

Western Governors University (WGU) PSYC1020 D202 Human Growth and Development Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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

SAMPLE

- 1. What are some risks and consequences of adolescent pregnancy?**
 - A. Improved educational outcomes**
 - B. Increased job prospects**
 - C. Low educational qualifications and poverty**
 - D. Enhanced social support**

- 2. What is described by meiosis?**
 - A. Chromosomes duplicate and divide once, resulting in two cells**
 - B. Chromosomes duplicate and divide twice, resulting in four cells**
 - C. The splitting of the nucleus into various cells**
 - D. The process of cellular repair**

- 3. How does competence in relationships contribute to self-esteem in adolescents?**
 - A. It decreases insecurity**
 - B. It enhances feelings of belonging**
 - C. It creates social isolation**
 - D. It prevents identity crisis**

- 4. What are some examples of sexual orientations?**
 - A. Heterosexual, homosexual, and transgender**
 - B. Heterosexual, bisexual, and celibate**
 - C. Heterosexual, homosexual, asexual, etc.**
 - D. Heterosexual, bisexual, and queer only**

- 5. What is a benefit of using both the left and right hemispheres of the brain?**
 - A. Enhanced artistic ability**
 - B. Better planning and coordination**
 - C. Increased emotional response**
 - D. Higher IQ scores**

- 6. How do children's notions of friendship change in adolescence?**
- A. Focus shifts to group activities**
 - B. Focus shifts to intimate exchanges of thoughts and feelings**
 - C. Focus remains on shared interests**
 - D. Focus shifts to competition and rivalry**
- 7. What is the term used to describe the transition phase between early adulthood and late adulthood?**
- A. Adolescence**
 - B. Middle adulthood**
 - C. Youthhood**
 - D. Later adulthood**
- 8. Which term refers to the process of maintaining contact and communication in a family setting?**
- A. Engagement**
 - B. Networking**
 - C. Gatekeeping**
 - D. Facilitating**
- 9. How do rejected children typically behave?**
- A. Highly sociable and outgoing**
 - B. Withdrawn, bullied, may display aggressive behavior**
 - C. Very confident and assertive**
 - D. Often lead peer groups**
- 10. What does the fetal period mainly signify in development?**
- A. The establishment of placental attachment**
 - B. The growth and maturation of organs**
 - C. Initial cellular division**
 - D. The formation of basic bodily structures**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What are some risks and consequences of adolescent pregnancy?

- A. Improved educational outcomes
- B. Increased job prospects
- C. Low educational qualifications and poverty**
- D. Enhanced social support

Adolescent pregnancy is associated with several risks and consequences that can significantly impact the lives of young parents and their children. Among these, low educational qualifications and poverty emerge as critical issues. Teen parents often face challenges in completing their education, which can limit their job prospects. Many drop out of school due to the demands of parenting and the associated responsibilities, leading to lower educational attainment. This lack of education can contribute to a cycle of poverty, as fewer qualifications make it difficult to find well-paying jobs. Consequently, young parents may experience economic hardship, which can affect their ability to provide for their child, leading to further complications, such as reliance on social assistance and a heightened risk of experiencing financial instability. As a result, the intergenerational cycle of poverty can perpetuate, affecting not only the adolescent parent but also their children, who may also face similar challenges in the future. Other options presented, such as improved educational outcomes, increased job prospects, and enhanced social support, do not align with the typical consequences of adolescent pregnancy. In fact, the opposite tends to be true, as young parents often struggle to gain the support necessary for educational and economic advancement. Therefore, identifying low educational qualifications and poverty as the correct answer highlights these significant, long-term risks

2. What is described by meiosis?

- A. Chromosomes duplicate and divide once, resulting in two cells
- B. Chromosomes duplicate and divide twice, resulting in four cells**
- C. The splitting of the nucleus into various cells
- D. The process of cellular repair

Meiosis is a specialized type of cell division that occurs in sexually reproducing organisms, resulting in the formation of gametes—sperm and eggs. It is characterized by two rounds of division: meiosis I and meiosis II. During meiosis, the chromosomes first duplicate to form sister chromatids, and then the cell divides twice. In meiosis I, homologous chromosomes are separated into different cells. This reduces the chromosome number by half, resulting in two cells, each with half the original number of chromosomes. Next, in meiosis II, the sister chromatids are separated, leading to a total of four genetically unique cells at the end of the process. Thus, the key aspect of meiosis is that it involves two divisions after one round of chromosome duplication, ultimately resulting in four haploid cells. This distinguishes meiosis from mitosis, which involves a single division leading to two genetically identical cells. Therefore, the correct answer captures the essential nature of meiosis by highlighting the duplicated chromosomes and the two divisions that result in four cells.

3. How does competence in relationships contribute to self-esteem in adolescents?

- A. It decreases insecurity
- B. It enhances feelings of belonging**
- C. It creates social isolation
- D. It prevents identity crisis

Competence in relationships plays a significant role in enhancing feelings of belonging, which directly contributes to self-esteem in adolescents. During adolescence, individuals are highly attuned to their social environments and often seek validation from their peers. Building strong, supportive relationships provides a sense of acceptance and connection, which fosters a feeling of belonging. This belongingness is essential for developing a positive self-image and self-worth. When adolescents feel competent in navigating their social relationships—whether through friendships, family dynamics, or other social interactions—they are more likely to perceive themselves positively. This positive self-perception is a critical aspect of self-esteem, as it reinforces their belief in their value within their social circles. In essence, feeling accepted and valued by others can bolster their confidence and overall self-esteem during this formative stage of development.

4. What are some examples of sexual orientations?

- A. Heterosexual, homosexual, and transgender
- B. Heterosexual, bisexual, and celibate
- C. Heterosexual, homosexual, asexual, etc.**
- D. Heterosexual, bisexual, and queer only

Sexual orientation refers to the pattern of emotional, romantic, or sexual attraction one feels toward individuals of the same or different gender. The correct choice encompasses a broad range of sexual orientations. Heterosexuality involves attraction to individuals of the opposite gender, homosexuality involves attraction to the same gender, and asexuality is characterized by a lack of sexual attraction to either gender. This choice is the most accurate because it includes multiple recognized orientations beyond just the binary classification of heterosexual and homosexual. It offers a spectrum that reflects the diversity of human sexuality. For example, individuals identifying as asexual may still experience romantic attractions but do not engage in sexual activity or desire. Including terms like "etc." acknowledges that there are many other orientations that exist, such as pansexuality, demisexuality, and more. Though the other options touch on aspects of sexual orientation, they either include incorrect terms or limit the spectrum of sexual identity. For instance, terms in one of the choices apply to practices or identities distinct from sexual orientation itself, such as "transgender," which defines a person's gender identity rather than their sexual orientation. Another choice limits the variety of options to only a few terms, excluding asexuality and others that describe real experiences. Therefore,

5. What is a benefit of using both the left and right hemispheres of the brain?

- A. Enhanced artistic ability**
- B. Better planning and coordination**
- C. Increased emotional response**
- D. Higher IQ scores**

Using both the left and right hemispheres of the brain leads to better planning and coordination because each hemisphere is associated with different cognitive functions that complement each other. The left hemisphere typically handles logical reasoning, analytical skills, and language processing, which are essential for planning. Meanwhile, the right hemisphere is more involved in holistic processing, creativity, and spatial awareness. By integrating the strengths of both hemispheres, individuals can approach tasks that require planning and coordination more effectively, as they can use logical analysis while also considering the broader context and creative solutions. This combined functionality enhances overall cognitive performance and improves the ability to execute tasks that require both detailed planning and coordination among various elements.

6. How do children's notions of friendship change in adolescence?

- A. Focus shifts to group activities**
- B. Focus shifts to intimate exchanges of thoughts and feelings**
- C. Focus remains on shared interests**
- D. Focus shifts to competition and rivalry**

During adolescence, children's ideas about friendship undergo significant changes, particularly as they begin to prioritize deeper emotional connections with their peers. The shift towards intimate exchanges of thoughts and feelings characterizes this developmental stage. Adolescents tend to seek relationships that provide emotional support, understanding, and acceptance, rather than simply enjoying group activities or shared interests. This change is reflective of their overall cognitive and emotional development, as they become more capable of empathy, self-reflective thought, and understanding the complexities of relationships. In this period, friendships often evolve to include more personal disclosures and an emphasis on trust and loyalty. Adolescents are increasingly interested in discussing personal issues, exploring their identities, and navigating their emotions in the context of their friendships. This focus on emotional intimacy and the desire for closeness with friends plays a crucial role in their social development and better equips them for adult relationships.

7. What is the term used to describe the transition phase between early adulthood and late adulthood?

- A. Adolescence**
- B. Middle adulthood**
- C. Youthhood**
- D. Later adulthood**

The transition phase between early adulthood and late adulthood is termed middle adulthood. This stage typically encompasses individuals in their 40s to mid-60s and is characterized by various developmental tasks and changes, such as career development, family life adjustments, and physical aging. During middle adulthood, individuals often reflect on their life achievements and may experience a sense of generativity, where they seek to contribute to society and guide the next generation. This stage also involves significant changes, both physically and psychologically, as people begin to confront the realities of aging and the potential for a declining health status as they move closer to late adulthood. By distinguishing middle adulthood from other life stages, such as adolescence, which refers to the developmental period from puberty to adulthood, or later adulthood, which denotes the stage typically beginning in the mid-60s, it becomes clear why middle adulthood specifically represents the transition phase between early and late adulthood.

8. Which term refers to the process of maintaining contact and communication in a family setting?

- A. Engagement**
- B. Networking**
- C. Gatekeeping**
- D. Facilitating**

The term that refers to the process of maintaining contact and communication in a family setting is best identified as engagement. Engagement encompasses the ways in which family members interact with one another, ensuring that communication remains open and relationships are nurtured. This concept emphasizes involvement and participation among family members, which is crucial for healthy familial relationships. Engagement involves emotional connection and active participation in each other's lives, which helps to strengthen bonds and ensure that everyone feels valued and heard. This is particularly important in family settings, where maintaining strong connections can support emotional well-being and foster a sense of belonging among members. While other terms in the choices may relate to interaction in different contexts, engagement specifically captures the essence of maintaining communication and connection within the family unit.

9. How do rejected children typically behave?

- A. Highly sociable and outgoing
- B. Withdrawn, bullied, may display aggressive behavior**
- C. Very confident and assertive
- D. Often lead peer groups

Rejected children often exhibit certain behavioral patterns that can be understood within the context of their social interactions. Typically, these children may become withdrawn and may experience bullying due to their difficulty in establishing and maintaining friendships. Their rejection by peers can lead to feelings of isolation and low self-esteem, which may cause them to retreat from social situations, contributing to a pattern of withdrawal. Additionally, some rejected children may respond to social rejection with aggressive behavior, demonstrating frustration and hostility towards their peers. This aggression can manifest as a defense mechanism or a misguided attempt to assert themselves in social contexts where they feel powerless. In contrast, the other options imply behaviors associated with more socially accepted or confident children, which do not align with the common experiences of those who are rejected. Thus, the behavior of rejected children is characterized by a combination of withdrawal, experiences with bullying, and sometimes aggression, making this an accurate depiction of their typical behavior.

10. What does the fetal period mainly signify in development?

- A. The establishment of placental attachment
- B. The growth and maturation of organs**
- C. Initial cellular division
- D. The formation of basic bodily structures

The fetal period primarily signifies the growth and maturation of organs. This stage of development occurs from the ninth week of gestation until birth and is characterized by significant changes in size and complexity. During this time, the fetus undergoes rapid growth, and organ systems that were formed in the embryonic stage continue to develop and function more effectively. Key developments in this period include the refinement of the respiratory and cardiovascular systems, development of the brain, and maturation of the digestive system, among others. As the fetus grows, the organs that are crucial for survival outside the womb become increasingly sophisticated and capable of functioning independently. The other options represent stages or processes that occur at different times in prenatal development. For instance, placental attachment occurs much earlier, during the embryonic period. Initial cellular division happens at the very start of development, while the formation of basic bodily structures is primarily associated with the embryonic stage. Thus, the fetal period is distinctly focused on advanced growth and maturation, highlighting its critical role in preparing the fetus for life after birth.

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-psyc1020d202.examzify.com>

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

SAMPLE