

ADOLESCENCE 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 of the following is one of the five chief changes during adolescence?**
 - A. Rules-based thought
 - B. Multidimensional thinking
 - C. Limited imagination
 - D. Concrete reasoning
- 2. Which statement about intrinsic motivation is true?**
 - A. Intrinsic motivation arises from internal interest
 - B. Intrinsic motivation arises from external rewards
 - C. Intrinsic motivation is unrelated to learning
 - D. Intrinsic motivation always leads to poor performance
- 3. According to Marcia, which identity status is defined by commitment without exploration?**
 - A. Diffusion
 - B. Foreclosure
 - C. Moratorium
 - D. Achievement
- 4. Which of the following is NOT a typical sign of adolescent substance use disorder?**
 - A. Craving
 - B. Tolerance
 - C. Withdrawal symptoms
 - D. Improved academic performance
- 5. High collective efficacy in a neighborhood is most directly associated with which element?**
 - A. Trust among residents
 - B. Access to resources
 - C. Coordinated monitoring of youth
 - D. High levels of wealth

- 6. What phenomenon in adolescence suggests social relationships can affect biological functioning?**
- A. The time her female roommate menstruates
 - B. Her most stressful days of the month
 - C. The days she feels most sexually aroused
 - D. Her biological sister living in a different city
- 7. Which cognitive strategies help adolescents manage stress?**
- A. Mindless activity
 - B. Problem-solving, cognitive reframing, mindfulness, time management, and seeking social support
 - C. Avoidance and denial
 - D. Multitasking without planning
- 8. In 2016, which living arrangement was most common for Americans between the ages of 18 and 34?**
- A. Living in parents' home
 - B. Living alone, single parents, and other family heads
 - C. Other living arrangement
 - D. Married or cohabitating in own household
- 9. Which condition yields the most favorable adjustment to menarche?**
- A. The girl is warned about unpleasant aspects
 - B. The mother describes unpleasant aspects
 - C. Menarche occurs before learning about the physical changes
 - D. The girl knows the facts about the physical changes her body will undergo
- 10. Which term best describes a neighborhood where residents trust one another and supervise youths?**
- A. High collective efficacy
 - B. Low social capital
 - C. Economic inequality
 - D. Urban decay

Answers

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

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Explanations

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1. Which of the following is one of the five chief changes during adolescence?

- A. Rules-based thought
- B. Multidimensional thinking**
- C. Limited imagination
- D. Concrete reasoning

Adolescence brings a shift to more complex thinking as formal operational thought develops. This stage is marked by the ability to think abstractly, reason about possibilities, and consider many factors at once rather than relying on a single cause or direct observation. Multidimensional thinking means you can hold several dimensions of a problem in mind—the variables, perspectives, and potential outcomes—simultaneously, which is essential for evaluating arguments, predicting consequences, and solving problems that don't have a single clear answer. The other options describe thinking that stays tied to concrete experiences, fixed rules, or limited imagination, which fit earlier stages. So, multidimensional thinking best captures this adolescent cognitive change.

2. Which statement about intrinsic motivation is true?

- A. Intrinsic motivation arises from internal interest**
- B. Intrinsic motivation arises from external rewards
- C. Intrinsic motivation is unrelated to learning
- D. Intrinsic motivation always leads to poor performance

Intrinsic motivation comes from internal interest, curiosity, and the satisfaction of engaging with a task for its own sake. When someone is intrinsically motivated, they dive into learning because the activity is enjoyable or meaningful, not because of external rewards or pressures. This inner drive often leads to deeper concentration, persistence, and better understanding, since the learning happens for its own reward. External rewards are a separate, extrinsic source of motivation; they can influence behavior but don't reflect the inner interest that defines intrinsic motivation. Saying intrinsic motivation is unrelated to learning isn't accurate—intrinsic interest is typically linked to more meaningful engagement and better retention. And the idea that intrinsic motivation always yields poor performance isn't true either; in many cases, it supports higher-quality work and longer persistence.

3. According to Marcia, which identity status is defined by commitment without exploration?

- A. Diffusion
- B. Foreclosure**
- C. Moratorium
- D. Achievement

Foreclosure occurs when a person makes a firm commitment to an identity, values, or career path without exploring alternatives. In Marcia's framework, exploration means actively questioning options, while commitment means settling on a choice. Foreclosure is thus commitment without prior exploration, often stemming from parental or cultural pressures that push a person toward a given path. This can give a clear sense of direction and stability, but may limit flexibility if circumstances change or if the individual later wants to redefine who they are. By contrast, diffusion involves neither commitment nor exploration, moratorium involves exploration without commitment, and achievement involves both exploration and a thoughtful commitment after weighing options.

4. Which of the following is NOT a typical sign of adolescent substance use disorder?

- A. Craving
- B. Tolerance
- C. Withdrawal symptoms
- D. Improved academic performance**

Signs of adolescent substance use disorder center on dependence and impaired functioning. Craving is the strong, persistent urge to use, showing how the brain is motivated to seek the substance. Tolerance reflects neuroadaptation, where more of the substance is needed to achieve the same effect. Withdrawal symptoms occur when the substance is reduced or stopped, indicating the body has become dependent. In contrast, an improvement in academic performance is not a typical sign; substance use generally disrupts attention, memory, and executive function, leading to declines in schoolwork rather than improvements.

5. High collective efficacy in a neighborhood is most directly associated with which element?

- A. Trust among residents
- B. Access to resources
- C. Coordinated monitoring of youth**
- D. High levels of wealth

High collective efficacy comes from social cohesion plus informal social control, meaning neighbors feel connected and are willing to act for the common good. The most direct expression of that willingness is coordinated monitoring of youth—neighbors watching out for one another's kids, noticing risky situations, and stepping in as a group to prevent trouble. This organized supervision is the concrete mechanism by which a community exerts informal control and keeps youth on a safer path. Trust among residents supports this process, but the essential action is how they monitor and intervene together. Wealth or access to resources aren't what define collective efficacy, even though resources can influence opportunities. The key is the coordinated effort to supervise and guide youth.

6. What phenomenon in adolescence suggests social relationships can affect biological functioning?

- A. The time her female roommate menstruates**
- B. Her most stressful days of the month
- C. The days she feels most sexually aroused
- D. Her biological sister living in a different city

Social relationships can influence biological functioning, as shown by the idea that menstrual cycles can synchronize among women who share close living spaces. When a female roommate's cycle is present in the same environment, social cues, shared routines, or pheromonal signals are thought to contribute to alignment of cycle timing over time. This illustrates how interpersonal context can modulate physiological processes, such as reproductive hormones. The other options don't illustrate a social relationship influencing biology in the same direct way: stress levels tied to the month aren't specifically about a social relationship; arousal is a physiological state not tied to the roommate dynamic; and a sister living in another city represents social relation but not the same short-term, shared-environment influence on biological timing.

7. Which cognitive strategies help adolescents manage stress?

- A. Mindless activity
- B. Problem-solving, cognitive reframing, mindfulness, time management, and seeking social support**
- C. Avoidance and denial
- D. Multitasking without planning

Adolescents cope best with stress when they use active, intentional strategies that address both what's happening and how they think about it. Problem-solving helps by turning a vague or overwhelming stressor into clear steps you can take. You identify options, weigh potential outcomes, pick a practical plan, and then take action, which reduces uncertainty and boosts a sense of control. Cognitive reframing changes the way you interpret a situation. By challenging unhelpful or catastrophic thoughts and replacing them with more realistic, balanced interpretations, you reduce negative mood and anxiety and improve motivation to act. Mindfulness brings attention to the present moment rather than getting caught in onslaughts of worry about the future or ruminating on the past. This ongoing nonjudgmental awareness lowers physiological arousal, helps you notice stress signals early, and supports calmer responses. Time management tackles overload by organizing tasks, setting priorities, breaking big goals into smaller steps, and planning when to work. This reduces procrastination and the pressure that builds when deadlines loom, making stress feel more controllable. Seeking social support recognizes that sharing burdens and getting help from friends, family, or mentors provides emotional comfort, practical advice, and accountability. Feeling connected can buffer stress and offer new perspectives. Other approaches tend to be less effective. Mindless activity may provide brief distraction but doesn't address underlying stress or improve coping skills. Avoidance or denial postpones dealing with the stress, often making it harder later. Multitasking without planning increases cognitive load and can worsen performance and stress rather than alleviate it.

8. In 2016, which living arrangement was most common for Americans between the ages of 18 and 34?

- A. Living in parents' home**
- B. Living alone, single parents, and other family heads
- C. Other living arrangement
- D. Married or cohabitating in own household

The main concept here is how economic and life-course factors shape where young adults live. In 2016, the most common living situation for Americans aged 18–34 was living in their parents' home. This reflects practical affordability issues: housing costs, rent, and student debt can make staying at home more feasible than moving into an independent household, even as many in this age group pursue education or start their careers. While some young adults do live on their own or with a partner, or in other arrangements, those options were less prevalent for this age group at that time. This pattern often signals a transitional phase where independence is pursued gradually as circumstances improve.

9. Which condition yields the most favorable adjustment to menarche?

- A. The girl is warned about unpleasant aspects
- B. The mother describes unpleasant aspects
- C. Menarche occurs before learning about the physical changes
- D. The girl knows the facts about the physical changes her body will undergo**

Understanding puberty through clear, factual information about what will happen to the body helps a girl anticipate and manage menarche with confidence. When she knows the specific physical changes she'll experience, she can recognize normal symptoms, plan for menstrual hygiene, and understand that cramps, mood shifts, and other changes are part of a typical process. This reduces uncertainty and fear, builds a sense of control, and promotes open communication with caregivers and peers, all of which contribute to a smoother, more positive transition. Warnings about unpleasant aspects or hearing only negative descriptions can raise anxiety or shame, making the experience feel abnormal or threatening. If menarche occurs before she has learned about the changes, she may feel surprised and overwhelmed. In contrast, being informed about the actual changes provides a framework for coping and normalizes the experience, leading to the most favorable adjustment.

10. Which term best describes a neighborhood where residents trust one another and supervise youths?

- A. High collective efficacy**
- B. Low social capital
- C. Economic inequality
- D. Urban decay

The main concept being tested is collective efficacy—the degree of social cohesion among neighbors and their willingness to intervene for the common good. A neighborhood where residents trust one another and actively supervise youths exemplifies high collective efficacy because trust and a shared expectation of mutual monitoring support positive youth development and deter trouble. Low social capital would describe weaker networks and less trust, not the active supervision described. Economic inequality focuses on resource gaps rather than how people relate and intervene in each other's lives, and urban decay refers to physical deterioration, not social dynamics.

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://adolescence1.examzify.com>

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

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