

HOSA HUMAN GROWTH AND DEVELOPMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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. In therapeutic communication, what are the three phases?**
 - A. Preparation, interaction, conclusion
 - B. Orientation phase, working phase, and termination
 - C. Opening, discussion, and closing
 - D. Introduction, body, and summary
- 2. What is a defining characteristic of Native American families?**
 - A. They tend to have weak family bonds
 - B. They have strong family bonds
 - C. They are often nuclear families
 - D. They prioritize individualism over community
- 3. What characterizes assertive individuals in their communication style?**
 - A. They are fearful of expressing their needs
 - B. They are empowered and comfortable expressing their feelings
 - C. They avoid conflict at all costs
 - D. They dominate conversations
- 4. Hispanics in the USA may originate from which of the following regions?**
 - A. Central and Eastern Europe
 - B. Puerto Rico, Mexico, Dominican Republic, Cuba, and South and Central America
 - C. Asia and the Pacific Islands
 - D. The Middle East and North Africa
- 5. What binds families together?**
 - A. Wealth and possessions
 - B. Attachment and commitment
 - C. Physical appearance and social status
 - D. Size and number of members
- 6. What does the term 'nurturance' refer to in family functions?**
 - A. Providing financial support
 - B. Emotional support and care
 - C. Setting strict rules and expectations
 - D. Limiting family interactions

- 7. Which cultural group constitutes the largest demographic in the USA?**
- A. African Americans
 - B. Asian Americans
 - C. European Americans
 - D. Hispanic Americans
- 8. Which aspect of communication deals with silence?**
- A. Nonverbal cues
 - B. Feedback mechanisms
 - C. Verbal communication
 - D. Written response
- 9. Which component of therapeutic communication involves showing genuine concern?**
- A. Observing
 - B. Empathy
 - C. Reflection
 - D. Paraphrasing
- 10. What term describes unequal eye movement?**
- A. Strabismus
 - B. Nystagmus
 - C. Astigmatism
 - D. Amblyopia

Answers

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

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Explanations

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1. In therapeutic communication, what are the three phases?

- A. Preparation, interaction, conclusion
- B. Orientation phase, working phase, and termination**
- C. Opening, discussion, and closing
- D. Introduction, body, and summary

In therapeutic communication, the three phases are the orientation phase, the working phase, and the termination phase. The orientation phase is where the healthcare provider establishes rapport with the client. During this phase, the goals of the interaction are defined, and the client begins to feel comfortable enough to share relevant information. This foundational trust is essential for effective communication and helps in setting the stage for successful interaction. The working phase involves the actual engagement between the client and the healthcare provider, where therapeutic work occurs. This is characterized by active problem-solving, exploring thoughts and feelings, and developing strategies for change. It is in this phase that the real therapeutic relationship is developed, and the client's concerns are addressed more deeply. The termination phase is crucial as it signifies the conclusion of the therapeutic relationship. Here, the focus is on reflecting on what has been achieved during the sessions, consolidating gains, and addressing feelings about the end of therapy. It provides closure and ensures that the client feels equipped to move forward independently. Recognizing and effectively navigating these three phases is vital for fostering a successful therapeutic relationship and enabling clients to feel supported throughout their journey.

2. What is a defining characteristic of Native American families?

- A. They tend to have weak family bonds
- B. They have strong family bonds**
- C. They are often nuclear families
- D. They prioritize individualism over community

Native American families are characterized by strong family bonds, which play a crucial role in their social structure and cultural identity. These family connections extend beyond just the nuclear family, often including a broader network of relatives such as grandparents, aunts, uncles, and cousins. This extended familial structure is significant, as it fosters a sense of community, shared values, and mutual support, which are central to many Native American cultures. The emphasis on familial ties reflects the communal nature of many Native American societies, where the well-being of the family and community is often prioritized over individuality. This strong emphasis on relationships and interconnectedness provides a support system that is vital for the emotional and social development of individuals within these communities.

3. What characterizes assertive individuals in their communication style?

- A. They are fearful of expressing their needs
- B. They are empowered and comfortable expressing their feelings**
- C. They avoid conflict at all costs
- D. They dominate conversations

Assertive individuals are characterized by being empowered and comfortable expressing their feelings. This means that they communicate openly and honestly about their needs, desires, and opinions while also respecting the feelings and rights of others. They typically engage in direct communication, using clear and confident language without being aggressive or passive. This communication style allows assertive individuals to effectively advocate for themselves, maintain healthy relationships, and navigate conflicts constructively. They express their viewpoints and emotions in a way that fosters understanding and collaboration, contributing to a positive and supportive communication environment. Being assertive does not equate to being domineering; rather, it embodies a balance of confidence and respect.

4. Hispanics in the USA may originate from which of the following regions?

- A. Central and Eastern Europe
- B. Puerto Rico, Mexico, Dominican Republic, Cuba, and South and Central America**
- C. Asia and the Pacific Islands
- D. The Middle East and North Africa

The correct answer encompasses the diverse origins of the Hispanic population in the USA, which primarily includes individuals from Puerto Rico, Mexico, the Dominican Republic, Cuba, and countries in South and Central America. This designation reflects the cultural, linguistic, and historical ties shared among these regions, which have significantly influenced the Hispanic identity in the United States. Hispanics in the U.S. represent a wide array of backgrounds, languages, and traditions, many of which stem from these specific countries and territories. This connection is vital for understanding the social and cultural dynamics within the Hispanic community in the U.S., including their influence on American culture as a whole. In contrast, the other regions listed—Central and Eastern Europe, Asia and the Pacific Islands, and the Middle East and North Africa—do not have the same direct ties to the Hispanic identity as defined in the context of U.S. demographics.

5. What binds families together?

- A. Wealth and possessions
- B. Attachment and commitment**
- C. Physical appearance and social status
- D. Size and number of members

The reason attachment and commitment are considered as the primary factors that bind families together lies in the emotional and relational connections that form the foundation of family dynamics. Attachment refers to the deep emotional bonds between family members, which foster feelings of security and love. Commitment reflects a family's dedication to one another, including support during challenging times and the responsibility to care for one another. These interpersonal relationships are crucial for fostering a nurturing environment where each member feels valued and connected. In contrast, while wealth and possessions can contribute to a family's lifestyle, they do not inherently create strong emotional ties. Similarly, physical appearance and social status may influence how families are perceived externally, but they do not create the emotional and psychological bonds necessary for a strong family unit. Lastly, simply having a larger size or number of members does not guarantee a sense of unity or connection; rather, it is the quality of relationships among those members that fosters true family bonding.

6. What does the term 'nurturance' refer to in family functions?

- A. Providing financial support
- B. Emotional support and care**
- C. Setting strict rules and expectations
- D. Limiting family interactions

The term 'nurturance' in the context of family functions primarily refers to the provision of emotional support and care within the family unit. It encompasses the way family members show love, affection, guidance, and reassurance to one another, which is crucial for psychological development and emotional well-being. Nurturance fosters secure attachments, helps build self-esteem in children, and contributes to a sense of safety and belonging, all of which are essential elements in healthy family dynamics. Emotional support facilitates effective communication and strengthens relationships, allowing family members to rely on each other during times of stress or hardship. This nurturing environment is vital for the healthy development of individuals, promoting resilience and adaptability as they encounter life's challenges.

7. Which cultural group constitutes the largest demographic in the USA?

- A. African Americans
- B. Asian Americans
- C. European Americans
- D. Hispanic Americans

The selection of European Americans as the largest demographic group in the USA reflects historical trends and population statistics that have shown European ancestry groups, primarily those of white descent, making up a significant portion of the population for many decades. This demographic encompasses a wide range of ethnicities and backgrounds originating from various countries in Europe, contributing to its overall size. While the demographic landscape is continuously evolving due to immigration and changes in societal norms, European Americans have historically constituted the majority in the United States. In contrast, other groups such as Hispanic Americans, African Americans, and Asian Americans, while substantial and growing, have not yet surpassed the population numbers of European Americans. The ongoing shifts in population dynamics continue to shape the cultural and demographic fabric of the nation, but European Americans remain the largest group as of the latest data leading up to October 2023.

8. Which aspect of communication deals with silence?

- A. Nonverbal cues
- B. Feedback mechanisms
- C. Verbal communication
- D. Written response

Nonverbal cues encompass various forms of communication that occur without the use of words, and silence is a significant component of this category. Silence can convey emotions, attitudes, or responses that may not be expressed verbally. For instance, a pause during a conversation can indicate hesitation, contemplation, or discomfort. Additionally, silence can serve as a powerful tool for emphasizing a point or allowing time for reflection. Understanding how silence functions as a form of nonverbal communication can greatly enhance interpersonal interactions, as it often communicates more than spoken words. The other options focus on different aspects of communication that do not specifically address the role of silence. Feedback mechanisms involve the responses and reactions that follow a communication event, but they are not primarily concerned with silence itself. Verbal communication refers to spoken words and dialogues, which inherently do not include silence as a communicative element. Similarly, a written response relates to written forms of expression, which also do not incorporate silence in the same manner as nonverbal cues do.

9. Which component of therapeutic communication involves showing genuine concern?

- A. Observing
- B. Empathy**
- C. Reflection
- D. Paraphrasing

Empathy is a core component of therapeutic communication that involves the ability to genuinely understand and share the feelings of another person. By demonstrating empathy, a healthcare provider can create an environment of trust and support, allowing the patient to feel heard and valued. This connection can foster open dialogue, enabling patients to express their thoughts and emotions more freely. The essence of empathy lies in its relational aspect; it goes beyond mere sympathy or understanding, seeking to genuinely put oneself in the other person's shoes. This not only enhances the therapeutic relationship but can also facilitate better outcomes in treatment as patients may respond more positively when they feel understood. While observing, reflecting, and paraphrasing are also important components of therapeutic communication, they each serve different purposes. Observing involves paying attention to verbal and non-verbal cues, while reflection is about mirroring back what the patient has shared to clarify understanding. Paraphrasing, on the other hand, involves restating what the patient has said in one's own words to ensure comprehension. These techniques can support empathetic engagement but are not synonymous with the genuine concern that empathy encompasses.

10. What term describes unequal eye movement?

- A. Strabismus**
- B. Nystagmus
- C. Astigmatism
- D. Amblyopia

Strabismus is the term used to describe a condition where the eyes do not properly align with each other when looking at an object. This misalignment can result in one eye being turned inwards, outwards, upwards, or downwards relative to the other eye, leading to unequal movement and coordination. Strabismus can affect depth perception and may cause double vision if not addressed. The other terms relate to different eye conditions. Nystagmus refers to involuntary and rapid movements of the eyes, often making it difficult to maintain steady vision. Astigmatism is a refractive error caused by an irregular curvature of the cornea or lens, leading to blurred vision. Amblyopia, commonly known as lazy eye, occurs when one eye becomes weaker than the other, affecting visual acuity. Each of these conditions has its own implications and characteristics, but strabismus specifically pertains to the issue of unequal eye movement.

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://hosahumangrowthanddevelopment.examzify.com>

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

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