

HUMAN GROWTH AND DEVELOPMENT CLEP PREP PRACTICE EXAM (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. Which of the following is not considered a task of the survivor stage of Erikson's theory?**
 - A. Develop a sense of identity
 - B. Achieve mastery
 - C. Develop a sense of trust
 - D. Establish a personally fulfilling relationship
- 2. A person who is in middle childhood development is most likely:**
 - A. Entering puberty
 - B. Developing motor skills
 - C. Developing abstract thinking
 - D. Attending college
- 3. What are the physical stages of puberty that take place in boys and girls?**
 - A. Cognitive and moral
 - B. Social and psychological
 - C. Primary and secondary
 - D. Imaginative and creative
- 4. Social learning theory argues that behavior is learned through**
 - A. Genetic predisposition
 - B. Intrinsic motivation
 - C. Operant conditioning
 - D. Observational learning
- 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. What is the primary factor behind the growth in self-esteem during adolescence?**
- A. Increase in physical development
 - B. Increasing independence
 - C. Success in school
 - D. Interactions with peers
- 7. What is the purpose of Piaget's stages of cognitive development?**
- A. To measure physical growth over time
 - B. To track cognitive growth using abstract concepts
 - C. To better understand the influences on cognitive development
 - D. To assess the accuracy of a person's thinking
- 8. According to Kohlberg's Theory of Moral Development, which stage involves understanding abstract societal rules?**
- A. Preconventional
 - B. Conventional
 - C. Principled
 - D. Postconventional
- 9. During middle adulthood, a major transition includes**
- A. Retirement
 - B. Job promotion
 - C. Physical and cognitive changes
 - D. Puberty
- 10. What type of attachment do infants display when they are securely attached?**
- A. Preoccupied
 - B. Avoider
 - C. Secure
 - D. Ambivalent

Answers

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

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Explanations

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1. Which of the following is not considered a task of the survivor stage of Erikson's theory?

- A. Develop a sense of identity
- B. Achieve mastery
- C. Develop a sense of trust
- D. Establish a personally fulfilling relationship**

During the Survivor stage of Erikson's theory, individuals focus on overcoming challenges and establishing a sense of independence. Developing a sense of trust, achieving mastery, and developing a sense of identity are all tasks that align with this stage. However, establishing a personally fulfilling relationship is not specifically mentioned as a task in this stage. While healthy relationships can certainly contribute to one's sense of independence, it is not the primary focus of the Survivor stage. Therefore, it can be considered the incorrect option.

2. A person who is in middle childhood development is most likely:

- A. Entering puberty
- B. Developing motor skills**
- C. Developing abstract thinking
- D. Attending college

Children in middle childhood, typically between the ages of 6-12, are primarily focused on developing their motor skills. This includes gross motor skills, such as running and jumping, as well as fine motor skills, such as writing and drawing. Entering puberty (option A) usually occurs in late childhood/early adolescence, around the ages of 9-12 for girls and 10-14 for boys. Developing abstract thinking (option C) generally occurs in adolescence, so it is not a characteristic of middle childhood. Attending college (option D) is usually reserved for young adults, so it is not applicable to middle childhood development. Therefore, the best answer is B Developing motor skills.

3. What are the physical stages of puberty that take place in boys and girls?

- A. Cognitive and moral
- B. Social and psychological
- C. Primary and secondary**
- D. Imaginative and creative

During puberty, there are two main stages of physical changes that take place in both boys and girls - primary and secondary. Option A, cognitive and moral stages, refers to changes in one's thinking and understanding of right and wrong, but these changes are not necessarily related to physical development. Option B, social and psychological stages, refers to changes in one's relationships and emotions, but again, are not specific to physical changes. Option D, imaginative and creative stages, is also not related to physical development. Thus, although these options may be important during puberty, they are not the primary focus when discussing the physical changes of puberty.

4. Social learning theory argues that behavior is learned through

- A. Genetic predisposition
- B. Intrinsic motivation
- C. Operant conditioning
- D. Observational learning**

Social learning theory is based on the concept of observational learning, where individuals learn behaviors by observing and imitating the behaviors of others. This theory does not support A, genetic predisposition, because it focuses on the impact of environmental factors rather than biological tendencies. Additionally, social learning theory does not rely on intrinsic motivation (B) as the main driving force of behavior. It also differs from operant conditioning (C), which is based on the principles of reinforcement and punishment. Therefore, the most accurate explanation for social learning theory would be D, observational learning.

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. What is the primary factor behind the growth in self-esteem during adolescence?

- A. Increase in physical development
- B. Increasing independence**
- C. Success in school
- D. Interactions with peers

Adolescence is a period of development where teenagers start to assert their independence and explore their own identity. This increased autonomy and ability to make their own decisions contributes greatly to the growth in self-esteem. Option A may seem like a potential factor since it mentions physical development, but physical changes alone do not necessarily lead to an increase in self-esteem. Success in school (Option C) or interactions with peers (Option D) can certainly contribute to a teenager's sense of self-worth, but they are not the primary factor. Ultimately, the freedom and responsibility that comes with increasing independence is the key factor in the growth of self-esteem during adolescence.

7. What is the purpose of Piaget's stages of cognitive development?

- A. To measure physical growth over time
- B. To track cognitive growth using abstract concepts**
- C. To better understand the influences on cognitive development
- D. To assess the accuracy of a person's thinking

Piaget's stages of cognitive development are designed to track the development of abstract thinking abilities as a person grows and matures. This includes understanding how individuals grasp and interpret their surroundings, how their thinking processes evolve, and how they develop their problem-solving skills. The other options do not accurately describe the purpose of Piaget's stages and may be related to other methods of measuring growth or assessing cognitive abilities. Therefore, they are incorrect.

8. According to Kohlberg's Theory of Moral Development, which stage involves understanding abstract societal rules?

- A. Preconventional
- B. Conventional
- C. Principled**
- D. Postconventional

According to Kohlberg's Theory of Moral Development, the stage that involves understanding abstract societal rules is the Principled stage. This stage is also known as the postconventional stage, where individuals develop a more mature understanding of right and wrong and begin to recognize that societal rules are based on principles and values rather than just authority figures or consequences. The other options are incorrect because - A: The Preconventional stage is characterized by a focus on individual needs and self-interest, rather than societal rules. - B: The Conventional stage focuses on following rules and societal norms to gain approval and avoid disapproval, rather than understanding the reasoning behind these rules. - D: The Postconventional stage is a broader term that encompasses both the Principled stage and the earlier stages. Therefore, while D is a correct term, C provides a more specific and accurate answer.

9. During middle adulthood, a major transition includes

- A. Retirement**
- B. Job promotion
- C. Physical and cognitive changes
- D. Puberty

During middle adulthood, individuals typically experience physical and cognitive changes, but these do not qualify as "major transitions". Puberty is a major transition, but it occurs during adolescence, not middle adulthood. Job promotion may be a significant event, but it is not a major transition that is specific to middle adulthood. Retirement, on the other hand, is a significant and often challenging transition for individuals in middle adulthood, as it marks the end of a long-term career and can bring about changes in one's daily routine, social connections, and financial stability. Therefore, option A is the correct choice as it is the only option that specifically addresses a major transition that occurs during middle adulthood.

10. What type of attachment do infants display when they are securely attached?

- A. Preoccupied
- B. Avoider
- C. Secure**
- D. Ambivalent

Infants who are securely attached display a healthy and secure attachment with caregivers. This means that they are confident and trust in their caregiver to meet their needs consistently, which leads to a sense of security and predictability in their relationship. The other options, preoccupied, avoider, and ambivalent, reflect insecure attachment styles, where the infant may have difficulties trusting their caregiver or may feel anxious or distressed about their relationship. These attachment styles can stem from inconsistent or negative experiences with caregivers, and can have an impact on the infant's emotions and behavior in their relationships throughout their life.

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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://humangrowthdevelopmentcleppractice.examzify.com>

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

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