

# Adolescent Development and Life Skills Study Guide

Psychology · Answer Key · 23 Questions

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**1. The stage of adolescence characterized by rapid physical growth, voice deepening, and body hair development in a 12-year-old boy is known as \_\_\_\_.**

**A) Early Adolescence**

B) Emerging Adulthood

C) Late Adolescence

**2. The term labeled by Jeffrey Jensen Arnett for the transition stage from late adolescence to early adulthood is \_\_\_\_.**

A) Early Adolescence

**B) Emerging Adulthood**

C) Middle Adolescence

**3. The Latin verb that denotes 'to grow' or 'to grow to maturity' is \_\_\_\_.**

**A) Adolescere**

B) Evolvere

C) Liberare

**4. A condition or characteristic that reduces the negative impact of stress or risk events during development is defined as a \_\_\_\_.**

**A) Protective factor**

B) Risk factor

C) Stressor constraint

**5. An individual's internal sense of gender, which may or may not match the sex assigned at birth, is referred to as \_\_\_\_.**

A) Gender Expression

**B) Gender Identity**

C) Sexual Orientation

**6. In Erik Erikson's theory, the psychosocial crisis arising from failing to establish a clear identity during adolescence is \_\_\_\_.**

A) Inferiority

B) Isolation

**C) Role Confusion**

7. The visual tool that portrays the influential events and key milestones of a person's life is called a \_\_\_\_.

- A) Human Development Plan
- B) Life Role Map
- C) Personal Timeline**

8. The aspect of adolescent development highlighted when a 16-year-old thinks hypothetically and solves complex abstract math problems is \_\_\_\_.

- A) Cognitive Ability**
- B) Emotional Maturity
- C) Social Skill

9. Poor mental health primarily affects an individual's self-concept in early adulthood by \_\_\_\_.

- A) Automatically improving self-concept
- B) Leading to negative self-perception and lower self-esteem**
- C) Having absolute zero effect

10. Within a family context during late adolescence, a situation that serves as a protective factor is \_\_\_\_.

- A) Authoritarian parenting
- B) Domestic conflict
- C) Frequent, supportive shared activities with parents**

11. An individual's overall emotional evaluation of their own self-worth is defined as \_\_\_\_.

- A) Ideal-self
- B) Self-acceptance
- C) Self-esteem**

12. Practicing mindfulness primarily involves \_\_\_\_.

- A) Being aware of the present moment without passing judgment**
- B) Intentionally suppressing unpleasant emotions
- C) Evaluating every personal thought

13. The behavior that best illustrates genuine self-acceptance is \_\_\_\_.

- A) Acknowledging one's personal flaws while recognizing inherent self-worth**
- B) Believing one must be perfect to be worthy
- C) Needing continuous peer validation

**14. The capacity to control thoughts, emotions, and behaviors to achieve long-term goals is known as \_\_\_\_.**

**A) Self-regulation**

B) Emotional detachment

C) Passive submission

**15. The primary domain of life skills concerned with emotional intelligence, personal values, and relationship management is the \_\_\_\_.**

A) Academic Domain

B) Digital Domain

**C) Personal Domain**

**16. In cognitive-behavioral self-regulation models, thoughts, feelings, behaviors, and body responses interact by \_\_\_\_.**

A) Operating in total isolation

**B) Forming a feedback loop where changes in one influence all others**

C) Being driven strictly by physical states

**17. A student's digital footprint influences long-term personal and professional opportunities because \_\_\_\_.**

A) Digital records vanish after 24 hours

B) Online posts are private

**C) Social media posts are a permanent record affecting future prospects**

**18. Sound decision-making guided by self-awareness is best demonstrated by \_\_\_\_.**

A) Acting on immediate emotions

B) Choosing whatever option seems easiest

**C) Evaluating potential long-term consequences before choosing**

**19. When James pauses and calmly asks for a turn to speak during a frustrating group discussion, he is demonstrating \_\_\_\_.**

**A) Diplomatic communication and self-regulation**

B) Emotional detachment

C) Impulsive behavior

**20. Mindfulness directly contributes to effective self-regulation by \_\_\_\_.**

A) Eliminating all personal feelings

**B) Enhancing conscious awareness and calm management of emotional responses**

C) Suppressing negative thoughts

**21. The social process occurring when individuals alter their thoughts, feelings, or behaviors due to interaction with others is \_\_\_\_.**

A) Accommodation

**B) Social Influence**

C) Social Perception

**22. A form of social interaction where two or more groups work together toward a shared, common goal is termed \_\_\_\_.**

A) Accommodation

B) Competition

**C) Cooperation**

**23. When classmates adjust their schedules and agree to take turns using shared lab equipment, the social process shown is \_\_\_\_.**

**A) Accommodation**

B) Assimilation

C) Competition