

WESTERN GOVERNORS UNIVERSITY (WGU) PSYC1020 D202 HUMAN GROWTH AND DEVELOPMENT PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 defines gender identity?**
 - A. Awareness of one's biological sex
 - B. Sense of self as male or female
 - C. Role adopted based on societal norms
 - D. Preference for certain activities associated with a gender
- 2. What becomes more important in middle childhood in terms of social relationships?**
 - A. Developing friendships and peer acceptance
 - B. Building family connections
 - C. Improving academic performance
 - D. Enhancing competitive sports skills
- 3. Why is interacting in mixed-sex groups easier for teens?**
 - A. They have fewer friends
 - B. They are among a supportive group of friends
 - C. They are more socially awkward
 - D. They feel competitive with one another
- 4. What is a primary focus of the APGAR score right after birth?**
 - A. Nutritional needs
 - B. Physical appearance
 - C. General health and vitality
 - D. Neurological assessment
- 5. How are children categorized based on their behavior?**
 - A. By academic performance
 - B. Into attachment style groups
 - C. By social skills
 - D. By physical development
- 6. What does human sexuality encompass?**
 - A. Only physical relationships and reproduction
 - B. Emotional attachments and family roles
 - C. Sexual interests, desires, beliefs, and behaviors
 - D. Gender roles and social expectations

7. What are some effects of media on sexual identities?

- A. It can reinforce harmful stereotypes only.
- B. It typically has a neutral impact.
- C. It can have both empowering and problematic effects.
- D. It exclusively promotes negative identities.

8. What factors are involved in emotional development?

- A. The physical environment
- B. The way emotions develop across the lifespan
- C. Cognitive milestones
- D. Social interaction

9. What is epigenetics?

- A. Study of how modifications in DNA affect gene expression
- B. Child characteristics that affect parenting behaviors
- C. Processes by which genetic factors contribute to variations in the environment
- D. First stage of the memory system

10. What is oxytocin?

- A. A hormone released during sexual intercourse
- B. A type of neurotransmitter involved in pleasure
- C. An enzyme related to digestion
- D. A substance that creates a feeling of happiness

Answers

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

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Explanations

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1. What defines gender identity?

- A. Awareness of one's biological sex
- B. Sense of self as male or female**
- C. Role adopted based on societal norms
- D. Preference for certain activities associated with a gender

Gender identity is defined as an individual's internal sense of being male, female, or something else, which may or may not correspond with their biological sex. It reflects a personal conception of oneself and is deeply rooted in how a person perceives their own gender. This self-identification can emerge from various influences including culture, personal experiences, and societal structures. The correct choice emphasizes this intrinsic understanding of one's own gender, capturing the essence of what it means to identify as male, female, or non-binary, regardless of physical or biological attributes. It is a personal and internal aspect of a person's identity that shapes their experiences and interactions in the world. Other options, while related to gender, do not specifically encapsulate the term "gender identity." Awareness of biological sex pertains to an individual's recognition of their physical characteristics, rather than their self-identification as a gender. Societal norms and roles relate to how society expects individuals to behave based on their gender, rather than the individual's personal identification. Lastly, preferences for activities associated with a particular gender are influenced by social constructs and norms, but they do not define how a person internally identifies.

2. What becomes more important in middle childhood in terms of social relationships?

- A. Developing friendships and peer acceptance**
- B. Building family connections
- C. Improving academic performance
- D. Enhancing competitive sports skills

In middle childhood, developing friendships and achieving peer acceptance become increasingly significant as children begin to establish their social identities and networks outside the family environment. During this stage, which typically spans ages 6 to 12, children start to prioritize their relationships with peers; they actively seek out friendships and value acceptance within their social groups. This shift marks a critical developmental phase where social skills, sharing, cooperation, and conflict resolution come into play. Friendships provide important emotional support and contribute to a child's self-esteem and social competence. As children engage in more complex social interactions, they learn about empathy, communication, and forming lasting bonds, which are foundational skills for navigating social environments in adolescence and adulthood. While family connections, academic performance, and sports skills are also relevant during this stage, the formation and quality of peer relationships are particularly central to a child's development during middle childhood.

3. Why is interacting in mixed-sex groups easier for teens?

- A. They have fewer friends
- B. They are among a supportive group of friends**
- C. They are more socially awkward
- D. They feel competitive with one another

Interacting in mixed-sex groups is often easier for teens because they are typically among a supportive group of friends. In this environment, the presence of friends can provide the necessary social safety net that encourages open communication and reduces anxiety. Friends can help ease any tension that might arise from the mixed dynamics and foster a more comfortable atmosphere for interaction. This supportive backdrop allows teens to engage more freely and authentically, facilitating the development of confident social skills that are crucial during this developmental stage. The other factors mentioned, such as having fewer friends, being socially awkward, or feeling competitive, tend to create barriers rather than enhance the ease of interaction. While social awkwardness and competition can affect mixed-sex interactions, the reinforcement provided by a supportive peer group is central to navigating these dynamics successfully.

4. What is a primary focus of the APGAR score right after birth?

- A. Nutritional needs
- B. Physical appearance
- C. General health and vitality**
- D. Neurological assessment

The APGAR score is specifically designed to assess the general health and vitality of a newborn immediately after birth. It evaluates five criteria: Appearance (skin color), Pulse (heart rate), Grimace response (reflexes), Activity (muscle tone), and Respiration (breathing effort). Each of these factors provides insight into the newborn's overall physiological status and is crucial for determining if immediate medical intervention is necessary. While physical appearance is one of the components assessed in the APGAR score, it is just one part of a broader evaluation focused on the infant's overall health and ability to adapt to life outside the womb. Nutritional needs and neurological assessments may be important in the context of newborn care, but they are not the primary focus of the APGAR score, which is centered on assessing the immediate condition of the baby shortly after delivery.

5. How are children categorized based on their behavior?

- A. By academic performance
- B. Into attachment style groups**
- C. By social skills
- D. By physical development

Children are often categorized based on their behavior into attachment style groups, which is a vital aspect of understanding their emotional and social development. Attachment theory, developed by John Bowlby and further expanded by Mary Ainsworth, posits that the bonds formed between children and their caregivers have a lasting impact on their behavior and relationships later in life. The main attachment styles identified are secure, anxious, and avoidant. Each style reflects how children interact with their caregivers and can influence their social interactions, emotional regulation, and resilience. Understanding a child's attachment style can provide insights into their behavioral tendencies, how they form friendships, and how they cope with stress. While academic performance, social skills, and physical development are also important aspects of a child's growth, they do not specifically represent the emotional and behavioral framework that attachment styles do. Hence, categorizing children based on their attachment styles offers a deeper understanding of their behavioral patterns and overall development.

6. What does human sexuality encompass?

- A. Only physical relationships and reproduction
- B. Emotional attachments and family roles
- C. Sexual interests, desires, beliefs, and behaviors**
- D. Gender roles and social expectations

Human sexuality encompasses a wide range of components that go beyond simple physical interactions or reproductive functions. By focusing on sexual interests, desires, beliefs, and behaviors, the correct answer captures the complex nature of human sexuality. It includes how individuals experience their sexuality, the contexts in which they express it, and their personal beliefs about sex. This broader definition recognizes that sexuality is influenced by psychological, emotional, cultural, and societal factors, which all play a significant role in shaping a person's sexual identity and experiences. The other options, while related to aspects of human relationships and societal norms, do not fully represent the multifaceted nature of sexuality. Physical relationships and reproduction are just one part of a larger picture, and emotional attachments and family roles, along with gender roles and social expectations, also influence how sexuality is expressed but do not encompass the entirety of human sexuality. Understanding sexuality requires a holistic view that includes psychological and behavioral dimensions.

7. What are some effects of media on sexual identities?

- A. It can reinforce harmful stereotypes only.
- B. It typically has a neutral impact.
- C. It can have both empowering and problematic effects.**
- D. It exclusively promotes negative identities.

The impact of media on sexual identities is multifaceted, and the notion that it can have both empowering and problematic effects captures this complexity. Media representations play a crucial role in shaping societal views and individual experiences related to sexual identity. On one hand, media can empower individuals by providing visibility and affirmation to diverse sexual identities, fostering acceptance and normalization within society. Positive portrayals can promote understanding and support for various sexual orientations, encouraging individuals to embrace their true selves. For example, inclusive representation in film, television, and online platforms can inspire people to feel validated in their identities, fostering a sense of community and belonging. On the other hand, media can also propagate stereotypes, unrealistic standards, and negative biases, which can adversely affect how sexual identities are perceived. For instance, sensationalized or stereotypical portrayals can reinforce harmful norms that stigmatize certain identities or lead to misunderstanding and discrimination. In summary, the media's impact on sexual identities is not solely negative or positive; rather, it encompasses a range of effects that can either empower individuals or contribute to societal challenges. Understanding this duality is essential for recognizing how media shapes perceptions of sexual identity in both beneficial and harmful ways.

8. What factors are involved in emotional development?

- A. The physical environment
- B. The way emotions develop across the lifespan**
- C. Cognitive milestones
- D. Social interaction

The choice that emphasizes the way emotions develop across the lifespan is correct because emotional development is a dynamic process that evolves from infancy through adulthood. Throughout various life stages, individuals experience changes in their emotional understanding, expression, and regulation. For example, infants start by displaying basic emotions such as happiness and distress, while older children and adults are able to express more complex emotions, such as empathy and pride. Understanding how emotions mature and influence social relationships is crucial in studying human development, as it reflects cognitive and social growth. While emotional development does interact with factors such as the physical environment, cognitive milestones, and social interaction, the option that highlights the progression of emotional skills over time captures the core essence of what emotional development entails. It sheds light on how experiences and milestones shape emotional responses, thereby providing a comprehensive view of emotional growth throughout the human lifespan.

9. What is epigenetics?

- A. Study of how modifications in DNA affect gene expression**
- B. Child characteristics that affect parenting behaviors
- C. Processes by which genetic factors contribute to variations in the environment
- D. First stage of the memory system

The selected answer is accurate because epigenetics specifically refers to the study of how chemical modifications to DNA and associated proteins regulate gene expression without altering the underlying DNA sequence. This means that while the genetic code remains unchanged, factors such as environment, lifestyle, and experiences can influence how genes are turned on or off. This has significant implications for understanding development, behavior, and the potential for diseases, as it highlights that genetics is not solely deterministic; environmental factors play a crucial role in shaping how genetic information is expressed. The other options, while related to various aspects of psychology and development, do not encapsulate the concept of epigenetics. For instance, assessing child characteristics influencing parenting behaviors pertains to behavioral genetics and parental influence rather than the molecular mechanisms of gene expression. Similarly, the mention of genetic factors contributing to variations in the environment relates more to the interaction of genetics and environment, which is a broader topic than epigenetics. Finally, the first stage of the memory system is a cognitive psychology concept, distinct from the biological basis of gene expression characterized by epigenetics.

10. What is oxytocin?

- A. A hormone released during sexual intercourse
- B. A type of neurotransmitter involved in pleasure
- C. An enzyme related to digestion
- D. A substance that creates a feeling of happiness

Oxytocin is indeed a hormone that plays a significant role in various social bonding processes, reproductive functions, and emotional responses. It is often released during activities such as sexual intercourse, childbirth, and breastfeeding, facilitating emotional connections between individuals. This hormone is sometimes referred to as the "love hormone" due to its involvement in forming social bonds and increasing trust in relationships. The choice highlighting oxytocin's release during sexual intercourse aptly captures one of its prominent functions in human interaction, particularly in fostering intimacy and promoting bonding between partners. Understanding oxytocin's role in these contexts highlights its significance in emotional and social development throughout life. Furthermore, its influence extends beyond sexual activity to situations of caregiving and maternal behaviors, emphasizing its essential role in the broader spectrum of human growth and relational development.

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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:

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

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