

NCLEX Developmental Stages – Infancy to Adolescence Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. Which intervention is most appropriate for a 16-year-old recovering from an appendectomy to ensure normal growth and development?**
 - A. Encourage isolation to prevent infection**
 - B. Allow the child to participate in activities with peers when condition permits**
 - C. Restrict all physical activities for two weeks**
 - D. Limit visits from friends to allow for rest**

- 2. Which developmental milestone is expected around 3 to 6 years of age?**
 - A. Autonomy vs. Shame and Doubt**
 - B. Trust vs. Mistrust**
 - C. Initiative vs. Guilt**
 - D. Identity vs. Role Confusion**

- 3. What psychological conflict characterizes adolescence according to Erikson?**
 - A. Initiative vs. Guilt**
 - B. Trust vs. Mistrust**
 - C. Autonomy vs. Shame and Doubt**
 - D. Identity vs. Role Confusion**

- 4. What is a typical developmental focus in early childhood?**
 - A. Developing independence**
 - B. Learning to share and take turns**
 - C. Mastering complex tasks**
 - D. Understanding abstract concepts**

- 5. According to Erik Erikson, which psychosocial stage is relevant for adolescents?**
 - A. Trust vs. mistrust**
 - B. Autonomy vs. shame and doubt**
 - C. Identity vs. role confusion**
 - D. Intimacy vs. isolation**

- 6. Which statement best describes the formal operations stage of Piaget's cognitive developmental theory?**
- A. The child has the ability to think abstractly**
 - B. The child understands the concept of conservation**
 - C. The child begins to think logically about concrete events**
 - D. The child can perform operations mentally rather than physically**
- 7. What developmental task is crucial for children in toddlerhood?**
- A. Acquiring language skills**
 - B. Learning to control impulses**
 - C. Developing social skills**
 - D. Establishing independence**
- 8. What type of play is typical for toddlers in their developmental stage?**
- A. Cooperative play**
 - B. Parallel play**
 - C. Fantasy play**
 - D. Unstructured play**
- 9. During toddlerhood, what strategy can parents use to encourage autonomy?**
- A. Limiting choices to reduce confusion**
 - B. Offering choices in daily activities**
 - C. Using corrective feedback frequently**
 - D. Providing only guided tasks**
- 10. What is a critical emotional change that typically occurs during adolescence?**
- A. Forming collaborative skills**
 - B. Developing intimate relationships**
 - C. Establishing trust in authority figures**
 - D. Enhancing self-confidence**

Answers

SAMPLE

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

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Explanations

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1. Which intervention is most appropriate for a 16-year-old recovering from an appendectomy to ensure normal growth and development?

A. Encourage isolation to prevent infection

B. Allow the child to participate in activities with peers when condition permits

C. Restrict all physical activities for two weeks

D. Limit visits from friends to allow for rest

Encouraging a 16-year-old to participate in activities with peers when their condition allows is vital for supporting their emotional and social development during recovery. At this age, peer relationships play an essential role in overall growth and self-identity. Being among friends can help the teen feel supported, reduce feelings of isolation, and encourage a positive mindset during recovery. Additionally, participating in age-appropriate activities can promote physical healing, as mobility and normal social interactions are key components of adolescent development. Isolating a teen to prevent infection can inadvertently lead to feelings of loneliness and anxiety, which may hinder emotional well-being. Restricting all physical activities for two weeks could also impede recovery and does not account for the need for gradual re-introduction to normal activities as they heal. Limiting visits from friends, while well-intentioned to allow for rest, can also isolate the teen and negatively impact their mood and motivation to recover. Therefore, allowing social interaction in a balanced way is ideal for their growth and development post-surgery.

2. Which developmental milestone is expected around 3 to 6 years of age?

A. Autonomy vs. Shame and Doubt

B. Trust vs. Mistrust

C. Initiative vs. Guilt

D. Identity vs. Role Confusion

The developmental milestone associated with children aged 3 to 6 years is Initiative vs. Guilt. At this stage, children begin to assert their power and control over the world through directing play and other social interactions. They start to initiate activities, develop a sense of initiative, and are eager to explore their environment. When children are allowed to pursue their interests and are encouraged by caregivers, they feel a sense of initiative. However, if they are discouraged or made to feel that their efforts are wrong or misaligned with expectations, they may develop feelings of guilt about their desires and suppress their initiatives. Hence, this age group is crucial for fostering a sense of independence and initiative while navigating the potential for guilt associated with their explorations and assertiveness. This developmental milestone is foundational for the child's self-concept and emotional growth moving into later stages of development.

3. What psychological conflict characterizes adolescence according to Erikson?

- A. Initiative vs. Guilt**
- B. Trust vs. Mistrust**
- C. Autonomy vs. Shame and Doubt**
- D. Identity vs. Role Confusion**

During adolescence, the psychological conflict that Erik Erikson identified is "Identity vs. Role Confusion." This stage typically occurs between the ages of 12 and 18 and is pivotal in an individual's development. At this stage, adolescents are tasked with exploring their personal identity, which includes questions about who they are, their beliefs, and their values. Successful resolution of this conflict leads to a strong sense of self and an ability to make commitments, while failure can result in confusion about one's role in society, potentially leading to difficulties in relationships and career choices. This period is vital as adolescents are influenced by social interactions, peer relationships, and experiences, which all contribute to shaping their sense of identity. Understanding this developmental stage is crucial for recognizing the challenges adolescents face as they navigate their transition into adulthood.

4. What is a typical developmental focus in early childhood?

- A. Developing independence**
- B. Learning to share and take turns**
- C. Mastering complex tasks**
- D. Understanding abstract concepts**

In early childhood, a central developmental focus is indeed learning to share and take turns. This stage, generally considered to be from ages 2 to 7, is crucial for social development. During this period, children begin to interact more with their peers and engage in cooperative play. Learning to share and take turns promotes social skills and helps children understand the basics of interpersonal relationships. It encourages empathy, patience, and the ability to cooperate, which are foundational skills that they will build upon as they grow older. While developing independence is also important in early childhood, it specifically relates to self-sufficiency in daily tasks, which emerges more prominently in later stages. Mastering complex tasks typically occurs beyond early childhood as cognitive and fine motor skills advance. Understanding abstract concepts is a higher-level cognitive skill that usually develops later, in middle childhood and adolescence, as children gain more experience and cognitive maturity. Thus, the emphasis on sharing and taking turns aligns with the core social interactions happening during early childhood.

5. According to Erik Erikson, which psychosocial stage is relevant for adolescents?

- A. Trust vs. mistrust**
- B. Autonomy vs. shame and doubt**
- C. Identity vs. role confusion**
- D. Intimacy vs. isolation**

The psychosocial stage relevant for adolescents, as outlined by Erik Erikson, is identity vs. role confusion. This stage, typically occurring between the ages of 12 and 18, focuses on the adolescent's quest for a sense of self and personal identity. During this period, teenagers explore different roles, beliefs, and ideas, which is essential for developing a strong sense of who they are. As adolescents navigate various social environments, peer relationships become increasingly significant, impacting their self-perception and identity formation. Successfully managing this stage leads to a strong sense of commitment to one's identity, while failure can result in confusion about one's role and place in society. This struggle for identity is a critical development task that influences how adolescents will approach intimacy and relationships later in life, setting the foundation for identity formation as they transition into adulthood. The other stages mentioned, while crucial in earlier development (such as trust vs. mistrust in infancy, autonomy vs. shame and doubt in early childhood, and intimacy vs. isolation in young adulthood), do not specifically address the core developmental challenges faced during the adolescent years. Hence, identity vs. role confusion is the stage that best captures the psychosocial experiences of adolescents.

6. Which statement best describes the formal operations stage of Piaget's cognitive developmental theory?

- A. The child has the ability to think abstractly**
- B. The child understands the concept of conservation**
- C. The child begins to think logically about concrete events**
- D. The child can perform operations mentally rather than physically**

The formal operations stage, which typically begins around the age of 12 and continues into adulthood, is characterized by the ability to think abstractly and reason logically. In this stage, individuals can solve hypothetical and abstract problems, think about possibilities, and use deductive reasoning. This transformative stage allows adolescents to develop more sophisticated thinking patterns, enabling them to engage in systematic planning and execute complex problem-solving tasks. While the understanding of conservation and logical thinking about concrete events are important aspects of earlier stages in Piaget's theory (specifically, the concrete operational stage), they do not encapsulate the essence of the formal operations stage. Similarly, the ability to perform operations mentally rather than physically signifies cognitive advancements, but it is not exclusive to the formal operations stage. The defining feature of this advanced stage is indeed the capacity for abstract thought, making the ability to think abstractly the optimal description of this developmental phase.

7. What developmental task is crucial for children in toddlerhood?

- A. Acquiring language skills**
- B. Learning to control impulses**
- C. Developing social skills**
- D. Establishing independence**

During toddlerhood, a key developmental task is learning to control impulses. This stage, typically regarded as occurring between the ages of 1 and 3 years, involves significant changes in a child's ability to manage their behavior and develop a sense of self-control. Toddlers are naturally curious and may express their desires and frustrations, which can sometimes lead to challenging behaviors such as tantrums. Learning to regulate impulses equips toddlers to navigate social environments more effectively, adhere to rules, and interact positively with caregivers and peers. As they learn this skill, toddlers begin to understand the consequences of their actions, including how their behaviors can affect others. This foundational ability supports later development, including emotional intelligence and social relationships. It's important because impulse control is a precursor to more complex cognitive and emotional skills that will be essential as they move into preschool and beyond. Acquiring language skills, developing social skills, and establishing independence are all important tasks at this stage as well, but they often intertwine with and depend on the ability to control impulses. For instance, effective communication (language skills) can help toddlers express their needs without resorting to impulsive actions, and establishing independence often requires some degree of self-regulation to navigate new experiences safely. Thus, while all these tasks

8. What type of play is typical for toddlers in their developmental stage?

- A. Cooperative play**
- B. Parallel play**
- C. Fantasy play**
- D. Unstructured play**

Toddlers typically engage in parallel play, which is a developmental stage characterized by children playing alongside each other but not directly interacting. During this stage, which usually occurs between the ages of 1 and 3 years, toddlers will often mimic each other's actions and may use similar toys, but they are more focused on their own activities rather than collaborating with peers. Parallel play helps toddlers develop social skills as they observe others and begin to understand social norms. It lays the groundwork for later stages of play, such as cooperative play, which generally develops as children grow older and gain more social and cognitive skills to engage in group activities. In contrast, cooperative play involves children working together toward a common goal, which generally emerges later in the preschool years. Fantasy play involves imaginative scenarios and role-playing, typically developing further in preschoolers as their cognitive abilities advance. Unstructured play refers to free play without specific rules or guidance, but it can occur across many developmental stages, making it less specific to toddlers. The characteristics of parallel play are crucial in understanding the social development of toddlers, as it highlights their emerging awareness of social interactions while still needing the comfort of solitary activity.

9. During toddlerhood, what strategy can parents use to encourage autonomy?

- A. Limiting choices to reduce confusion**
- B. Offering choices in daily activities**
- C. Using corrective feedback frequently**
- D. Providing only guided tasks**

During toddlerhood, fostering a sense of autonomy is crucial for healthy development. Offering choices in daily activities empowers toddlers by allowing them to make decisions, which promotes independence and self-esteem. This age is characterized by a developmental drive toward autonomy, and giving toddlers options helps them experiment with their growing abilities and asserts their preferences. For example, allowing a child to choose between two snacks or deciding what shirt to wear engages their decision-making skills and strengthens their sense of control over their environment. In contrast, limiting choices could stifle a toddler's sense of agency and lead to frustration or resistance. Frequent corrective feedback might make a child feel discouraged rather than confident, which can hinder their willingness to explore and learn. Similarly, providing only guided tasks restricts their opportunity to practice independence and may inhibit the development of self-reliance. Therefore, offering choices is the most effective strategy for encouraging autonomy during this important developmental stage.

10. What is a critical emotional change that typically occurs during adolescence?

- A. Forming collaborative skills**
- B. Developing intimate relationships**
- C. Establishing trust in authority figures**
- D. Enhancing self-confidence**

During adolescence, a significant emotional change is the development of intimate relationships. This stage of life is characterized by a shift from the primarily familial and peer-based connections of childhood to a focus on deeper emotional bonds with peers, including romantic relationships. These intimate relationships provide adolescents the opportunity to explore their identities, understand interpersonal dynamics, and experience intimacy and vulnerability, which are crucial for emotional growth. Developing intimate relationships allows adolescents to learn about trust, commitment, and communication in ways that are distinct from the connections established in earlier developmental stages. This experience also plays a vital role in shaping their self-concept and emotional resilience. While forming collaborative skills, establishing trust in authority figures, and enhancing self-confidence are important aspects of adolescence, they do not capture the core emotional transformation that emphasizes the formation of intimate relationships. This emotional milestone significantly impacts their social development and overall well-being as they transition into adulthood.