InstantCert
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Free Human Growth and Development CLEP Practice Test

10 questions from InstantCert's 366-card Human Growth and Development study guide

How to use this PDF

Each of these questions is a sentence with one blank and four choices. Pick the best fit, mark it, and keep going. The answer key with explanations starts after question 10, so do all 10 before you look. No timer. On the real exam you get 60 seconds per question, so if you want a challenge, give yourself 10 minutes for the set. One caveat before you start: the real exam often gives you a short scenario and asks what a theory would predict, which a blank cannot do. This set also has nothing on research methods, perception, or intelligence.

What your score means

0 to 4 correct

The Human Growth and Development CLEP runs on theorists and their terms, and a score in this range usually means the terms are not there yet. Ten questions is a sample, not a diagnosis. Take Round 2 on the page linked at the end before you decide how much work is ahead of you.

5 to 7 correct

Right in the middle. Close enough to the line to be worth studying for, and not close enough to walk in cold on an exam that about 1 in 4 civilian test takers and about half of military test takers do not pass. Take Round 2 and see if the number holds.

8 to 10 correct

You know Erikson, Piaget, and the terms in this set. Keep in mind that ten questions with no clock is a sample, that the real exam is 90 questions at 60 seconds each, and that this set has nothing on research methods, perception, or intelligence. The real exam also asks you to apply a theory to a scenario, and these questions only ask for the term. Take Round 2, then read the explanation on anything you missed.

Questions

QUESTION 1 OF 10 | SOCIAL DEVELOPMENT

Erikson proposed that there were eight stages of psycho-social development, four of which occur during childhood. They are 1.) Trust vs. mistrust, 2.) Autonomy vs. shame and doubt, 3.) Initiative vs. guilt, 4.) _____ vs. Inferiority.

A. Sloth
B. Industry
C. Lethargy
D. Laziness

QUESTION 2 OF 10 | THEORETICAL PERSPECTIVES

Traditional behaviorists believe that _____ plays the most important role in determining future development.

A. genetics
B. heritage
C. learning
D. inheritance

QUESTION 3 OF 10 | BIOLOGICAL DEVELOPMENT

There are many perinatal factors that can adversely affect a newborn. _____ syndrome is a congenital disorder that causes mild to severe intellectual disability, slow physical development, and has characteristic physical features.

A. Turner
B. Down
C. DiGeorge
D. Prader-Willi

QUESTION 4 OF 10 | BIOLOGICAL DEVELOPMENT

Motor development is considered a function of _____--parental involvement has little to do with its development.

A. education
B. nutrition
C. maturation
D. heredity

QUESTION 5 OF 10 | COGNITIVE DEVELOPMENT

Elaboration is a way to better remember new information--it involves making _____ between the new information and what you already know.

A. Objections
B. allegations
C. associations
D. arguments

QUESTION 6 OF 10 | COGNITIVE DEVELOPMENT

In the secondary circular reactions substage of Piaget's _____ stage, infants' behavior expands from being centered on their own bodies to interacting with their environment.

A. preoperational
B. sensorimotor
C. concrete operational
D. formal operational

QUESTION 7 OF 10 | LANGUAGE DEVELOPMENT

The most common semantic mistakes which children make when they are learning to speak are _____ and overextension.

A. vocalization
B. sub-vocalization
C. grammar
D. underextension

QUESTION 8 OF 10 | FAMILY, HOME, AND SOCIETY

There are three main disciplinary styles used by parents. Research shows that acceptance of the child and unconditional affection, coupled with an _____ style of discipline results in a well adjusted, confident child.

A. preventive
B. induction
C. corrective
D. authoritarian

QUESTION 9 OF 10 | PERSONALITY AND EMOTION

If a child grows out of sucking his thumb, but then after a traumatic experience goes back to sucking his thumb all the time, that is an example of _____.

A. repression
B. resistance
C. transference
D. regression

QUESTION 10 OF 10 | DEVELOPMENTAL PSYCHOPATHOLOGY

_____ is a minimal brain dysfunction, and is known as a chronic, neurologically based syndrome characterized by any or all of three types of behavior: hyperactivity, distractibility, and impulsivity.

A. ADHD
B. AIDS
C. HIV
D. ASDS

Answer Key

1. B Industry

Erikson defined eight stages, and a "crisis" that is associated with each stage. The Industry (or Competence) vs. Inferiority stage deals with whether the child develops a sense of confidence in intellectual and social skills or develops a sense of failure and lack of confidence.

2. C learning

Behaviorists, such as Pavlov, believed that learning took place as a result of conditioning, or the repeated presence of a stimulus to determine the learned response to the object. Example: Pavlov repeatedly rang a bell when he provided his dogs with their food. After some time with this study, Pavlov would simply ring the bell, and the dogs would arrive and wait to be fed because they had learned to associate the ringing of the bell with feeding time. Thus, a conditioned stimulus was the key to learning.

3. B Down

Down syndrome is caused by an extra chromosome and occurs roughly in 1 out of every 1,000 births. People with Down syndrome are more susceptible to childhood illness, leukemia, and respiratory and heart problems.

4. C maturation

Motor development is a biologically-based process. Any efforts by parents to specially train an infant in its motor development has little effect in the long-term, because motor development depends on an individual's own rate of biological maturation.

5. C associations

Elaboration involves connecting new information to the information we already have--associating a new, unfamiliar concept with a familiar one.

6. B sensorimotor

An example of an infant in the secondary circular reactions stage is when the infant hits a toy and it makes a jingling sound, so the infant continues to hit the toy. He's not waving his hand just for the sake of waving it, he's waving it so that he can hear the jingling sound.

7. D underextension

Underextension and overextension are the two most common semantic errors when children are learning to speak. Underextension is where a word is applied to a smaller number of objects and events than is appropriate--i.e. 'dog' refers only to the house pet. Overextension is the opposite--i.e. 'daddy' refers to any adult man.

8. B induction

Children who grow up with parents using a power assertion style of discipline tend to be more aggressive in their behavior. On the other hand, induction, in which the parent explains to the child the reasons for not doing something, results in well-adjusted, confident children. Example of induction: If you stand on the ball you could fall and hit your head. That is why I don't want you to stand on the ball. I don't want you to fall off and get hurt.

9. D regression

Regression is defined as a reversion to an earlier or less mature pattern of feeling or behavior. If a child goes back to sucking his thumb, or starts wetting the bed regularly even though he is potty-trained, that is regression.

10. A ADHD

ADHD (Attention Deficit Hyperactivity Disorder). Hyperactivity refers to feelings of restlessness, fidgeting, or inappropriate activity when one is expected to be quiet; distractibility refers to heightened distraction by irrelevant sights and sounds or carelessness and inability to carry simple tasks to completion; and impulsivity refers to socially inappropriate speech.

Want 10 more? Take Round 2 online

Round 2 is 10 more questions from the same 366 cards. It covers Thorndike and conditioning, a famous experiment on vision in kittens, the endocrine glands, Vygotsky, attachment styles, Freud's parts of the personality, and autism. Take Round 1 on the page below, enter your email on the score screen, and the Round 2 link follows.

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The full Human Growth and Development study guide

366 Human Growth and Development flashcards, each one with an explanation of why the answer is right, plus 3 full-length timed practice tests in software built to feel like the real CLEP screen, plus the Specific Exam Feedback forum on DegreeForum.net, where members post what was on their exam. $20/month, cancel anytime. 30-day money-back guarantee. 94% of InstantCert students who reported a Human Growth and Development score passed (893 of 950), against a civilian pass rate of 75% and a military pass rate of 51%.

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