

# Developmental Stages and Transitions Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.**

**SAMPLE**

## Questions

SAMPLE

- 1. What can an infant's mother expect regarding her infant's protection from infections due to antibodies received during pregnancy?**
  - A. If you breastfeed, your infant is protected from infection**
  - B. The transfer of your antibodies protects your infant until 12 months of age**
  - C. Yes, your infant is protected from all infections**
  - D. The immune system of an infant is immature, and the infant is at risk for infections**
  
- 2. What action should a nurse take to assess for the presence of jaundice in a newborn?**
  - A. Squeeze the infants nail beds**
  - B. Apply pressure with a finger on the infants forehead**
  - C. Apply pressure with a finger over the umbilical area**
  - D. Squeeze the infants brachial area**
  
- 3. How do experiences from early childhood shape later developmental stages?**
  - A. They have no significant impact on adulthood**
  - B. Only affect academic performance**
  - C. Influence personality and relationship patterns**
  - D. Primarily alter physical development**
  
- 4. Which toys are most suitable for planning play activities for 2- and 3-year-old children?**
  - A. Videos and cutting-and-pasting toys**
  - B. Finger paint and card games**
  - C. Blocks and push-pull toys**
  - D. Simple board games and puzzles**
  
- 5. What is one outcome of critical thinking fostered by education during transitions?**
  - A. Increased conformity to social norms**
  - B. Enhanced adaptability to new situations**
  - C. Reduced interest in lifelong learning**
  - D. Decreased independence in decision-making**

- 6. What is a characteristic of the "Trust vs. Mistrust" stage?**
- A. Children explore their environment**
  - B. Infants learn to rely on caregivers**
  - C. Adolescents form their identity**
  - D. Adults develop relationships**
- 7. How does authoritarian parenting differ from authoritative parenting?**
- A. Authoritarian parenting is more nurturing and less strict.**
  - B. Authoritarian parenting insists on strict rules with little emotional support.**
  - C. Authoritative parenting is completely lenient.**
  - D. Authoritative parents avoid setting any rules.**
- 8. At what age range does the "Industry vs. Inferiority" stage occur?**
- A. 2 to 4 years**
  - B. 7 to 12 years**
  - C. 13 to 18 years**
  - D. 18 months to 3 years**
- 9. What does the fourth stage, Maintaining Social Order, emphasize in legal and ethical contexts?**
- A. Social contracts for community welfare**
  - B. Obeying laws and respecting authority**
  - C. Individual rights and freedoms**
  - D. Universality of ethical principles**
- 10. What should a nurse do after obtaining assessment data from an older client about sleep disturbances?**
- A. Document the findings in the medical record**
  - B. Ask the primary HCP for a prescription for a nighttime sedative**
  - C. Encourage the client to consume stimulants during the daytime**
  - D. Report the findings to the HCP**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE



1. What can an infant's mother expect regarding her infant's protection from infections due to antibodies received during pregnancy?
  - A. If you breastfeed, your infant is protected from infection
  - B. The transfer of your antibodies protects your infant until 12 months of age
  - C. Yes, your infant is protected from all infections
  - D. The immune system of an infant is immature, and the infant is at risk for infections**

An infant's immune system is indeed immature at birth, which makes them more susceptible to infections. While some antibodies are transferred from the mother through the placenta during pregnancy, they do not confer complete immunity. This passive immunity can help provide some level of protection against certain infections in the early months of life, but it is generally insufficient for long-term protection. The mother's antibodies will diminish over time, and the infant's own immune system takes time to develop fully and begin producing its own antibodies. The other options suggest either an unrealistic complete protection from breastfeeding or mistakenly imply direct, long-lasting immunity from the transferred antibodies without acknowledging the limitations and risks associated with the infant's developing immune defenses. In reality, ongoing protection through breastfeeding and vaccinations becomes essential as the infant grows.

2. What action should a nurse take to assess for the presence of jaundice in a newborn?
  - A. Squeeze the infants nail beds
  - B. Apply pressure with a finger on the infants forehead**
  - C. Apply pressure with a finger over the umbilical area
  - D. Squeeze the infants brachial area

To assess for the presence of jaundice in a newborn, applying pressure with a finger on the infant's forehead is an effective method. This technique allows the nurse to observe the skin's color more accurately. When pressure is applied, the underlying blood is temporarily displaced, reducing the redness in the skin. Once the pressure is released, any yellow tint from jaundice can become more pronounced, making it easier to identify. Newborn jaundice typically manifests as a yellowing of the skin and the sclera (the whites of the eyes), often beginning on the head and progressing down the body. Therefore, assessing the forehead is particularly useful since jaundice usually becomes noticeable in the facial area first. Other assessment methods, such as squeezing nail beds or applying pressure to the umbilical area, do not facilitate the visualization of jaundice effectively, as they do not provide the same prompt contrast needed to assess the skin's coloration accurately.

### **3. How do experiences from early childhood shape later developmental stages?**

- A. They have no significant impact on adulthood**
- B. Only affect academic performance**
- C. Influence personality and relationship patterns**
- D. Primarily alter physical development**

Experiences from early childhood play a crucial role in shaping personality and relationship patterns later in life. During early childhood, individuals undergo significant cognitive, emotional, and social development. It is during this time that foundational experiences, such as attachment to caregivers, social interactions with peers, and early learning opportunities, begin to form core aspects of personality. For instance, children who develop secure attachments tend to have healthier relationships in adulthood, exhibiting greater emotional intelligence and interpersonal skills. Conversely, adverse experiences, such as neglect or inconsistent parenting, can lead to challenges in forming stable relationships and may contribute to various mental health issues later on. Additionally, early childhood experiences impact how individuals perceive themselves and interact with the world, influencing their coping strategies and emotional responses throughout their lives. These formative years are integral because they not only affect academic successes but also determine how one relates to others, handles stress, and navigates life's challenges. The lasting impact of early experiences extends far beyond academics, making this concept a vital aspect of understanding human development.

### **4. Which toys are most suitable for planning play activities for 2- and 3-year-old children?**

- A. Videos and cutting-and-pasting toys**
- B. Finger paint and card games**
- C. Blocks and push-pull toys**
- D. Simple board games and puzzles**

The selection of blocks and push-pull toys as the most suitable option for planning play activities for 2- and 3-year-old children is based on several developmental considerations. At this age, children are typically exploring their environments through hands-on and sensory experiences. Blocks allow children to engage in constructive play, which fosters creativity, spatial awareness, and fine motor skills as they figure out how to stack and balance different shapes. This type of play encourages problem-solving and cognitive development, while also facilitating social interaction when children play together. Push-pull toys, on the other hand, promote gross motor skills and coordination, which are crucial for physical development at this stage. As children walk, push, or pull these toys, they gain strength and balance, further enhancing their physical capabilities. The engaging nature of these toys aligns well with the natural tendencies of toddlers to explore through movement and manipulation. In contrast, options involving videos, card games, simple board games, and puzzles may not align as closely with the developmental needs of toddlers. These alternatives often involve skills that are better suited for older children, such as turn-taking, complex problem-solving, and advanced fine motor skills. Therefore, blocks and push-pull toys represent a more appropriate choice for fostering development.

**5. What is one outcome of critical thinking fostered by education during transitions?**

- A. Increased conformity to social norms**
- B. Enhanced adaptability to new situations**
- C. Reduced interest in lifelong learning**
- D. Decreased independence in decision-making**

Enhanced adaptability to new situations is a significant outcome of critical thinking that is nurtured through education, particularly during transitional phases. As individuals engage in critical thinking, they learn to evaluate information, consider alternative viewpoints, and analyze their own reasoning processes. This skill set is invaluable when faced with new challenges or environments, as it equips learners with the ability to assess complex situations and respond effectively. During transitions—such as moving from high school to college or from one job to another—being adaptable is crucial. Critical thinking encourages individuals to be flexible and open-minded, allowing them to navigate changes with confidence. This ability to think critically and adapt to new circumstances is beneficial not only in personal growth but also in professional environments where change is constant. The other options do not accurately represent the constructive outcomes of critical thinking. Increased conformity to social norms suggests a reduction in independent thought, and reduced interest in lifelong learning contradicts the idea that education promotes a continuous desire to seek knowledge. Similarly, decreased independence in decision-making undermines the very essence of critical thinking, which is aimed at fostering autonomy and informed choices.

**6. What is a characteristic of the "Trust vs. Mistrust" stage?**

- A. Children explore their environment**
- B. Infants learn to rely on caregivers**
- C. Adolescents form their identity**
- D. Adults develop relationships**

In the "Trust vs. Mistrust" stage, which is the first of Erik Erikson's eight stages of psychosocial development, the primary task of infants is to develop a sense of trust when their caregivers provide reliable care and affection. When caregivers are consistent in meeting the needs of the child—such as feeding, comfort, and emotional support—the infant learns to trust that their world is a safe place where they can depend on others. This foundational trust sets the groundwork for healthy emotional and social development as the child grows. If this trust is not established, the infant may develop feelings of suspicion and fear towards the world and the people around them. This stage is crucial in forming a secure base for subsequent stages of development. The other options describe developmental tasks appropriate to different age groups. Exploring the environment is more relevant to toddlers and preschoolers in later stages. The formation of identity is a key task during adolescence, while adult relationships are generally developed in the young adulthood stage. Thus, the focus of the "Trust vs. Mistrust" stage is specifically anchored in the infant's reliance on caregivers.

**7. How does authoritarian parenting differ from authoritative parenting?**

- A. Authoritarian parenting is more nurturing and less strict.**
- B. Authoritarian parenting insists on strict rules with little emotional support.**
- C. Authoritative parenting is completely lenient.**
- D. Authoritative parents avoid setting any rules.**

The distinction between authoritarian and authoritative parenting is crucial in understanding how different parenting styles impact child development. Authoritarian parenting is characterized by a strict approach that emphasizes obedience and discipline, often insisting on rigid rules without providing much emotional support or warmth. Parents who adopt this style typically enforce rules that are non-negotiable, believing that this approach helps instill discipline and respect for authority in their children. However, this method often lacks the nurturing aspect that supports a child's emotional development. In contrast, authoritative parenting balances high expectations with support and responsiveness. It involves setting clear rules and guidelines while also encouraging open communication and providing emotional support. This approach fosters independence and self-regulation, allowing children to understand the reasoning behind rules and learn from their experiences. The emphasis on both discipline and warmth distinguishes authoritative parenting from the more rigid and less supportive nature of authoritarian parenting. Therefore, option B accurately captures the essence of authoritarian parenting's reliance on strict rules and minimal emotional engagement, highlighting the critical differences between these two styles.

**8. At what age range does the "Industry vs. Inferiority" stage occur?**

- A. 2 to 4 years**
- B. 7 to 12 years**
- C. 13 to 18 years**
- D. 18 months to 3 years**

The "Industry vs. Inferiority" stage occurs during the age range of 7 to 12 years, which aligns well with the developmental theories proposed by Erik Erikson. During this period, children begin to engage more fully with their peers and the demands of school, fostering a sense of competence as they develop skills and abilities. The emphasis is placed on their capacity to work, produce, and feel a sense of achievement through their accomplishments in academic and social settings. At this developmental stage, positive experiences lead to feelings of industry, where children perceive themselves as capable and contributing members of society. Conversely, experiences of failure or lack of success can lead to feelings of inferiority, which may affect a child's self-esteem and motivation. This stage is crucial in shaping their self-concept and influences their ability to navigate future challenges. Understanding this age range also highlights the importance of the social environment surrounding children during this time, including support from educators and parents, which can significantly impact their development in skills and self-perception.

**9. What does the fourth stage, Maintaining Social Order, emphasize in legal and ethical contexts?**

- A. Social contracts for community welfare**
- B. Obeying laws and respecting authority**
- C. Individual rights and freedoms**
- D. Universality of ethical principles**

The fourth stage of moral development, often associated with Kohlberg's stages of moral reasoning, emphasizes the importance of obeying laws and respecting authority as a means to maintain social order. At this stage, individuals recognize that laws and regulations are established to create a functioning society where individuals can coexist and thrive. The understanding is that, by adhering to social rules and respecting authority figures, individuals contribute to the overall stability and safety of their community. This stage is characterized by a sense of duty to uphold societal laws, distinguishing it from earlier stages that might focus more on individual perspectives or agreements. The emphasis on social order illustrates the need for structure within society, aligning personal motivations with the broader needs of the community. Therefore, this stage reflects a critical transition where one's moral reasoning begins to prioritize collective well-being and societal norms over personal interests or individual rights.

**10. What should a nurse do after obtaining assessment data from an older client about sleep disturbances?**

- A. Document the findings in the medical record**
- B. Ask the primary HCP for a prescription for a nighttime sedative**
- C. Encourage the client to consume stimulants during the daytime**
- D. Report the findings to the HCP**

Documenting the findings in the medical record after assessing an older client for sleep disturbances is essential for several reasons. First, accurate documentation ensures that there is a permanent record of the client's condition, enabling ongoing monitoring and care continuity. It allows other healthcare team members to be aware of the client's sleep issues and helps in formulating a comprehensive care plan tailored to their needs. In addition, effective documentation supports communication among the healthcare team. It ensures that the assessment findings are accessible for future reference, aiding in tracking progress or any changes in the client's condition over time. This step is crucial in geriatric care, where sleep disturbances can significantly impact an older person's overall health, mood, and cognitive functioning. By choosing to document rather than take actions like prescribing medication or suggesting stimulants, the nurse ensures that any intervention based on the assessment data will be grounded in a thorough understanding of the client's condition as recorded in their medical history. This approach highlights the importance of evaluating and documenting patient data before implementing interventions.