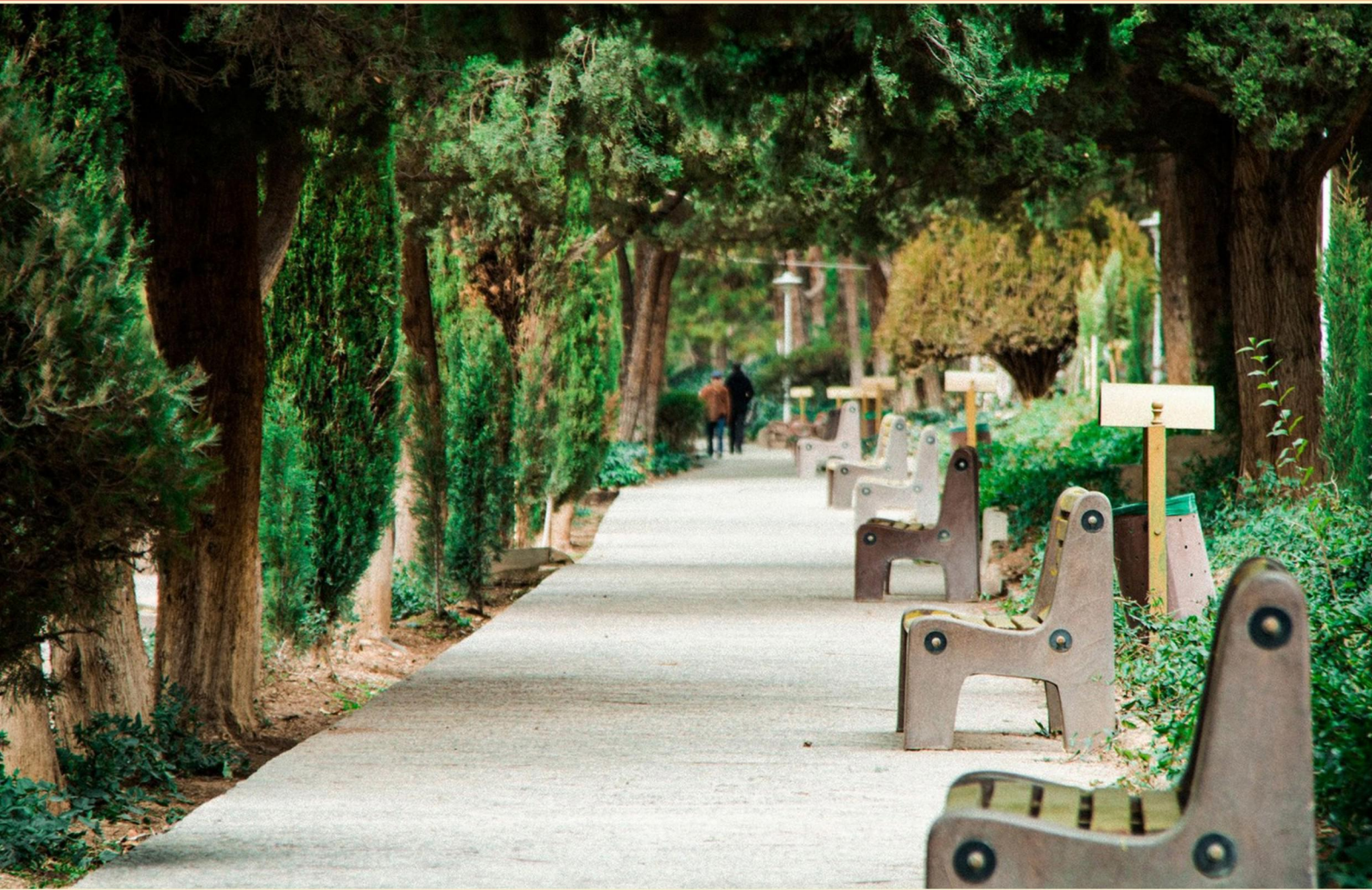


UNIVERSITY OF CENTRAL FLORIDA (UCF) DEP2004 DEVELOPMENTAL PSYCHOLOGY PRACTICE EXAM 4 (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What is a key factor in the deterioration phase of relationships according to the ABCDE model?**
 - A. Financial issues
 - B. Multiple life circumstances
 - C. Communication breakdown
 - D. Loss of attraction
- 2. What is the focus of observational learning in behaviorism?**
 - A. Learning through direct reinforcement
 - B. Learning through punishment
 - C. Learning by watching and imitating others
 - D. Learning through verbal instruction
- 3. Which of the following is NOT categorized as a type of leisure activity?**
 - A. Cultural
 - B. Physical
 - C. Professional
 - D. Social
- 4. What characterizes an identity crisis during adolescence?**
 - A. Acceptance of parental values without questioning
 - B. The struggle to form a personal identity
 - C. Complete certainty of life goals
 - D. No interest in identity formation
- 5. Which of the following is considered a physical development milestone during infancy?**
 - A. Running
 - B. Walking
 - C. Crawling
 - D. Jumping

- 6. Which of the following represents the first stage in the ABCDE model of adult friendships?**
- A. Continuation
 - B. Deterioration
 - C. Acquaintance
 - D. Ending
- 7. 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
- 8. Which category does NOT belong to leisure activities?**
- A. Cultural
 - B. Solitary
 - C. Occupational
 - D. Social
- 9. What hormone is known as the love/bonding hormone that increases during sex and skin-to-skin contact?**
- A. Endorphins
 - B. Dopamine
 - C. Oxytocin
 - D. Serotonin
- 10. How do peer relationships typically change during adolescence?**
- A. They become less important as family bonds strengthen
 - B. They shift to a focus solely on academic performance
 - C. They become more important as adolescents seek independence
 - D. They become entirely based on digital interaction

Answers

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

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Explanations

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1. What is a key factor in the deterioration phase of relationships according to the ABCDE model?

- A. Financial issues
- B. Multiple life circumstances**
- C. Communication breakdown
- D. Loss of attraction

In the ABCDE model of relationships, the deterioration phase is characterized by various factors that can contribute to the division or decline of a relationship. While the choice identified involves multiple life circumstances, it's essential to consider how this encompasses a wide range of challenges couples may face, including stress from work, family dynamics, and personal challenges. Multiple life circumstances can create tensions that strain the relationship. For example, financial pressures, changes in life goals, and external stressors like job loss or health issues can all interfere with the emotional connection between partners. As these pressures mount, they often lead to neglect in nurturing the relationship, which can ultimately result in deterioration. In contrast, while issues like communication breakdown, loss of attraction, and financial problems are indeed significant factors in relationship decline, they are often manifestations of the broader context of life circumstances. When a couple faces adversity from various life events, these pressures can exacerbate existing issues, making the relationship more vulnerable to deterioration. Thus, multiple life circumstances serve as a foundational factor that encompasses various other stressors that can lead to a decline in relationship quality.

2. What is the focus of observational learning in behaviorism?

- A. Learning through direct reinforcement
- B. Learning through punishment
- C. Learning by watching and imitating others**
- D. Learning through verbal instruction

Observational learning, a key concept in behaviorism, emphasizes the process of learning through watching others and imitating their actions. This form of learning occurs without direct experience with the behavior, allowing individuals to acquire new behaviors simply by observing the outcomes of others' actions. This is particularly significant because it highlights the role of social influence and modeling in the learning process, suggesting that individuals can learn complex behaviors and skills in a more efficient manner than through trial and error alone. The concept is closely associated with Albert Bandura's work, especially the famous "Bobo doll" experiment, which demonstrated that children could learn aggressive behaviors by watching adults interact with the doll. This supports the idea that behavior is not only shaped by direct reinforcement or punishment but also by the experiences of others within one's environment. In contrast, learning through direct reinforcement focuses on operant conditioning, where behavior is modified through rewards or consequences rather than observation. Learning through punishment also falls under operant conditioning and involves the reduction of undesirable behaviors through negative consequences. Lastly, learning through verbal instruction relies on explicit communication of knowledge but does not emphasize the role of modeling behavior in the same way observational learning does. Thus, the essence of observational learning is centered on the acquisition of behaviors via observation, making it

3. Which of the following is NOT categorized as a type of leisure activity?

- A. Cultural
- B. Physical
- C. Professional**
- D. Social

Leisure activities are typically characterized by their voluntary nature, serving primarily the purpose of enjoyment, relaxation, or social interaction. Cultural, physical, and social activities generally fall within this definition. Cultural activities can include attending concerts, visiting museums, or engaging in artistic pursuits, all of which enrich experiences and promote well-being. Physical activities encompass a range of sports, exercise, and outdoor pursuits intended for enjoyment and health benefits. Social activities, such as spending time with friends or family gatherings, provide emotional support and foster connections. Professional activities, however, are not considered leisure since they are typically tied to work responsibilities and obligations rather than voluntary enjoyment. Thus, professional activities are not categorized as leisure activities, making this the correct choice.

4. What characterizes an identity crisis during adolescence?

- A. Acceptance of parental values without questioning
- B. The struggle to form a personal identity**
- C. Complete certainty of life goals
- D. No interest in identity formation

An identity crisis during adolescence is characterized by the struggle to form a personal identity. This period of development is marked by exploration and questioning of various aspects of the self, including beliefs, values, and life goals. Adolescents often confront different influences, such as peer pressure, family expectations, and societal norms, which can lead them to evaluate who they are and what they want to become. During this tumultuous time, adolescents typically engage in experimentation with different roles and ideologies, seeking to establish a sense of self that is distinct from their family and previous experiences. This process can be intense and sometimes confusing, as they may grapple with conflicting emotions and ideas about their identity. Ultimately, this struggle is essential for personal growth and lays the foundation for their future adult identity. In contrast, accepting parental values without questioning indicates a lack of exploration and a more straightforward alignment with family beliefs, which does not capture the essence of an identity crisis. Complete certainty of life goals and no interest in identity formation suggest a stability and lack of conflict that is usually not present during this developmental stage.

5. Which of the following is considered a physical development milestone during infancy?

- A. Running
- B. Walking
- C. Crawling**
- D. Jumping

Crawling is considered a significant physical development milestone during infancy as it typically occurs between the ages of 6 to 10 months. This milestone represents not only a progression in motor skills but also a crucial phase in an infant's exploration of their environment. Crawling helps infants strengthen their muscles, improve coordination, and develop spatial awareness, allowing them to move towards objects and explore their surroundings independently. While walking is also an important milestone that follows crawling, it generally occurs later, around 12 months or more. Running and jumping come even later and are typically associated with toddlerhood and early childhood development. In contrast, crawling is one of the first methods of mobility that infants typically achieve and signifies a growing physical capability and readiness for further exploration and interaction with their environment.

6. 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.

7. 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.

8. 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.

9. What hormone is known as the love/bonding hormone that increases during sex and skin-to-skin contact?

- A. Endorphins
- B. Dopamine
- C. Oxytocin**
- D. Serotonin

Oxytocin is often referred to as the "love hormone" or "bonding hormone" due to its significant role in social bonding, emotional connections, and behaviors associated with love and attachment. This hormone is released during intimate activities, including sexual intercourse and skin-to-skin contact, which helps to foster feelings of intimacy and promote the development of trust and emotional closeness between partners. When individuals engage in physical touch or sexual activity, oxytocin levels increase, enhancing the feelings of affection and attachment. This is particularly evident during childbirth and breastfeeding, where oxytocin facilitates maternal bonding with the infant. The release of oxytocin also helps reduce stress and promotes a feeling of calmness, further strengthening social bonds. Understanding the role of oxytocin in human relationships is critical in developmental psychology as it illustrates how biological factors can influence emotional development and interpersonal connections.

10. How do peer relationships typically change during adolescence?

- A. They become less important as family bonds strengthen
- B. They shift to a focus solely on academic performance
- C. They become more important as adolescents seek independence**
- D. They become entirely based on digital interaction

During adolescence, peer relationships evolve significantly as individuals strive for independence and self-identity. This developmental stage is marked by a shift in social dynamics, where peers take on a central role in an adolescent's life. As teenagers navigate the transition from childhood to adulthood, they seek connections that can provide emotional support, validation, and a sense of belonging outside of their family units. This is crucial for their social and emotional development, as peer interactions help adolescents learn important life skills such as cooperation, conflict resolution, and social negotiation. The increasing importance of peers during this time is also linked to the quest for autonomy. Adolescents often spend more time with friends and engage in activities that allow them to express their individuality. This shift underscores the essential role that peer relationships play in shaping their identity and facilitating emotional growth. Such relationships help teenagers explore new ideas, challenge parental expectations, and establish their views independent of family influence, making peer interactions a vital component of adolescent development.

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-exam4.examzify.com>

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

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