

Developmental Stages and Transitions Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. How can transitions in school environments affect a child's development?**
 - A. They enhance creativity and artistic skills**
 - B. They decrease academic performance**
 - C. They impact social, emotional, and academic adjustment**
 - D. They have no significant effect**
- 2. What key aspect is developed in the "Integrity vs. Despair" stage?**
 - A. Life reflection and acceptance**
 - B. Building a career**
 - C. Establishing friendships**
 - D. Coping with aging**
- 3. Why should a nurse monitor an older client for the ability to maintain a patent airway?**
 - A. The normal aging process decreases the number of alveoli**
 - B. The normal aging process increases respiratory system compliance**
 - C. The normal aging process decreases an older client's ability to clear secretions**
 - D. The normal aging process increases the production of surfactant**
- 4. What critical tasks are associated with the emerging adulthood stage?**
 - A. Building friendships and socializing**
 - B. Developing romantic relationships and personal identity**
 - C. Engaging in family activities and maintaining traditions**
 - D. Planning for retirement and life savings**
- 5. What is a key characteristic of secure attachment?**
 - A. A secure child feels safe to explore the environment and seeks comfort from caregivers when needed.**
 - B. A child displays complete independence from caregivers.**
 - C. A child shows constant anxiety regardless of caregiver presence.**
 - D. A child is unaware of their surroundings.**

6. What psychological conflict emerges during the "Autonomy vs. Shame and Doubt" stage?

- A. Learning to share**
- B. Seeking approval from peers**
- C. Developing a sense of personal control**
- D. Understanding societal rules**

7. Which developmental stage emphasizes the maintenance of social order in ethical decision-making?

- A. Second stage**
- B. Fourth stage**
- C. Third stage**
- D. Fifth stage**

8. A new mother reports her breastfeeding infant is passing mustard-yellow stools. What is the appropriate response from the nurse?

- A. Stools should be solid and pale yellow to light brown**
- B. This is normal for breastfed infants**
- C. Monitor the infant for infection and contact the pediatrician if a fever develops**
- D. Decrease the number of feedings to two a day**

9. Which action by a UAP communicating with a hearing-impaired client requires nurse intervention?

- A. Speaks at a normal rate and volume**
- B. Uses facial expressions or gestures**
- C. Over articulates words**
- D. Uses short sentences**

10. What is the impact of life transitions, such as moving or parental divorce, on children?

- A. They promote greater social skills**
- B. They lead to emotional distress and behavioral changes**
- C. They strengthen family relationships**
- D. They have minimal effects**

Answers

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

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Explanations

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1. How can transitions in school environments affect a child's development?

- A. They enhance creativity and artistic skills
- B. They decrease academic performance
- C. They impact social, emotional, and academic adjustment**
- D. They have no significant effect

Transitions in school environments, such as moving from preschool to elementary school or from elementary to middle school, can significantly affect a child's development in several key areas. During these transitions, children must adapt to new social dynamics, teaching styles, and academic expectations. This process can be challenging and may evoke various emotional responses. The impact on social adjustment is notable as children navigate new peer relationships and establish their place within a new social context. Developing social skills, learning to collaborate with peers, and building friendships are crucial aspects of their growth during these transitions. Emotionally, children may experience anxiety or excitement, which can influence their overall well-being. Supportive environments that facilitate these changes can help children feel more secure, while challenges can lead to stress and difficulties managing their emotions. Academically, the transition can affect how children engage with learning. For instance, if a child is well-supported in a new setting, they might thrive and perform better academically. Conversely, a lack of support can hinder their motivation and engagement with schoolwork, potentially leading to decreased performance. Thus, transitions in school environments are tied to a child's holistic development encompassing social, emotional, and academic aspects, making it essential to provide appropriate support during these critical periods.

2. What key aspect is developed in the "Integrity vs. Despair" stage?

- A. Life reflection and acceptance**
- B. Building a career
- C. Establishing friendships
- D. Coping with aging

In the "Integrity vs. Despair" stage, which is the final stage of Erik Erikson's psychosocial development theory, individuals reflect on their lives and evaluate their experiences. This stage typically occurs in late adulthood, where the key aspect revolves around life reflection and acceptance. During this time, older adults look back on their lives and assess whether they feel fulfilled and satisfied with their accomplishments and the choices they made, leading to a sense of integrity. When individuals experience integrity, they tend to accept their life as it has been, feeling a sense of peace regarding their existence. Conversely, if they have regrets or a sense of unfulfilled potential, they may experience despair, grappling with feelings of disappointment or bitterness. This stage emphasizes the importance of self-reflection and coming to terms with one's life narrative, ultimately influencing their emotional well-being and outlook as they face the end of life.

3. Why should a nurse monitor an older client for the ability to maintain a patent airway?

- A. The normal aging process decreases the number of alveoli**
- B. The normal aging process increases respiratory system compliance**
- C. The normal aging process decreases an older client's ability to clear secretions**
- D. The normal aging process increases the production of surfactant**

Monitoring an older client for the ability to maintain a patent airway is crucial because, as individuals age, there are physiological changes that affect their respiratory system. One significant change is the decreased ability to clear secretions effectively. This decrease can be attributed to several factors such as diminished muscle strength in the respiratory system, reduced ciliary function, and changes in lung elasticity. These factors can lead to an increased risk of airway obstruction, especially if the client develops conditions that produce excess mucus, such as infections or chronic lung diseases. By focusing on the ability to clear secretions, healthcare providers can intervene proactively to prevent complications such as pneumonia or respiratory distress, which can arise from obstructed airways. This underscores the importance of careful monitoring, as maintaining a clear airway is essential for adequate oxygen exchange and overall respiratory health in older adults.

4. What critical tasks are associated with the emerging adulthood stage?

- A. Building friendships and socializing**
- B. Developing romantic relationships and personal identity**
- C. Engaging in family activities and maintaining traditions**
- D. Planning for retirement and life savings**

The emerging adulthood stage is a developmental period typically identified as occurring between the ages of 18 and 25. This phase is characterized by significant exploration and experimentation, particularly in the realms of personal identity and romantic relationships. Developing personal identity involves young adults exploring different roles, beliefs, and goals as they navigate their independence from family. This self-discovery includes assessing one's values, career aspirations, and lifestyle choices, leading to a more defined sense of self. At the same time, forming romantic relationships is a critical task during this stage. Emerging adults often prioritize establishing meaningful romantic partnerships, which are crucial for emotional development and social connectivity. These relationships can provide support, intimacy, and may influence future family and career decisions. Together, the tasks of identity development and romantic relationship formation are essential as they lay the foundation for future relationships and life choices, establishing the trajectory toward adulthood. The other options may involve important aspects of life, but they are not as central to the emerging adulthood developmental stage. For instance, while building friendships is important at this age, it is more a part of adolescent development. Engaging in family activities and maintaining traditions typically relates more to earlier developmental stages or familial roles rather than the independence sought during emerging adulthood.

5. What is a key characteristic of secure attachment?

- A. A secure child feels safe to explore the environment and seeks comfort from caregivers when needed.**
- B. A child displays complete independence from caregivers.**
- C. A child shows constant anxiety regardless of caregiver presence.**
- D. A child is unaware of their surroundings.**

The key characteristic of secure attachment is that a secure child feels safe to explore their environment while also knowing they can seek comfort and support from their caregivers when needed. This balance allows the child to develop autonomy and confidence, as they are reassured by the availability of their caregivers. When a child feels securely attached, they are more likely to engage in exploratory behaviors, knowing that their caregiver is a stable and responsive figure to return to if they encounter challenges or feel distressed. The other options reflect traits associated with insecure attachment or developmental stages that do not exemplify secure attachment. A lack of dependence on caregivers or displaying constant anxiety suggests an insecure or avoidant type of attachment, while being unaware of one's surroundings indicates a lack of exploration stemming from fear or disinterest, which is also not characteristic of secure attachment.

6. What psychological conflict emerges during the "Autonomy vs. Shame and Doubt" stage?

- A. Learning to share**
- B. Seeking approval from peers**
- C. Developing a sense of personal control**
- D. Understanding societal rules**

During the "Autonomy vs. Shame and Doubt" stage, which typically occurs between the ages of 1 and 3 years, the key psychological conflict revolves around developing a sense of personal control. This stage is characterized by toddlers beginning to assert their independence and make choices about their actions, such as potty training, selecting their clothing, and deciding what to eat. When children successfully navigate this stage, they gain a sense of autonomy and self-confidence, feeling secure in their ability to make decisions. Conversely, if they are overly controlled or ridiculed during attempts to be independent, they may develop feelings of shame and doubt regarding their abilities. Thus, the primary psychological conflict addressed in this stage is rooted in the struggle to establish a sense of personal control and the balance between independence and the fear of failure or shame in their efforts. While learning to share, seeking approval from peers, and understanding societal rules are all important developmental aspects, they relate more to later stages of psychosocial development rather than the core conflict of autonomy versus shame and doubt seen in early childhood.

7. Which developmental stage emphasizes the maintenance of social order in ethical decision-making?

- A. Second stage**
- B. Fourth stage**
- C. Third stage**
- D. Fifth stage**

The fourth stage of development, often associated with Lawrence Kohlberg's stages of moral development, emphasizes the importance of maintaining social order through ethical decision-making. This stage is characterized by a moral framework that values society's rules and laws. Individuals at this stage understand that adhering to societal norms is crucial for the functioning and stability of the community. In this context, ethical decisions are made based on the consideration of authority, rules, and the necessity to uphold societal structures. People in this stage prioritize duties and obligations and seek to maintain the collective welfare, believing that doing so is essential for everyone's well-being. This understanding of moral reasoning reflects a shift from personal interests to recognizing the importance of the social contract and the role of rules in fostering a harmonious society. The other stages focus on different aspects of moral reasoning, such as individual interests or more abstract principles of justice, but the fourth stage is distinctive for its focus on order and the responsibilities individuals have to the community.

8. A new mother reports her breastfeeding infant is passing mustard-yellow stools. What is the appropriate response from the nurse?

- A. Stools should be solid and pale yellow to light brown**
- B. This is normal for breastfed infants**
- C. Monitor the infant for infection and contact the pediatrician if a fever develops**
- D. Decrease the number of feedings to two a day**

The observation of mustard-yellow stools in a breastfeeding infant is a normal finding. Breastfed infants typically have golden, mustard-yellow stools that may be loose in consistency. This coloration is due to the presence of bilirubin, which is processed differently in breastfed infants compared to those who are formula-fed. Breast milk is highly digestible and leads to a more liquid stool consistency, and the mustard-yellow color is a sign of the infant efficiently metabolizing the nutrients from breast milk. Therefore, when a new mother reports her infant passing mustard-yellow stools, the most appropriate response from the nurse would be to reassure her that this stool color is typical and indicates healthy breastfeeding practices. Monitoring for signs of infection, adjusting feeding frequency, or expecting a different stool color would not align with the normal physiological processes of breastfeeding. Thus, reinforcing that the appearance of these stools is indeed a positive sign can help the mother feel more confident in her breastfeeding journey.

9. Which action by a UAP communicating with a hearing-impaired client requires nurse intervention?

- A. Speaks at a normal rate and volume**
- B. Uses facial expressions or gestures**
- C. Over articulates words**
- D. Uses short sentences**

In the context of communicating with a hearing-impaired client, over articulating words can create unintended barriers to effective communication. When someone over articulates, they may exaggerate the movements of their mouth, which can distort the clarity of speech and make it more difficult for the client to read lips or discern the meaning of the words being spoken. This may lead to confusion or misunderstanding, particularly since many hearing-impaired individuals rely on lip-reading as a crucial component of their communication strategy. Using facial expressions or gestures, speaking at a normal rate and volume, and using short sentences are all conducive to effective communication with hearing-impaired individuals. These techniques support clarity and comprehension, engaging the client through visual cues and maintaining the flow of conversation without overwhelming them. Thus, nurse intervention is necessary when a UAP resorts to over articulating, ensuring that communication remains clear and accessible.

10. What is the impact of life transitions, such as moving or parental divorce, on children?

- A. They promote greater social skills**
- B. They lead to emotional distress and behavioral changes**
- C. They strengthen family relationships**
- D. They have minimal effects**

The impact of life transitions, such as moving or parental divorce, often leads to emotional distress and behavioral changes in children. These events can be significant disruptions in a child's life, which may result in feelings of instability, confusion, and anxiety. When children experience such transitions, they may struggle with their emotions, express sadness, anger, or frustration, and exhibit changes in their behavior, such as withdrawal, aggression, or difficulties in school. This emotional distress can come from the loss of familiarity, changes in daily routines, or the upheaval of family dynamics, which can all contribute to a child's sense of security being challenged. Additionally, children might find it difficult to process what is happening around them, leading to increased difficulty in social situations or a decline in academic performance. Understanding the challenges posed by such transitions is critical for caregivers and educators, as it can help them provide the necessary support to help children navigate these changes and mitigate potential negative outcomes.

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://devstagesandtransitions.examzify.com>

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

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