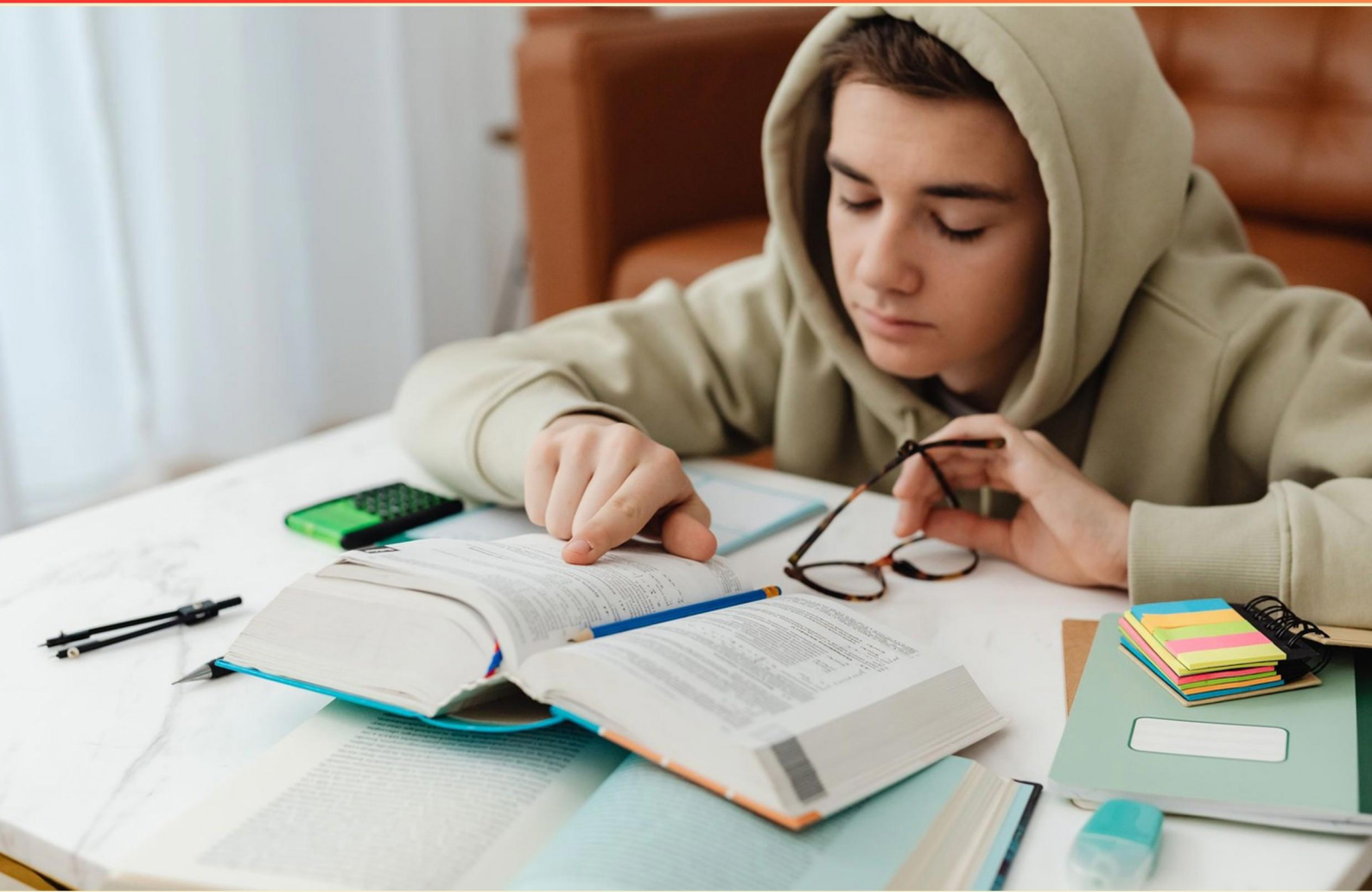


# HELWIG NCE & CPCE – HUMAN GROWTH AND DEVELOPMENT (HGRD) PRACTICE TEST (SAMPLE) STUDY GUIDE



*Prepare with structure. Pass with confidence*



**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 .....            | 15 |

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. What are the four principle neurotransmitters important to counselors?**
  - A. The four principle neurotransmitters are acetylcholine, serotonin, dopamine, and GABA (gamma amino butyric acid).
  - B. The four principle neurotransmitters are norepinephrine, glutamate, acetylcholine, and serotonin.
  - C. The four principle neurotransmitters are dopamine, norepinephrine, serotonin, and endorphin.
  - D. The four principle neurotransmitters are glycine, glutamate, GABA, and serotonin.
- 2. According to Harriet Lerner in The Dance of Intimacy, what should women re-evaluate in intimate relationships?**
  - A. Whether the intimate relationship is working and a healthier balance between other-oriented and self-absorption should be pursued.
  - B. Whether women should prioritize men's needs over their own.
  - C. That intimate relationships are inherently healthy and require no change.
  - D. That women should suppress strength and independence.
- 3. Which stage is associated with psychosexual conflicts centered on the genitals?**
  - A. Oral stage
  - B. Anal stage
  - C. Phallic stage
  - D. Latency stage
- 4. Which neurotransmitter is emphasized as important for memory, cognitive functioning, emotional balance and control?**
  - A. Acetylcholine
  - B. Serotonin
  - C. Dopamine
  - D. GABA
- 5. The pleasure principle is defined as what?**
  - A. The instinctive seeking of pleasure and avoiding of pain to satisfy needs; driving force of the id.
  - B. The process of delaying gratification.
  - C. The moral standard used by the ego.
  - D. The ability to control impulses through reasoning.

- 6. Erogenous zones are described as which areas?**
- A. Areas of bodily excitation such as the mouth, genitals, and anus.
  - B. Areas of the brain most involved in emotion.
  - C. The body's major muscle groups.
  - D. The somatic nervous system.
- 7. What does the Relativism stage say about right and wrong answers?**
- A. Right and wrong answers are always known with certainty.
  - B. There may not be a right or wrong answer and uncertainty may be OK.
  - C. All knowledge is absolute.
  - D. Authority determines all truths.
- 8. Emotional intelligence, as proposed by Goleman, can operate independently of which cognitive process?**
- A. Reasoning and thinking processes.
  - B. Motor coordination.
  - C. Sensory perception.
  - D. Language skills.
- 9. What does the statement 'lifespan development has plasticity' mean?**
- A. For most individuals lifespan development is plastic representing an easy and smooth transition from one stage to the next.
  - B. Lifespan development is plastic meaning it cannot adapt to changes.
  - C. Lifespan development is plastic meaning it remains static across life.
  - D. Lifespan development is plastic meaning only childhood stages are plastic.
- 10. Which term is used for frameworks that describe cause-and-effect relationships in psychology?**
- A. Causal Models
  - B. Etiology
  - C. Prognosis
  - D. Prevalence

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

## 1. What are the four principle neurotransmitters important to counselors?

- A. The four principle neurotransmitters are acetylcholine, serotonin, dopamine, and GABA (gamma amino butyric acid).**
- B. The four principle neurotransmitters are norepinephrine, glutamate, acetylcholine, and serotonin.
- C. The four principle neurotransmitters are dopamine, norepinephrine, serotonin, and endorphin.
- D. The four principle neurotransmitters are glycine, glutamate, GABA, and serotonin.

*Four neurotransmitters most commonly highlighted for counselors are acetylcholine, serotonin, dopamine, and GABA. Acetylcholine supports learning, memory, and attention, so understanding its role helps explain how cognitive processes can be affected in aging, dementia, or therapy that targets mental functioning. Serotonin helps regulate mood, sleep, appetite, and impulse control, linking directly to mood disorders, anxiety, and eating issues that counselors frequently encounter. Dopamine is tied to motivation, reward, and reinforcement, which relates to addiction, relapse, and goal-directed behavior in therapy. GABA is the main inhibitory transmitter that calms neural activity, underpinning anxiety regulation and arousal control, a core area in many therapeutic approaches. Other lists include neurotransmitters like norepinephrine, glutamate, glycine, or endorphins, but those four are commonly emphasized because they cover mood, cognition, reward, and inhibition in a way that aligns with typical counseling concerns and interventions.*

## 2. According to Harriet Lerner in The Dance of Intimacy, what should women re-evaluate in intimate relationships?

- A. Whether the intimate relationship is working and a healthier balance between other-oriented and self-absorption should be pursued.**
- B. Whether women should prioritize men's needs over their own.
- C. That intimate relationships are inherently healthy and require no change.
- D. That women should suppress strength and independence.

*Reevaluating how the relationship functions and pursuing a healthier balance between being other-oriented and taking care of oneself is the main idea here. Harriet Lerner explains that intimacy can become unbalanced when women focus excessively on others' needs at the expense of their own boundaries and growth. The best answer reflects this by urging women to assess whether the relationship is working and to move toward a balance that honors both connection and personal autonomy. The other options misfit Lerner's perspective: they either push women to prioritize men's needs over their own, claim that intimate relationships require no change, or suggest suppressing one's strength and independence.*

**3. Which stage is associated with psychosexual conflicts centered on the genitals?**

- A. Oral stage
- B. Anal stage
- C. Phallic stage**
- D. Latency stage

*Genitals as the focus of sexual and identity-related conflicts happens during the phallic stage. In this stage, roughly between ages 3 and 6, the genitals become the primary erogenous zone and children grapple with the Oedipus complex (boys) or the Electra complex (girls). Resolving these feelings through identification with the same-sex parent helps form the superego and a sense of gender identity, setting the stage for later development. Other stages revolve around different areas or times: the oral stage centers on the mouth and feeding, the anal stage on toilet training and control, the latency stage is a quieter period with sexual feelings sublimated, and the genital stage reappears later in adolescence as mature sexual functioning emerges.*

**4. Which neurotransmitter is emphasized as important for memory, cognitive functioning, emotional balance and control?**

- A. Acetylcholine**
- B. Serotonin
- C. Dopamine
- D. GABA

*Acetylcholine is the neurotransmitter most closely tied to memory and cognitive processing. It modulates the hippocampus and cortical circuits involved in encoding, consolidating, and retrieving memories, and it supports attention and learning during complex tasks. This signaling also interacts with limbic and prefrontal regions to help regulate arousal and emotional responses, contributing to emotional balance and control in challenging situations. The other options play more prominent roles in mood, motivation, or general inhibition—serotonin mainly influences mood and anxiety, dopamine drives reward and motivation, and GABA provides inhibitory control—so acetylcholine best fits the described blend of memory, cognition, and emotional regulation.*

**5. The pleasure principle is defined as what?**

- A. The instinctive seeking of pleasure and avoiding of pain to satisfy needs; driving force of the id.**
- B. The process of delaying gratification.
- C. The moral standard used by the ego.
- D. The ability to control impulses through reasoning.

*The pleasure principle describes the id's instinct to seek immediate satisfaction of needs by pursuing pleasure and avoiding pain. It operates unconsciously and drives impulsive behavior, without regard for reality or consequences. The ego later develops to mediate between these impulses and reality, using the reality principle to delay gratification when needed. The superego introduces moral standards, and the ability to control impulses through reasoning is a function of the ego's negotiation with reality and morality. So, the statement that the pleasure principle is the instinctive seeking of pleasure and avoiding of pain to satisfy needs; driving force of the id, best captures this concept.*

## 6. Erogenous zones are described as which areas?

- A. Areas of bodily excitation such as the mouth, genitals, and anus.**
- B. Areas of the brain most involved in emotion.
- C. The body's major muscle groups.
- D. The somatic nervous system.

*Erogenous zones are body areas that, when stimulated, can produce sexual arousal or pleasure. The mouth, genitals, and anus are classic examples because these regions have dense nerve endings and are closely linked to sexual response. This focus is about specific parts of the body that can trigger arousal through touch, not about brain regions involved in emotion, major muscle groups, or the somatic nervous system as a whole. In other words, the concept centers on sensitive areas of the body that generate pleasurable or arousal responses, which is why these areas fit best.*

## 7. What does the Relativism stage say about right and wrong answers?

- A. Right and wrong answers are always known with certainty.
- B. There may not be a right or wrong answer and uncertainty may be OK.**
- C. All knowledge is absolute.
- D. Authority determines all truths.

*Relativism in moral thinking means that right and wrong aren't fixed universal facts. Judgments depend on the situation, the perspectives involved, and the choices available, and it's okay to feel unsure because context can change what seems right. That's why the statement that there may not be a right or wrong answer and uncertainty may be OK best fits this stage. In contrast, thinking that right and wrong are always known with certainty implies absolute answers, which Relativism rejects. Saying all knowledge is absolute likewise ignores context. And believing that authority determines all truths emphasizes external rules over individual reasoning, which Relativism does not require.*

## 8. Emotional intelligence, as proposed by Goleman, can operate independently of which cognitive process?

- A. Reasoning and thinking processes.**
- B. Motor coordination.
- C. Sensory perception.
- D. Language skills.

*The question tests how emotional intelligence relates to cognitive processing, specifically whether it can function without deliberate reasoning. Goleman's view of emotional intelligence centers on perceiving, understanding, and regulating emotions to guide social interactions. Many emotional responses happen automatically, through quick, intuitive appraisal of social cues, without needing slow, step-by-step thinking. For example, you might sense tension in a room from someone's tone and body language and adjust your behavior to defuse the situation without engaging in conscious, analytic reasoning. You can still use reasoning later to reflect or plan, but the immediate management of emotions doesn't require it, so EI can operate independently of reasoning and thinking processes. The other options—motor coordination, sensory perception, and language skills—aren't the focus here, as they pertain to different cognitive domains rather than the emotion-driven aspects described by EI.*

**9. What does the statement 'lifespan development has plasticity' mean?**

- A. For most individuals lifespan development is plastic representing an easy and smooth transition from one stage to the next.**
- B. Lifespan development is plastic meaning it cannot adapt to changes.
- C. Lifespan development is plastic meaning it remains static across life.
- D. Lifespan development is plastic meaning only childhood stages are plastic.

*Plasticity in lifespan development means the capacity of people to change in response to experiences, learning, and environmental demands across the entire life course. It highlights that development is flexible and can be shaped by new skills, relationships, or interventions, not fixed or unchangeable. This doesn't imply that changes are always easy or that transitions are smooth, but rather that the potential for growth and adaptation persists beyond earlier years. For example, acquiring a new language or adapting to a new job later in life shows how brain and behavior can reorganize in response to experience. Other statements would misrepresent plasticity by suggesting no adaptation is possible, that development remains static, or that only childhood is plastic; the core idea is the ongoing capacity to change with experience.*

**10. Which term is used for frameworks that describe cause-and-effect relationships in psychology?**

- A. Causal Models**
- B. Etiology
- C. Prognosis
- D. Prevalence

*Cause-and-effect relationships in psychology are described using causal models. These frameworks lay out how one variable influences another, including direct effects as well as indirect effects through mediators or moderators. They can be drawn as diagrams or formal equations to test hypotheses about why outcomes occur and how changes in one factor might lead to changes in another. For example, a causal model might propose that sleep quality affects mood, which in turn influences motivation, and researchers test these links with data over time to see if the proposed pathways hold up. Etiology, by contrast, studies the origins of a disorder but isn't the general framework for mapping relationships among multiple variables. Prognosis is about predicting the future course of a condition, and prevalence is about how common a condition is in a population.*

## 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://helwigncepccehgrd.examzify.com>

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

SAMPLE