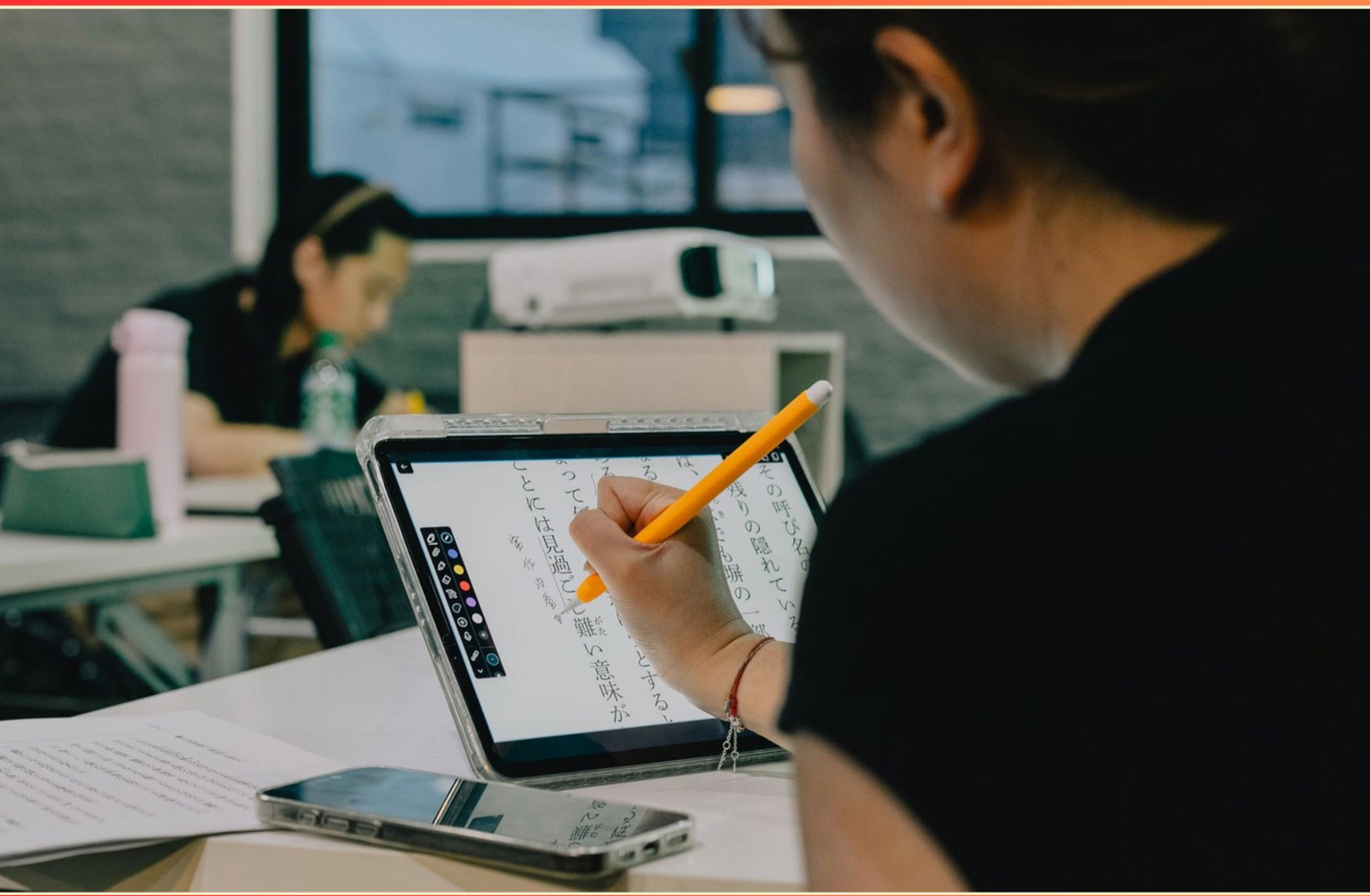
SAUNDERS NCLEX DEVELOPMENTAL PRACTICE TEST (SAMPLE)

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. When instructing a caregiver about communication with older adults who have hearing loss, which statement is correct?

A. They are often distracted.

B. They have middle ear changes.

C. They respond to low-pitched tones.

D. They develop moist cerumen production.

2. What sleep duration is generally recommended for adolescents?

A. 6-7 hours

B. 7-9 hours

C. 8-10 hours

D. 9-11 hours

3. In Kohlberg's law and order orientation, which statement demonstrates following rules to maintain social order?

A. I will not jaywalk because it could cause an accident.

B. I will do my homework late if I am busy.

C. I will follow the rules even if I disagree, to keep order.

D. I will share my snack because it's kind.

4. Which Erikson stage corresponds to adolescence?

A. Intimacy vs Isolation

B. Identity vs Role Confusion

C. Autonomy vs Shame and Doubt

D. Trust vs Mistrust

5. Which of the following reflects typical total sleep for a 2-year-old?

A. 8-10 hours

B. 12-14 hours

C. 15-18 hours

D. 4-6 hours

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6. Which Piaget stage describes school-age children?

A. Concrete operational

B. Preoperational

C. Sensorimotor

D. Formal operational

7. In Erikson's psychosocial development, what is the primary task of infancy?

A. Autonomy vs. Shame

B. Industry vs. Inferiority

C. Identity vs. Role confusion

D. Trust vs. mistrust

8. Which component is included in APGAR scoring?

A. Temperature

B. Blood pressure

C. Pulse

D. Weight

9. Which of the following is a normal age-related change in older adults?

A. Increased heart rate

B. Decline in visual acuity

C. Decreased respiratory rate

D. Decline in long-term memory

10. Which statement best describes the teach-back method?

A. Repeat back the instructions in their own words

B. Write a summary in professional jargon

C. Listen without responding

D. Ask no questions

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Answers

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

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Explanations

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1. When instructing a caregiver about communication with older adults who have hearing loss, which statement is correct?

A. They are often distracted.

B. They have middle ear changes.

C. They respond to low-pitched tones.

D. They develop moist cerumen production.

Age-related hearing loss (presbycusis) typically reduces the ability to hear high-frequency sounds, while low-frequency sounds are relatively preserved. Because of this pattern, older adults with hearing loss often respond best to lower-pitched tones. This is why the statement about responding to low-pitched tones is correct and aligns with how hearing declines with age. In practice, caregivers can help by speaking in a clear, moderate pitch and pace, facing the person, reducing background noise, and checking that any hearing aids are functioning. The other possibilities don't fit the common aging pattern: middle ear changes are more linked to conductive loss rather than the sensorineural loss seen with aging, cerumen production in older adults tends to become drier and more impacted rather than moist, and being easily distracted isn't a specific feature of hearing loss.

2. What sleep duration is generally recommended for adolescents?

A. 6-7 hours

B. 7-9 hours

C. 8-10 hours

D. 9-11 hours

Adolescents benefit from enough sleep to support rapid growth, brain development, learning, mood regulation, and safety. The generally recommended duration for teens is 8 to 10 hours per night. This range best aligns with how their brains consolidate memory, how they regulate emotions, and how they function during the day with school and activities. While some individuals may occasionally sleep a bit more or less, 6-7 hours is typically not enough for most teens, and 9-11 hours, although possible for some, goes beyond the standard guideline for most adolescents.

3. In Kohlberg's law and order orientation, which statement demonstrates following rules to maintain social order?

A. I will not jaywalk because it could cause an accident.

B. I will do my homework late if I am busy.

C. I will follow the rules even if I disagree, to keep order.

D. I will share my snack because it's kind.

The idea being tested is Kohlberg's law and order orientation, where moral reasoning centers on obeying laws and rules to maintain social order and respect authority. The statement follows the rules even if you disagree, to keep order, because it shows prioritizing the functioning of society over personal preferences. It reflects a duty to follow established norms and laws as a means to prevent chaos and uphold stability in the community. The other options don't fit this pattern: not jaywalking because it could cause an accident emphasizes personal safety and civic responsibility rather than adherence to formal rules to sustain social order; doing homework late when busy highlights personal circumstances affecting rule-following rather than a duty to obey for the sake of order; sharing a snack because it's kind demonstrates empathy and generosity, not rule-based obedience.

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4. Which Erikson stage corresponds to adolescence?

A. Intimacy vs Isolation

B. Identity vs Role Confusion

C. Autonomy vs Shame and Doubt

D. Trust vs Mistrust

Adolescence centers on forming a sense of self. In this stage, teens explore different roles, beliefs, and goals to develop a coherent identity. When identity formation goes well, they gain a clear sense of who they are and what they want for the future. If it doesn't, they may experience role confusion, feeling uncertain about their place in the world or about which path to take in career, values, or relationships. This period is distinct from other Erikson stages: trust versus mistrust is a infancy task centered on developing basic trust; autonomy versus shame and doubt occurs in early childhood and focuses on independence; intimacy versus isolation happens in young adulthood as people form deep relationships.

5. Which of the following reflects typical total sleep for a 2-year-old?

A. 8-10 hours

B. 12-14 hours

C. 15-18 hours

D. 4-6 hours

Toddlers around two years old typically need about a dozen hours of sleep in a 24-hour period, combining nighttime sleep with a daytime nap. This usually means roughly 11-12 hours of sleep at night plus a 1-2 hour nap during the day, totaling about 12-14 hours. This range supports growth, mood, behavior, and learning as they transition from two naps to one. So the 12-14 hour total aligns with typical sleep needs for a 2-year-old. The other ranges don't fit: 8-10 hours is usually too little for a toddler, 15-18 hours reflects infancy rather than a toddler, and 4-6 hours is far below the recommended amount and would impact development and functioning.

6. Which Piaget stage describes school-age children?

A. Concrete operational

B. Preoperational

C. Sensorimotor

D. Formal operational

School-age children are in the concrete operational stage, where thinking becomes logical when dealing with concrete objects and real events. They understand conservation, reversibility, and the ability to classify and seriate, so they can solve problems step by step using tangible materials. This contrasts with the earlier sensorimotor stage, which centers on sensory-motor exploration and object permanence, and the later formal operational stage, where abstract and hypothetical reasoning emerges.

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7. In Erikson's psychosocial development, what is the primary task of infancy?

A. Autonomy vs. Shame

B. Industry vs. Inferiority

C. Identity vs. Role confusion

D. Trust vs. mistrust

In infancy, the core task is establishing trust through consistent, nurturing care. When caregivers reliably meet the baby's needs for food, soothing, warmth, and protection, the infant learns that the world is a safe place and that people can be depended on. This feeling of trust lays the foundation for hope and secure relationships later on. If care is inconsistent or neglectful, the infant may develop mistrust, sensing that the environment is unpredictable or dangerous, which can lead to fear and insecurity. The other stages occur later: autonomy vs. shame arises as toddlers begin to assert independence; industry vs. inferiority appears during school age as children work to master new skills; identity vs. role confusion emerges in adolescence as they form a personal sense of self.

8. Which component is included in APGAR scoring?

A. Temperature

B. Blood pressure

C. Pulse

D. Weight

APGAR scoring quickly evaluates how well a newborn is adapting after birth by looking at five areas of function, and one of those areas is the heart rate, or pulse. The heart beating normally is a direct sign of effective circulation and oxygen delivery, so it's a key component counted in the score. The other domains—respiratory effort, muscle tone, reflex irritability, and skin color—also contribute to the overall score, but temperature, blood pressure, and birth weight are not part of APGAR. So, the component included in APGAR scoring is the pulse.

9. Which of the following is a normal age-related change in older adults?

A. Increased heart rate

B. Decline in visual acuity

C. Decreased respiratory rate

D. Decline in long-term memory

Normal aging often brings changes in vision. The eye's lens gradually hardens and loses elasticity, and the ability of the eye to accommodate for near vision declines. This leads to presbyopia and poorer visual acuity, especially with small print, in dim light, or when quickly adjusting focus. This kind of gradual decline in vision is a common, expected age-related change. In contrast, an increased heart rate isn't a typical normal aging change; resting heart rate tends to stay about the same, though the maximum heart rate achievable during intense activity tends to decrease with age. A decreased respiratory rate is not a typical change either; aging more commonly affects chest wall compliance and lung volumes rather than slowing the breathing rate. And long-term memory usually remains intact with aging; while processing speed and the ease of retrieving recent information may decline, a true decline in long-term memory itself is not considered a normal part of aging and could indicate pathology.

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10. Which statement best describes the teach-back method?

A. Repeat back the instructions in their own words

B. Write a summary in professional jargon

C. Listen without responding

D. Ask no questions

The teach-back method checks patient understanding by having the patient repeat the instructions in their own words. After you explain the plan, medications, or care steps, you ask the patient to explain back what they will do and why. This shows whether they truly grasp the information and highlights any gaps that need clarification, so you can re-educate right away. It's interactive and patient-centered, not a passive listening exercise or a write-up in professional jargon. For example, you might ask, "Can you tell me in your own words how you will take this medication and what you'll do if you miss a dose?"

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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://saundersnclexdev.examzify.com

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

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