University of Central Florida (UCF) DEP2004 Developmental Psychology Final Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

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Questions

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1. During a life review, what is the main objective for individuals like Audrey, who is 85 years old?

   A. To plan for the future

   B. To put her life into perspective

   C. To examine her relationships

   D. To focus on personal achievements

2. What is often a significant aspect of the life review process in older adults?

   A. Comparison with peers

   B. Reflecting on life events

   C. Planning for legacy

   D. Setting new personal goals

3. What do storage mechanisms, retrieval strategies, selective attention, and problem-solving fall under in cognitive processes?

   A. Control processes

   B. Declarative processes

   C. Intuitive processes

   D. Social processes

4. Which theory addresses the gender divisions promoted by society?

   A. Behaviorism.

   B. Feminist theory.

   C. Cognitive theory.

   D. Humanistic theory.

5. Which statement is true regarding hormone replacement therapy?

   A. It is entirely ineffective

   B. Some findings may have been affected by socioeconomic status

   C. It guarantees no side effects

   D. It is universally recommended for all older adults

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6. What term describes the narrowing of one’s social world due to the death of friends and family?

A. Disengagement

B. Isolation

C. Segregation

D. Alienation

7. What is a significant contributor to the well-being of elderly individuals in relationships?

A. Shared financial decisions.

B. Supportive relationships and companionship.

C. Independence and solitude.

D. Social media interaction.

8. Adults choose their ecological niche based on which criteria?

A. Financial status

B. Age only

C. Personality traits

D. Educational background

9. What do traditional intelligence tests reveal about cognitive abilities in late adulthood?

A. Cognitive abilities improve

B. Cognitive abilities decline

C. Cognitive abilities remain stable

D. Cognitive abilities are not measurable

10. What does the term "senescence" refer to?

A. Secondary aging

B. Premature aging

C. Primary aging

D. Accelerated aging

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Answers

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

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Explanations

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1. During a life review, what is the main objective for individuals like Audrey, who is 85 years old?

A. To plan for the future

B. To put her life into perspective

C. To examine her relationships

D. To focus on personal achievements

The main objective of a life review, particularly for someone like Audrey at the age of 85, is to put her life into perspective. This process involves reflecting on past experiences, evaluating significant events, relationships, and personal achievements to gain a deeper understanding of how they have shaped her identity and worldview. During a life review, individuals often seek to understand the meaning and impact of their life experiences, which can lead to a sense of closure, fulfillment, or resolution regarding past events. This reflective process allows Audrey to consider not just the positive aspects of her life, but also challenges and regrets, helping her to integrate these experiences into a coherent narrative that contributes to her overall sense of self. In contrast, planning for the future might not be as relevant at this stage, as individuals in late adulthood often focus more on their past and present rather than future aspirations. While examining relationships and focusing on personal achievements can be components of a life review, the overarching goal is to provide a comprehensive perspective on one's entire life. This holistic view fosters emotional well-being and can lead to greater acceptance and peace in one's later years.

2. What is often a significant aspect of the life review process in older adults?

A. Comparison with peers

B. Reflecting on life events

C. Planning for legacy

D. Setting new personal goals

Reflecting on life events is a vital part of the life review process in older adults, as it allows individuals to examine and evaluate their past experiences. This process typically involves recalling significant memories, understanding their life trajectories, and making sense of the events that shaped their identities. Through reflection, older adults can articulate their successes, regrets, and lessons learned, which can help them come to terms with their lives. This introspective examination can lead to greater self-understanding and acceptance, providing a sense of closure regarding life achievements and unfulfilled aspirations. It also serves as a way to facilitate psychological well-being by integrating past experiences into one's current self-concept. In contrast, while comparison with peers, planning for legacy, and setting new personal goals are aspects that may occur during the aging process, they are not central to the core component of the life review. These activities can be part of personal development or social engagement but do not address the reflective introspection that characterizes the life review process.

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3. What do storage mechanisms, retrieval strategies, selective attention, and problem-solving fall under in cognitive processes?

A. Control processes

B. Declarative processes

C. Intuitive processes

D. Social processes

The correct answer is that storage mechanisms, retrieval strategies, selective attention, and problem-solving fall under control processes. Control processes are essential cognitive functions that manage the flow of information in the memory system. They oversee how information is stored, retrieved, and manipulated, allowing individuals to effectively perform tasks and solve problems. Storage mechanisms refer to how information is encoded and maintained in long-term memory, while retrieval strategies are techniques employed to access stored information. Selective attention involves focusing on specific information while ignoring distractions, which is crucial for efficient cognitive processing. Problem-solving encompasses the strategies and approaches utilized to find solutions to challenges. In contrast, declarative processes primarily relate to knowing that (facts and information) and usually involve explicit memory. Intuitive processes involve automatic thoughts and judgments that are often unconscious, while social processes pertain to how individuals interact and communicate with others. None of these categories encompass the broad functional roles that control processes play in cognitive tasks and memory management.

4. Which theory addresses the gender divisions promoted by society?

A. Behaviorism.

B. Feminist theory.

C. Cognitive theory.

D. Humanistic theory.

Feminist theory specifically addresses the ways in which societal norms and structures contribute to gender divisions and inequalities. It examines the historical and systemic factors that shape gender roles, and advocates for the rights and recognition of women in all spheres of life. This theory critically analyzes how societal expectations and cultural narratives reinforce gender stereotypes and discrimination, emphasizing the importance of social justice and equity. In contrast, other theories such as behaviorism, cognitive theory, and humanistic theory may explore different aspects of human development or psychology but do not specifically focus on the societal promotion of gender divisions. Therefore, feminist theory is the most relevant choice for understanding the dynamics of gender as influenced by societal forces.

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5. Which statement is true regarding hormone replacement therapy?

A. It is entirely ineffective

B. Some findings may have been affected by socioeconomic status

C. It guarantees no side effects

D. It is universally recommended for all older adults

The statement regarding hormone replacement therapy that is true is that some findings may have been affected by socioeconomic status. Research into hormone replacement therapy has shown differing effects based on various factors, including socioeconomic status, which can influence access to healthcare, lifestyle factors, and overall health outcomes. This means that outcomes of hormone replacement therapy can vary significantly across different demographics and should be interpreted with this in mind. In the context of the other statements, hormone replacement therapy cannot be deemed entirely ineffective, as it has shown benefits for certain individuals, particularly in alleviating menopausal symptoms. It also does not guarantee that there will be no side effects; rather, like any medical intervention, it carries potential risks and side effects which must be considered. Lastly, suggesting that it is universally recommended for all older adults fails to acknowledge the individualized nature of medical treatment, as not everyone may require or benefit from such therapy.

6. What term describes the narrowing of one's social world due to the death of friends and family?

A. Disengagement

B. Isolation

C. Segregation

D. Alienation

The term that accurately describes the narrowing of one's social world due to the death of friends and family is "disengagement." This concept refers to the gradual withdrawal from social relationships and a diminishing of social interactions as individuals age or experience significant losses, such as the passing of loved ones. Disengagement can lead to reduced social networks and a feeling of solitude, as the remaining social connections might decrease in number or quality. In the context of older adults experiencing loss, disengagement can manifest as a reflection of the natural process of aging, where individuals might prefer to withdraw socially as they face the reality of mortality and the loss of peers. This phenomenon is part of a broader discourse on aging in developmental psychology, illustrating the changes in social dynamics as individuals navigate grief and loss. The other terms listed do encapsulate feelings related to social separation or exclusion but do not specifically highlight the aspect of inevitable loss as elegantly as disengagement does in the context of aging and social relationships.

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7. What is a significant contributor to the well-being of elderly individuals in relationships?

A. Shared financial decisions.

B. Supportive relationships and companionship.

C. Independence and solitude.

D. Social media interaction.

Supportive relationships and companionship are crucial for the well-being of elderly individuals. As people age, maintaining strong social connections can greatly enhance their emotional health, reduce feelings of loneliness, and promote a sense of belonging. Companionship provides emotional support, encourages social engagement, and can lead to an overall improvement in life satisfaction and mental health. In addition to mitigating loneliness, having supportive relationships can contribute to better physical health, as individuals are more likely to participate in enjoyable activities and maintain a healthy lifestyle when they have loved ones around them. The interconnectedness of emotional and physical health highlights the importance of nurturing relationships throughout the aging process. While shared financial decisions can play a role in stability, and independence is generally valued, they do not directly address the emotional needs and the impact of social support on well-being. Social media interaction may help connect individuals, but it does not replace the depth and quality of personal companionship that significantly enhances life quality for the elderly.

8. Adults choose their ecological niche based on which criteria?

A. Financial status

B. Age only

C. Personality traits

D. Educational background

Adults choose their ecological niche primarily based on personality traits because these characteristics influence their preferences, behaviors, and interactions with their environment. Personality traits, such as openness to experience, agreeableness, and conscientiousness, guide individuals in making decisions about their careers, relationships, and social environments. These choices ultimately shape the ecological niche an adult inhabits, as they seek settings that complement their innate dispositions, interests, and social interactions. Financial status, age, and educational background may play roles in the ecological niche an individual occupies, but they do not inherently determine the choice as strongly as personality traits. For instance, two individuals with similar financial and educational backgrounds may choose vastly different ecological niches due to differences in their personalities, such as one preferring a more social and collaborative environment while the other might thrive in a more isolated or competitive space. Understanding personality traits provides deeper insight into how individuals find their place in the world based on their unique characteristics and preferences.

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9. What do traditional intelligence tests reveal about cognitive abilities in late adulthood?

A. Cognitive abilities improve

B. Cognitive abilities decline

C. Cognitive abilities remain stable

D. Cognitive abilities are not measurable

In late adulthood, traditional intelligence tests typically reveal a decline in cognitive abilities. This decline can present itself in various dimensions such as processing speed, memory, and problem-solving skills. Research indicates that while some aspects of intelligence, particularly fluid intelligence, may decrease with age, other areas, like crystallized intelligence, can remain stable or even improve due to accumulated knowledge and experience. The decline observed often affects individuals differently, depending on factors such as health, social engagement, and cognitive activity throughout life. Traditional intelligence tests tend to focus on specific cognitive skills that may not capture the full breadth of an older adult's capabilities, yet the overall trend indicates a reduction in performance on these assessments during late adulthood. This understanding is crucial when interpreting test results, as it highlights the importance of considering both the age-related changes in cognitive functions and the lifetime experiences that contribute to an individual's intelligence.

10. What does the term "senescence" refer to?

A. Secondary aging

B. Premature aging

C. Primary aging

D. Accelerated aging

The term "senescence" refers to the biological aging process that occurs in all living organisms. This concept encapsulates the gradual deterioration of function that accompanies aging. It primarily encompasses the changes that happen naturally over time and affects all organ systems, leading to a decline in physical and mental abilities. When discussing senescence in terms of aging, it often describes primary aging, which involves the intrinsic, universal, and progressive changes that occur as individuals age. This includes cellular aging, loss of bone density, and the gradual decline of physiological functions. It's important to note that primary aging is typically unavoidable and differs from secondary aging, which includes changes that occur due to environmental factors, lifestyle, and disease. In other words, senescence focuses on the normal aging process rather than the accelerated or premature aging influenced by external factors or specific health conditions. Thus, understanding that senescence is synonymous with primary aging helps clarify its significance within the study of developmental psychology and human growth across the lifespan.

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