

Chapter 1  
**Organizing Themes in Development**

Multiple Choice Questions

1. Dr. Jones encountered a problem with a new client in therapy. Using the model of reflective practice described in Chapter 1, what is the sequence of steps he should use in order to work with this client effectively?
  - a. Reflect on what has worked best in his own personal experience and apply that knowledge to the client's problem.
  - b. Reflect on well-established theories; apply the theoretical knowledge to the individual's case; and then test out new ways of thinking about the problem if prior theory does not suffice.
  - c. Apply experience-based knowledge first, and then use theory-based knowledge.
  - d. First test out any method by subjecting it to rigorous scientific experimentation and then apply it for use with the client.
  
2. Theories of development differ from opinion primarily because
  - a. they provide a complete picture of development.
  - b. they have been proven to be true.
  - c. they are based on scientific research.
  - d. they are more abstract than opinions.
  
3. Which of the following terms is most closely associated with *stage theory* of development?
  - a. Gradual transformation
  - b. Instability
  - c. Incrementality
  - d. Discontinuity
  
4. Which of the following helpers is most likely to have an implicit "incrementalist" belief about intelligence?
  - a. A counselor who recommends a strategy of academic skill building for a client who is experiencing academic problems.
  - b. A therapist who helps the client adjust to the limitations of his academic ability.
  - c. A school counselor who bases the decision about which career information to provide on the client's intelligence test results.
  - d. A counselor who develops a program to track elementary school-aged children in classes that reflect their academic achievement.
  
5. Stage theories of development typically describe \_\_\_\_\_ changes in behavior, cognition, or social relationships.
  - a. quantitative
  - b. incremental
  - c. qualitative
  - d. cumulative

6. Sigmund Freud developed a psychoanalytic theory about three aspects of adult personality. According to Freud, which of these aspects is the last to emerge during development?
  - a. Id
  - b. Ego
  - c. Superego
  - d. Autonomy
  
7. Based on Erik Erikson's psychosocial stages, what is the positive outcome of the *industry versus inferiority* stage that typically occurs between the ages of 6 and 12?
  - a. Fidelity
  - b. Willpower
  - c. Competence
  - d. Purpose
  
8. Jean Piaget's cognitive development theory is based on stages of reasoning and understanding ability (cognition). Which stage describes the cognition of children during most of their years of schooling from elementary through middle school (typically ages 7 through 12)?
  - a. Operational
  - b. Concrete operational
  - c. Sensorimotor
  - d. Formal operational
  
9. Theoretical models that portray development as a continuous process emphasize which of the following?
  - a. Stages of change
  - b. Steps on a ladder of change
  - c. Incremental change
  - d. Periods of stability
  
10. A child at school performs a behavior such as being the quietest one in her group. This behavior, an operant, is followed by something that makes the child feel rewarded—being selected to go to recess first. The reward is also called which of the following?
  - a. Reinforcement
  - b. Respondent
  - c. Conditioned stimulus
  - d. Conditioned response
  
11. Mrs. Washington is conducting her weekly group counseling session for single young adults. Karen, a lonely young professional woman, talks about feeling abandoned by her boyfriend. The other group members listen patiently and respond empathically. Mrs. Washington reflects Karen's feeling with concern and sensitivity. What would operant learning theory predict about Karen's behavior in the next group session?
  - a. Karen will be embarrassed about her past self-disclosures and feel anxious about speaking up.

- b. Karen will not self-disclose because she fears the group will lose patience.
  - c. Karen will not self-disclose because her problems have been resolved.
  - d. Karen will speak openly because she has previously received attention and support.
12. Mrs. Washington is conducting her weekly group counseling session for single young adults. Karen, a lonely young professional woman, talks about feeling abandoned by her boyfriend. The other group members listen patiently and respond empathically. Mrs. Washington reflects Karen's feeling with concern and sensitivity. What would social learning theorists predict about the behavior of others in the group in the next session?
- a. Group members will be encouraged to self-disclose after observing the positive way Karen's self-disclosure was received.
  - b. Group members will be discouraged from self-disclosing because they do not want to imitate Karen's example.
  - c. Karen's behavior will have no effect on other members of the group.
  - d. Group members will scapegoat Karen for her self-absorption.
13. Using Erikson's developmental theory as a framework, which of the following statements is an accurate representation of his ideas?
- a. An individual cannot progress to a later stage unless the earlier stage has been resolved successfully and completely.
  - b. Successful progression through the stages of development depends upon effective resolution of the Oedipal crisis.
  - c. Successful resolution of a psychosocial crisis at each stage depends upon having more positive than negative experiences in the area of major concern.
  - d. Highly intelligent individuals can skip specific stages and make progress at a faster rate than other people.
14. Which one of the following theorists emphasized continuity in development?
- a. Sigmund Freud
  - b. Albert Bandura
  - c. Erik Erikson
  - d. Jean Piaget
15. Models of development based on assumptions that change typically occurs in shifts between periods of relative stability and periods of disequilibrium are called
- a. incremental models.
  - b. stage models.
  - c. multidimensional model.
  - d. information-processing models.
16. Models of development based on the assumption that change occurs as a continuous process are called
- a. incremental models.
  - b. stage models.
  - c. multidimensional models.

- d. information-processing models.
17. In Bronfenbrenner's multidimensional model of development, what aspect of the environment has the most immediate influence on a child's development?
- a. Microsystem
  - b. Mesosystem
  - c. Exosystem
  - d. Macrosystem
18. According to life span developmental theory, which of the following individuals has the greatest need for resources supplied by their culture in order to maintain a high level of functioning?
- a. A young adult
  - b. A young child
  - c. A retired individual
  - d. An adolescent
19. Models of development based on the assumption that change occurs as a function of reciprocal influences, both from within the person and from the external environment are called
- a. incremental models.
  - b. stage models.
  - c. multidimensional models.
  - d. information-processing models.
20. In Bronfenbrenner's model, proximal processes refer to
- a. independent changes in mental processes.
  - b. favorable developmental conditions that are more likely to exist in one particular stage of development than in another.
  - c. reciprocal interactions between an organism and its immediate environment.
  - d. indirect influences on an organism.
21. What is the current assumption of modern multidimensional theories about the role of nature versus nurture in development?
- a. Environment influences development more than heredity.
  - b. Heredity influences development more than environment.
  - c. Heredity and environment are interdependent.
  - d. Heredity and environment independently influence development.
22. Juan, a 7-month-old infant, lives in a city where the availability of high quality child care is very limited. His mother is forced to leave Juan in the care of a young woman who also cares for five other infants and toddlers in her small apartment. According to Bronfenbrenner's theory, which of the following influences on Juan's development represents an example of a proximal process?
- a. The quality of care-giving Juan receives in day care
  - b. Juan's genetic inheritance
  - c. State legislation regarding licensing of day care providers
  - d. Juan's cultural and economic background

23. Juan, a 7-month-old infant, lives in a city where the availability of high quality child care is very limited. His mother is forced to leave Juan in the care of a young woman who also cares for five other infants and toddlers in her small apartment. Which of the following influences represents an example of a distal process?
- The sensitivity of Juan's caregiver
  - Governmental policies and subsidies for child care that apply in the city
  - The quality of care-giving provided by Juan's mother
  - The quality and characteristics of the apartment complex in which Juan and his mother reside
24. Seven-month-old Juan and his mother live in a small rented apartment in a large city. Affordable, high quality child care centers are very hard to find in her neighborhood. Which level of the environment, according to Bronfenbrenner's model, is limiting her access to high quality day care in her community?
- Macrosystem
  - Exosystem
  - Microsystem
  - Mesosystem
25. Contemporary developmentalists focus on which question concerning nature and nurture?
- Is nature the most important determinant of developmental change?
  - Is nurture the most important determinant of developmental change?
  - How do we explain the mechanisms by which nature and nurture interact to affect development?
  - Why is nurture most influential at certain developmental periods?
26. A kitten whose eyes are covered during the first months of its life loses the ability to see clearly in ways that would have been possible without the loss of early visual stimulation. This effect remains despite later attempts to remediate the loss. This is an example of which of the following?
- Behavior genetics
  - Critical period
  - Plasticity
  - Visual demand
27. According to neuroscientists, at what period of development are our brains static?
- Our brains are static during the infancy period of development.
  - Our brains aren't static during any period of development.
  - Our brains are static throughout adulthood.
  - Our brains are static during the aging period (approximately from age 50).
28. Much of the social science research that shaped developmental theories in the past has been done on a narrow sample of people. Which set of descriptors best identifies the narrow sampling?
- Western, diverse levels of education and diverse economic strata

- b. World-wide, culturally diverse, young, and poorly educated
  - c. World-wide, well-educated, wealthy, and industrialized
  - d. Western, educated, industrialized, rich, and democratic
29. Developmental scientists are interested in the role of culture in development. According to their findings, which of the following cultural groups is most likely to focus holistically on interrelationships rather than analytically?
- a. Cultural groups in the Western hemisphere
  - b. Cultural groups in Europe
  - c. Cultural groups in North America
  - d. Cultural groups in the Eastern hemisphere
30. A group of people characterized by shared traditions, attitudes, values, and beliefs handed down from one generation to another constitute \_\_\_\_\_.
- a. a socioeconomic group.
  - b. a racial group.
  - c. an ethnic group.
  - d. a cohort.
31. The measure of social status that combines aspects of education background, income, and occupation is called
- a. socioeconomic status.
  - b. social standing.
  - c. social class.
  - d. economic class.
32. Helping professions have established standards for good practice. Which helping professions emphasize the importance of learning about diverse cultures and applying culturally appropriate care?
- a. Psychology, nursing, and social work
  - b. Nursing and social work
  - c. Only social work
  - d. Psychology and social work
33. Developmental psychopathology is a relatively new field that integrates work from disciplines such as developmental, clinical, and abnormal psychology. In this field, which of the following approaches to life span development is emphasized?
- a. Stage theories of development
  - b. Behavioral theories of development
  - c. Multidimensional theories of development
  - d. The role of environment in development
34. Which of the following is most likely to view development in terms of stages rather than incremental changes?
- a. Learning theories in the behaviorist tradition
  - b. Piaget's cognitive development theory
  - c. Information processing theories

- d. Social learning theories
35. Helping professionals are encouraged to integrate their knowledge of theories and empirical data with their own beliefs, experiences, and assumptions. This model or concept is called
- a. theoretical application.
  - b. reflective practice.
  - c. technical application.
  - d. theory-driven hypothesis.
36. When does the human brain exhibit plasticity?
- a. During infancy and early childhood
  - b. Throughout life
  - c. Throughout adolescence
  - d. During adulthood
37. Most learning theories and information processing theories take a similar theoretical approach to development. How do they typically view development?
- a. As a series of stages
  - b. As a process based on heredity
  - c. As a process based on environmental change
  - d. As a continuous process
38. Which one of the following developmental theorists takes the most multidimensional approach, incorporating relationships among complex interacting causes for change (both external and internal) in biological, psychological, social and cultural dimensions?
- a. Urie Bronfenbrenner
  - b. Jean Piaget
  - c. B. F. Skinner
  - d. Erik Erikson
39. Keisha is a 35-year-old African-American woman who is depressed. Her presenting concerns include marital distress, the imminent possibility of losing her job, overeating, and chain-smoking. As you listen to her story, you begin to construct a picture of her developmental history. Which of these explanations would someone using a stage theory of development be most likely to offer for Keisha's problems?
- a. Keisha's difficulties most likely developed through the interaction of her family experiences and societal conditions like poverty and racism.
  - b. Keisha's problems are most likely related to insufficient emotional gratification during infancy when oral needs are paramount.
  - c. Keisha's problems are most likely related to lack of appropriate models of effective marital communication.
  - d. Keisha has experienced reward from her eating and smoking habits, and so she seeks these rewards in stressful situations.
40. Keisha is a 35-year-old African-American woman who is depressed. Her presenting concerns include marital distress, the imminent possibility of losing