

AAFCS Human Development and Family Science (HDFS) 202 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which is Family Life Cycle Stage One?**
 - A. Newly Married Stage**
 - B. Full Nest Stage**
 - C. Bachelor Stage**
 - D. Empty Nest Stage**

- 2. Which statement best defines work simplification?**
 - A. Spending more time to complete a task**
 - B. Increasing the number of steps in a task**
 - C. Automating tasks with robots**
 - D. Finding the easiest and quickest way to do a job well**

- 3. Which statement best describes the infancy trust stage outcomes?**
 - A. The goal is to establish independence**
 - B. The goal is to achieve intimate relationships**
 - C. The goal is to reflect on life**
 - D. If the goal is not met, the child may become withdrawn and avoid interaction with others**

- 4. Which family life cycle stage corresponds to a full nest with the youngest child six years or older?**
 - A. Empty nest stage one**
 - B. Solitary survivor in labor force**
 - C. Full nest stage two**
 - D. Full nest stage one**

- 5. Which family life cycle stage occurs when the head of the household is married and still in the labor force, but the couple has no children at home?**
 - A. Empty nest stage one**
 - B. Full nest stage two**
 - C. Empty nest stage two**
 - D. Retired solitary survivor stage**

- 6. Is abuse intentional?**
- A. Abusive behaviors happen accidentally**
 - B. Sometimes**
 - C. Abusive behaviors and violence or deliberate choices that the abusers make to control their victims**
 - D. Only in certain relationships**
- 7. Which of the following is NOT listed as a use of family and consumer science skills?**
- A. Public relations**
 - B. Tailoring**
 - C. Amateur astronomy**
 - D. Budgeting**
- 8. Instrumental communication refers to:**
- A. Messages aimed at accomplishing the task at hand**
 - B. Demonstrating feelings through nonverbal cues**
 - C. Explicit statements**
 - D. Vague information**
- 9. Which stage is characterized by exploring one's place in society and future goals, with potential role confusion?**
- A. Intimacy vs Isolation**
 - B. Identity vs Role Confusion**
 - C. Ego Integrity vs Despair**
 - D. Trust vs Mistrust**
- 10. Which is Family Life Cycle Stage Two?**
- A. Newly Married Couple Stage**
 - B. Bachelor Stage**
 - C. Full Nest Stage One**
 - D. Retirement Stage**

Answers

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1. C
2. D
3. D
4. C
5. A
6. C
7. C
8. A
9. B
10. A

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Explanations

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1. Which is Family Life Cycle Stage One?

- A. Newly Married Stage
- B. Full Nest Stage
- C. Bachelor Stage**
- D. Empty Nest Stage

Stage One in many family life cycle models represents the Bachelor/Bachelorette phase, where a single adult is establishing independence, pursuing education or career, and planning for future family formation. This is the starting point before marriage and children become part of the family system, which is why the Bachelor Stage is identified as Stage One. The newly married stage comes after forming a couple, Full Nest occurs when children are in the home, and Empty Nest is later when children have left the home. This progression helps you see how families move through changing roles and responsibilities over time.

2. Which statement best defines work simplification?

- A. Spending more time to complete a task
- B. Increasing the number of steps in a task
- C. Automating tasks with robots
- D. Finding the easiest and quickest way to do a job well**

Work simplification focuses on making a task as easy and fast as possible while keeping quality and safety intact by removing unnecessary steps and organizing tools and workflow efficiently. The statement that describes finding the easiest and quickest way to do a job well captures this idea, because it emphasizes reducing effort and time without sacrificing useful results. Spending more time on a task isn't simplification, and adding more steps just adds complexity. Automating with robots can be part of streamlining work, but it's about automation rather than the basic goal of making a job easier and faster through smarter methods.

3. Which statement best describes the infancy trust stage outcomes?

- A. The goal is to establish independence
- B. The goal is to achieve intimate relationships
- C. The goal is to reflect on life
- D. If the goal is not met, the child may become withdrawn and avoid interaction with others**

In infancy, the key idea is forming trust through reliable, responsive caregiving. When an infant's basic needs are consistently met—food, soothing, comfort, and affection—the child learns the world is a safe place and can begin to trust others, fostering a sense of hope. If that trust goal is not met, the child may develop mistrust, which can show up as wariness, fear, or withdrawal from social interaction because they cannot rely on others. The statement describes withdrawal as a consequence of unmet trust, which lines up with the expected outcome of this early stage. The other options reflect later developmental tasks: independence (autonomy) in toddlerhood, intimate relationships (intimacy) in young adulthood, and reflecting on life (integrity) in older adulthood.

4. Which family life cycle stage corresponds to a full nest with the youngest child six years or older?

- A. Empty nest stage one**
- B. Solitary survivor in labor force**
- C. Full nest stage two**
- D. Full nest stage one**

In this family life cycle framework, a “full nest” means two or more children are living at home. The stages are distinguished by the youngest child’s age. When the youngest child is under six, the family is in the first full-nest stage; when the youngest is six or older, the family moves into the second full-nest stage. School-age children bring new routines—school schedules, homework, activities, and a shift in parenting tasks—yet the children are still living at home. That’s why a full nest with the youngest child six years or older fits the second full-nest stage. The other options describe different life-cycle phases (empty nest with no children at home, a single parent in the workforce, or full nest stage one with even younger children).

5. Which family life cycle stage occurs when the head of the household is married and still in the labor force, but the couple has no children at home?

- A. Empty nest stage one**
- B. Full nest stage two**
- C. Empty nest stage two**
- D. Retired solitary survivor stage**

When children have left home, families move into the empty-nest phase. In this stage, the couple has fewer familial roles tied to childrearing, and their everyday dynamic often centers on sustaining the partnership and managing the household as a childless unit. The early empty-nest phase, specifically, is when the couple is still in the workforce and actively contributing financially, even though there are no children at home. That matches the scenario described: the head of the household is married, both are presumably in the labor force, and there are no children living at home. The other possibilities don’t fit as well. Empty-nest stage two would typically involve retirement or near retirement, not ongoing work. Full nest stages would imply that children are still living at home, which contradicts the no-children-at-home condition. A retired solitary survivor describes a single surviving older adult, not a married couple.

6. Is abuse intentional?

- A. Abusive behaviors happen accidentally
- B. Sometimes
- C. Abusive behaviors and violence or deliberate choices that the abusers make to control their victims**
- D. Only in certain relationships

Abuse is about power and control, and the actions are intentional. Abusers deliberately choose to use threats, intimidation, coercion, manipulation, and violence to dominate their victims. This pattern of deliberate, controlling behavior distinguishes abuse from a one-time argument or an accidental incident. Because the goal is ongoing control, the behavior is purposeful and repeated, not random. That's why the best answer is that abusive behaviors and violence are deliberate choices abusers make to control their victims. The other options imply randomness, infrequency, or limitation to specific relationships, which don't fit the pattern of abusive behavior aimed at control across many situations.

7. Which of the following is NOT listed as a use of family and consumer science skills?

- A. Public relations
- B. Tailoring
- C. Amateur astronomy**
- D. Budgeting

Family and consumer sciences skills focus on practical, everyday ways to improve family well-being and consumer decision-making. Public relations fits because it involves communicating with the public about FCS programs and resources. Tailoring corresponds to clothing management and textiles, a traditional area within FCS. Budgeting is a fundamental financial skill, teaching how to plan and manage money for households. Amateur astronomy, while valuable as a science hobby, isn't a typical application of FCS training. Therefore, the option involving amateur astronomy is not a listed use of family and consumer science skills.

8. Instrumental communication refers to:

- A. Messages aimed at accomplishing the task at hand**
- B. Demonstrating feelings through nonverbal cues
- C. Explicit statements
- D. Vague information

Instrumental communication is goal-oriented and task-focused. It involves sending messages that are meant to get something done—directions, requests, instructions, or information shared to move a task forward and achieve a specific outcome. In this sense, the purpose is practical and outcome driven. That makes this option the best fit because it directly captures the idea of using communication to accomplish a task. The other ideas describe different aspects: expressing feelings through nonverbal cues aligns with affective or relational communication, explicit statements can be part of instrumental use but aren't the defining feature, and vague information fails to advance a task effectively.

9. Which stage is characterized by exploring one's place in society and future goals, with potential role confusion?

- A. Intimacy vs Isolation**
- B. Identity vs Role Confusion**
- C. Ego Integrity vs Despair**
- D. Trust vs Mistrust**

This question targets Erikson's stage of identity formation, where exploring who you are and what role you'll play in society is central. During adolescence and into early adulthood, people test values, beliefs, careers, and relationships to build a coherent sense of self. When that exploration leads to clear commitments, a stable identity emerges and the person moves forward with confidence. When it doesn't, role confusion can occur—feeling uncertain about one's place in society, future direction, and personal values. Other stages don't fit because they describe different life periods: forming intimate relationships and bonds is the focus of the next stage, not the exploration of identity; reflecting on life and achieving a sense of completion happens later in life; trust versus mistrust is about infancy and early caregiving experiences.

10. Which is Family Life Cycle Stage Two?

- A. Newly Married Couple Stage**
- B. Bachelor Stage**
- C. Full Nest Stage One**
- D. Retirement Stage**

Stage Two is the point in the family life cycle where a couple forms a new family unit through marriage and begins to live and plan together as partners. This stage involves adjusting to shared life, establishing routines and roles, managing finances, and building a life as a married couple, sometimes with anticipation of children. That's why the newly married couple stage fits Stage Two. The other options describe stages centered on being single, having children already present in the home, or later in life, which are not Stage Two in this framework.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://aafcshdfs202.examzify.com>

We wish you the very best on your exam journey. You've got this!

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