

NEW CED – DEVELOPMENT 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 attachment styles is not typically categorized?**
 - A. Secure attachment
 - B. Insecure attachment
 - C. Anxious attachment
 - D. Independent attachment
- 2. Which parenting style is characterized by emotional warmth, high standards for behavior, and inclusion of children in decision-making?**
 - A. Authoritative parenting style
 - B. Permissive parenting style
 - C. Authoritarian parenting style
 - D. Neglectful parenting style
- 3. Which theory emphasizes the environmental context of human development, including interactions with others?**
 - A. Humanistic theory
 - B. Behavioral theory
 - C. Ecological systems theory
 - D. Cognitive-behavioral theory
- 4. What is a key characteristic of secure attachment in children?**
 - A. They avoid contact with the caregiver.
 - B. They seek closeness and are easily comforted.
 - C. They show no preference for caregivers.
 - D. They exhibit high levels of anxiety upon separation.
- 5. What term refers to the first incidence of menstruation in a female, marking the onset of puberty?**
 - A. Menopause
 - B. Menarche
 - C. Menstruation
 - D. Maturation

- 6. What describes the change in identity related to one's racial or ethnic group?**
- A. Identity achievement
 - B. Racial/ethnic identity
 - C. Social inclusion
 - D. Cultural assimilation
- 7. What is the term for the process by which some animals form attachments during a critical early life period?**
- A. Attachment theory
 - B. Bonding
 - C. Imprinting
 - D. Socialization
- 8. What is the term for the principle that properties such as mass and volume remain unchanged despite changes in form?**
- A. Fluidity
 - B. Transformation
 - C. Conservation
 - D. Continuity
- 9. What is the significance of local leadership in CED?**
- A. Local leaders are not important in the process.
 - B. Local leaders can mobilize support, foster trust, and drive initiatives forward.
 - C. Local leaders usually resist change.
 - D. Local leadership is only beneficial in political contexts.
- 10. Which method is commonly used for conflict resolution in community settings?**
- A. Ignoring the conflict
 - B. Public debates
 - C. Mediation and dialogue among stakeholders
 - D. Private negotiations

Answers

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

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Explanations

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1. Which of the following attachment styles is not typically categorized?

- A. Secure attachment
- B. Insecure attachment
- C. Anxious attachment
- D. Independent attachment**

The attachment styles broadly recognized in the field of psychology include secure attachment, insecure attachment (which further encompasses anxious and avoidant attachment), and other variations within these categories. Secure attachment is characterized by a healthy balance of dependence and independence in relationships, while insecure attachment is generally associated with anxiety and avoidance in interpersonal relationships. Anxious attachment, specifically, describes individuals who often crave closeness but may be overly concerned about their partner's availability and responsiveness. Independent attachment, however, does not appear as a formal attachment style within established psychological frameworks. It could be confused with idealized self-reliance or autonomy, but it lacks the empirical backing to classify it as a recognized attachment style in the same manner that secure or anxious attachment is categorized. Thus, independent attachment stands out as the option that does not fit into the established typology of attachment styles.

2. Which parenting style is characterized by emotional warmth, high standards for behavior, and inclusion of children in decision-making?

- A. Authoritative parenting style**
- B. Permissive parenting style
- C. Authoritarian parenting style
- D. Neglectful parenting style

The authoritative parenting style is characterized by a balance of emotional warmth, high standards for behavior, and active involvement of children in decision-making processes. This style encourages children to express their opinions and fosters a supportive environment where they can learn the reasoning behind certain rules and expectations. Parents who adopt this style set clear boundaries while allowing for open communication, which helps children develop self-discipline and social competence. By fostering an emotionally supportive environment, authoritative parents create a nurturing atmosphere that encourages independence and responsibility. This approach is associated with positive outcomes such as higher academic performance, better social skills, and overall well-being in children. The integration of children in decision-making empowers them and teaches valuable life skills, contributing to their development into responsible and capable individuals.

3. Which theory emphasizes the environmental context of human development, including interactions with others?

- A. Humanistic theory
- B. Behavioral theory
- C. Ecological systems theory**
- D. Cognitive-behavioral theory

Ecological systems theory is the correct choice as it specifically focuses on the influence of the environment on individual development. This theory, developed by Urie Bronfenbrenner, highlights that human development is shaped by the various environmental systems surrounding an individual, such as family, school, community, and broader societal influences. It emphasizes the interconnections between these systems and how they interact with one another to impact a person's development. The framework includes multiple layers, such as the microsystem (immediate environments), mesosystem (interconnections between microsystems), exosystem (social settings that indirectly affect the individual), and macrosystem (cultural context). This comprehensive view illustrates how personal growth and development are affected not only by personal experiences and immediate interactions but also by larger social and cultural dynamics. In contrast, humanistic theory centers on personal growth and self-actualization, focusing on individual potential and self-perception without specifically addressing the environmental factors. Behavioral theory primarily considers observable behaviors and external stimuli, often neglecting the complexities of environmental interactions. Cognitive-behavioral theory combines cognitive and behavioral approaches but does not specifically address environmental contexts as a key component of development. Thus, ecological systems theory is distinct in its inclusive approach to the environmental context of human development

4. What is a key characteristic of secure attachment in children?

- A. They avoid contact with the caregiver.
- B. They seek closeness and are easily comforted.**
- C. They show no preference for caregivers.
- D. They exhibit high levels of anxiety upon separation.

A key characteristic of secure attachment in children is that they seek closeness and are easily comforted. This attachment style typically develops when a caregiver is consistently responsive to a child's needs, creating a sense of safety and security for the child. When securely attached, children feel confident to explore their surroundings while knowing they can return to their caregiver for comfort and support if needed. Children with secure attachments engage positively with their caregivers and look to them for reassurance during stressful situations. When they experience distress, such as during separation, they are calmed more effectively by their caregiver's presence, indicating a healthy emotional bond. This behavior establishes a foundation for healthy relationships and emotional regulation later in life. In contrast, characteristics such as avoiding contact with the caregiver, showing no preference for caregivers, or exhibiting high levels of anxiety upon separation reflect insecure attachment styles, which do not foster the same sense of trust and reassurance.

5. What term refers to the first incidence of menstruation in a female, marking the onset of puberty?

- A. Menopause
- B. Menarche**
- C. Menstruation
- D. Maturation

Menarche is the term that specifically refers to the first occurrence of menstruation in females, signaling the onset of puberty. This biological milestone typically happens between the ages of 9 and 16, indicating that the body has developed to the point where it can begin the menstrual cycle. It represents not just a physical change, but also a significant psychological and social development in a young person's life. In contrast, menopause refers to the end of menstruation and reproductive capability later in life, and menstruation itself describes the cyclical shedding of the uterine lining that occurs regularly during a female's reproductive years. Maturation refers to the overall process of aging and development, which encompasses not only physical changes but also emotional and cognitive growth. While these terms relate to female reproductive health, menarche specifically pinpoints the moment when menstruation first begins.

6. What describes the change in identity related to one's racial or ethnic group?

- A. Identity achievement
- B. Racial/ethnic identity**
- C. Social inclusion
- D. Cultural assimilation

The concept of racial/ethnic identity refers specifically to how individuals perceive themselves in relation to their racial or ethnic group, and how they understand and navigate their own cultural background within broader societal contexts. This identity can encompass factors such as cultural practices, language, values, and shared history, shaping how individuals relate to their group and how they are perceived by others. It is a fundamental aspect of personal identity that influences self-esteem, social interactions, and community belonging. In contrast, identity achievement more generally refers to the process of developing a stable identity in various aspects of life, not limited to racial or ethnic contexts. Social inclusion involves the idea of integrating individuals into groups or societies, regardless of their background. Cultural assimilation describes the process by which individuals from one culture adopt the customs and values of another, which can sometimes lead to a diminishing of their original cultural identity. Thus, racial/ethnic identity specifically denotes the connection and sense of belonging an individual feels toward their racial or ethnic community, making it the most accurate answer to the question.

7. What is the term for the process by which some animals form attachments during a critical early life period?

- A. Attachment theory
- B. Bonding
- C. Imprinting**
- D. Socialization

The correct term for the process by which some animals form attachments during a critical early life period is imprinting. This phenomenon refers to a rapid learning process that occurs in certain species, particularly birds, during a specific developmental window shortly after birth or hatching. For instance, young geese or ducks may follow the first moving object they see, which is typically their mother. This instinctive behavior helps ensure that the offspring stay close to their parents for protection and learning. Imprinting is characterized by its quick and lasting nature, as it influences an animal's social behavior and attachment to caregivers. This process is crucial for survival and successful interaction with their environment, often shaping lifelong behaviors. The other terms, while related to the concept of forming bonds and behaviors, do not specifically describe the unique process of early attachment seen in certain species. Attachment theory, for example, pertains more to human relationships and the emotional bonds formed between caregivers and children over time. Bonding generally refers to the formation of close relationships in a broader sense, and socialization involves learning the norms and behaviors necessary to function in society, which can occur later in life and is more varied across different species.

8. What is the term for the principle that properties such as mass and volume remain unchanged despite changes in form?

- A. Fluidity
- B. Transformation
- C. Conservation**
- D. Continuity

The term for the principle that properties such as mass and volume remain unchanged despite changes in form is "Conservation." This principle is fundamental in various fields of science, particularly in physics and chemistry. The conservation laws state that certain physical properties remain constant in an isolated system. For instance, the law of conservation of mass asserts that mass can neither be created nor destroyed in a chemical reaction, only transformed from one form to another. Similarly, the conservation of volume applies in fluid dynamics, where the volume of an incompressible fluid remains constant regardless of the changes in its shape or flow. Understanding this principle is crucial for grasping how substances behave during physical changes, allowing for accurate predictions in scientific experiments and practical applications.

9. What is the significance of local leadership in CED?

- A. Local leaders are not important in the process.
- B. Local leaders can mobilize support, foster trust, and drive initiatives forward.**
- C. Local leaders usually resist change.
- D. Local leadership is only beneficial in political contexts.

Local leadership plays a crucial role in Community Economic Development (CED) by mobilizing support, fostering trust among community members, and driving initiatives forward. Effective local leaders possess a deep understanding of the community's unique challenges and opportunities, allowing them to tailor development strategies that resonate with residents. Their ability to engage and inspire participation is key to building a sense of ownership over initiatives, which can lead to sustainable change. Furthermore, local leaders often serve as bridges between various stakeholders, including residents, businesses, and governmental entities. By facilitating collaboration and communication, they can help align diverse interests towards common goals, enhance community cohesion, and ensure that development projects reflect the needs and aspirations of the community. This mobilization of support is vital for the success of CED efforts, as local buy-in and active participation can significantly impact the effectiveness and longevity of development initiatives. Thus, the significance of local leadership in CED cannot be overstated; it is essential for creating an environment conducive to growth, resilience, and positive change.

10. Which method is commonly used for conflict resolution in community settings?

- A. Ignoring the conflict
- B. Public debates
- C. Mediation and dialogue among stakeholders**
- D. Private negotiations

Mediation and dialogue among stakeholders is an effective method for conflict resolution in community settings because it encourages open communication and fosters understanding between the parties involved. This approach involves a neutral third party who facilitates discussions, helping stakeholders articulate their concerns, perspectives, and interests. It allows for collaborative problem-solving, where all voices can be heard, thereby promoting a sense of ownership over the resolution process. This method is particularly valuable in community settings, where relationships and social cohesion are critical. Unlike other approaches, mediation aims to build consensus and find mutually beneficial solutions, rather than imposing a decision or escalating tensions. It empowers participants to engage constructively, ensuring that diverse viewpoints are considered, leading to more sustainable and accepted outcomes. By prioritizing dialogue and cooperation, mediation can help communities resolve conflicts in a way that strengthens relationships and fosters a sense of community resilience.

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:

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

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