

Developmental Psychology Essentials

Developmental Psychology · Practice Test · 25 Questions

1. Which psychologist is best known for his theory of cognitive development involving four stages?

- A) Jean Piaget
- B) Sigmund Freud
- C) B.F. Skinner
- D) Albert Bandura

2. During which period of human development does puberty typically occur?

- A) Infancy
- B) Adolescence
- C) Early Adulthood
- D) Old Age

3. What is the term for the biological process of growing up and changing from a child to an adult?

- A) Maturation
- B) Regression
- C) Conditioning
- D) Assimilation

4. According to Erik Erikson, what is the primary psychosocial crisis faced during adolescence?

- A) Trust vs. Mistrust
- B) Industry vs. Inferiority
- C) Identity vs. Role Confusion
- D) Intimacy vs. Isolation

5. Which brain structure, responsible for impulse control and decision-making, undergoes significant development during the teenage years?

- A) Cerebellum
- B) Prefrontal cortex
- C) Brain stem
- D) Occipital lobe

6. What term describes the rapid increase in brain connectivity and pruning that occurs during adolescence?

- A) Neural plasticity
- B) Synaptic pruning
- C) Cognitive dissonance
- D) Classical conditioning

7. Which term refers to the collection of physical, emotional, and social changes that occur from birth to death?

- A) Life span development
- B) Genetic engineering
- C) Psychometric testing
- D) Behavioral modification

8. At what age range is 'Early Adulthood' typically considered to begin in developmental psychology?

- A) 10-12
- B) 18-20
- C) 30-35
- D) 50-55

9. What is the name for the period of physical growth that leads to sexual maturity?

- A) Menopause
- B) Puberty
- C) Cognition
- D) Attachment

10. What type of development focuses on how people learn, remember, and process information?

- A) Physical development
- B) Social development
- C) Cognitive development
- D) Emotional development

11. Which developmental milestone usually happens first in a child's life?

- A) Walking
- B) Talking
- C) Abstract thinking
- D) Identity formation

12. What is 'nature' in the context of the 'nature versus nurture' debate?

- A) Environmental influence
- B) Genetic inheritance
- C) Social upbringing
- D) Educational background

13. Which hormone is primarily responsible for the physical changes in males during puberty?

- A) Estrogen
- B) Testosterone
- C) Adrenaline
- D) Insulin

14. What is the term for the ability to understand that objects continue to exist even when they cannot be seen?

- A) Object permanence
- B) Conservation
- C) Egocentrism
- D) Abstract logic

15. The study of developmental psychology covers which portion of a human life?

- A) Only infancy
- B) Only adolescence
- C) From conception to death
- D) Only adulthood

16. What is the primary focus of 'social development' in teenagers?

- A) Physical fitness
- B) Peer relationships and social groups
- C) Learning to read
- D) Motor skill refinement

17. Which type of development involves changes in feelings and how we express them?

- A) Physical
- B) Cognitive
- C) Emotional
- D) Biological

18. In Piaget's theory, what is the final stage of cognitive development characterized by abstract thinking?

- A) Sensorimotor
- B) Preoperational
- C) Concrete operational
- D) Formal operational

19. What is the 'nurture' factor in human development?

- A) DNA sequences
- B) Environmental and social influences
- C) Biological sex
- D) Heredity

20. Which development stage follows infancy and precedes adolescence?

- A) Prenatal
- B) Childhood
- C) Old age
- D) Middle adulthood

21. What term describes a person's characteristic emotional reactivity and intensity?

- A) Temperament
- B) Intelligence
- C) Memory
- D) Motivation

22. What developmental change is common in the 'Concrete Operational' stage?

- A) Abstract reasoning
- B) Logical thought about physical objects
- C) Developing object permanence
- D) Egocentric thinking

23. Which of these is considered a 'fine motor skill'?

- A) Running
- B) Jumping
- C) Writing with a pen
- D) Kicking a ball

24. What refers to the internal sense of being male, female, or another gender identity?

- A) Gender identity
- B) Puberty
- C) Cognitive maturation
- D) Neural pruning

25. The prefrontal cortex is often associated with which high-level function?

- A) Heart rate regulation
- B) Reflex actions
- C) Executive function
- D) Digestion