

CSET MULTIPLE SUBJECT SUBTEST 3: HUMAN DEVELOPMENT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Play is critical to which type of advancement in children?**
 - A. All
 - B. Emotional
 - C. Social
 - D. Play
- 2. Which attachment style is labeled 'Disorganized-Disoriented'?**
 - A. Disorganized-Disoriented Attachment
 - B. Secure Attachment
 - C. Anxious-Avoidant Attachment
 - D. Anxious-Resistant Attachment
- 3. What is a core implication of secure attachment for a child's development?**
 - A. It supports emotional and biological regulation.
 - B. It leads to persistent anxiety in relationships.
 - C. It prevents any stress responses.
 - D. It has no relation to later relationships.
- 4. In early childhood, which statement about body composition is accurate?**
 - A. Girls have more fatty tissue than boys
 - B. Boys have more fatty tissue than girls
 - C. Fat distribution is the same across genders
 - D. There is no difference in muscle tissue distribution
- 5. Play therapy helps children feel less threatened by allowing expression in which form?**
 - A. Environment
 - B. Cognitions
 - C. Real
 - D. Comforted

- 6. Which theorist proposed the idea that every function in a child's cultural development appears twice—first between people, then within the child?**
- A. Erik Erikson
 - B. Jean Piaget
 - C. Lev Vygotsky
 - D. B.F. Skinner
- 7. During adolescence, which group shows rapid development of large motor strength?**
- A. Boys
 - B. Girls
 - C. Both equally
 - D. Neither
- 8. What term describes the temporary support provided by a teacher or older peer to help a child master a task?**
- A. Anxious attachment
 - B. Scaffolding
 - C. Temperament
 - D. Goodness of fit
- 9. Which attachment style is marked by skepticism about trying new things and belief that others can't be trusted?**
- A. Anxious-Resistant Attachment
 - B. Secure Attachment
 - C. Anxious-Avoidant Attachment
 - D. Disorganized-Disoriented Attachment
- 10. Which theorist proposed psychosocial development through a series of crises, such as trust versus mistrust and autonomy versus shame?**
- A. Jean Piaget
 - B. Erik Erikson
 - C. Lev Vygotsky
 - D. B.F. Skinner

Answers

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

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Explanations

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1. Play is critical to which type of advancement in children?

- A. All
- B. Emotional
- C. Social
- D. Play

Play fuels growth across multiple areas of development, not just one. Through play, children express and regulate emotions, build social skills like sharing and cooperating, and develop cognitive abilities such as problem-solving, memory, and symbolic thinking. Physical play also boosts motor development and coordination, which in turn supports attention and self-control. Because play influences emotional, social, cognitive, and physical development all at once, it is critical to overall advancement in children.

2. Which attachment style is labeled 'Disorganized-Disoriented'?

- A. Disorganized-Disoriented Attachment
- B. Secure Attachment
- C. Anxious-Avoidant Attachment
- D. Anxious-Resistant Attachment

In attachment theory, the disorganized-disoriented pattern is identified when a child lacks a coherent strategy for seeking comfort from the caregiver. They may show a mix of approaching and avoiding, confusion, or freezing when the caregiver returns, indicating a breakdown in organizing behavior around the caregiver as a secure base. This label precisely describes that pattern, and it stands apart from the other styles where behaviors follow a more consistent, organized pattern: secure relies on seeking comfort and feeling safe, anxious-avoidant shows avoidance of closeness, and anxious-resistant combines clinginess with difficulty soothing.

3. What is a core implication of secure attachment for a child's development?

- A. It supports emotional and biological regulation.
- B. It leads to persistent anxiety in relationships.
- C. It prevents any stress responses.
- D. It has no relation to later relationships.

Secure attachment helps a child learn to regulate both feelings and bodily arousal. When a caregiver consistently responds with warmth and availability, the child feels safe to explore and, at the same time, learns how to calm down after stress. This creates a foundation for managing emotions (emotional regulation) and for the body's stress response system to function more adaptively (biological regulation). As a result, children with secure attachments tend to handle fear, frustration, and social challenges more effectively, which supports better social relationships and mental health later on. That's why the best choice says it supports emotional and biological regulation. The other ideas don't fit: secure attachment doesn't cause persistent anxiety in relationships; it doesn't prevent all stress responses but helps regulate them; and it does relate to how individuals form relationships later in life.

4. In early childhood, which statement about body composition is accurate?

- A. Girls have more fatty tissue than boys**
- B. Boys have more fatty tissue than girls
- C. Fat distribution is the same across genders
- D. There is no difference in muscle tissue distribution

In early childhood, girls tend to have a higher percentage of fatty tissue than boys. This means that, on average, girls carry more body fat as part of normal development, while lean tissue development (muscle and bone) is similar between the genders at this stage. The differences in fat distribution become more noticeable after puberty due to hormonal changes, so saying that fat distribution is the same across genders or that there's no difference in muscle tissue distribution isn't accurate for this period. Understanding that girls typically have more fatty tissue helps explain observed patterns in body composition before puberty.

5. Play therapy helps children feel less threatened by allowing expression in which form?

- A. Environment
- B. Cognitions
- C. Real**
- D. Comforted

Play therapy helps children feel less threatened by letting them express real emotions and experiences through play. When kids act out situations with toys, dolls, or drawings, they can reveal what they're feeling without having to put those feelings into words. The play acts as a safe, controlled space where authentic feelings—often difficult to name—can come to the surface in a tangible way, reducing fear and defensiveness. The other options don't fit this mechanism as well. Environment isn't about how the child expresses inner experiences, cognition refers to thoughts rather than expressed feelings, and being comforted describes a feeling state rather than a method of expression.

6. Which theorist proposed the idea that every function in a child's cultural development appears twice—first between people, then within the child?

- A. Erik Erikson
- B. Jean Piaget
- C. Lev Vygotsky**
- D. B.F. Skinner

Lev Vygotsky's idea is that cognitive development grows out of social interaction. Every higher mental function first appears on a social level—between people in collaboration with a more knowledgeable other—before it is internalized by the child as an individual skill. So, a child learns language, problem solving, and memory strategies through interaction, then gradually uses them independently. This is why the statement matches Vygotsky: it captures the process of internalization from social (interpersonal) to inner (intrapersonal) functioning. In contrast, Piaget emphasizes how children actively construct knowledge through their own exploration, Erikson focuses on psychosocial stages across the lifespan, and Skinner centers on behavior shaped by reinforcement rather than the social origin of internal processes.

7. During adolescence, which group shows rapid development of large motor strength?

- A. Boys
- B. Girls**
- C. Both equally
- D. Neither

During adolescence, hormonal changes drive rapid gains in the large muscle groups used for gross motor tasks. In boys, a surge of testosterone increases muscle mass and strength, leading to quicker, more pronounced improvements in activities like running, jumping, throwing, and other big-motor movements. Girls also improve in gross motor skills, but the rate of increase in raw strength tends to be slower because of different hormonal influences. So, the group that shows the most rapid development of large motor strength is boys.

8. What term describes the temporary support provided by a teacher or older peer to help a child master a task?

- A. Anxious attachment
- B. Scaffolding**
- C. Temperament
- D. Goodness of fit

Scaffolding describes the temporary support a more knowledgeable person provides to help a child perform a task just beyond what they can do independently. A teacher or older peer offers guidance, prompts, modeling, and feedback, then gradually removes those supports as the child develops competence, until the child can do the task alone. This concept is tied to the Zone of Proximal Development, where learning grows most effectively with guided assistance. For example, when a child is learning to read a complex sentence, a teacher might first read it aloud, point to words, ask guiding questions, and gradually release responsibility so the child can read more independently. The other terms refer to different ideas: anxious attachment concerns insecurity in relationships; temperament is about the child's inherent patterns of mood and reactivity; goodness of fit is about how well the environment matches the child's temperament.

9. Which attachment style is marked by skepticism about trying new things and belief that others can't be trusted?

- A. Anxious-Resistant Attachment**
- B. Secure Attachment
- C. Anxious-Avoidant Attachment
- D. Disorganized-Disoriented Attachment

Attachment styles show how a child trusts others and approaches new experiences based on how reliably caregivers respond. When caregiving is inconsistent, a child often becomes anxious about trying new things and skeptical that others will be there to meet needs. This combination—hesitation to explore and doubt about whether others can be trusted—fits Anxious-Resistant (ambivalent) attachment. These children may cling and seek comfort but also resist soothing, reflecting insecurity about the caregiver's availability. In contrast, secure attachment would involve confident exploration and trust in the caregiver; anxious-avoidant attachment tends to involve pulling away from closeness and not relying on others; and disorganized-disoriented attachment shows chaotic, contradictory behaviors rather than a consistent pattern of doubt about others and reluctance to try new things.

10. Which theorist proposed psychosocial development through a series of crises, such as trust versus mistrust and autonomy versus shame?

- A. Jean Piaget
- B. Erik Erikson**
- C. Lev Vygotsky
- D. B.F. Skinner

The main idea being tested is that development unfolds through psychosocial crises—emotional and social challenges that individuals resolve across different life stages. Erik Erikson developed this framework, proposing a series of stages from infancy through adulthood, each with a central conflict to resolve. For example, in infancy the key challenge is trust versus mistrust, where consistent care fosters a sense of security and hope. In toddlerhood the struggle is autonomy versus shame, where supportive encouragement of independence builds a sense of autonomy rather than doubt. This perspective emphasizes how relationships and cultural context shape personality over the whole lifespan, not just cognitive processes or learned behaviors. That emphasis on social and emotional development across ages is what sets Erikson apart from other theorists. Piaget focused on stages of thinking and cognitive development; Vygotsky highlighted the role of social interaction and cultural tools in learning; Skinner centered on how behavior is shaped by reinforcement. None of those frame development as a sequence of psychosocial crises across the lifespan the way Erikson does. So the theorist described is Erik Erikson.

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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://csetmultisubj3humandev.examzify.com>

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

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