Chapter 1: Human Development Through the Lifespan

1. Question: The understanding of both \_\_\_\_\_ and \_\_\_\_\_ challenges that can be experienced during development are essential to counseling practice.

Choices:

a. research, theoretical

\*b. normative, exceptional

c. professional, philosophical

d. cultural, systemic

Cognitive domain: Knowledge

Answer location: Essential to Counseling Practice

Question type: MC

1. Question: Life maturation processes and \_\_\_\_\_ shape the individual’s life at any stage of human development.

Choices:

\*a. culture

b. language

c. psychotherapy

d. addiction

Cognitive domain: Knowledge

Answer location: Essential to Counseling Practice

Question type: MC

1. Question: During the \_\_\_\_\_ period of development, achievement drive becomes evident and the fundamental skills of reading, writing, and arithmetic are mastered.

Choices:

a. early school age

\*b. middle childhood

c. early adolescence

d. late adolescence

Cognitive domain: Comprehension

Answer location: Periods of Human Development (Table 1.2)

Question type: MC

1. Question: The \_\_\_\_\_ period of development involves adjusting to post work identity and the challenges of changing health.

Choices:

a. elderhood

b. early adulthood

c. middle adulthood

\*d. late adulthood

Cognitive domain: Comprehension

Answer location: Periods of Human Development (Table 1.2)

Question type: MC

1. Question: At the \_\_\_\_\_ period of development, the pursuit of independence and the desire to identify vocational direction and personal identity are manifested.

Choices:

a. early school age

b. early adolescence

\*c. late adolescence

d. early adulthood

Cognitive domain: Comprehension

Answer location: Periods of Human Development (Table 1.2)

Question type: MC

1. Question: Baltes & Smith (2003) examine three influences on human development, including normative age-graded influence, normative history-graded influences, and \_\_\_.

Choices:

a. normative individualized life events

b. nonnormative history-graded influences

\*c. nonnormative or highly individualized life events

d. nonnormative professional influences

Cognitive domain: Knowledge

Answer location: Development as Contextual

Question type: MC

1. Question: Issues such as \_\_\_\_\_ and \_\_\_\_\_ may contribute to psychological systems that result in physical and mental health problems during human development.

Choices:

a. interactive patterns, socioeconomic status

b. nutrition, genetic vulnerability

c. intelligence, poverty

\*d. irrational thinking, lack of self-control

Cognitive domain: Application

Answer location: Psychological System

Question type: MC

1. Question: The \_\_\_\_\_ system aspect of the biopsychosocial model of development considers various factors such as socioeconomic status, family structure, and religion, as they contribute to healthy or unhealthy development.

Choices:

a. psychological

\*b. social system

c. biological

d. pathophysiological

Cognitive domain: Knowledge

Answer location: Sociocultural System

Question type: MC

1. Question: Counseling coursework in \_\_\_\_\_ addresses theories of individuals, families, and communities coping with disasters and post-trauma stress.

Choices:

\*a. crises intervention

b. assessment

c. addiction

d. abnormal psychology

Cognitive domain: Comprehension

Answer location: Integrated in our Studies

Question type: MC

1. Question: \_\_\_\_\_, the premier accreditation body of counselor education programs, requires their accredited programs to include at least \_\_\_\_\_ course(s) in human growth and development.

Choices:

\*a. CACREP, one

b. CORE, one

c. CACREP, three

d. NBCC, two

Cognitive domain: Knowledge

Answer location: Integrated in our Studies

Question type: MC

1. Question: \_\_\_\_\_ is defined as the orderly and sequential changes that occur in an organism over time, from the beginning until the end of life.

Choices:

a. Stress

\*b. Development

c. Regulation

d. Evolution

Cognitive domain: Knowledge

Answer location: Development: Change and Stability

Question type: MC

1. Question: \_\_\_\_\_ was one of the pioneers in bringing an integrative model into the field of medicine.

Choices:

\*a. George Engel

b. Lawrence Kohlberg

c. Sigmund Freud

d. Eric Erikson

Cognitive domain: Knowledge

Answer location: A Biopsychosocial Approach

Question type: MC

1. Question: The \_\_\_\_\_ system consists of a group of organs that work together to perform certain tasks.

Choices:

a. psychological

b. sociocultural

\*c. biological

d. pathophysiological

Cognitive domain: Knowledge

Answer location: Biological System

Question type: MC

1. Question: \_\_\_\_\_ studied the cognitive development of children as they think about the physical world. Choices:

a. George Engel

b. Lawrence Kohlberg

\*c. Jean Piaget

d. Carol Gilligan

Cognitive domain: Knowledge

Answer location: Human Development Knowledge Applied to Counseling

Question type: MC

1. Question: \_\_\_\_\_ believed the skill of \_\_\_\_\_ requires role-taking important for both moral and psychological growth between the counselor and the client.

Choices:

a. Piaget, confrontation

\*b. Kohlberg, listening

c. Engel, empathy

d. Ainsworth, reflection of meaning

Cognitive domain: Comprehension

Answer location: Human Development Knowledge Applied to Counseling

Question type: MC

1. Question: \_\_\_\_\_ is a view that encourages the individual’s natural interaction with a developing society. Choices:

a. Existentialism

b. Empiricism

\*c. Progressivism

d. Constructivism

Cognitive domain: Comprehension

Answer location: Human Development Knowledge Applied to Counseling

Question type: MC

1. Question: Understanding the processes of human development in clients includes gaining a clear concept of which of the following?

Choices:

\*a. how individuals cope with and make sense of their environment

b. deductive and inductive reasoning

c. locus of control

d. one’s ability to hypothesize

Cognitive domain: Comprehension

Answer location: Essential to Counseling Practice

Question type: MC

1. Question: Which of the following is not a required or expected responsibility of counseling professionals in helping their clients through the therapeutic relationship?

Choices:

a. assisting and advocating for their clients

b. examining how clients develop resilience and coping skills affected by gender and culture

\*c. problem-solving for clients

d. promoting the study of human development as a lifelong process

Cognitive domain: Comprehension

Answer location: Human Development Knowledge Applied to Counseling

Question type: MC

1. Question: Which of the following areas of counselor education programs include study of theories of family and individuals as related to the transition across the lifespan?

Choices:

a. abnormal psychology

b. assessment

c. addiction

\*d. family counseling

Cognitive domain: Knowledge

Answer location: Integrated in our Studies

Question type: MC

1. Question: Which of the following ages corresponds to the developmental period of middle adulthood?

Choices:

a. 51 to75

\*b. 36 to 60

c. 26 to 35

d. 75 to 90

Cognitive domain: Knowledge

Answer location: Periods of Human Development (Table 1.2)

Question type: MC

1. Question: The complexity of human development is the result of the intricate interplay and interaction between biological and environmental processes. \*Answer: True

Cognitive domain: Comprehension

Answer location: Development: Change and Stability

Question type: TF

1. Question: Human development is both multidimensional and multidirectional. \*Answer: True

Cognitive domain: Knowledge

Answer location: Development: The Result of Interactive Forces

Question type: TF

1. Question: During the developmental period of late adulthood, individuals typically begin to reflect on their lives, review their life stories, and prepare for the end-of-life. \*Answer: False

Cognitive domain: Knowledge

Answer location: Periods of Human Development (Table 1.2)

Question type: TF

1. Question: During middle adulthood, an individual’s interest turns toward social responsibility and assisting the next generation.\*Answer: True

Cognitive domain: Knowledge

Answer location: Periods of Human Development (Table 1.2)

Question type: TF

1. Question: The developmental period known as toddlerhood involves the growth from a single cell to human, with neurological capabilities. \*Answer: False

Cognitive domain: Knowledge

Answer location: Periods of Human Development (Table 1.2)

Question type: TF

1. Question: Review of the literature and research outcomes points to the argument that to understand the influences on human development is to simply answer the question of nature versus nurture.

\*Answer: False

Cognitive domain: Comprehension

Answer location: A Biopsychosocial Approach

Question type: TF

1. Question: An example of a nonnormative factor that may contribute to the formation and development of an individual is the death of a sibling. \*Answer: True

Cognitive domain: Application

Answer location: Application to Counseling Skills

Question type: TF

1. Question: Developmental psychologist Lawrence Kohlberg established the Moral Development Theory. \*Answer: True

Cognitive domain: Knowledge

Answer location: Human Development Knowledge Applied to Counseling

Question type: TF

1. Question: Describe the period of human development known as early adolescence.

\*Answer: This period, from ages 13 to 18, is marked by rapid physical changes and the development of sexual characteristics, increased peer interaction and influence, and the cognitive movement to formal, abstract reasoning.

Cognitive domain: Analysis

Answer location: Periods of Human Development (Table 1.2)

Question type: SA

1. Question: Describe the period of human development known as early school age.

\*Answer: This period, from ages 4 to 6, is marked by increasing self-sufficiency, peer interest and interaction, and school readiness skills.

Cognitive domain: Analysis

Answer location: Periods of Human Development (Table 1.2)

Question type: SA

1. Question: What are the essential elements of counselor knowledge on human development to help fulfill the role of advocate against barriers that limit development?

\*Answer: A. Professional knowledge of the nature of human development across the lifespan; B. the understanding of both normative and exceptional challenges that can be and are experienced; and C. the use of the research and theory on human development to guide professional practice decisions.

Cognitive domain: Analysis

Answer location: Essential to Counseling Practice

Question type: SA