

Early Adulthood Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 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 accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. For those planning pregnancy, what is emphasized to support healthy outcomes?**
 - A. Planning and prenatal care**
 - B. No planning needed**
 - C. Postponing pregnancy indefinitely**
 - D. Avoiding prenatal testing**

- 2. According to Galinsky, new parents are in which stage of parenting?**
 - A. Socialization Stage**
 - B. Nurturing Stage**
 - C. Independence Stage**
 - D. Expanding Stage**

- 3. In Sternberg's triangular theory of love, which component is associated with high physical attraction and sexual arousal?**
 - A. intimacy**
 - B. commitment**
 - C. companionship**
 - D. passion**

- 4. A couple who marries for the sake of passion after a whirlwind courtship with little intimacy demonstrates which type?**
 - A. Liking**
 - B. Romantic Love**
 - C. Fatuous Love**
 - D. Consummate Love**

- 5. How does the dialectical thought of adulthood differ from the dichotomous thought of adolescence? Which describes a key difference?**
 - A. It is simpler.**
 - B. It relies on clear right or wrong dichotomies.**
 - C. It is more complex.**
 - D. It dismisses contradictions.**

- 6. What is the best approach to sexual health planning for a sexually active young adult?**
- A. Regular STI screening as indicated, vaccination, and consistent safe sex practices**
 - B. Avoiding STI testing**
 - C. Relying on partner's status without testing**
 - D. Using no protection because risk is low**
- 7. What is a non-pharmacologic strategy to manage stress in early adulthood?**
- A. Prescription medications**
 - B. Ignoring stress**
 - C. Multitasking**
 - D. Mindfulness, exercise, social support, and adequate sleep**
- 8. Levinson's theory is associated with which central life transition?**
- A. entering retirement**
 - B. finishing college by age 21**
 - C. starting a family in adolescence**
 - D. completing the age 30 transition**
- 9. According to Levinson's theory, what is the major source of motivation for young adults?**
- A. A sense of past achievements.**
 - B. A mental image of the future.**
 - C. Immediate financial goals.**
 - D. Social approval from peers.**
- 10. Which term describes attraction at first sight with little or no intimacy or commitment?**
- A. Liking**
 - B. Infatuation**
 - C. Compassion**
 - D. Commitment**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. For those planning pregnancy, what is emphasized to support healthy outcomes?

- A. Planning and prenatal care**
- B. No planning needed**
- C. Postponing pregnancy indefinitely**
- D. Avoiding prenatal testing**

Planning ahead for pregnancy and engaging in prenatal care supports healthy outcomes. Before conception, focusing on health helps reduce risks: manage chronic conditions, reach a healthy weight, take folic acid, avoid smoking and excessive alcohol, and review medications with a clinician. Vaccinations should be up to date to protect both mother and baby. Once pregnancy occurs, regular prenatal care guides the course—confirming pregnancy early, monitoring maternal health (blood pressure, glucose, infections), tracking fetal development, and offering nutrition guidance and appropriate screening tests. Prenatal testing provides information to plan care and intervene if needed, improving chances for a healthy pregnancy and baby. Without planning or with skipping prenatal care and testing, opportunities to prevent complications are missed. Postponing indefinitely isn't the aim when pregnancy is planned; the focus is on practical steps that support health when conception occurs.

2. According to Galinsky, new parents are in which stage of parenting?

- A. Socialization Stage**
- B. Nurturing Stage**
- C. Independence Stage**
- D. Expanding Stage**

Galinsky's framework maps how parenting tasks shift as a child grows. For new parents, the focus is on caring for the newborn, meeting basic needs, and building a strong, secure bond. This is the nurturing stage, where parents learn to read the baby's cues, establish feeding and sleep routines, and respond with sensitivity. It makes sense that new parents fall into this stage because the primary work right after birth is caregiving and attachment. The other stages describe later phases of development, when parents take on guiding, disciplining, and coordinating independence as the child grows.

3. In Sternberg's triangular theory of love, which component is associated with high physical attraction and sexual arousal?

- A. intimacy**
- B. commitment**
- C. companionship**
- D. passion**

This item tests understanding of Sternberg's three components of love: intimacy, passion, and commitment. The aspect tied to high physical attraction and sexual arousal is passion. Passion captures the motivational force behind romance, including sexual desire, excitement, and arousal that can draw partners together. Intimacy refers to closeness, warmth, and sharing, while commitment is the decision to stay together and work toward a future. Companionship isn't one of the formal components in the theory, though it can be part of how intimacy develops. So, the element linked to strong physical attraction and sexual arousal is passion.

4. A couple who marries for the sake of passion after a whirlwind courtship with little intimacy demonstrates which type?

- A. Liking**
- B. Romantic Love**
- C. Fatuous Love**
- D. Consummate Love**

When examining love types through the three components—intimacy, passion, and commitment—this scenario shows a quick, intense bond that leads to marriage without time to develop deep closeness or shared life experience. That pattern fits fatuous love, which combines strong passion with a firm commitment but lacks substantial intimacy. The whirlwind courtship brings on the excitement and a decision to marry, but there hasn't been enough time to cultivate genuine closeness and understanding of each other. Liking would require high intimacy without much passion or commitment. Romantic love involves both intimacy and passion but not necessarily commitment. Consummate love would include all three components—intimacy, passion, and commitment—which isn't indicated here.

5. How does the dialectical thought of adulthood differ from the dichotomous thought of adolescence? Which describes a key difference?

- A. It is simpler.**
- B. It relies on clear right or wrong dichotomies.**
- C. It is more complex.**
- D. It dismisses contradictions.**

Dialectical thought in adulthood recognizes that beliefs, values, and situations are often nuanced and can include valid elements from opposing perspectives. It seeks to understand how these parts fit together, tolerate ambiguity, and look for synthesis rather than a single verdict. This orientation makes adult reasoning more complex than the adolescent tendency to think in black-and-white terms, where issues are judged as clearly right or wrong. In adolescence, ideas are often split into dichotomies with a preference for one correct solution. In adulthood, contradictions can coexist and multiple viewpoints can be integrated. Therefore, the key difference is that dialectical thought is more complex. It is not simpler, it does not rely on clear right-or-wrong dichotomies, and it does not dismiss contradictions.

6. What is the best approach to sexual health planning for a sexually active young adult?

- A. Regular STI screening as indicated, vaccination, and consistent safe sex practices**
- B. Avoiding STI testing**
- C. Relying on partner's status without testing**
- D. Using no protection because risk is low**

Proactive sexual health planning for a sexually active young adult centers on reducing risk through regular screening, up-to-date vaccination, and consistent safer-sex practices. Regular STI screening is important because many infections show no symptoms, so testing helps catch issues early, protect health, and prevent spread to partners. Vaccination adds another layer of protection by preventing infections that can be transmitted sexually, such as HPV and hepatitis viruses, with vaccines typically recommended based on age and risk. Consistent safer-sex practices—like using condoms correctly every time, staying informed about one's own and partners' health, and discussing testing—further reduce transmission risk and contribute to overall well-being. Avoiding STI testing misses asymptomatic infections and delays treatment and transmission prevention. Relying on a partner's status is unreliable since partners may be unaware of their own infection, may not be tested, or may not disclose results. Using no protection because the perceived risk is low ignores that risk is never zero and protective measures substantially lower the chances of transmission.

7. What is a non-pharmacologic strategy to manage stress in early adulthood?

A. Prescription medications

B. Ignoring stress

C. Multitasking

D. Mindfulness, exercise, social support, and adequate sleep

Managing stress without medications relies on actions you can take in daily life that reduce arousal, improve mood, and restore balance. Mindfulness helps you focus on the present and observe thoughts and feelings without getting pulled into negative spirals, which lowers automatic stress responses. Regular exercise changes the body's chemistry in a way that eases tension and boosts energy and mood, making stress feel more manageable. Social support—from friends, family, or peers—offers emotional comfort, practical help, and a sense of belonging that buffers against stress. Getting adequate sleep is essential for emotional regulation and clear thinking, so you can respond calmly rather than react impulsively. When these elements come together, they create a practical, sustainable approach to stress management, especially in early adulthood when juggling education, work, relationships, and independence can heighten stress. Pharmacologic options involve medications, which are not part of nonpharmacologic strategies. Ignoring stress or using multitasking tends to worsen strain and reduce effectiveness at handling stress.

8. Levinson's theory is associated with which central life transition?

A. entering retirement

B. finishing college by age 21

C. starting a family in adolescence

D. completing the age 30 transition

Levinson's theory centers on how a defining shift reorganizes a young adult's life around age 30. This age 30 transition is a turning point where the dream formed in earlier years is re-evaluated against reality, leading to major changes in work, relationships, and overall life direction to create a more stable adult life structure. It marks the move from early adulthood into the next stage of development, often bringing adjustments in career path, marriage or family plans, and personal priorities. Other options describe events that occur later or earlier in life or are not the key turning point Levinson highlighted.

9. According to Levinson's theory, what is the major source of motivation for young adults?

- A. A sense of past achievements.**
- B. A mental image of the future.**
- C. Immediate financial goals.**
- D. Social approval from peers.**

Levinson's theory emphasizes that early adulthood is motivated by a future-oriented life structure—a vivid mental image of the person you want to become. This future vision, or dream, guides decisions about education, career, relationships, and values, providing the energy and direction needed to invest now to realize that future self. Past achievements can shape who you are, but they aren't the primary driver of action for young adults in this view. Immediate financial goals or seeking social approval may influence choices, but they aren't the central motivational force; the core pull comes from striving toward that envisioned future and building a life around it.

10. Which term describes attraction at first sight with little or no intimacy or commitment?

- A. Liking**
- B. Infatuation**
- C. Compassion**
- D. Commitment**

Infatuation describes a sudden, intense attraction that often occurs at first sight and is driven by strong feelings and excitement, with little or no emotional closeness or commitment yet. It's marked by passion and ardor and can feature idealization of the other person. This fits the description of attraction at the outset without deeper intimacy or a decision to commit. In contrast, liking is a warmer, more stable fondness that grows with familiarity but isn't defined by intense spark; compassion is about caring and empathy, not romantic attraction; and commitment is a decision to stay with someone over time, which implies a level of assuredness and ongoing choice rather than initial attraction. Infatuation can fade or deepen into genuine love as trust, intimacy, and commitment develop.

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://earlyadulthood.examzify.com>

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

SAMPLE