

University of Central Florida (UCF) DEP2004 Developmental Psychology Practice Exam 4 (Sample)

Study Guide



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SAMPLE

Questions

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1. What is the first stage of Schaie's cognitive development?
 - A. Responsible stage
 - B. Acquisitive stage
 - C. Achieving stage
 - D. Reintegrative stage
2. What theory suggests that social behavior is an attempt to maximize benefits and minimize costs?
 - A. Social bias theory
 - B. Cognitive dissonance theory
 - C. Social exchange theory
 - D. Attachment theory
3. Which of the following best summarizes emotional conflict in relationships?
 - A. Always leads to divorce
 - B. Is a natural and manageable component of any relationship
 - C. Has no impact on marital satisfaction
 - D. Is solely based on financial issues
4. Which category does NOT belong to leisure activities?
 - A. Cultural
 - B. Solitary
 - C. Occupational
 - D. Social
5. Explain the concept of "sensitive periods" in development.
 - A. Specific times when genetic mutations occur
 - B. Particular times when an individual is less receptive to learning
 - C. Specific times when an individual is particularly receptive to certain types of learning
 - D. Critical periods when development is irreversible

6. How does the concept of scaffolding relate to learning?
- A. It refers to physical development in children
 - B. It involves providing support to help learners achieve tasks they cannot complete independently
 - C. It is a technique for evaluating learning outcomes
 - D. It suggests that learners should work alone without guidance
7. Which of the following is NOT included in the five primary cognitive skills?
- A. Verbal meaning
 - B. Word fluency
 - C. Color recognition
 - D. Inductive reasoning
8. Which of the following represents the first stage in the ABCDE model of adult friendships?
- A. Continuation
 - B. Deterioration
 - C. Acquaintance
 - D. Ending
9. What is the primary focus of Sternberg's triarchic theory of intelligence?
- A. Emotional and social aspects of intelligence
 - B. Three kinds of intelligence: componential, experimental, and contextual
 - C. IQ as a sole measure of intelligence
 - D. The impact of environment on learning
10. What is melatonin and its primary role in sleep patterns during development?
- A. A hormone that enhances memory retention
 - B. A hormone that regulates sleep-wake cycles
 - C. A neurotransmitter involved in cognitive functions
 - D. A vitamin that promotes physical health

Answers

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

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Explanations

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1. What is the first stage of Schaie's cognitive development?

- A. Responsible stage
- B. Acquisitive stage
- C. Achieving stage
- D. Reintegrative stage

The first stage of Schaie's cognitive development is the Acquisitive stage. This stage typically occurs in childhood and adolescence and is characterized by the acquisition of knowledge and skills. During this period, individuals are focused on learning and absorbing information as they prepare for future responsibilities in adulthood. The primary objective in this stage is to understand and store experiences, concepts, and information that form the basis of further cognitive development. As individuals move through this stage, they engage in formal education and personal learning experiences that help shape their cognitive abilities, fostering the foundation for subsequent stages of cognitive growth. This is essential for their overall intellectual development, as it sets the groundwork for critical thinking and problem-solving abilities that will be needed in later stages of life.

2. What theory suggests that social behavior is an attempt to maximize benefits and minimize costs?

- A. Social bias theory
- B. Cognitive dissonance theory
- C. Social exchange theory
- D. Attachment theory

Social exchange theory is a framework used to understand interpersonal relationships and social behavior based on the idea that individuals engage in social interactions to maximize their rewards and minimize their costs. This theory posits that social behavior is an exchange process where individuals calculate the potential benefits and drawbacks before engaging with others. The central premise is that individuals seek to optimize their outcomes in relationships, whether those outcomes are emotional, financial, or social. When the perceived benefits outweigh the costs, individuals are more likely to engage in that behavior or maintain the relationship. Conversely, if the costs are perceived to be higher than the rewards, individuals may withdraw or reduce their involvement. This theory helps explain various social dynamics, including friendships, romantic partnerships, and even professional relationships, by viewing them through the lens of a cost-benefit analysis. It effectively addresses why relationships develop, persist, or deteriorate based on the perceived value exchanged between individuals. Other options, such as social bias theory, cognitive dissonance theory, and attachment theory, focus on different aspects of human behavior and social relationships. Social bias theory deals with prejudices and biases in social perception, cognitive dissonance theory addresses the discomfort individuals feel when holding conflicting beliefs or attitudes, and attachment theory focuses on the emotional bonds that develop between

3. Which of the following best summarizes emotional conflict in relationships?

- A. Always leads to divorce
- B. Is a natural and manageable component of any relationship
- C. Has no impact on marital satisfaction
- D. Is solely based on financial issues

Emotional conflict is a natural and often inevitable part of any relationship. It arises from differences in feelings, desires, and expectations between partners. While it can certainly create tension and challenges, emotional conflict also offers opportunities for growth, understanding, and improved communication within the relationship. Managing emotional conflicts effectively is key to fostering a healthy partnership. Couples who address their conflicts constructively tend to strengthen their bond and increase marital satisfaction. This perspective recognizes that disagreement or emotional turmoil does not automatically spell failure for a relationship, but rather reflects the complexity of human interactions. Other factors, such as communication styles and personal values, play significant roles in relationships, but the general notion that emotional conflict can be managed positively aligns with the healthy functioning of partnerships.

4. Which category does NOT belong to leisure activities?

- A. Cultural
- B. Solitary
- C. Occupational
- D. Social

Leisure activities are typically characterized by being enjoyable and free from obligations, aimed at relaxation, enjoyment, or personal development. The category that does not belong to leisure activities is occupational. Occupational activities are primarily related to work or job responsibilities, often requiring effort or attention centered around earning a livelihood or fulfilling job-related tasks. In contrast, cultural, solitary, and social leisure activities are all forms of engagement that individuals might pursue voluntarily during their free time for enjoyment or enrichment. Cultural activities include engaging with the arts, attending performances, or visiting museums. Solitary activities might involve reading, writing, or other hobbies that can be enjoyed alone. Social activities encompass interactions with other people, such as playing games, participating in group sports, or attending social gatherings. Therefore, occupational is the category that stands apart as it relates to work rather than leisure.

5. Explain the concept of "sensitive periods" in development.

- A. Specific times when genetic mutations occur
- B. Particular times when an individual is less receptive to learning
- C. Specific times when an individual is particularly receptive to certain types of learning
- D. Critical periods when development is irreversible

The concept of "sensitive periods" in development refers to specific times in an individual's lifespan when they are particularly receptive to certain types of learning or stimuli. During these periods, the brain is more adaptable and responsive, allowing for optimal acquisition of language, social skills, and other developmental tasks. For instance, a child may have a sensitive period for language acquisition during their early years when they can effortlessly pick up new languages. This heightened receptiveness enables more effective learning and integration of experiences. Understanding sensitive periods is crucial in developmental psychology because it emphasizes the importance of timing in educational settings and developmental interventions. Supporting a child's development during these sensitive periods can lead to more effective learning outcomes and overall healthy development. This framework contrasts with the notion of critical periods, which imply a narrower, more rigid timeframe where certain skills must be acquired for development to continue normally. Sensitive periods, in contrast, allow for some flexibility while highlighting the optimum times for learning certain skills.

6. How does the concept of scaffolding relate to learning?

- A. It refers to physical development in children
- B. It involves providing support to help learners achieve tasks they cannot complete independently
- C. It is a technique for evaluating learning outcomes
- D. It suggests that learners should work alone without guidance

Scaffolding is a fundamental concept in developmental psychology and education that refers to the support provided to learners as they engage with new tasks or concepts that are beyond their current abilities. This supportive structure enables learners to perform at a higher level than they could independently. The idea is rooted in the work of educational theorists such as Lev Vygotsky, who emphasized the role of social interaction and guidance in cognitive development. In scaffolding, the teacher or more knowledgeable peer assists the learner by breaking down complex tasks into manageable parts, offering hints or encouragement, and adjusting the level of assistance as the learner becomes more proficient. This process fosters a deeper understanding and encourages the learner to gradually take on more responsibility for their learning. As the learner gains confidence and skills, the support is gradually withdrawn, allowing them to achieve independence in their learning. This dynamic approach contrasts sharply with other concepts such as independent work without guidance, which may hinder learning by leaving learners feeling lost or unsupported. Overall, scaffolding is essential for facilitating effective learning experiences, enabling students to reach their full potential by building on their existing knowledge and skills with appropriate support.

7. Which of the following is NOT included in the five primary cognitive skills?

- A. Verbal meaning
- B. Word fluency
- C. Color recognition
- D. Inductive reasoning

Cognitive skills are essential for processing information and understanding the world. The five primary cognitive skills typically include verbal meaning, word fluency, inductive reasoning, spatial orientation, and numerical ability. Color recognition does not fall within the framework of these primary skills. Instead, it is considered a perceptual skill associated with visual processing, rather than a cognitive skill that involves higher-order thinking or problem-solving abilities. The primary cognitive skills are more focused on language, reasoning, and analytical thinking, which are crucial for complex cognitive tasks. Verbal meaning involves understanding and using language, word fluency relates to the ability to quickly generate words, and inductive reasoning encompasses the ability to detect patterns and make generalizations from specific instances. All these skills utilize cognitive processes that are foundational for learning and intellectual functioning, while color recognition is more about sensory perception.

8. Which of the following represents the first stage in the ABCDE model of adult friendships?

- A. Continuation
- B. Deterioration
- C. Acquaintance
- D. Ending

The correct answer is the first stage in the ABCDE model of adult friendships is indeed acquaintance. This stage is foundational in the development of friendships, where individuals meet and begin to establish a connection. In this phase, interactions are often casual and focused on getting to know each other. It is characterized by an exploration of common interests, shared experiences, and the formation of initial impressions. Acquaintance serves as the starting point for relationships to grow, allowing individuals to gauge compatibility and the potential for deeper engagement. As friendships evolve, they may progress through the subsequent stages outlined in the ABCDE model—building towards deeper bonds and emotional connections. The other stages in the model follow this initial acquaintance stage, highlighting the dynamics of friendship development over time, with the potential for growth, maintenance, and even deterioration in later stages.

9. What is the primary focus of Sternberg's triarchic theory of intelligence?

- A. Emotional and social aspects of intelligence
- B. Three kinds of intelligence: componential, experiential, and contextual
- C. IQ as a sole measure of intelligence
- D. The impact of environment on learning

Sternberg's triarchic theory of intelligence emphasizes that intelligence is not a single entity but rather encompasses three distinct but interrelated components: componential, experiential, and contextual intelligence. Componential intelligence relates to analytical skills, including the ability to solve problems and think critically. This aspect focuses on how well individuals can break down information and apply logical reasoning to different scenarios. Experiential intelligence refers to the ability to handle new situations and adapt to the environment. It emphasizes creativity and the application of knowledge to real-life situations, assessing how well individuals can transfer skills from one context to another. Contextual intelligence highlights the importance of understanding the environment in which an individual operates. This aspect concerns practical intelligence and the ability to navigate and manipulate one's surroundings effectively to achieve goals. By identifying and exploring these three types of intelligence, Sternberg's theory provides a more holistic view of human capabilities, integrating various forms of reasoning and knowledge application beyond traditional measures of intelligence. This multifaceted approach underscores that intelligence cannot be fully captured by a single measure, like IQ, but rather needs to account for how individuals think, adapt, and function across different contexts.

10. What is melatonin and its primary role in sleep patterns during development?

- A. A hormone that enhances memory retention
- B. A hormone that regulates sleep-wake cycles
- C. A neurotransmitter involved in cognitive functions
- D. A vitamin that promotes physical health

Melatonin is a hormone primarily produced by the pineal gland in the brain, and it plays a significant role in regulating sleep-wake cycles. It is closely linked to the body's circadian rhythms, which are the internal processes that cycle roughly every 24 hours and influence various physiological processes, including sleep. As daylight decreases in the evening, the levels of melatonin begin to rise, signaling to the body that it is time to prepare for sleep. Conversely, when it is light outside, melatonin levels drop, helping to promote wakefulness. This regulation of sleep patterns is crucial for healthy development, especially in children and adolescents, as adequate sleep is vital for cognitive, emotional, and physical development. Melatonin can be influenced by external factors like light exposure, which is important for adjusting sleep patterns in a modern world filled with artificial lighting. Its primary function is not related to memory retention, cognitive function, or physical health benefits in the way that other choices suggest. Instead, its main focus is ensuring that sleep cycles are maintained, reinforcing its importance in developmental psychology.