

WESTERN GOVERNORS UNIVERSITY (WGU) EDUC5074 D307 EDUCATIONAL PSYCHOLOGY AND HUMAN DEVELOPMENT OF CHILDREN AND ADOLESCENTS PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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 role do social interactions play according to Vygotsky's theory?**
 - A. They have minimal influence on learning
 - B. They are essential for cognitive development
 - C. They only influence emotional growth
 - D. They hinder the learning process
- 2. What are the potential effects of bullying on child development?**
 - A. Increased social interaction
 - B. High self-esteem and academic success
 - C. Anxiety, depression, and low self-esteem
 - D. Improved emotional resilience
- 3. What is a key aspect of a constructivist approach to teaching?**
 - A. Emphasis on memorization
 - B. Learning as a solitary process
 - C. Collaboration and social interaction
 - D. Strict adherence to the curriculum
- 4. In terms of academic achievement, what is a typical outcome for bilingual children?**
 - A. They may struggle with decision-making
 - B. They often have lower executive function
 - C. They frequently show superior problem-solving skills
 - D. They have difficulty in both languages
- 5. What does the term 'scaffolding' refer to in a constructivist learning framework?**
 - A. Creating a strict curriculum for all students.
 - B. Providing temporary support until students can perform tasks independently.
 - C. Using a standardized testing approach to gauge student progress.
 - D. Discouraging group work in favor of individual tasks.

- 6. What is an effect of negative reinforcement?**
- A. Increase in undesired behavior
 - B. Decrease in desired behavior
 - C. Reduction of an aversive stimulus
 - D. Use of punishment
- 7. Which of the following best describes a growth mindset?**
- A. Belief that intelligence is static and unchangeable
 - B. Understanding that everyone has the same abilities regardless of effort
 - C. Belief that abilities can be developed through effort and education
 - D. View that challenges should be avoided
- 8. How do criterion-referenced assessments differ from norm-referenced assessments?**
- A. They focus on comparing students to each other
 - B. They assess individual mastery of specific skills and knowledge
 - C. They are better suited for standardized testing
 - D. They do not provide feedback to teachers
- 9. How can a teacher help students build intrinsic motivation?**
- A. By emphasizing grades and test scores as the main goal
 - B. By fostering an interest in the subject matter
 - C. By limiting student choices in project topics
 - D. By providing minimal feedback on student progress
- 10. Which approach is considered beneficial for improving vocabulary?**
- A. Whole Language Approach
 - B. Direct Instruction
 - C. Literature Circles
 - D. Problem-Based Learning

Answers

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

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Explanations

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1. What role do social interactions play according to Vygotsky's theory?

- A. They have minimal influence on learning
- B. They are essential for cognitive development**
- C. They only influence emotional growth
- D. They hinder the learning process

In Vygotsky's theory, social interactions are fundamental to cognitive development. He posited that learning occurs within a social context and that interactions with more knowledgeable others, such as peers and adults, are crucial in shaping thought processes. This concept underlines the idea that language and communication with others not only facilitate the transmission of knowledge but also influence the way individuals think and solve problems. Vygotsky introduced the concept of the "Zone of Proximal Development" (ZPD), which illustrates the space between what a learner can do independently and what they can achieve with guidance. Through social interaction, learners are able to bridge this gap, ultimately leading to higher levels of understanding and cognitive skills. Thus, engaging with others promotes critical thinking, negotiation, and reflection—all essential components of cognitive growth. This emphasis on the social context of learning differentiates it from perspectives that minimize the role of social influence, focus solely on emotional development, or suggest that social interactions can obstruct learning. In essence, Vygotsky's theory champions the idea that collaborative efforts and social dialogue are indispensable for nurturing a child's cognitive development.

2. What are the potential effects of bullying on child development?

- A. Increased social interaction
- B. High self-esteem and academic success
- C. Anxiety, depression, and low self-esteem**
- D. Improved emotional resilience

The selected answer is accurate because bullying has significant negative effects on child development, often leading to anxiety, depression, and low self-esteem in victims. When children are bullied, they may experience chronic stress and fear, which can impede their emotional and psychological development. This distress can manifest in various ways, including withdrawal from social situations, an increase in feelings of worthlessness, and difficulties in forming and maintaining relationships. Research extensively highlights that children who are bullied may struggle academically as their mental health declines. These negative experiences can also alter their perceptions of themselves and their abilities, further contributing to a cycle of low self-esteem. As children endure these challenges, the impact can affect not only their immediate well-being but also their long-term development and ability to cope with future stresses. In contrast, the other options suggest positive outcomes that do not typically arise from experiences of bullying. For instance, increased social interaction and high self-esteem are generally characteristics found in healthy social environments, whereas bullying creates isolation and emotional distress. Similarly, improved emotional resilience is usually a result of supportive experiences and healthy coping strategies, which are often undermined by the harmful effects of bullying.

3. What is a key aspect of a constructivist approach to teaching?

- A. Emphasis on memorization
- B. Learning as a solitary process
- C. Collaboration and social interaction**
- D. Strict adherence to the curriculum

Collaboration and social interaction are fundamental components of a constructivist approach to teaching. This educational philosophy posits that knowledge is constructed through interactions with others and the environment. In a constructivist classroom, students engage in discussions, group projects, and collaborative problem-solving activities. This not only fosters deeper understanding but also encourages the development of critical thinking and social skills. In contrast, an emphasis on memorization does not align with constructivist principles, which prioritize understanding and application over rote learning. Additionally, viewing learning as a solitary process contradicts the collaborative nature of constructivism, which thrives on social interaction. Finally, strict adherence to a predetermined curriculum limits the flexibility needed to adapt to students' interests and needs, which is essential in a constructivist framework that seeks to personalize learning experiences.

4. In terms of academic achievement, what is a typical outcome for bilingual children?

- A. They may struggle with decision-making
- B. They often have lower executive function
- C. They frequently show superior problem-solving skills**
- D. They have difficulty in both languages

Bilingual children often demonstrate superior problem-solving skills due to their experience in navigating and switching between two languages. This ability enhances cognitive flexibility, allowing them to develop more complex thinking strategies. Engaging with multiple languages can lead to better performance in tasks that require creative thinking and the application of various problem-solving techniques. The exposure to different linguistic structures and cultural perspectives also contributes to their heightened cognitive abilities, enabling them to approach challenges from multiple angles. As a result, bilingual children typically excel in tasks that require reasoning and abstract thinking more than their monolingual peers.

5. What does the term 'scaffolding' refer to in a constructivist learning framework?

- A. Creating a strict curriculum for all students.
- B. Providing temporary support until students can perform tasks independently.**
- C. Using a standardized testing approach to gauge student progress.
- D. Discouraging group work in favor of individual tasks.

In a constructivist learning framework, 'scaffolding' refers to the practice of providing temporary support to learners as they acquire new skills and knowledge. This support can take various forms, including guidance, hints, resources, or modeling of tasks, and is tailored to the individual needs of each student. The key idea is that as students gain competence and confidence in their abilities, this support is gradually withdrawn, allowing them to perform tasks independently. This approach emphasizes the importance of a responsive teacher-student interaction, where the teacher adjusts the level of assistance based on the learner's progress. Ultimately, scaffolding is essential for helping students construct their understanding and is aligned with the principles of constructivism, which stress active engagement and personal meaning-making in the learning process.

6. What is an effect of negative reinforcement?

- A. Increase in undesired behavior
- B. Decrease in desired behavior
- C. Reduction of an aversive stimulus**
- D. Use of punishment

Negative reinforcement involves the removal of an aversive stimulus in order to increase the likelihood of a positive behavior being repeated. When an individual engages in a behavior that successfully eliminates something unpleasant or undesirable, this reinforces the behavior, making it more likely to occur in the future. For example, if a student studies hard to avoid the stress of low grades, the reduction of that stress acts as negative reinforcement for the studying behavior. This illustrates how the removal of an aversive condition can lead to an increase in a desired behavior. Understanding negative reinforcement in this context elucidates how behaviors can be strengthened through the alleviation of negative stimuli rather than through rewards or the application of punishment.

7. Which of the following best describes a growth mindset?

- A. Belief that intelligence is static and unchangeable
- B. Understanding that everyone has the same abilities regardless of effort
- C. Belief that abilities can be developed through effort and education**
- D. View that challenges should be avoided

A growth mindset is best exemplified by the belief that abilities can be developed through effort and education. This concept, popularized by psychologist Carol Dweck, emphasizes the idea that individuals can enhance their intelligence, talents, and skills through persistence, learning, and practice. Those with a growth mindset view challenges as opportunities for growth rather than obstacles, and they understand that effort is a key component in achieving success. This mindset contrasts significantly with the belief that intelligence is static and unchangeable, which reflects a fixed mindset. A fixed mindset leads individuals to avoid challenges due to a fear of failure, as they may believe their abilities are limited and cannot be improved. Additionally, the notion that everyone has the same abilities regardless of effort fails to recognize the role that hard work and perseverance play in achieving personal growth and success. Viewing challenges as something to avoid directly undermines the growth mindset, which encourages embracing challenges as essential for learning and development.

8. How do criterion-referenced assessments differ from norm-referenced assessments?

- A. They focus on comparing students to each other
- B. They assess individual mastery of specific skills and knowledge**
- C. They are better suited for standardized testing
- D. They do not provide feedback to teachers

Criterion-referenced assessments are designed to measure a student's performance against a predetermined set of criteria or learning standards, focusing on individual mastery of specific skills and knowledge. This means that the assessment evaluates whether each student has learned the material or achieved the learning objectives, independent of how other students perform. Thus, the primary purpose is to identify what students can do and what they have learned at a specific point in time. In contrast, norm-referenced assessments compare a student's performance to that of a peer group, often resulting in a ranking or percentile score. This type of assessment is more focused on how students perform relative to one another, rather than on whether they have mastered specific content. The other options do not accurately reflect the nature of criterion-referenced assessments. They are not inherently better suited for standardized testing (such as mentioned in one option), nor do they lack feedback mechanisms for teachers, as in another option. In reality, criterion-referenced assessments provide constructive feedback about specific skills and knowledge that can inform instruction and learning progress.

9. How can a teacher help students build intrinsic motivation?

- A. By emphasizing grades and test scores as the main goal
- B. By fostering an interest in the subject matter**
- C. By limiting student choices in project topics
- D. By providing minimal feedback on student progress

Fostering an interest in the subject matter is essential for building intrinsic motivation in students. When teachers create an engaging and meaningful learning environment, students are more likely to connect with the content on a personal level. This connection enhances their natural curiosity and desire to learn, as they see value in the material beyond just academic success. Intrinsic motivation is driven by the satisfaction that comes from the learning process itself, rather than external rewards such as grades or test scores. By encouraging students to explore topics they find intriguing and allowing them to engage in discussions and activities related to their interests, teachers can promote a deeper understanding and appreciation of the subject. This approach enables students to develop a love for learning that persists beyond the classroom, leading to lifelong learners who pursue knowledge for its own sake.

10. Which approach is considered beneficial for improving vocabulary?

- A. Whole Language Approach
- B. Direct Instruction**
- C. Literature Circles
- D. Problem-Based Learning

The Direct Instruction approach is widely recognized for its effectiveness in improving vocabulary. This method is characterized by its structured, explicit teaching techniques that focus on specific learning objectives and skill mastery. In the context of vocabulary enhancement, Direct Instruction involves systematic teaching of new words, providing clear definitions, multiple examples, and opportunities for practice and feedback. This approach is beneficial because it emphasizes clear teaching strategies that help students understand the meaning of words, their usage, and how to apply them in different contexts. Students receive direct modeling from educators and engage in guided practice, which reinforces their learning. The systematic nature of Direct Instruction means that vocabulary lessons are explicit and intentional, facilitating better retention and recall of words over time. In contrast, while other methods like the Whole Language Approach and Literature Circles can also support vocabulary development through contextual learning and reading engagement, they may not provide the same level of explicit instruction and focused practice that Direct Instruction offers. Problem-Based Learning, though highly engaging, might prioritize critical thinking and problem-solving skills over targeted vocabulary acquisition. Therefore, Direct Instruction stands out as the most effective approach for systematically improving vocabulary in learners.

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://wgu-educ5074-d307.examzify.com>

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

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