1. Which growth pattern sequence indicates that growth progresses from the top of the body to the bottom?
   a. cephalocaudal  
   b. proximodistal  
   c. paradistal  
   d. lateralization

2. Sammi was born 3 days ago and has lost 3 percent of her body weight. Should her parents be concerned?
   a. Yes. Sammi’s parents should consult her pediatrician immediately.
   b. No. Babies can safely lose a small percent of their body weight within the first few days after birth.
   c. Maybe. Sammi’s parents should begin supplementing breast-feeding with baby formula and weigh her twice a day to ensure no more weight is lost.

3. What is the period of rapid physical maturation involving hormonal and bodily changes that occurs in early adolescence known as?
   a. spermarche  
   b. gonadarche  
   c. puberty  
   d. menarche

4. Which of the following factors affects puberty’s timing and makeup?
   a. nutrition  
   b. health  
   c. eating patterns and stress  
   d. all of these

5. Mac is 63 years old. Which of the following statements is true?
   a. Mac’s artery walls are thinning.
   b. Mac’s blood pressure will remain about the same as it was in his 40s.
   c. Mac’s blood cholesterol is increasing and deposits are beginning to accumulate on artery walls.
   d. Proteins in Mac’s lung tissue are becoming more elastic.

6. Just as ______ has been coming earlier, ______ has been coming later.
   a. puberty; menarche  
   b. sperarche; menarche  
   c. puberty; menopause  
   d. menopause; menarche

7. Although physical decline is inevitable in older age:
   a. there is considerable individual variability in rates of decline in functioning.
   b. height remains the same.
   c. muscle tone remains about the same.
   d. physical appearance does not change significantly.

8. Communication in the synapses occurs through the release of chemical substances known as:
   a. neurotransmitters.  
   b. neurons.  
   c. dendrites.  
   d. axons.
9. Research shows that living in a deprived environment:
a. does not significantly affect brain development.
b. promotes greater brain development as compensation for impoverished conditions.
c. depresses brain activity.
d. is not reversible regardless of future experiences in better conditions.

10. What is meant by the “blooming and pruning” analogy of brain development?
a. The brain produces many more dendrite and synapse connections than it uses (blooming). Unused connections disappear or are replaced (pruning).
b. Early brain function is not specialized by location (blooming). Lateralization (pruning) occurs around 2 years of age.
c. Myelination produces the brain’s bumpy surface (blooming). Brain activity and learning smoothes this surface (pruning).

11. Seventeen-year-old Jake tends to take risks while driving and is quick-tempered. This lack of self-control and reasoning may be due to the later development of the:
a. corpus collosum.   b. prefrontal cortex.   c. amygdala.   d. synapses.

12. How much time can newborn Tyler’s parents expect him to sleep?
a. 9–13 hours a day   b. 5–7 hours a day   c. 16–17 hours a day   d. 1–2 hours a day

13. Fifteen-year-old Tamara only gets about 6 hours of sleep each night. Which of the following behaviors may Tamara exhibit due to her lack of sleep?
a. irritability   b. depression   c. fatigue   d. all of these

14. High schools in Edina, Minnesota, delayed class start time based on the finding that __________, the sleep hormone, is released approximately an hour later in older adolescents.
a. cortisol   b. melatonin   c. testosterone   d. estrogen

15. The cellular clock theory holds that our cells divide:
a. until trapped free radicals split them apart.
b. more quickly as we age and thus, die faster.
c. more efficiently as we age.
d. approximately 75–80 times before they die.

16. Which theory of aging proposes that unstable oxygen molecules ricochet around cells, damaging DNA and other structures?
a. cellular clock   b. free radical   c. mitochondrial   d. hormonal stress
17. Kat’s doctor warns that prolonged and elevated levels of adrenaline and other anxiety-induced substances will increase Kat’s risk for many diseases. Which theory of aging does her doctor espouse?
   a. mitochondrial  
   b. free radical  
   c. cellular clock  
   d. hormonal stress

18. What is the leading cause of death in children in the United States?
   a. malnutrition  
   b. accidents  
   c. asthma  
   d. domestic violence

19. What is the leading cause of death in U.S. middle-aged adults?
   a. cancer  
   b. cardiovascular disease  
   c. arthritis  
   d. osteoporosis

20. What are the disorders characterized by a slow onset and long duration?
   a. childhood  
   b. acute  
   c. mental  
   d. chronic

21. Sara, 9, is overweight. Which of the following statements is true?
   a. She is less at risk for developing sleep apnea.
   b. She is more likely to suffer from low-self-esteem.

22. What do childhood obesity experts recommend for overweight children?
   a. a diet moderately deficient in calories  
   b. a combination of diet, exercise, and behavior modification  
   c. a liquid diet until target weight is reached and then a well-balanced diet of solid food

23. Santiago runs 25 miles a week. What type of exercise is this?
   a. flexibility  
   b. weight training  
   c. anaerobic  
   d. aerobic

24. Which of the following is a benefit of regular exercise?
   a. reduced risk of heart attack  
   b. improved immune systems in older adults  
   c. reduced anxiety and depression  
   d. all of these

25. Ross is at a risk of becoming a regular smoker if:
   a. his best friend is a regular smoker.  
   b. his parents offer little supervision or guidance.  
   c. he is apathetic about his academic performance.  
   d. all of these.

26. Rachel is a college student who lives at a sorority house. As a binge drinker, she is at risk of which of the following?
   a. physical injuries  
   b. driving while intoxicated  
   c. having unprotected sex  
   d. all of these
27. The Substance Abuse and Mental Health Services Administration has identified __________ as an “invisible epidemic.”
a. binge drinking among college students  b. substance abuse among children under 12
c. substance abuse among older adults  d. marijuana use among adolescents

28. Infants root in order to:
a. find something to grasp.  b. find something to suck.
c. calm down.  d. go to sleep.

29. There is no Miss Zarves and there is no question 29. Skip this one.

30. Adaptive, built-in reactions to stimuli are called:
a. fine motor skills.  b. gross motor skills.  c. hands  d. reflexes.

31. Early maturation leads to positive self-esteem for girls and increased self-consciousness and poor self-concept for boys.  a. True  b. False

32. Shawn is 5-years-old and sucks his thumb. His mother is worried that thumb-sucking will become a lifelong habit. A developmental psychologist would MOST likely advise Shawn’s mother to:
a. keep Shawn at home for another year before entering kindergarten.
b. change her disciplining methods.
c. develop a strict behavior intervention plan.
d. relax because the behavior will most likely remit (stop) on its own.

33. Gross motor skills include activities such as running, while fine motor skills include activities such as:
a. jumping.  b. a somersault.
c. cutting with scissors.  d. crab walking.

34. Robert Fantz (1963) randomly presented face patterns, newsprint, bull’s-eye patterns, or colored circles in a looking chamber and then measured how long an infant fixated on each item. What was the independent variable in this study?
a. time the infant fixated on an item
b. age of the infants when they could see the patterns
c. number of items presented
d. type of item presented (face pattern, newsprint, etc.)

35. David hears a loud signal. The sound waves transmitted to David’s auditory nerve create the __________ of sound. David interpreting the sound waves as the school bell is __________.
a. affordance; reception  b. reception; affordance
c. perception; sensation  d. sensation; perception
36. Christopher knows that the ball he is holding is smaller than the dog across the street, even though the retinal image of the dog is actually smaller than that of the ball. This is an example of:
   a. sensory compensation.   b. perceptual size constancy.
   c. binocular sensation.    d. glaucoma.

37. Stella has just returned from the doctor and was told she has cloudy areas in the lenses of her eyes. Stella has:
   a. nearsightedness   b. a perfectly normal condition   d. cataracts.

38. Ilene has difficulty negotiating steps and street curbs. She is having a problem with:
   a. dark adaptation.  b. depth perception.
   c. presbyopia.         d. her blind spot.

39. Hearing can start to decline by the age of 40. What usually declines first?
   a. sensitivity to soft sounds   b. functioning of the cochlea
   c. sensitivity to low pitches   d. sensitivity to high pitches

40. If infants are able to engage in intermodal perception, this means they are able to:
   a. isolate the sensory source of information.
   b. coordinate information across different senses.
   c. sense visual and auditory stimuli at the same time.
   d. generate an internal representation of the sensory information.

41. Which industrialized nation has the highest rate of adolescent drug use?
   a. Netherlands   b. Great Britain   c. Denmark   d. United States