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**TEST ITEMS FOR CHAPTER 2
REVIEWING YOUR CHILDHOOD AND ADOLESCENCE**

1. The following is *not* a characteristic of an autonomous person:
 - a. ability to function only with constant approval and reassurance.
 - b. sensitivity to the needs of others.
 - c. mature independence and interdependence.
 - d. ability to effectively meet the demands of daily living.

ANS: A PG: 38

2. The term *autonomy* refers to
 - a. the need for privacy.
 - b. mature independence and interdependence.
 - c. being totally independent.
 - d. an unconscious psychological process of letting go of the need for approval from others.

ANS: B PG: 38

3. Freud developed a model for understanding early development based on_____.
 - a. psychosocial factors.
 - b. unconscious psychological processes.
 - c. individuation and differentiation.
 - d. maturation.

ANS: B PG: 39

4. A concept of Erikson's theory of personality development is that
- psychosexual and psychosocial growth occur separately.
 - human development occurs over the entire life span.
 - crises need not be resolved at each stage.
 - the id is the life force of human development.

ANS: B PG: 39

5. Erikson's psychosocial theory stresses the
- integration of the biological, psychological, and social aspects of development.
 - necessity of meeting one's lower needs, in order to move towards self-actualization.
 - resolution of psychosexual conflicts.
 - integration of self-concept with the ideal self.

ANS: A PG: 39

6. The self-in-context perspective takes into account _____ as being central to the course of development throughout the life cycle.
- race
 - culture and ethnicity
 - gender
 - all of the above

ANS: D PG: 39

7. The feminist perspective on development is
- strongly supportive of Erikson's focus on the individual.
 - critical of Erikson's focus on the individual.
 - critical of the Freudian psychoanalytic approach.
 - critical **both** of Erikson's focus on the individual and the Freudian psychoanalytic approach.

ANS: D PG: 40

8. From the self-in-context view, _____ is a time of finding one's own voice and beginning to developing a sense of autonomy.
- infancy
 - early childhood
 - middle childhood
 - pubescence

ANS: D PG: 42

9. According to Erikson, the core struggle during infancy is
- self-reliance vs. doubt.
 - initiative vs. guilt.
 - trust vs. mistrust.
 - industry vs. guilt.

ANS: C PG: 42

10. Children who do not develop secure attachments in infancy
- will not be able to develop a positive self-image in adulthood and will have dysfunctional relationships
 - will be able to develop a positive self-image in adulthood and develop healthy relationships
 - may still develop a positive self-image and healthy relationships, especially if they have access to social support and find a mentor during childhood
 - will have plenty of time to develop secure attachments before they are affected in any way

ANS: C PG: 45

11. From the self-in-context view, _____ is a time for developing emotional competence, which involves being able to delay gratification.
- infancy
 - early childhood
 - middle childhood
 - pubescence

ANS: B PG: 47

12. From the self-in-context view, _____ is a period of searching for an identity, continuing to find one's voice, and balancing caring of self with caring about others.
- middle age
 - adolescence
 - middle childhood
 - pubescence

ANS: B PG: 42

13. Barbara wants to be the "perfect mother." She tends to be overprotective, doing things for her 3-year-old daughter that the child can very well do for herself. According to Erikson, although Barbara thinks she is being an effective parent, her daughter is likely to develop a sense of
- shame and doubt about her capabilities.
 - guilt over her inadequacies.
 - low self-esteem.
 - right and wrong.

ANS: A PG: 41

14. From the self-in-context view, _____ is a time for increasing one's understanding of one's self in terms of gender, race, culture, and abilities, as well as a time for developing empathy.
- pubescence
 - early adulthood
 - middle childhood
 - adolescence

ANS: C PG: 41

15. Parents who squelch any emerging individuality and who do too much for their children are indirectly saying

- a. "Let us do this for you, because you're too clumsy, too slow, or too inept to do things for yourself."
- b. "You are so special to us that we will do everything for you."
- c. "If you make mistakes, you will feel bad about yourself, so we will help you establish a healthy dependency on us."
- d. "We will do for you what you can't do for yourself, so you won't have to feel failure."

ANS: A PG: 47

16. According to Erikson, during the preschool years children will
- a. initiate many of their own activities.
 - b. widen their circle of significant persons.
 - c. identify with their own gender.
 - d. increase their capacity to understand and use language.
 - e. all of these

ANS: E PG: 47

17. According to Erikson, the conflict that characterizes the preschool years is
- a. initiative vs. guilt.
 - b. autonomy vs. shame and doubt.
 - c. industry vs. inferiority.
 - d. trust vs. mistrust.

ANS: A PG: 47

18. Attachment theory is an extension of
- a. cognitive behavioral theory
 - b. gestalt theory
 - c. psychoanalysis
 - d. existentialism

ANS: C PG: 43

19. Annie feels incompetent in many areas of her life. She is fearful of being seen as foolish, so she seldom initiates any action. During her preschool years, many of her actions were ridiculed by family members and she ultimately withdrew from taking an active stance. According to Erikson, Annie failed to overcome the barriers associated with the following stage of development:
- a. trust vs. mistrust.
 - b. autonomy vs. shame and doubt.
 - c. industry vs. inferiority
 - d. initiative vs. guilt

ANS: D PG: 47

20. According to Erikson, a child of preschool age who is unduly restricted or whose choices are ridiculed tends to experience
- a. an inability to know right from wrong.

- b. a sense of guilt, that will ultimately lead to a withdrawal from taking an active stance.
- c. a rebellious nature.
- d. difficulty being empathic with playmates.

ANS: B PG: 47

21. From the self-in-context view, _____ is the period that is characterized by major physical, psychological, and sexual changes; it is also a time of expanded sense of self in relation to peers, family, and community.
- a. middle childhood
 - b. late childhood
 - c. pubescence
 - d. adolescence

ANS: C PG: 42

22. Jared recently made the decision to enter nursing school. Upon informing his parents of his decision, his father replied, "Why go into nursing? You should become a doctor." This statement reflects a.
- a. gender bias
 - b. good judgment
 - c. gender equality
 - d. the feminist perspective

ANS: A PG: 40

23. Feminist therapists view the early adolescent period as one of
- a. expanding relationships with parents.
 - b. "getting rid" of parents.
 - c. keeping most relationships stable.
 - d. great rebellion against all parental values.

ANS: A PG: 62

24. If, during the first six years of our lives, we reached faulty conclusions based on our life experience, we are likely to
- a. challenge them as we realize that they are faulty.
 - b. change them during adolescence.
 - c. ignore them in order to function effectively.
 - d. still be operating on the basis of those conclusions.

ANS: D PG: 51

25. Which of the following parenting styles outlined by Diana Baumrind is associated with the most positive behavioral traits in childhood development?
- a. authoritarian
 - b. authoritative
 - c. permissive
 - d. neglectful

ANS: B PG: 50

26. Iryna's parents have adopted an authoritarian parenting style. Which of the following statements would they most likely make?
- "Iryna has such strong aptitude in math and we want her to feel the satisfaction of accomplishing a challenging goal, so we will encourage her to take an advanced math course."
 - "We insist Iryna take the most demanding math course and bring home an A+."
 - "Whatever Iryna wants to do is fine with us. If she feels like taking an easier math class this semester, that's her choice."
 - "It's up to the school to decide what classes Iryna should take. That's why we pay taxes—so parents don't have to deal with their children's education."

ANS: B PG: 47

27. Kevin is a 32-year-old unemployed man who lives with his parents. He has no plans to look for a job and spends much of his time in bars using his father's credit card to buy himself and others alcohol. Based on this information, it is likely that his parents raised him using
- an authoritarian parenting style
 - an authoritative parenting style
 - a permissive parenting style
 - a neglectful parenting style

ANS: C PG: 50

28. _____ is typically a turbulent and fast-moving period of life, often marked by feelings of powerlessness, confusion, and loneliness.
- middle childhood
 - pubescence
 - adolescence
 - late middle age

ANS: C PG: 64

29. According to Erikson, the critical event during middle childhood (ages 6 - 12) is starting school. During this period, the child will face the following key developmental task:
- a relative decline in sexual interests and emergence of new interests, activities, and attitudes.
 - developing autonomy and achieving competency.
 - achieving a sense of industry vs. inferiority and inadequacy.
 - forming a sense of identity and initiative.

ANS: C PG: 54

30. According to Erikson, failure to achieve a sense of industry during middle childhood tends to result in
- a sense of inadequacy and inferiority.
 - a strain on the child's sense of identity.
 - feelings of self-hatred that can never be erased.
 - failure to acquire individuation.

ANS: A PG: 54

31. The term _____ refers to your cognitive awareness about yourself. It is your private mental image of yourself and a collection of beliefs about the kind of person you are. a. self-esteem
b. ideal self
c. self-concept
d. personality profile

ANS: C PG: 55

32. Defense mechanisms can be thought of as
a. unhealthy reactions to stress.
b. most effective when used as the primary means to cope with stress.
c. psychological strategies that we use to protect our self-concept against unpleasant emotions.
d. reactions used primarily by mentally distressed individuals.

ANS: C PG: 56

For numbers 33-37, match the defense mechanism with the most appropriate definition below.

33. Regression

ANS: D PG: 57

34. Reaction formation ANS: C PG: 57

35. Displacement

ANS: B PG: 57

36. Projection PG: 57

ANS: A

37. Rationalization

ANS: E PG: 57

- a. attributing to others our own unacceptable desires and impulses
b. redirecting emotional, usually hostile, impulses from the real object to a substitute person or object
c. behaving in a manner contrary to one's real feelings
d. exhibiting immature behavior that was earlier outgrown
e. manufacturing a false, but "good," excuse to justify unacceptable behavior
38. Matt's parents claim that their teenage son is not using drugs, even though they found paraphernalia in his room. This is an example of a. rationalization.
b. denial.

- c. repression.
- d. compensation.

ANS: B PG: 57

39. Richard came home and yelled at his wife after his boss had chastised him for making an accounting error when doing the quarterly reports. This is an example of
- a. reaction formation.
 - b. rationalization.
 - c. displacement.
 - d. projection.

ANS: C PG: 57

40. Helen is a college student who suffers from test anxiety and fear of failure. These problems began during early childhood when she started school younger than her peers. She failed at tasks that were easily accomplished by most of her schoolmates. Although Helen knows she has problems taking tests, she does not remember the traumatic events that led to her fear of failure. She is using the following defense mechanism:
- a. regression.
 - b. displacement.
 - c. projection.
 - d. repression.

ANS: D PG: 57

41. Patrick likes to “party” on the weekends and was recently charged with driving while intoxicated. He explains his predicament by saying “Everyone does it! I just got caught!” This is an example of
- a. denial.
 - b. rationalization.
 - c. displacement.
 - d. projection.

ANS: B PG: 57

42. Harry has been unfaithful to his wife for many years, and yet he constantly accuses his wife of cheating on him. This is an example of
- a. reaction formation.
 - b. displacement.
 - c. rationalization.
 - d. projection.

ANS: D PG: 57

43. Sue was a passive teenager, but at age 30, she began to work hard at being an assertive woman. Recently, when faced with an angry husband, she reverted to her passive stance. Sue is using the following defense mechanism:
- a. regression.
 - b. compensation.
 - c. repression.
 - d. projection.

ANS: A PG: 57

44. Mary is getting a divorce from a man who cheated on her. She has two children who are reacting with chaos to the change in their lives. She recently started college and is succeeding as a student, so she puts most of her energy into her coursework. To avoid feelings of failure as a mother and a wife, she is using
- compensation.
 - projection.
 - displacement.
 - reaction formation.

ANS: A PG: 57

45. According to Erikson, a critical time for forming personal identity, finding meaningful life goals, and creating meaning in life is during
- early childhood.
 - middle childhood.
 - adolescence.
 - young adulthood.

ANS: C PG: 42

46. John is an adolescent who feels overwhelmed by the pressures placed on him to go to college and make an occupational choice that will lead to financial independence. His girlfriend wants to get married, and he doesn't want to lose her, so he feels pressured to make a commitment that he doesn't feel ready to make. According to Erikson, John is dealing with the following core struggle:
- industry vs. inadequacy.
 - autonomy vs. shame and doubt.
 - generativity vs. despair.
 - identity vs. role confusion.

ANS: D PG: 60

47. During adolescence, a crucial part of the identity-formation process requires individuation, which refers to
- finding meaning in living and coping with feelings of uselessness.
 - separation from the family system and establishing personal identity based on one's own experiences rather than one's parents' dreams.
 - expressing sexuality in ways that are congruent with one's value system.
 - the development of primary sexual characteristics.

ANS: B PG: 62

48. A *psychological moratorium*, recommended by Erikson, is a period
- during which children learn how to relate to others
 - when adolescents are given permission by society to experiment with different roles.
 - during adolescence when young people make major commitments in their personal lives.

- d. during childhood when trust is formed by relying on parents to get basic needs met.

ANS: B PG: 61

49. In response to their growing awareness of the systematic exclusion of people in their racial and cultural group from full participation in the dominant society, many young people of color develop _____, which protects them from the psychological assault of racism and keeps the dominant group at bay.
- a. an oppositional social identity
 - b. a personality disorder
 - c. a psychotic disorder
 - d. a social justice mind set

ANS: A PG: 63

50. Some children are outgoing, whereas others tend to stay in the background; some are quickly irritated, whereas others are rarely in a bad mood; some children respond aggressively, whereas others have a more gentle nature. These examples reflect differences in
- a. temperament.
 - b. gender.
 - c. parenting style.
 - d. attachment style.

ANS: A PG: 45

51. Which factors below influence the extent to which children develop resilience?
- a. intelligence
 - b. temperament
 - c. socioeconomic status
 - d. level of parental involvement
 - e. all of these

ANS: E PG: 46

52. Parents who embrace the attitude “it’s my way or the highway” are
- a. less likely to be perceived by their teenagers as legitimate authorities.
 - b. more likely to be perceived by their teenagers as legitimate authorities.
 - c. less likely to have children who engage in delinquent behavior over time.
 - d. b and c

ANS: A PG: 50

53. The phenomenon of parents of being overprotective of their millennial-generation children and constantly checking their whereabouts has been referred to as

- a. effective parenting.
- b. helicopter parenting.
- c. permissive parenting.
- d. authoritative parenting.
- e. cyber parenting.

ANS: B PG: 50

54. Cyberbullying is a formidable threat among teens, and can lead to all of the following *except*

- a. stomach aches.
- b. high self esteem.
- c. headaches.
- d. academic failure.
- e. suicide or homicide.

ANS: B PG: 63