

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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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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. Economic security for older adults often relates to which of the following factors?**
 - A. Unpaid family support**
 - B. Inheritance from relatives**
 - C. Pension benefits**
 - D. Paid employment**
- 2. What is the estimated ratio of long-term marriages that are not satisfying to at least one partner?**
 - A. 3 in 10**
 - B. 1 in 6**
 - C. 1 in 4**
 - D. 1 in 6**
- 3. Edna, age 71, has good pronunciation but struggles with spelling and frequently forgets words. These symptoms may indicate what?**
 - A. Inadequate control processes**
 - B. Normal aging processes**
 - C. Cognitive decline due to dementia**
 - D. Stress-related cognitive issues**
- 4. What major life transitions often occur during emerging adulthood?**
 - A. Starting elementary school**
 - B. Entering retirement**
 - C. College graduation and career establishment**
 - D. Adjusting to middle school**
- 5. What concept describes the idea that DNA influences the aging process?**
 - A. Cellular aging**
 - B. Biological clock**
 - C. Genetic clock**
 - D. Chronological aging**

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

- A. Behaviorism.**
- B. Feminist theory.**
- C. Cognitive theory.**
- D. Humanistic theory.**

7. About what percentage of elders report that they have been victims of elder abuse?

- A. 10 percent**
- B. 5 percent**
- C. 15 percent**
- D. 20 percent**

8. Difficulty in performing normal activities of daily life because of a "physical, mental, or emotional condition" is called?

- A. Disability**
- B. Impairment**
- C. Challenge**
- D. Dysfunction**

9. In a study of Hispanic college students, those who maintained their ethnic identity best were those who:

- A. Resisted alienation and assimilation**
- B. Completed their education in bilingual programs**
- C. Kept their cultural traditions alive**
- D. Refused to socialize with peers**

10. Which of the following is true regarding the happiness of elderly individuals in marriages?

- A. They often experience increased stress.**
- B. They have a typical view of marriage as younger couples.**
- C. They may feel a deeper sense of companionship.**
- D. They frequently argue more than younger couples.**

Answers

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

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Explanations

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1. Economic security for older adults often relates to which of the following factors?

- A. Unpaid family support**
- B. Inheritance from relatives**
- C. Pension benefits**
- D. Paid employment**

Economic security for older adults is closely tied to pension benefits because these provide a steady income stream after retirement. Pensions are typically a result of years of work, where individuals contribute to a fund during their employment, either through employer-sponsored programs or government initiatives like Social Security. These benefits are significant for ensuring that older adults can maintain a stable standard of living when they are no longer earning wages. While factors such as unpaid family support or inheritance might contribute to an individual's financial situation, they are often less reliable and can vary greatly from person to person. Paid employment can be a source of income, but many older adults are not in a position to work full-time due to health issues or retirement. Therefore, pension benefits stand out as a crucial component of economic security for this age group, providing a more predictable and structured financial support system.

2. What is the estimated ratio of long-term marriages that are not satisfying to at least one partner?

- A. 3 in 10**
- B. 1 in 6**
- C. 1 in 4**
- D. 1 in 6**

The estimated ratio of long-term marriages that are not satisfying to at least one partner is often reported as 3 in 10, reflecting a significant portion of couples who experience dissatisfaction over time. This statistic highlights that many long-term relationships, despite their duration, can face challenges that result in one or both partners feeling unfulfilled. Factors such as communication issues, differences in values or life goals, and various stressors can contribute to this dissatisfaction. Understanding this statistic is crucial as it underscores that marital satisfaction is not solely determined by the length of the marriage but also by the ongoing dynamics between partners. It serves as a reminder that couples therapy, open communication, and commitment to working on the relationship can be vital in addressing dissatisfaction.

3. Edna, age 71, has good pronunciation but struggles with spelling and frequently forgets words. These symptoms may indicate what?

- A. Inadequate control processes**
- B. Normal aging processes**
- C. Cognitive decline due to dementia**
- D. Stress-related cognitive issues**

The symptoms described in this scenario—good pronunciation combined with difficulties in spelling and frequent word retrieval challenges—are indicative of issues related to inadequate control processes. In the context of cognitive development and aging, control processes are strategies we use to manage and direct our cognitive resources, including memory retrieval and comprehension. While normal aging does involve some decline in cognitive abilities, such as processing speed and memory, the fact that Edna can still pronounce words well suggests that her underlying language skills are intact. Struggling with spelling and word recall points to a potential breakdown in the executive functioning and control processes, which are responsible for regulating thoughts and actions in cognitive tasks. Cognitive decline due to dementia would typically present more severe deficits, including profound memory loss and disorientation in addition to language problems. While stress can affect cognitive functioning as well, it generally leads to more temporary issues rather than chronic struggles with spelling and word retrieval. Thus, Edna's experience aligns more closely with inadequate control processes relevant to her age and cognitive function, making this the most appropriate interpretation of her symptoms.

4. What major life transitions often occur during emerging adulthood?

- A. Starting elementary school**
- B. Entering retirement**
- C. College graduation and career establishment**
- D. Adjusting to middle school**

The correct answer highlights that major life transitions during emerging adulthood are closely associated with significant educational and career milestones. Specifically, college graduation represents the culmination of years of academic effort, often leading to increased independence and the ability to pursue career opportunities. This phase typically encompasses the transition from student life to professional life, where individuals start to establish their careers and make important decisions about their futures, such as where to live, what relationships to cultivate, and how to manage financial responsibilities. Emerging adulthood is generally characterized by exploration and self-discovery, which includes forming one's identity, gaining autonomy from parents, and setting the stage for long-term relationships and commitments. The transition into professional life and the responsibilities that come with it are critical aspects of this developmental stage. In contrast, starting elementary school, entering retirement, and adjusting to middle school are transitions associated with different life stages. Starting elementary school relates to early childhood development, while retirement pertains to late adulthood. Adjusting to middle school is more relevant to adolescents as they navigate the transition from childhood to early adolescence. Thus, the focus on college graduation and career establishment in emerging adulthood reflects the unique challenges and opportunities that define this period of life.

5. What concept describes the idea that DNA influences the aging process?

- A. Cellular aging**
- B. Biological clock**
- C. Genetic clock**
- D. Chronological aging**

The concept that describes the idea that DNA influences the aging process is referred to as the genetic clock. This theory suggests that an organism's genetic makeup is programmed to age in specific ways, influencing longevity and the biological processes associated with aging. The genetic clock posits that certain genes can regulate the timing of developmental events and aging mechanisms, often tied to factors like cell repair, replication, and overall cellular health. This concept complements other theories of aging by underscoring the role of hereditary factors in determining lifespan and susceptibility to age-related diseases. Understanding the genetic clock allows researchers to explore how genetic variations can affect individuals differently when it comes to aging, longevity, and the onset of age-related conditions. On the other hand, cellular aging pertains to the changes that cells undergo as they divide and age, while biological clock refers to the physiological mechanisms that guide the timing of biological functions, which may not directly implicate genetics. Chronological aging simply indicates the amount of time that has passed since birth, without considering the underlying biological processes influenced by DNA.

6. 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.

7. About what percentage of elders report that they have been victims of elder abuse?

- A. 10 percent**
- B. 5 percent**
- C. 15 percent**
- D. 20 percent**

The correct answer is that approximately 10 percent of elders report being victims of elder abuse. This statistic is significant, as it highlights the prevalence of elder abuse, which is often underreported due to shame, fear, or lack of awareness among victims. The 10 percent figure emphasizes the need for increased awareness and support systems for the elderly to protect them from abuse. It's essential to recognize that elder abuse can take various forms, including physical, emotional, financial, and neglect, and that the reporting of such abuse is often influenced by social stigma and the inability to seek help. Understanding this statistic also sheds light on the broader implications for families, caregivers, and community resources, encouraging stronger advocacy for policies and systems that ensure the safety and dignity of elder individuals. This awareness is vital for promoting a safer environment and providing the necessary care structures for vulnerable populations.

8. Difficulty in performing normal activities of daily life because of a "physical, mental, or emotional condition" is called?

- A. Disability**
- B. Impairment**
- C. Challenge**
- D. Dysfunction**

The term that best describes the difficulty in performing normal activities of daily life due to a physical, mental, or emotional condition is disability. Disability encompasses a broad range of conditions that limit an individual's ability to perform everyday tasks or engage in certain activities, effectively impacting their quality of life. This definition aligns with the understanding that a disability typically involves significant restrictions that hinder normal functioning, whether that be due to mobility issues, cognitive impairments, or emotional challenges. Impairment, while related, specifically refers to the loss of normal function or ability in a specific area, such as vision or mobility, without necessarily indicating the broader functional limitations that come with a disability. Challenge may denote obstacles or difficulties but lacks the specificity of a recognized condition affecting daily life. Dysfunction denotes an abnormal or impaired functioning, which can apply in various contexts but doesn't directly convey the comprehensive impact on daily activities. Thus, disability is the most accurate term to describe the scenario presented.

9. In a study of Hispanic college students, those who maintained their ethnic identity best were those who:

- A. Resisted alienation and assimilation**
- B. Completed their education in bilingual programs**
- C. Kept their cultural traditions alive**
- D. Refused to socialize with peers**

Maintaining ethnic identity among Hispanic college students is closely linked to how individuals navigate their cultural experiences in relation to mainstream society. Resisting alienation and assimilation is critical because it allows individuals to retain their cultural values, beliefs, and social practices while also engaging with the larger society. This process fosters a sense of belonging and pride in one's heritage, which is essential for psychological well-being. When students actively resist pressures to assimilate, they often form supportive community networks that reinforce their ethnic identity. This engagement helps them feel more confident in expressing their cultural identity, leading to better mental health outcomes and stronger connections with their ethnic community. Maintaining ethnic identity is not just about cognitive recognition; it involves emotional investment and active participation in cultural practices. While keeping cultural traditions alive and completing education in bilingual programs also contribute positively to ethnic identity, the strongest correlation observed in studies is with the ability to resist alienation and assimilation. This resilience empowers students to navigate their identities successfully in diverse environments, making them more likely to thrive academically and socially. Refusing to socialize with peers, on the other hand, does not support a healthy development of identity and may lead to isolation, which can negatively impact one's sense of self and community connection.

10. Which of the following is true regarding the happiness of elderly individuals in marriages?

- A. They often experience increased stress.**
- B. They have a typical view of marriage as younger couples.**
- C. They may feel a deeper sense of companionship.**
- D. They frequently argue more than younger couples.**

Elderly individuals in marriages often report a deeper sense of companionship as they age. This sense of companionship grows due to the shared experiences, emotional bonds, and mutual understanding that develop over time. Long-term relationships allow partners to know each other deeply, fostering intimacy and trust. As couples navigate life's challenges together, they often find comfort in their shared history and the supportive role they play in each other's lives. This strong companionship can contribute to a greater sense of happiness and satisfaction in the relationship. In contrast, the other options do not accurately depict the typical experiences of elderly married couples. While stress can occur in any relationship, older couples often have developed coping mechanisms and a better understanding of each other's needs, which can reduce stress levels. Moreover, their views on marriage can be more nuanced based on life experiences rather than a typical view, which evolves with age. Finally, it's generally observed that elderly couples experience fewer conflicts than younger couples, as they have often learned to communicate more effectively and prioritize harmony in their relationships. Thus, the idea that they frequently argue more than younger couples does not align with common findings in developmental psychology.

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://ucf-dep2004-final.examzify.com>

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

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