

DEVELOPMENTAL STAGES AND TRANSITIONS PRACTICE TEST (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. What is a common issue noted during early stages of presbycusis?**
 - A. Difficulty hearing high-pitched sounds
 - B. Loss of ability to comprehend speech
 - C. Increased sensitivity to loud noises
 - D. Diminished ability to hear background noise
- 2. What key development occurs during the "Identity vs. Role Confusion" stage in adolescence?**
 - A. Understanding basic principles of right and wrong
 - B. Exploration of personal values, beliefs, and goals
 - C. Achievement of self-control and autonomy
 - D. Establishing lasting relationships
- 3. What is a key component of developing a personal identity during adolescence?**
 - A. Following peer pressure
 - B. Engaging in various self-exploration activities
 - C. Adhering strictly to parental expectations
 - D. Avoiding new experiences
- 4. When preparing to discharge a newborn, what should a nurse emphasize to the new parents regarding follow-up care?**
 - A. Significant weight loss is normal
 - B. Vaccination schedules must be adhered to
 - C. Newborns don't require any appointments
 - D. Only contact a physician if there is an emergency
- 5. How do peer relationships influence identity formation during adolescence?**
 - A. They have no significant impact on identity formation
 - B. They provide feedback that shapes identity exploration
 - C. They discourage individuals from forming their own identity
 - D. They serve as a barrier to healthy development

- 6. 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
- 7. What is the main benefit of culturally responsive practices for students?**
- A. They create a one-size-fits-all solution
 - B. They enhance engagement by respecting cultural backgrounds
 - C. They eliminate the need for differentiation
 - D. They solely focus on academic success
- 8. What is characteristic of the fifth stage, Social Contract and Individual Rights?**
- A. It promotes strict adherence to the law
 - B. It recognizes the need for laws that benefit the majority
 - C. It focuses solely on personal gain
 - D. It disregards social norms
- 9. What should a nurse include regarding the home safety of an infant?**
- A. Remove all toys from the infant's area
 - B. Use a crib with soft bedding for comfort
 - C. Ensure all cleaning supplies are locked away
 - D. Place the infant near an open window for fresh air
- 10. How do familial structures influence child development?**
- A. They create emotional support and stability
 - B. They only provide financial resources
 - C. They are irrelevant to growth
 - D. They have a minor influence

Answers

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

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Explanations

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1. What is a common issue noted during early stages of presbycusis?

- A. Difficulty hearing high-pitched sounds**
- B. Loss of ability to comprehend speech
- C. Increased sensitivity to loud noises
- D. Diminished ability to hear background noise

The early stages of presbycusis, which refers to age-related hearing loss, often manifest in difficulty hearing high-pitched sounds. As individuals age, the hair cells in the cochlea that respond to higher frequencies tend to be among the first to deteriorate. This results in a selective loss of the ability to perceive sounds such as birds chirping or the high notes of a musical instrument. While other issues may also be present as presbycusis progresses, such as challenges with speech comprehension or background noise, the initial symptoms most commonly begin with a decline in the ability to hear higher-pitched sounds. Increased sensitivity to loud noises can occur in certain types of hearing loss but is not a typical early sign of presbycusis.

2. What key development occurs during the "Identity vs. Role Confusion" stage in adolescence?

- A. Understanding basic principles of right and wrong
- B. Exploration of personal values, beliefs, and goals**
- C. Achievement of self-control and autonomy
- D. Establishing lasting relationships

During the "Identity vs. Role Confusion" stage, which typically occurs in adolescence, individuals are primarily focused on exploring their personal values, beliefs, and goals. This stage, as articulated by Erik Erikson, is crucial for adolescents as they seek to develop a sense of self and personal identity. During this time, young people grapple with questions like "Who am I?" and "What do I want to become?" They experiment with different roles, ideologies, and paths, evaluating how these align with their emerging sense of identity. This exploration allows them to form a coherent self-concept that is essential for their transition into adulthood. By successfully navigating this stage, adolescents can establish a strong foundation for their future relationships and vocational pursuits. While aspects such as understanding right and wrong, achieving self-control, and establishing relationships are also important during adolescence, these developmental tasks are more focused on identity formation rather than the central quest for self-discovery that characterizes this particular stage.

3. What is a key component of developing a personal identity during adolescence?

- A. Following peer pressure
- B. Engaging in various self-exploration activities**
- C. Adhering strictly to parental expectations
- D. Avoiding new experiences

Engaging in various self-exploration activities is a crucial aspect of developing a personal identity during adolescence. This stage of life is marked by significant changes and an increased quest for self-understanding. As adolescents encounter new experiences, interests, and social dynamics, they seek to define who they are independent of their childhood identities. Self-exploration allows individuals to experiment with different roles, beliefs, and values, which are essential for forming a coherent sense of self. By trying out different hobbies, engaging with diverse groups, and reflecting on their experiences, adolescents gain insights into their preferences, strengths, and weaknesses. This process supports the development of a stable and authentic personal identity that can guide them through future life stages. In contrast, following peer pressure, adhering strictly to parental expectations, or avoiding new experiences can restrict this exploration. These behaviors might lead adolescents to adopt identities that are not genuinely their own, resulting in confusion or discontentment with their sense of self. Therefore, active engagement in self-exploration is paramount for healthy identity formation during this critical developmental phase.

4. When preparing to discharge a newborn, what should a nurse emphasize to the new parents regarding follow-up care?

- A. Significant weight loss is normal
- B. Vaccination schedules must be adhered to**
- C. Newborns don't require any appointments
- D. Only contact a physician if there is an emergency

Emphasizing the importance of adhering to vaccination schedules during the discharge of a newborn is crucial for several reasons. Immunizations are a cornerstone of preventive healthcare, designed to protect infants from serious and potentially life-threatening diseases. Many of the vaccinations recommended in infancy are critical for building immunity during the early vulnerable months of life when babies are at higher risk for infections. Following the established vaccination schedule not only helps in preventing immediate health issues, but it also contributes to the broader public health goal of controlling outbreaks of infectious diseases in the community. This scheduling ensures that the newborn receives essential vaccines at the appropriate ages, which is particularly important as some vaccines require multiple doses for full effectiveness. Other options, such as indicating that significant weight loss is normal or that newborns don't require any appointments, could lead to misunderstandings regarding the newborn's health needs. It's vital for parents to know that while some weight fluctuations can happen, significant weight loss can be a cause for concern and requires monitoring. Similarly, newborns should attend scheduled follow-up appointments to ensure proper development and health monitoring, making clear that ongoing care is essential rather than optional. Finally, the advice to contact a physician only in case of an emergency might lead parents to overlook important signs of concern that require timely

5. How do peer relationships influence identity formation during adolescence?

- A. They have no significant impact on identity formation
- B. They provide feedback that shapes identity exploration**
- C. They discourage individuals from forming their own identity
- D. They serve as a barrier to healthy development

Peer relationships play a crucial role in identity formation during adolescence by providing feedback that shapes identity exploration. During this developmental stage, individuals are actively seeking to understand who they are and how they fit into the world around them. Peers offer a sounding board for exploring different roles, values, and beliefs. Through interactions with peers, adolescents receive affirmation or critique of their ideas and behaviors, which can validate or challenge their self-concept. This feedback is essential because it encourages adolescents to reflect on their thoughts and feelings, leading to a more coherent sense of identity as they navigate various social contexts. Additionally, peer relationships can expose individuals to diverse perspectives and lifestyles, further enriching their identity exploration. The other choices do not accurately capture the positive and constructive role that peer relationships play. If peers were to have no significant impact on identity formation, it would overlook the important social dynamics and influences that come into play during this critical developmental phase. Similarly, the notions that peers discourage identity formation or serve as barriers to healthy development do not reflect the reality that healthy friendships and social interactions can foster growth and exploration rather than hinder it.

6. 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.

7. What is the main benefit of culturally responsive practices for students?

- A. They create a one-size-fits-all solution
- B. They enhance engagement by respecting cultural backgrounds**
- C. They eliminate the need for differentiation
- D. They solely focus on academic success

Culturally responsive practices are designed to recognize, respect, and incorporate the diverse cultural backgrounds of students into the educational experience. The main benefit of such practices is that they enhance student engagement by validating and affirming students' identities, which fosters a more inclusive and supportive learning environment. When educators acknowledge and integrate students' cultural experiences into the curriculum and classroom activities, it not only makes learning more relevant but also encourages active participation. This approach helps students feel seen and understood, thereby increasing their motivation and willingness to engage with the material. It promotes positive relationships between students and teachers and ultimately leads to improved academic outcomes as students are more likely to succeed in an environment where they feel valued. Thus, the focus on respecting cultural backgrounds directly correlates with bolstering student engagement and establishing a more equitable educational experience.

8. What is characteristic of the fifth stage, Social Contract and Individual Rights?

- A. It promotes strict adherence to the law
- B. It recognizes the need for laws that benefit the majority**
- C. It focuses solely on personal gain
- D. It disregards social norms

The fifth stage, known as the Social Contract and Individual Rights, emphasizes a balance between individual rights and the collective good. This stage recognizes that laws should be crafted in a way that benefits the majority of society while also respecting individual freedoms. It involves an understanding that laws and social norms must evolve based on a consensus that promotes fairness and welfare for all. In this stage, individuals understand that while personal rights are important, they should not come at the expense of the rights and well-being of others. This perspective fosters civic responsibility and encourages active participation in the democratic process to ensure that societal laws reflect a collective agreement on what is just and beneficial. The other options reflect viewpoints that do not align with this stage of development. Strict adherence to the law fails to consider the evolving nature of societal needs and rights. Focusing solely on personal gain overlooks the communal aspect of rights and responsibilities. Disregarding social norms is contrary to the essence of the social contract, as it relies on mutual agreement and respect for established norms to function effectively.

9. What should a nurse include regarding the home safety of an infant?

- A. Remove all toys from the infant's area
- B. Use a crib with soft bedding for comfort
- C. Ensure all cleaning supplies are locked away**
- D. Place the infant near an open window for fresh air

Ensuring that all cleaning supplies are locked away is a critical aspect of home safety for an infant. Infants are naturally curious and tend to explore their environment by putting objects in their mouths, which puts them at risk for poisoning or harm from toxic substances. Keeping cleaning supplies, medicines, and other hazardous materials out of reach and securely locked away prevents accidental ingestion and ensures a safer environment for the child. The rationale behind other options demonstrates why they are not appropriate for infant safety. Completely removing toys from the infant's area deprives the child of essential play opportunities that aid in development. Utilizing a crib with soft bedding, while comfortable, poses suffocation risks; safe sleep guidelines recommend using a firm mattress with fitted sheets and avoiding soft items in the crib. Placing the infant near an open window can expose them to potential hazards such as drafts or falling objects, and it's not advised for maintaining a safe sleep environment.

10. How do familial structures influence child development?

- A. They create emotional support and stability**
- B. They only provide financial resources
- C. They are irrelevant to growth
- D. They have a minor influence

Familial structures play a crucial role in shaping child development primarily by providing emotional support and stability. This foundational support contributes to a child's self-esteem, mental health, and overall emotional well-being. Children thrive in environments where they feel secure and loved, which is often fostered by strong familial bonds. A supportive family can nurture positive relationships, teach social skills, and offer guidance through various developmental stages. Additionally, the stability that a well-functioning familial structure provides can help children navigate challenges and stressors. This support system allows children to develop resilience and coping mechanisms, enhancing their ability to face adversity later in life. In contrast, a lack of emotional support can lead to difficulties in relational development and emotional regulation, negatively affecting a child's growth and development. While financial resources can contribute to a child's development by providing access to education, healthcare, and extracurricular activities, the emotional and psychological aspects of familial support are equally, if not more, influential. Other options suggesting that familial structures are irrelevant or have a minor influence overlook the significant impact that emotional connections and stability from family members provide in a child's formative years.

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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