

Adolescent Development and Life Skills Study Guide

Psychology · Practice Test · 23 Questions

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