

# Human Growth and Development CLEP Prep Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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

- 1. At which age does a child begin to identify themselves by gender?**
  - A. 5-7 years**
  - B. 3-5 years**
  - C. 2-3 years**
  - D. 0-2 years**
- 2. According to Erikson's psychosocial theory, during which stage do adults struggle to find a balance between work and leisure activities?**
  - A. Generativity Versus Stagnation**
  - B. Autonomy Versus Shame**
  - C. Intimacy Versus Isolation**
  - D. Integrity Versus Despair**
- 3. does positive reinforcement help to shape a child's behavior?**
  - A. It reinforces desirable behavior and offers rewards**
  - B. It eliminates negative influences**
  - C. It offers logical explanations for misbehavior**
  - D. It provides guidance for navigating complex situations**
- 4. During early adulthood, physical changes in the body are**
  - A. Most accelerated**
  - B. Completely finished**
  - C. Slowing down significantly**
  - D. At a steady rate**
- 5. What sets the stage for the development of cognitive skills, such as problem-solving and learning?**
  - A. Brain development**
  - B. Quality of parental bonding**
  - C. Parent's values and beliefs**
  - D. Personal motivations**

- 6. According to Erikson's psychosocial theory, what is the fifth stage of psychosocial development?**
- A. Industry vs. Inferiority**
  - B. Autonomy vs. Shame and Doubt**
  - C. Identity vs. Role Confusion**
  - D. Intimacy vs. Isolation**
- 7. What is the fourth stage of Piaget's theory?**
- A. Sensorimotor**
  - B. Preoperational**
  - C. Concrete Operational**
  - D. Formal Operational**
- 8. Adolescents reach which milestone after physical maturation?**
- A. Assumed roles**
  - B. Autonomous decisions**
  - C. Increased grades**
  - D. Career exploration**
- 9. Who developed the psychoanalytic theory of development?**
- A. John Locke**
  - B. Jean Piaget**
  - C. Erik Erikson**
  - D. Sigmund Freud**
- 10. The acquisition of abstract thinking and reasoning skills is known as?**
- A. Metacognition**
  - B. Operant conditioning**
  - C. Piaget's theory of cognitive development**
  - D. High order thinking**



## **Answers**

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

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## **Explanations**

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**1. At which age does a child begin to identify themselves by gender?**

- A. 5-7 years**
- B. 3-5 years**
- C. 2-3 years**
- D. 0-2 years**

Children typically begin to develop a sense of gender identity around the age of 3-5 years. At this stage, they are able to understand and categorize different gender roles and behaviors. Options A, C, and D are all incorrect because they either fall outside of this age range or are too specific in their age range. It is important to note that gender identity may continue to develop and evolve for children beyond this age range.

**2. According to Erikson's psychosocial theory, during which stage do adults struggle to find a balance between work and leisure activities?**

- A. Generativity Versus Stagnation**
- B. Autonomy Versus Shame**
- C. Intimacy Versus Isolation**
- D. Integrity Versus Despair**

During Erikson's psychosocial theory, adults in the A Generativity Versus Stagnation stage struggle to find a balance between work and leisure activities. This is because this stage focuses on the challenge of creating and contributing to society while also maintaining a sense of personal fulfillment and enjoyment. This is in contrast to the other options, such as B: Autonomy Versus Shame, which focuses on the development of independence in childhood, or D: Integrity Versus Despair, which is typically seen in older adults as they reflect on their lives. C: Intimacy Versus Isolation also does not relate to the struggle between work and leisure activities, as it instead focuses on developing close relationships.

**3. does positive reinforcement help to shape a child's behavior?**

- A. It reinforces desirable behavior and offers rewards**
- B. It eliminates negative influences**
- C. It offers logical explanations for misbehavior**
- D. It provides guidance for navigating complex situations**

Positive reinforcement plays a crucial role in shaping a child's behavior by encouraging and rewarding actions that are deemed desirable. When a child engages in a behavior that is positive or aligns with expected standards, positive reinforcement serves to strengthen that behavior by providing a reward or recognition. This can take many forms, such as verbal praise, tangible rewards, or privileges, all of which convey to the child that their actions are appreciated. The underlying principle of positive reinforcement is based on the idea that behaviors that are followed by positive outcomes are more likely to be repeated. This mechanism not only motivates children to engage in good behaviors but also helps them associate those behaviors with positive experiences, thereby promoting a repeat of such actions in the future. Over time, consistent positive reinforcement builds a child's confidence and promotes a sense of achievement, contributing to overall behavioral development. In contrast, the other options do not directly address the concept of reinforcing behavior. While eliminating negative influences and providing logical explanations for misbehavior may be useful strategies in certain contexts, they do not specifically focus on enhancing positive behaviors in the same way that positive reinforcement does. Additionally, offering guidance for navigating complex situations may aid in decision-making but does not inherently motivate or shape behavior through the use of rewards or recognition. Thus, option A accurately

**4. During early adulthood, physical changes in the body are**

- A. Most accelerated**
- B. Completely finished**
- C. Slowing down significantly**
- D. At a steady rate**

During early adulthood, physical changes in the body typically slow down significantly. It is important to note that there is no set timeline for when physical changes stop or slow down completely. Each person's body develops and changes at a different pace, and these changes may continue into later adulthood. Option A, stating that physical changes are most accelerated during early adulthood, is incorrect as the body's development tends to slow down during this stage. Option B, claiming that physical changes are completely finished during early adulthood, is incorrect as the body continues to develop and change throughout the lifespan. Option D, stating that physical changes occur at a steady rate during early adulthood, is incorrect as the body's development tends to slow down during this stage. Therefore, option C is the most accurate choice.

**5. What sets the stage for the development of cognitive skills, such as problem-solving and learning?**

- A. Brain development**
- B. Quality of parental bonding**
- C. Parent's values and beliefs**
- D. Personal motivations**

Brain development is crucial in the development of cognitive skills because it is the foundation on which these skills are built. The brain undergoes significant changes and growth during childhood, and these changes directly impact a child's abilities to think, reason, and learn. Parental bonding, values, and beliefs, as well as personal motivations, may also have an impact on a child's cognitive development. However, brain development is considered the primary factor in shaping cognitive skills. Quality of parental bonding, for example, can affect a child's development in other areas, such as emotional and social skills, but it is not the determining factor in the development of cognitive skills. Similarly, a child's personal motivations may play a role, but without a strong foundation of brain development, they may struggle to fully develop their cognitive skills.

**6. According to Erikson's psychosocial theory, what is the fifth stage of psychosocial development?**

- A. Industry vs. Inferiority**
- B. Autonomy vs. Shame and Doubt**
- C. Identity vs. Role Confusion**
- D. Intimacy vs. Isolation**

In Erikson's psychosocial theory, the fifth stage of development is Identity vs. Role Confusion. This stage typically occurs during adolescence, roughly from ages 12 to 18. During this critical period, individuals are exploring their own identities and seeking to establish a personal sense of self. The development of a coherent identity involves questioning and integrating various aspects of oneself, including beliefs, values, and social roles. Successfully navigating this stage allows adolescents to develop a strong sense of identity, which is crucial for forming lasting interpersonal relationships and achieving a clear sense of purpose. Conversely, failure to resolve this conflict may lead to role confusion, wherein a person struggles to understand their place in the world or experiences uncertainty about their future. This stage is pivotal in laying the groundwork for subsequent stages, particularly those focusing on intimacy and forming relationships. Understanding this developmental milestone is essential as it influences various aspects of personality and social functioning in adulthood. The other stages mentioned, while also significant, pertain to different periods of development and conflicts that do not align with this stage's specific focus on identity formation.

## 7. What is the fourth stage of Piaget's theory?

- A. Sensorimotor
- B. Preoperational
- C. Concrete Operational
- D. Formal Operational**

The fourth stage of Piaget's theory is Formal Operational. This stage occurs during adolescence and continues throughout adulthood. It is characterized by the ability to think about abstract concepts and use logical reasoning. Options A, B, and C are incorrect because they represent the first three stages of Piaget's theory - Sensorimotor, Preoperational, and Concrete Operational, respectively. These stages occur earlier in development and involve the development of sensory and motor skills, symbolic thought, and logical thinking with concrete objects, respectively. Therefore, these options do not accurately represent the fourth stage of Piaget's theory, which is Formal Operational.

## 8. Adolescents reach which milestone after physical maturation?

- A. Assumed roles
- B. Autonomous decisions**
- C. Increased grades
- D. Career exploration

After physical maturation, adolescents are better equipped to make independent and autonomous decisions. This is due to their cognitive and emotional development, as well as their newfound physical abilities. While options A, C, and D may also be important milestones for adolescents, they are not directly linked to physical maturation. Assumed roles and career exploration are more related to societal expectations and individual interests, while increased grades may also be influenced by external factors such as school and parental support. Therefore, option B is the most directly related to physical maturation.

## 9. Who developed the psychoanalytic theory of development?

- A. John Locke
- B. Jean Piaget
- C. Erik Erikson
- D. Sigmund Freud**

Sigmund Freud developed the psychoanalytic theory of development, which focuses on the influence of unconscious factors on personality development. While John Locke and Jean Piaget were influential in the field of developmental psychology, they did not specifically develop the psychoanalytic theory. Erik Erikson also made important contributions to developmental psychology, but his theory focuses on psychosocial stages rather than psychoanalytic principles. So, D is the most accurate answer in this case.

**10. The acquisition of abstract thinking and reasoning skills is known as?**

**A. Metacognition**

**B. Operant conditioning**

**C. Piaget's theory of cognitive development**

**D. High order thinking**

Piaget's theory of cognitive development focuses on the acquisition of abstract thinking and reasoning skills. Metacognition, or thinking about thinking, is a component of higher order thinking but is not specific to abstract thinking and reasoning skills. Operant conditioning is a type of learning related to behavior, which is different from cognitive skills. High order thinking also encompasses abstract thinking, but it is not a specific theory related to the acquisition of these skills. Therefore, the correct answer is option C, Piaget's theory of cognitive development.



## 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://humangrowthdevelopmentcleppractice.examzify.com>**

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