

NCLEX DEVELOPMENTAL STAGES – INFANCY TO ADOLESCENCE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 indicates a toddler is developing autonomy according to Erikson's theory?**
 - A. Expressing frustration when things don't go their way
 - B. Choosing what to wear each day
 - C. Clinging to caregivers in new environments
 - D. Refusing to share toys
- 2. What statement by a mother indicates the need for further teaching about introducing solid foods to her 4-month-old?**
 - A. "I will start by offering rice cereal."
 - B. "I will start giving home-prepared orange juice when my child is 3 months old."
 - C. "I understand that I should introduce one food at a time."
 - D. "I will wait until 6 months to introduce meats."
- 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 task is crucial for children during middle childhood according to Erikson's theory?**
 - A. Trust vs. Mistrust
 - B. Industry vs. Inferiority
 - C. Autonomy vs. Shame and Doubt
 - D. Identity vs. Role Confusion
- 5. 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

- 6. What is a common social behavior exhibited by toddlers as they seek independence?**
- A. Playing alone
 - B. Following parents closely
 - C. Refusing assistance
 - D. Sharing toys willingly
- 7. What typically influences the self-esteem of school-aged children?**
- A. Personal achievements
 - B. Parental expectations
 - C. Peer acceptance
 - D. All of the above
- 8. At what age should children typically begin to walk independently?**
- A. 8 months
 - B. 12 months
 - C. 15 months
 - D. 18 months
- 9. What is a major emotional change experienced during adolescence?**
- A. Increased emotional stability
 - B. Heightened emotional sensitivity
 - C. Decreased motivation
 - D. Reduced self-esteem
- 10. At what age is it commonly recommended for children to begin regular dental check-ups?**
- A. At 1 year old
 - B. At 2 years old
 - C. At 3 years old
 - D. At 4 years old

Answers

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

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Explanations

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1. Which of the following indicates a toddler is developing autonomy according to Erikson's theory?

- A. Expressing frustration when things don't go their way
- B. Choosing what to wear each day**
- C. Clinging to caregivers in new environments
- D. Refusing to share toys

The choice indicating that a toddler is developing autonomy according to Erikson's theory reflects the stage of "autonomy vs. shame and doubt," which typically occurs between the ages of 1 to 3 years. During this developmental stage, children seek to assert their independence and control over their environment. By choosing what to wear each day, a toddler exhibits decision-making skills and personal preference, which are key indicators of autonomy. This sense of control helps build their confidence and self-esteem, essential components in their overall development. In contrast, expressing frustration when things don't go their way may indicate a struggle with autonomy but does not demonstrate the achievement of autonomy itself. Clinging to caregivers in new environments reflects insecurity and dependence rather than independence. Refusing to share toys can show a sense of possessiveness but does not necessarily equate to autonomy, as it may stem from developmental ego-centric behaviors rather than a healthy assertion of self. Thus, making independent choices, like selecting their clothing, is the most direct example of a toddler exercising autonomy as outlined by Erikson.

2. What statement by a mother indicates the need for further teaching about introducing solid foods to her 4-month-old?

- A. "I will start by offering rice cereal."
- B. "I will start giving home-prepared orange juice when my child is 3 months old."**
- C. "I understand that I should introduce one food at a time."
- D. "I will wait until 6 months to introduce meats."

The statement about starting home-prepared orange juice at 3 months indicates the need for further teaching because introducing any form of juice, including orange juice, is not recommended until at least 12 months of age. Prior to this age, infants primarily require breast milk or formula, which provide all the essential nutrients they need for growth and development. Introducing juice too early can lead to various issues, including unnecessary calories, potential digestive upsets, and an increased risk of dental caries. In contrast, beginning with rice cereal around 4-6 months is a common practice, as it introduces iron and is easy for infants to digest. The understanding of introducing one food at a time reflects a good approach to identifying food allergies and gauging the infant's acceptance of new flavors. Waiting until 6 months to introduce meats aligns with recommended feeding practices, as the infant's digestive system is generally more mature and better equipped to handle protein sources at this age.

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 task is crucial for children during middle childhood according to Erikson's theory?

- A. Trust vs. Mistrust
- B. Industry vs. Inferiority
- C. Autonomy vs. Shame and Doubt
- D. Identity vs. Role Confusion

During middle childhood, the crucial task according to Erikson's theory is "Industry vs. Inferiority." This stage typically occurs between the ages of 6 and 12 years, a period when children begin to develop a sense of competence and mastery in skills and tasks that are important in their environment, such as schoolwork, sports, and social interactions. Success in this stage leads to a sense of industry, where children feel confident in their abilities and are motivated to achieve and engage in tasks. They learn the value of hard work, effort, and persistence. Conversely, failure to achieve a sense of competence can lead to feelings of inferiority, where children may doubt their abilities and feel inadequate when compared to others. This developmental stage is vital for building self-esteem and a sense of identity as children navigate their roles in school and peer groups. The focus on learning, achievement, and collaboration with peers during this stage is what distinguishes it from the other stages listed. For example, the first stage, "Trust vs. Mistrust," occurs in infancy and lays the groundwork for the child's ability to trust caregivers. The second, "Autonomy vs. Shame and Doubt," is focused on toddlers and emphasizes developing a sense of personal control.

5. 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.

6. What is a common social behavior exhibited by toddlers as they seek independence?

- A. Playing alone
- B. Following parents closely
- C. Refusing assistance**
- D. Sharing toys willingly

In the developmental stage of toddlerhood, children are characterized by their quest for independence and autonomy. Refusing assistance is a common behavior at this age as toddlers begin to assert their individuality and test their limits. They often want to engage in tasks on their own, demonstrating a desire to do things by themselves, whether it involves dressing, feeding, or even just making choices about play. This refusal of help is an essential aspect of their growth, allowing them to develop self-confidence and a sense of agency. While toddlers may also play alone, follow their parents closely, or share toys occasionally, these behaviors do not specifically reflect the common social behavior associated with their striving for independence. Playing alone can indicate a variety of socialization levels, following parents closely often shows attachment rather than independence, and sharing toys willingly does not align with the self-centered stage typical of toddlers seeking to establish themselves as separate from their caregivers. Thus, the inclination to refuse assistance is a clear indicator of their developmental drive for self-sufficiency.

7. What typically influences the self-esteem of school-aged children?

- A. Personal achievements
- B. Parental expectations
- C. Peer acceptance
- D. All of the above**

The self-esteem of school-aged children is influenced by a variety of factors, all of which play significant roles in their development and perception of self-worth. Personal achievements contribute immensely as children at this stage begin to compare themselves to others and see the results of their efforts, which can either boost or hinder their self-esteem based on successes or struggles in activities such as academics, sports, or arts. Parental expectations also shape a child's self-esteem. When parents set realistic expectations and provide support, children feel valued and capable, which fosters a positive self-image. On the contrary, unrealistic expectations can lead to feelings of inadequacy if children believe they cannot meet those standards. Peer acceptance is another crucial factor, as friendships become increasingly important during the school years. Acceptance by peers can affirm a child's sense of belonging and enhance their self-esteem, while rejection or bullying can significantly undermine it. Thus, the interplay of personal achievements, parental expectations, and peer acceptance collectively influences the self-esteem of school-aged children, making the comprehensive option encompassing all these factors the most accurate choice.

8. At what age should children typically begin to walk independently?

- A. 8 months
- B. 12 months**
- C. 15 months
- D. 18 months

Children typically begin to walk independently around 12 months of age. This milestone is a significant part of their physical development and is influenced by a combination of strength, coordination, and balance. At this age, many children can pull themselves up to standing, cruise along furniture, and, supported by their developing musculature and neural pathways, take their first unassisted steps. It's important to acknowledge that development can vary, and some children may begin to walk slightly earlier or later than the 12-month mark. However, the average onset of independent walking is commonly recognized as being around this age. As children approach their first birthday, opportunities for movement and exploration play a vital role in encouraging this milestone.

9. What is a major emotional change experienced during adolescence?

- A. Increased emotional stability
- B. Heightened emotional sensitivity**
- C. Decreased motivation
- D. Reduced self-esteem

During adolescence, individuals undergo significant emotional changes as they navigate the complexities of identity formation, peer relationships, and independence. Heightened emotional sensitivity is a hallmark of this developmental stage. Adolescents often experience strong emotions due to hormonal changes, social pressures, and the challenges of transitioning from childhood to adulthood. This increased sensitivity can lead to more intense reactions to both positive and negative experiences, making it a prominent feature of emotional development during these years. This emotional intensity can manifest in various ways, such as mood swings and a deeper awareness of social dynamics, relationships, and personal challenges. This heightened sensitivity can be beneficial as it promotes empathy and understanding, but it can also result in greater vulnerability to stress and anxiety. Recognizing this stage of emotional change is essential for understanding adolescent behavior and supporting their developmental needs effectively.

10. At what age is it commonly recommended for children to begin regular dental check-ups?

A. At 1 year old

B. At 2 years old

C. At 3 years old

D. At 4 years old

Regular dental check-ups are commonly recommended starting at 1 year old, primarily because this is when children begin to develop their primary teeth. Early dental visits help ensure that any dental issues can be addressed promptly and allow parents to receive guidance on best dental hygiene practices for their children. This early intervention is critical not only for establishing a healthy oral routine but also for preventing potential dental problems, as many issues can develop in the first few years of life. Additionally, introducing children to the dental environment early can help alleviate anxiety associated with dental visits as they grow. Although some may suggest starting dental visits at slightly older ages, beginning at 1 year old aligns with pediatric recommendations which emphasize the importance of oral health from the earliest stages of tooth development.

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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://nclexdevstages.examzify.com>

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

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