

# DEVELOPMENTAL STAGES AND TRANSITIONS PRACTICE TEST (SAMPLE) STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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<https://devstagesandtransitions.examzify.com>



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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 does the sixth stage of moral development, Universal Ethical Principles, involve?**
  - A. Adhering to societal laws above personal morals
  - B. Acting according to internal principles of justice
  - C. Prioritizing authority over individual beliefs
  - D. Seeking social approval through compliance
- 2. In which attachment style do children often show confusion about their caregiver's role?**
  - A. Secure
  - B. Avoidant
  - C. Disorganized
  - D. Ambivalent
- 3. What is the result of authoritarian parenting, according to research on child development?**
  - A. Higher levels of independence.
  - B. Increased emotional warmth.
  - C. Strong compliance without emotional support.
  - D. Freedom to express emotions without limitations.
- 4. When assessing the motor development of a 24-month-old child, what activity should the mother report?**
  - A. Put on and tie his shoes
  - B. Go to the bathroom without help
  - C. Align two or more blocks
  - D. Dress himself appropriately
- 5. How can educators use knowledge of developmental transitions to improve learning outcomes?**
  - A. By adhering strictly to traditional teaching methods
  - B. By integrating students' social and emotional needs into learning
  - C. By minimizing interactions with families
  - D. By focusing solely on academic achievements

- 6. 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
- 7. 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
- 8. During a skin assessment of a client in later adulthood, which finding is expected?**
- A. Thick skin on the lower legs
  - B. Bounding dorsalis pedis pulse
  - C. Thin, ridged toenails
  - D. Loss of hair on the lower legs
- 9. Which factor is crucial for consistent implementation of a birth control method?**
- A. Personal preference
  - B. Desire to have children in the future
  - C. Work and home schedules
  - D. Family planning goals
- 10. In what way can education impact young adulthood?**
- A. It solely affects social networks
  - B. It is integral to shaping identity and values
  - C. It has no relevance to futures
  - D. It limits personal growth



## **Answers**

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

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## **Explanations**

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**1. What does the sixth stage of moral development, Universal Ethical Principles, involve?**

- A. Adhering to societal laws above personal morals
- B. Acting according to internal principles of justice**
- C. Prioritizing authority over individual beliefs
- D. Seeking social approval through compliance

*The sixth stage of moral development, Universal Ethical Principles, involves acting according to internal principles of justice. This stage is characterized by individuals making decisions based on their own ethical beliefs and fundamental moral principles, which may transcend societal norms and laws. Unlike earlier stages that emphasize adherence to social rules and approval from others, this stage reflects a deep commitment to universal justice and human rights, with individuals often willing to challenge laws or societal expectations when they conflict with these moral principles. This sophisticated level of moral reasoning prioritizes personal integrity and the ability to apply abstract ethical concepts across various situations, representing a higher level of moral reasoning in developmental psychology.*

**2. In which attachment style do children often show confusion about their caregiver's role?**

- A. Secure
- B. Avoidant
- C. Disorganized**
- D. Ambivalent

*The attachment style characterized by confusion about the caregiver's role is disorganized attachment. Children who display this attachment style often experience inconsistent or frightening behavior from their caregivers, leading to a lack of a coherent strategy for dealing with stress and attachment. They may approach the caregiver seeking comfort but also exhibit signs of fear or apprehension, creating a confusing environment for the child. This confusion arises because the caregivers may alternate between being a source of comfort and a source of fear, which leads to a lack of trust and uncertainty in the relationship. As a result, these children may not develop a clear understanding of how to navigate their attachment needs, often resulting in contradictory behaviors, such as seeking closeness while simultaneously showing reluctance or fear. In contrast, secure attachment typically involves consistent and responsive caregiving, avoiding confusion about the caregiver's role. Avoidant attachment involves emotional distance and self-reliance, and ambivalent attachment reflects anxiety and clinginess towards caregivers but is not characterized by confusion about their role.*

**3. What is the result of authoritarian parenting, according to research on child development?**

- A. Higher levels of independence.
- B. Increased emotional warmth.
- C. Strong compliance without emotional support.**
- D. Freedom to express emotions without limitations.

*The focus of research on authoritarian parenting emphasizes that this style is characterized by high demands and low responsiveness. Children raised in authoritarian households often learn to comply with rules and expectations strictly imposed by their parents without experiencing a supportive emotional environment. As a result, they may exhibit strong compliance in behavior but often lack the emotional support that fosters healthy emotional development. Children raised under authoritarian parenting may follow rules and instructions diligently, but this does not typically cultivate their ability to develop independent thinking or emotional resilience. Instead, the absence of emotional warmth and the strict control can lead to challenges in expressing emotions and navigating social relationships effectively. This demonstrates that while they may comply with authority, the lack of emotional support impacts their overall emotional well-being.*

**4. When assessing the motor development of a 24-month-old child, what activity should the mother report?**

- A. Put on and tie his shoes
- B. Go to the bathroom without help
- C. Align two or more blocks**
- D. Dress himself appropriately

*At 24 months, children typically show significant advances in their motor development, particularly in their ability to manipulate objects. The activity of aligning two or more blocks is a skill that is developmentally appropriate for this age group, demonstrating emerging fine motor skills and hand-eye coordination. At this stage, children are often capable of stacking blocks or manipulating them in various ways, which indicates their growing ability to control their hand movements and engage in more complex play activities. The other activities listed, while they may be attempted by some children, generally require motor skills that are not typically mastered until later stages. For example, putting on and tying shoes, going to the bathroom without help, and dressing oneself appropriately usually become achievable around 3 to 4 years of age. These skills demand greater independence and coordination, which develop as children continue to grow and practice these tasks. Thus, reporting activity C aligns best with the expected developmental milestones for a 24-month-old child.*

**5. How can educators use knowledge of developmental transitions to improve learning outcomes?**

- A. By adhering strictly to traditional teaching methods
- B. By integrating students' social and emotional needs into learning**
- C. By minimizing interactions with families
- D. By focusing solely on academic achievements

*Understanding developmental transitions is crucial for educators as it allows them to tailor instructional strategies that support both the academic and social-emotional growth of students. By integrating students' social and emotional needs into learning, educators create a more inclusive and responsive environment that acknowledges the whole child. This approach recognizes that transitions—such as moving from elementary to middle school or from adolescence to young adulthood—can impact a student's emotional well-being and readiness to learn. When educators are aware of these transitions, they can implement strategies that foster resilience and adaptability. For instance, providing support for peer relationships and stress management can help students navigate periods of change more effectively. This holistic view enhances engagement and motivation, as learners feel understood and supported during critical periods of change. In contrast, adhering strictly to traditional teaching methods may not address varying developmental needs, while minimizing interactions with families disregards the important role of family support in child development. Focusing solely on academic achievements ignores the fact that emotional and social competencies are essential for success in school and beyond. By prioritizing the integration of social and emotional learning, educators can significantly improve overall learning outcomes for students during transitional phases.*

**6. 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.*

## 7. 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.

## 8. During a skin assessment of a client in later adulthood, which finding is expected?

- A. Thick skin on the lower legs
- B. Bounding dorsalis pedis pulse
- C. Thin, ridged toenails
- D. Loss of hair on the lower legs**

In individuals in later adulthood, the skin undergoes various changes due to aging. One common finding is the loss of hair on the lower legs, which can be attributed to decreased circulation and changes in hormone levels. This is a natural part of the aging process, where hair follicles may become less active, leading to thinning or loss of hair in certain areas. Thick skin on the lower legs is not typically expected; instead, skin often becomes thinner over time. Bounding dorsalis pedis pulses might suggest vascular issues rather than typical aging changes, while thin, ridged toenails can indicate poor nutrition or other health issues, though they are not as specifically associated with the aging process as hair loss. Thus, the presence of hair loss on the lower legs is a hallmark finding that aligns with normal age-related changes.

**9. Which factor is crucial for consistent implementation of a birth control method?**

**A. Personal preference**

B. Desire to have children in the future

C. Work and home schedules

D. Family planning goals

*The most critical factor for the consistent implementation of a birth control method is personal preference. This aspect plays a significant role because an individual's comfort, values, and beliefs about using a specific method of birth control greatly influence their likelihood of adhering to it. When a person chooses a method that aligns with their personal preferences, beliefs, and lifestyle, they are more likely to use it correctly and consistently. For instance, if someone feels positively about a particular method—be it hormonal pills, IUDs, or barrier methods—they are more inclined to follow through with it regularly. Conversely, if an individual feels pressured into using a method they are not comfortable with, it may lead to inconsistent use or discontinuation. Other factors such as the desire to have children in the future, work and home schedules, and family planning goals, while important, often hinge on personal preference. For instance, someone might have a desire to have children later but if that individual does not prefer a certain method or finds it inconvenient due to their schedules, it may not lead to consistent use. Personal preference can serve as the foundation upon which these other factors build; hence, it is pivotal for effective birth control implementation.*

**10. In what way can education impact young adulthood?**

A. It solely affects social networks

**B. It is integral to shaping identity and values**

C. It has no relevance to futures

D. It limits personal growth

*Education plays a crucial role in shaping identity and values during young adulthood. This period is a vital phase in which individuals explore their beliefs, develop a sense of self, and establish their life paths. Through education, young adults are exposed to diverse perspectives, ideas, and critical thinking, which encourages them to reflect on their own values and understand their place in society. Educational experiences, whether formal or informal, foster personal development by challenging assumptions and promoting the exploration of different cultures, philosophies, and ideologies. This exposure not only builds knowledge but also cultivates skills such as empathy, problem-solving, and decision-making. As individuals navigate their educational journeys, they often refine their interests and goals, contributing to a stronger, more cohesive sense of identity, which is pivotal during the transition into adulthood. While there are various aspects of life affected by education, such as social networks or opportunities for personal growth, the integral connection between education and the formation of identity and values underscores its importance during this critical developmental stage.*



## 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](mailto: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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