. Which is an example of self-efficacy?
- A) John believes that he is competent in psychology so he works very hard in this class.
  - B) Jean feels good about himself as a person.
  - C) Jacqui likes to reward herself for doing well.
  - D) Jill tries to place herself in difficult situations.
234. Dr. Lee is interested in determining the degree to which certain traits are biologically built into our species. Dr. Lee's field of study is:
- A) behavioral genetics.
  - B) evolutionary psychology.
  - C) attachment theory.
  - D) developmentalism.
235. Which is an example of a bidirectional relationship?
- A) Ms. Taylor enjoys doing homework with her son in the evening.
  - B) Mary feels happy when she sees her upbeat friend.
  - C) Ng works hard at his career.
  - D) Professor Erikson tries very hard to interest students in lifespan development.
236. Eighteen-year-old Bethany is trying to determine who she is as a person and what she wants to do in life. According to Erik Erikson's framework, Bethany's current life challenge is:
- A) basic trust.
  - B) initiative.
  - C) identity.
  - D) role confusion.

237. Dr. Beech uses many different approaches to understand behavior and is interested in the ways in which these influences interact. Dr. Beech is adopting the \_\_\_\_\_ approach.
- A) nature versus nurture
  - B) ecological developmental systems
  - C) humanistic
  - D) behavioral genetics
238. Professor Carter is conducting a study in which he watches children in a classroom and rates their behavior. Professor Carter is using which measurement method?
- A) survey analysis
  - B) self-report design
  - C) laboratory research
  - D) naturalistic observation
239. Miguel decides to study the relationship between exercise and health. He picks a group of older people, assesses how much they work out, and then relates these scores to measures of blood pressure and other signs of illness. Miguel's strategy of relating variables as they naturally occur is called:
- A) correlational research.
  - B) naturalistic observation.
  - C) self-report.
  - D) experimental research.
240. Who is old-old?
- A) Ben is 92 years old.
  - B) Mary is 67 years old.
  - C) Sarah is 54 years old.
  - D) Jim at age 60 constantly talks about how old he is.
241. Dr. Williams is interested in studying changes in exercise rates among 12-, 25-, 35-, and 45-year-olds . Dr. Williams is conducting a \_\_\_\_\_ study.
- A) correlational
  - B) qualitative
  - C) longitudinal
  - D) cross-sectional

242. Lifespan developmentalists, or developmental scientists, are:
- A) primarily researchers.
  - B) researchers and practitioners from a variety of disciplines.
  - C) primarily psychologists.
  - D) primarily practitioners.
243. Which period of life is the newest or most recent stage of development?
- A) old age
  - B) middle adulthood
  - C) emerging adulthood
  - D) childhood
244. A person's "50-50" chance at birth of living to a given age is called:
- A) medium lifespan.
  - B) average life expectancy.
  - C) the twentieth-century life expectancy revolution.
  - D) maximum lifespan.
245. Which person is undergoing a normative transition in the U.S today?
- A) Michael, who is entering law school at age 58
  - B) George, who is graduating from college at 18
  - C) Melinda, who is getting married at age 28
  - D) Therese, who is having her first child age 16
246. A culture that values independence and individual achievement is called:
- A) collectivist.
  - B) individualistic.
  - C) developed.
  - D) developing.
247. Which is the BEST example of upward mobility?
- A) Sam was born into poverty but now he is upper middle class.
  - B) Rachel has grown tremendously in height at age 13.
  - C) Sheldon is much more mobile since he has participated in physical therapy.
  - D) Raz moved to a better section of the city.



248. According to traditional behaviorists, all voluntary actions are determined by:
- A) operant conditioning.
  - B) classical conditioning.
  - C) social learning theory.
  - D) attachment theory.
249. Cognitive behaviorists stress the importance of:
- A) the unconscious.
  - B) self-efficacy.
  - C) genetics.
  - D) operant conditioning.
250. Dr. Styler studies universal human tendencies that are shared by all people. He speculates that these are biological predispositions that helped promote human survival. Dr. Styler MOST likely is a(n):
- A) traditional behaviorist.
  - B) cognitive behaviorist.
  - C) behavioral genetics researcher.
  - D) evolutionary psychologist.
251. Built-in temperamental tendencies cause people to gravitate to certain careers. The term for this nature/nurture interaction is:
- A) active forces.
  - B) unidirectional forces.
  - C) evocative forces.
  - D) heritability.
252. Genetic tendencies shape the environment we select. The two terms that explain the different ways that “nature shapes nurture” are \_\_\_\_\_ forces.
- A) evocative and active
  - B) interactive and disjunctive
  - C) evocative and reactive
  - D) reactive and proactive
253. Behaviorists emphasize the crucial role of \_\_\_\_\_ on behavior.
- A) nurture
  - B) genetics
  - C) cognition
  - D) normative influences

254. Cassie is studying the relationship between depression and anxiety. Cassie is performing a(n) \_\_\_\_\_ study.
- A) experimental
  - B) correlational
  - C) causal
  - D) unidirectional
255. Dr. Immaculata studies groups of people using statistical tests. She is conducting:
- A) interview research.
  - B) naturalistic observation.
  - C) qualitative research.
  - D) quantitative research.
256. A bias of the longitudinal Dunedin Multidisciplinary Health and Development Study is that it is testing:
- A) people who are worse off than the typical person.
  - B) people who are elite or better off than the typical person.
  - C) people from an unusual nation.
  - D) people who are now middle aged.

## Answer Key

1. Here, while answers will vary, normative influences would center on predictable culturally and biologically shared events, such as going to kindergarten, reaching puberty, having children, dying, and so forth. In cataloguing non-normative influences, students should refer to any major unexpected event in their lives.
2. Here the answers are up to the student, but positive social media influences might include the ability to keep in touch with a wide array of people, more feelings of support and connectedness, and so on. Negative influences might involve feeling compelled to spend too much time “relating,” robbing the person of time to devote to more productive pursuits.
3. Cell phones and texting instituted what one expert has labeled our twenty-first century “culture of connectivity,” by tethering us to our significant others every moment of the day. Then advances in technology, specifically the Internet, accelerated this trend by allowing us to interact 24/7 with strangers around the globe. In particular, Web 2.0 fostered the development of social networking sites that permit us to broadcast every feeling to an expanding array of “friends.”
4. Cyril would be far more likely to die during childhood than Joey. Joey would also live longer, be far more well-educated, and much more affluent.
5. Answers will center on reinforcing the child for sitting still, using a fork, saying, “Please pass the peas,” and so on, as well as ignoring the child when he or she shows inappropriate behavior. Time out also may be used when the child misbehaves.
6. The behaviorist might focus on getting Brandi in positively reinforcing social situations to try to extinguish her shyness. The psychoanalyst would encourage Brandi to talk about her early life experiences and get insight into the unconscious roots of her shyness. A developmental systems proponent would attack the problem on several fronts: trying out medications and different types of therapy; exploring how everything from cultural and family values to genetic predispositions might be causing Brandi's symptoms.
7. Dr. Ragan would work to stimulate self-efficacy. He might explain how self-defeating perceptions are impairing student performance, point out their previous successes (“You did so well in high school”), and generally get his clients to believe “I can succeed if I work hard.” Drawing on the concept of modeling, Dr. Ragan might bring a senior who did very poorly freshman year, but is about to graduate with honors to talk to his group.  
Dr. Malesta, in contrast, might positively reinforce individual students for studying by having them complete charts spelling out how many hours they spent at the library, and then rewarding each person who increased his or her study time. He could give special individual prizes for bringing up grades on subsequent tests. If a particular group generally improved their grades at the end of the semester, they might celebrate by having a party.
8. Bowlby agreed with the Freudians that our early experiences with caregivers shape our mental health, but he also believed in a nature explanation of behavior, namely, that the attachment response is biologically built in to promote species survival.
9. Here, the psychologist could conduct a twin study, soliciting a large sample of identical and fraternal twins and comparing the similarity of “identicals” on a measure of shyness with those of “fraternals.” If the identical twins had much more similar shyness scores

than the fraternal twins, the conclusion would be that shyness is highly genetically determined. Alternatively, the psychologist could select adopted children and compare their shyness ratings with their biological and adoptive parents. If the psychologist found a high correlation between adoptees and their birth parents, and virtually no similarity between adoptees and their adoptive parents, the psychologist could make the same conclusion.

10. Answers will vary. Evocative influences, however, will relate to how personality traits—shyness, happiness, kindness, and so forth—naturally affect how other people relate to that student. In describing active forces, students should talk about talents and interests that propelled them to actively select environments where they learned to improve at that skill, such as, “I was good at sports, so I've been playing soccer since the age of 3.” Person/environment fit: “I'm terrible at math, so when I had to take statistics, I failed. . . . I really 'get' psychology, so I'm getting all As in my psych classes . . . I'm not a morning person, so why did I take all 8 AM classes?”
11. Freud focused on the crucial importance of early childhood alone. Freud believed that the main life mission for a person is to satisfy sexual feelings (libido), and that during early childhood, people progress from the oral, to the anal, to the phallic stage. Erikson believed that people develop throughout life and that a person's main life mission is to become an independent person and relate to others. Erikson's stages of development are lifelong; they involve how well people have resolved each of eight “psychosocial tasks” linked to age.
12. Piaget believed that all learning occurs by fitting new information to what people know—assimilation—and, in the process, expanding what they know, or growing mentally. So, assimilation and accommodation always take place together. For example, a baby can only suck, so he assimilates all objects to what he knows—sucking—and in the process, he learns about the world of objects.
13. Measurement approach = naturalistic observation  
 Advantage: gives a concrete record of the behavior  
 Disadvantage: very time-intensive; parents in particular may not hit or spank their child that day because they will be on good behavior while the researcher is watching.
14. Melissa would select a sample of adults who naturally vary in their exercise practices and relate these variations to scores on tests of health. On the plus side, this study would be easy to carry out and not pose ethical issues. On the minus side, this research design cannot prove that exercise leads to better health. Ramon would randomly assign people to either regularly exercise or not exercise, and then compare the health of the respective groups at a later date. On the plus side, Ramon's intervention could really prove that exercising promotes health. On the minus side, this study would have serious practical problems and may be unethical.
15. The researchers can conclude that yes, older cohorts may be happier, but that says nothing about whether happiness really rises with age.
16. Minuses: Longitudinal studies are incredibly expensive, take years, and involve the hassle of getting people to return. Due to subject attrition, only the “best people” remain. Therefore, particularly with adults, these studies only sample how atypically “elite” people develop.  
 Pluses: This is the only research method that can chart real age changes, and, more important, reveal individual patterns of development, and how earlier life experiences

relate to later behavior.

17. There are multiple possibilities, so students' answers will vary.
18. gerontology
19. non-normative transitions
20. cohorts
21. Upward mobility
22. individualistic
23. nature
24. Stage
25. reinforcement
26. self-efficacy
27. ego
28. caregivers
29. biological (or "inborn")
30. behavioral genetics
31. active; evocative
32. psychosocial task
33. assimilation; accommodation
34. ecological developmental systems
35. what causes what (or "cause and effect")
36. experiment
37. over time (or over years)
38. elite (or "select"; "special"; or other synonym of "elite")
39. qualitative research
40. D
41. A
42. B
43. A
44. D
45. C
46. A
47. D
48. C
49. B
50. B
51. B
52. B
53. B
54. A
55. B
56. A
57. A
58. C
59. A
60. C
61. A

- 62. A
- 63. C
- 64. A
- 65. A
- 66. A
- 67. B
- 68. A
- 69. A
- 70. A
- 71. A
- 72. A
- 73. A
- 74. C
- 75. A
- 76. A
- 77. A
- 78. B
- 79. A
- 80. D
- 81. A
- 82. C
- 83. D
- 84. A
- 85. B
- 86. A
- 87. A
- 88. B
- 89. D
- 90. D
- 91. C
- 92. D
- 93. B
- 94. B
- 95. D
- 96. A
- 97. C
- 98. D
- 99. D
- 100. B
- 101. A
- 102. B
- 103. C
- 104. B
- 105. C
- 106. D
- 107. C

- 108. A
- 109. B
- 110. A
- 111. A
- 112. A
- 113. B
- 114. A
- 115. C
- 116. B
- 117. D
- 118. B
- 119. B
- 120. C
- 121. A
- 122. A
- 123. D
- 124. A
- 125. B
- 126. B
- 127. A
- 128. B
- 129. A
- 130. B
- 131. A
- 132. B
- 133. A
- 134. A
- 135. D
- 136. D
- 137. A
- 138. A
- 139. D
- 140. C
- 141. A
- 142. A
- 143. A
- 144. C
- 145. A
- 146. B
- 147. C
- 148. C
- 149. B
- 150. A
- 151. A
- 152. A
- 153. D

- 154. B
- 155. D
- 156. D
- 157. A
- 158. B
- 159. A
- 160. A
- 161. A
- 162. A
- 163. A
- 164. A
- 165. D
- 166. A
- 167. A
- 168. A
- 169. D
- 170. A
- 171. C
- 172. C
- 173. A
- 174. A
- 175. A
- 176. D
- 177. D
- 178. A
- 179. C
- 180. A
- 181. C
- 182. C
- 183. A
- 184. A
- 185. D
- 186. B
- 187. A
- 188. C
- 189. B
- 190. C
- 191. B
- 192. A
- 193. C
- 194. A
- 195. C
- 196. B
- 197. B
- 198. D
- 199. D



- 200. A
- 201. B
- 202. A
- 203. A
- 204. D
- 205. D
- 206. B
- 207. A
- 208. A
- 209. A
- 210. B
- 211. B
- 212. A
- 213. A
- 214. A
- 215. A
- 216. A
- 217. B
- 218. A
- 219. B
- 220. B
- 221. A
- 222. A
- 223. B
- 224. B
- 225. B
- 226. A
- 227. D
- 228. D
- 229. D
- 230. A
- 231. A
- 232. C
- 233. A
- 234. B
- 235. B
- 236. C
- 237. B
- 238. D
- 239. A
- 240. A
- 241. D
- 242. B
- 243. C
- 244. B
- 245. C

- 246. B
- 247. A
- 248. A
- 249. B
- 250. D
- 251. A
- 252. A
- 253. A
- 254. B
- 255. D
- 256. C