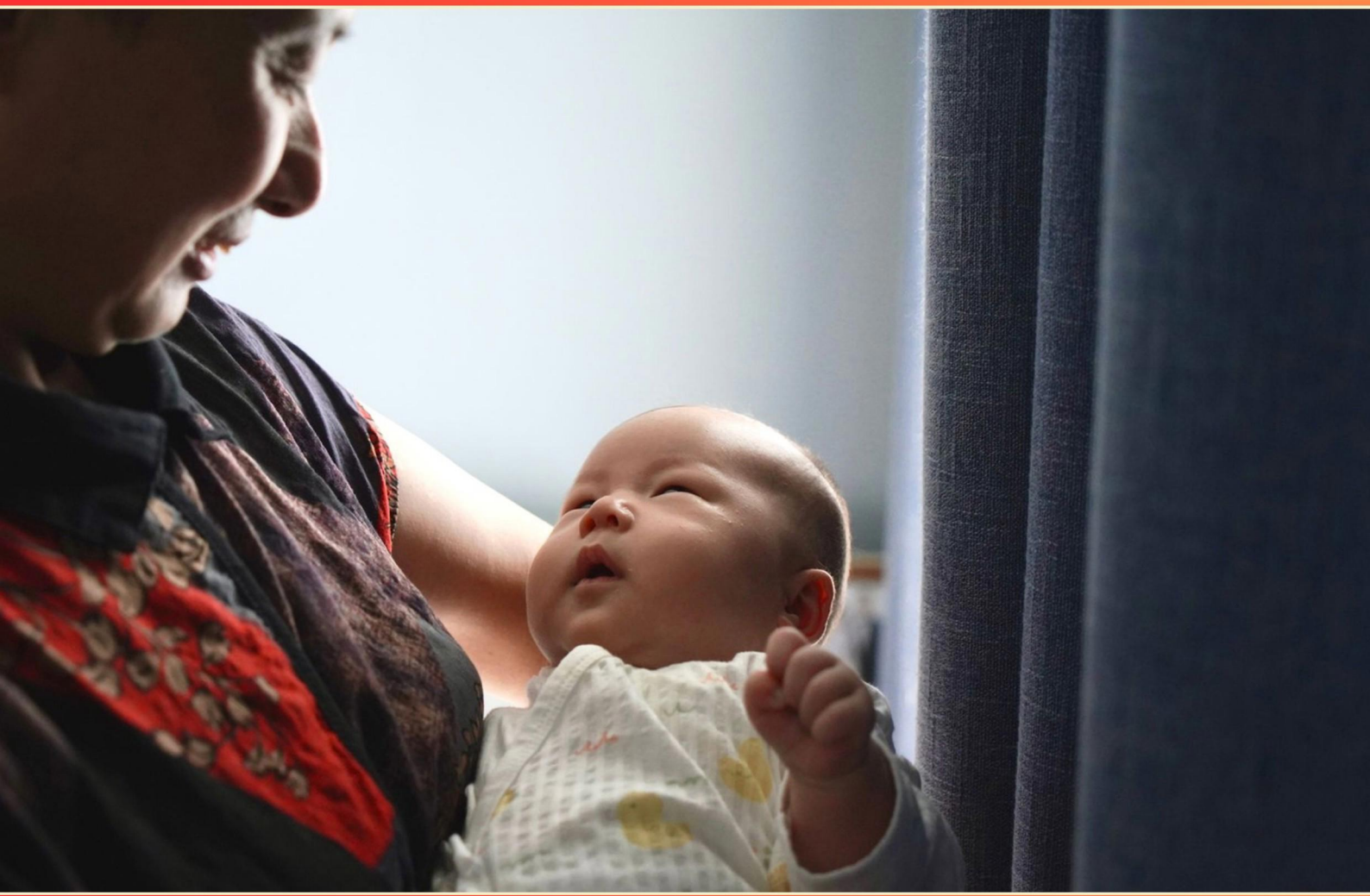
DEVELOPMENTAL STAGES: INFANCY TO ADOLESCENTS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR 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.

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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!

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Questions

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1. Which factor is most important to consider when planning preoperative care for a 1-year-old scheduled for hypospadias repair?

A. This surgery is taking place at a time when fears of separation are great.

B. The child is likely to experience separation anxiety.

C. Pain control is less important.

D. The child is not separation anxious.

2. For school-age children, what is the recommended nightly sleep duration?

A. 6-8 hours

B. 12-14 hours

C. 7-9 hours

D. 9-11 hours

3. What is the nature versus nurture debate in developmental psychology, and give one example illustrating each side.

A. Nature refers to genetic and biological factors shaping development; nurture refers to environmental influences such as parenting, learning, and culture. Example: eye color (nature) vs language exposure and parenting shaping vocabulary (nurture).

B. Nature and nurture are the same concept; both describe how environment shapes behavior.

C. Nature is learned behavior; nurture is innate biological factors.

D. Nature refers to social interactions; nurture to temperament.

4. Which milestone is appropriate to observe in a four-month-old during well-baby assessment?

A. Babbling sounds

B. Sits without support

C. First words

D. Walking independently

5. What is the Denver Developmental Screening Test used for, and what major domains does it assess?

A. Screening tool for developmental delays in early childhood; assesses gross motor, fine motor-adaptive, language, and personal-social domains

B. A test to measure IQ in adolescence; it assesses verbal and nonverbal reasoning

C. A tool for measuring sleep quality in toddlers; it assesses bedtime routines

D. A questionnaire for parental stress; it assesses parental coping strategies

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6. A hospitalized 4-year-old begins thumb-sucking 2 days after admission. The nurse should respond by?

A. Immediately scold the child.

B. It is best to ignore the behavior.

C. Offer a pacifier instead.

D. Explain to the child why it is not allowed.

7. Explain Erikson's psychosocial stages from infancy through adolescence, naming at least two crises and their positive outcomes.

A. Trust vs mistrust leads to fear; autonomy vs shame leads to dependence.

B. Autonomy vs shame/doubt leads to independence; initiative vs guilt leads to courage.

C. Industry vs inferiority leads to competence; identity vs role confusion leads to fidelity.

D. Trust vs mistrust leads to hope; autonomy vs shame/doubt leads to willpower; initiative vs guilt leads to purpose; industry vs inferiority leads to competence; identity vs role confusion leads to fidelity or identity achievement.

8. What is the typical daytime age range for toilet-training readiness?

A. 18-30 months

B. 4-6 years

C. 3-4 years

D. 6-12 months

9. Which of the following represents a 9-month fine motor milestone?

A. Will be able to pick up small pieces of food when placed in a high chair

B. Walks holding on to furniture

C. Sits without support

D. Crawls

10. Family structure affects which aspects of development?

A. Genetic makeup

B. Support, stability, and resources

C. Sleep cycles

D. Language development only

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Answers

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

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Explanations

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1. Which factor is most important to consider when planning preoperative care for a 1-year-old scheduled for hypospadias repair?

A. This surgery is taking place at a time when fears of separation are great.

B. The child is likely to experience separation anxiety.

C. Pain control is less important.

D. The child is not separation anxious.

The main idea is that separation anxiety is a central factor in planning preoperative care for a 1-year-old. At this age, children are highly attached to caregivers and can become intensely distressed when separated from them, especially in a hospital setting. Recognizing that this surgery falls at a time when these fears are greatest is crucial because it drives the plan to minimize separation during the perioperative process. This typically means arranging for a parent to stay with the child, allowing parental presence during induction if possible, using comforting routines, and keeping familiar objects nearby to ease the transition into anesthesia. By focusing on the timing of separation distress, you prioritize strategies that reduce fear and improve the child's cooperation and stability during the procedure. Pain control remains important, and stating that the child isn't separation anxious is inaccurate for a 1-year-old.

2. For school-age children, what is the recommended nightly sleep duration?

A. 6-8 hours

B. 12-14 hours

C. 7-9 hours

D. 9-11 hours

The main concept is how much sleep school-age children need to function well during the day. For kids roughly 6 to 12 years old, about 9 to 11 hours of sleep each night supports learning, memory, mood, and physical growth, helping them stay alert and perform well in school and activities. If sleep regularly falls short of this range, daytime sleepiness, irritability, and concentration problems can appear. While getting more sleep isn't typically necessary beyond this range for healthy kids, consistently sleeping around 9–11 hours aligns with guidelines for this age. The other options don't fit as well: 6–8 hours is usually not enough for most school-age children; 12–14 hours is more typical of younger children like toddlers or preschoolers; 7–9 hours may suit some children but misses the higher end of the recommended range for most in this age group.

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3. What is the nature versus nurture debate in developmental psychology, and give one example illustrating each side.

A. Nature refers to genetic and biological factors shaping development; nurture refers to environmental influences such as parenting, learning, and culture. Example: eye color (nature) vs language exposure and parenting shaping vocabulary (nurture).

B. Nature and nurture are the same concept; both describe how environment shapes behavior.

C. Nature is learned behavior; nurture is innate biological factors.

D. Nature refers to social interactions; nurture to temperament.

The main idea here is that development is shaped by both biological factors and the environment. Nature refers to genetic and biological influences that set potential and boundaries for how a person develops. Nurture refers to environmental factors like parenting, learning, and culture that shape how that potential is realized. An example of nature is eye color, which is determined by genetic information inherited from the parents. An example of nurture is language development, where exposure to language, conversations, and schooling influences how a child's vocabulary and grammar grow. This shows how biology provides the foundation, while experience modifies or builds on that foundation. The other options mix up or redefine the terms in ways that don't align with how nature and nurture are typically used in developmental psychology.

4. Which milestone is appropriate to observe in a four-month-old during well-baby assessment?

A. Babbling sounds

B. Sits without support

C. First words

D. Walking independently

Around four months, infants begin to engage more with sounds as part of language development. You would expect to hear early vocalizations like cooing and the beginnings of babble, as they respond to voices and try out different sounds with social interaction. This shows growing communication skills and social engagement, which are appropriate for a four-month well-baby check. In contrast, sitting without support requires more trunk control and usually appears around six months; first words typically emerge around the first birthday; walking independently develops closer to a year. So observing babbling sounds aligns with the four-month milestone and indicates typical progress in language and social development.

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5. What is the Denver Developmental Screening Test used for, and what major domains does it assess?

A. Screening tool for developmental delays in early childhood; assesses gross motor, fine motor-adaptive, language, and personal-social domains

B. A test to measure IQ in adolescence; it assesses verbal and nonverbal reasoning

C. A tool for measuring sleep quality in toddlers; it assesses bedtime routines

D. A questionnaire for parental stress; it assesses parental coping strategies

The Denver Developmental Screening Test is used to screen for developmental delays in early childhood, helping identify children who may need a fuller evaluation rather than measuring intelligence, sleep quality, or parental stress. It looks at four major areas to check how a child is developing across different skill sets: gross motor skills (large movements like crawling and walking), fine motor-adaptive skills (small hand movements and problem-solving with objects), language skills (both understanding and using words), and personal-social skills (how the child interacts with others and handles self-help tasks). By comparing a child's performance to age-appropriate milestones, the test flags potential delays that warrant further assessment. The other options don't fit because this tool isn't an IQ test for adolescents, nor a sleep-quality measure, nor a parental-stress questionnaire.

6. A hospitalized 4-year-old begins thumb-sucking 2 days after admission. The nurse should respond by?

A. Immediately scold the child.

B. It is best to ignore the behavior.

C. Offer a pacifier instead.

D. Explain to the child why it is not allowed.

Thumb-sucking is a common self-soothing habit for preschoolers, especially when they're under stress, such as being hospitalized. The best nursing response is to ignore the behavior because giving attention to it can reinforce the habit, making it harder to stop. At four years old, thumb-sucking is usually a normal coping mechanism that tends to diminish on its own with time. Scolding would only increase anxiety and may undermine cooperation, while offering a pacifier isn't appropriate for a child this age and could reinforce the habit. Explaining why it's not allowed can heighten distress without changing the behavior. If the habit continues beyond later childhood or starts affecting dental alignment or care, address it then with patient, supportive strategies.

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7. Explain Erikson's psychosocial stages from infancy through adolescence, naming at least two crises and their positive outcomes.

A. Trust vs mistrust leads to fear; autonomy vs shame leads to dependence.

B. Autonomy vs shame/doubt leads to independence; initiative vs guilt leads to courage.

C. Industry vs inferiority leads to competence; identity vs role confusion leads to fidelity.

D. Trust vs mistrust leads to hope; autonomy vs shame/doubt leads to willpower; initiative vs guilt leads to purpose; industry vs inferiority leads to competence; identity vs role confusion leads to fidelity or identity achievement.

Erikson's theory links a sequence of psychosocial crises from infancy through adolescence, and each resolved crisis contributes a positive virtue. The stages in this range are trust vs mistrust (infancy), autonomy vs shame/doubt (early childhood), initiative vs guilt (preschool), industry vs inferiority (school age), and identity vs role confusion (adolescence). When each stage is resolved positively, the person gains a corresponding virtue: trust hope, autonomy will, initiative purpose, industry competence, and identity fidelity. The best option lists these five stages in order and pairs them with the correct positive outcomes, capturing the full progression from infancy to adolescence. The other options mix up outcomes (for example, trust leading to fear, or initiative with courage) or omit stages, so they don't align as accurately with Erikson's framework.

8. What is the typical daytime age range for toilet-training readiness?

A. 18-30 months

B. 4-6 years

C. 3-4 years

D. 6-12 months

Daytime toilet-training readiness comes from a mix of physical and cognitive skills that typically emerge around 18 to 30 months. At this stage many children can stay dry for a couple of hours, can tell you they need to go or understand a simple request to use the toilet, and can manage basic actions like pulling pants up and down. They're also often motivated by curiosity and interest in wearing underwear, which supports starting daytime training. This combination of bladder/bowel control, communication, and simple self-management makes 18–30 months the most common window for daytime readiness. Some kids may begin earlier or later, but those skills in this age range best explain why this is the typical target window. Choices outside this range—much earlier like 6–12 months or later like 4–6 years—don't align with the usual developmental milestones for daytime readiness.

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9. Which of the following represents a 9-month fine motor milestone?

A. Will be able to pick up small pieces of food when placed in a high chair

B. Walks holding on to furniture

C. Sits without support

D. Crawls

At around nine months, fine motor skills have developed enough to use a refined pincer grasp—the ability to pick up small objects between the thumb and index finger. Being able to grab tiny pieces of food in a high chair shows this precise finger control and the infant's progress toward self-feeding. The other options describe gross motor milestones (crawling, cruising by holding furniture) or a milestone that typically appears earlier (sitting without support), which are not about the fine, precise hand movements characteristic of a nine-month milestone. Therefore, picking up small pieces of food in a high chair best reflects the nine-month fine motor development.

10. Family structure affects which aspects of development?

A. Genetic makeup

B. Support, stability, and resources

C. Sleep cycles

D. Language development only

Family structure shapes the environment children grow up in, mainly through the level of support, stability, and resources available. When caregiving is consistent and warm, children form secure attachments and feel emotionally safe, which supports social and emotional development. Regular routines and stable caregiving reduce stress and help regulate behavior and mood. Access to financial means, educational materials, healthcare, and enriching activities expands cognitive and language opportunities and overall development. Genetics set biological potential, not family structure, and while sleep and language can be affected by many factors, the strongest link here is the environmental stability and resources the family provides. So, family structure most directly influences the support, stability, and resources shaping 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:

https://devstagesinfancytoadolescents.examzify.com

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

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