

AAFCS HUMAN DEVELOPMENT AND FAMILY SCIENCE (HDFS) 202 PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. Intrapersonal intelligence is defined as

- A. The talent for physical coordination.
- B. The skill of solving complex mathematical problems.
- C. The ability to read, empathize, and understand others.
- D. The potential to understand and regulate oneself.

2. Later Maturity spans which age range?

- A. 0-5
- B. 6-12
- C. 61-end of life
- D. 13-18

3. Domestic Abuse is defined as what?

- A. Physical abuse
- B. the abuse of one spouse by the other
- C. Sexual abuse
- D. Verbal abuse

4. Which family life cycle stage is characterized by the youngest child being under six years old?

- A. Oldest Child Is In School
- B. Children Already Adults
- C. No Children In The Home
- D. Youngest Child Is Under Six

5. Intrapersonal intelligence involves

- A. The skill of solving complex mathematical problems.
- B. The potential to understand and regulate oneself.
- C. The ability to read, empathize, and understand others.
- D. The talent for physical coordination.

- 6. Erik Erikson's theory of psychosocial development is built on stages in which individuals must overcome a developmental obstacle to progress and face the crisis of later stages. What is this obstacle commonly described as?**
- A. It comprises stages each with a crisis to resolve
 - B. It is based on genetic inheritance
 - C. It ignores social relationships
 - D. It denies identity development
- 7. Which of the following is NOT a task of middle adulthood?**
- A. Finding adult recreational activities
 - B. Achieving in one's chosen career
 - C. Helping teenage children become healthy and happy adults
 - D. Learning to relate with members of the opposite sex
- 8. In relationships, which form of communication is typically used to complete a task with minimal confusion?**
- A. Affective communication
 - B. Instrumental communication
 - C. Clear communication
 - D. Masked communication
- 9. Which role is Management of the family?**
- A. Emotional support
 - B. Development and education
 - C. Marriage
 - D. Management of the family
- 10. Which stage of the family life cycle is associated with an older married couple who has independent children?**
- A. Full nest stage two
 - B. Full nest stage three
 - C. Empty nest stage one
 - D. Solitary survivor in labor force

Answers

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

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Explanations

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1. Intrapersonal intelligence is defined as

- A. The talent for physical coordination.
- B. The skill of solving complex mathematical problems.
- C. The ability to read, empathize, and understand others.
- D. The potential to understand and regulate oneself.**

Understanding and regulating oneself is the hallmark of intrapersonal intelligence. This form of intelligence, from Gardner's framework, refers to self-awareness—the ability to recognize one's own emotions, motivations, values, and strengths and weaknesses—and to use that understanding to guide behavior and learning. The description "the potential to understand and regulate oneself" directly captures that inner focus, including activities like reflecting on goals, monitoring mood, and adjusting actions to stay on track. By contrast, physical coordination describes bodily-kinesthetic skills, solving complex mathematical problems fits logical-mathematical intelligence, and reading, empathizing, and understanding others aligns with interpersonal intelligence, which centers on others rather than the self. Self-reflection and emotional regulation enable better decisions and personal growth, which is what intrapersonal intelligence is all about.

2. Later Maturity spans which age range?

- A. 0-5
- B. 6-12
- C. 61-end of life**
- D. 13-18

Later Maturity refers to the final stage of the life span, the period of older adulthood that extends toward the end of life. This typically begins around the early 60s and continues as people age, encompassing retirement, health changes, and shifting social roles. That makes the 61 to end of life range the best fit. The other options describe earlier life stages—0-5 is infancy/early childhood, 6-12 is middle childhood, and 13-18 is adolescence—stages before late life.

3. Domestic Abuse is defined as what?

- A. Physical abuse
- B. the abuse of one spouse by the other**
- C. Sexual abuse
- D. Verbal abuse

Domestic abuse is about a pattern of controlling or harmful behavior used by one partner against another within a domestic, intimate relationship. It isn't limited to a single form; it can include physical, emotional, verbal, sexual, or financial harm, all used to dominate or intimidate the other person. The description that states "the abuse of one spouse by the other" best captures this relational context, highlighting that the abuse occurs within a spousal partnership and often involves a pattern of coercive action over time. The other options point to specific types of harm, but they don't convey the relationship-based dynamic that defines domestic abuse.

4. Which family life cycle stage is characterized by the youngest child being under six years old?

- A. Oldest Child Is In School
- B. Children Already Adults
- C. No Children In The Home
- D. Youngest Child Is Under Six**

In this framework, stages are defined by the youngest child's age, which shapes the family's daily routines and parenting tasks. When the youngest child is under six, the family is in the preschool (early childhood) stage. This period focuses on routines, safety, early education, and guiding toddlers and preschoolers through foundational development while balancing caregiving with other responsibilities. The other options describe different life-cycle points: having the oldest child in school aligns with a school-age stage; no children in the home points to a launching/empty-nest stage; and children already adults reflects a post-parenting stage.

5. Intrapersonal intelligence involves

- A. The skill of solving complex mathematical problems.
- B. The potential to understand and regulate oneself.**
- C. The ability to read, empathize, and understand others.
- D. The talent for physical coordination.

Intrapersonal intelligence is about understanding your own thoughts, feelings, and motivations and being able to regulate your own behavior. It involves self-awareness—knowing what you're thinking and feeling—and self-management, such as setting goals, planning, monitoring progress, and adjusting when needed. This helps you make intentional choices, cope with stress, and pursue activities that fit your values and strengths. That's why the statement about understanding and regulating oneself is the best fit. The other descriptions point to different kinds of abilities: solving complex mathematical problems aligns with logical-mathematical intelligence, reading, empathizing, and understanding others aligns with interpersonal intelligence, and physical coordination aligns with bodily-kinesthetic intelligence.

6. Erik Erikson's theory of psychosocial development is built on stages in which individuals must overcome a developmental obstacle to progress and face the crisis of later stages. What is this obstacle commonly described as?

- A. It comprises stages each with a crisis to resolve**
- B. It is based on genetic inheritance
- C. It ignores social relationships
- D. It denies identity development

Erikson's theory centers on psychosocial crises that act as turning points at each developmental stage. The obstacle described is this ongoing crisis in each stage—navigating it allows progression to the next stage and the development of a virtue. The statement that it comprises stages each with a crisis to resolve best captures this idea, since development unfolds through these stage-specific crises. The theory isn't about genetic inheritance, it emphasizes social relationships and environment, and it certainly supports ongoing identity development, so the other options don't fit the model.

7. Which of the following is NOT a task of middle adulthood?

- A. Finding adult recreational activities
- B. Achieving in one's chosen career
- C. Helping teenage children become healthy and happy adults
- D. Learning to relate with members of the opposite sex**

In middle adulthood, people tend to focus on consolidating their career, supporting and guiding the next generation, and finding meaningful ways to enjoy life through leisure and personal growth. Learning to relate with members of the opposite sex is something that typically develops during adolescence, when dating and forming intimate relationships begin. By this stage, those patterns are already established for many, so the ongoing developmental tasks center on maintaining work and family roles, mentoring or supervising younger people, and choosing activities that fit the current life situation. That makes "learning to relate with members of the opposite sex" not a typical middle-age task, while the other options describe common middle-adulthood activities.

8. In relationships, which form of communication is typically used to complete a task with minimal confusion?

- A. Affective communication
- B. Instrumental communication**
- C. Clear communication
- D. Masked communication

Instrumental communication is the practical, task-focused way people talk to get something done. It uses direct instructions, specific steps, assigned responsibilities, and clear deadlines so everyone knows what to do and by when, which minimizes misunderstandings. For example, saying, "Please handle the grocery list and I'll manage the meal prep; let's have it all ready by 6 PM," sets a concrete plan and expectations. Affective communication centers on feelings and relationship warmth, which is important but not primarily about finishing a task with little confusion. Masked communication involves hiding true feelings, which often leads to more confusion. Clear communication is helpful in general, but instrumental communication specifically targets completing a task efficiently.

9. Which role is Management of the family?

- A. Emotional support
- B. Development and education
- C. Marriage
- D. Management of the family**

The main idea here is that some family roles focus on organizing and directing how the household runs. Management of the family is the system-level responsibility: coordinating resources, planning, making decisions, and solving problems to keep daily life functioning smoothly. It includes budgeting, scheduling, delegating tasks, and arranging logistics so the family can meet its goals and stay stable. Emotional support is about providing care and reassurance to family members, helping with feelings and relationships. Development and education focus on guiding children's growth and learning. Marriage centers on the relationship and partnership between adults in the family. These are distinct functions, while management specifically covers the overall organization and administration of the family unit.

10. Which stage of the family life cycle is associated with an older married couple who has independent children?

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

The situation describes the empty-nest stage: an older married couple whose children are independent and no longer living at home. In this phase, the family composition has shifted from a household with children to two adults, so the stage is defined by the absence of dependent children in the home. Stage one empty nest specifically refers to the initial period after the youngest leaves, when the couple begins adjusting to life with no children at home and often focuses on redefining their relationship and routines. The other stages listed involve children still being present at home (full nest) or a situation where only one partner remains in the household or active in the labor force (solitary survivor), which don't fit this scenario.

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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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