

# CLEP Human Growth and Development Practice Test

**Time—90 Minutes**  
**90 Questions**

**For each question below, choose the best answer from the choices given.**

1. Which of the following thinkers suggested that children are innately good?
  - (A) Jean-Jacques Rousseau
  - (B) John Locke
  - (C) Alfred Binet
  - (D) Sigmund Freud
  - (E) John Watson
2. According to Freud, ego
  - (A) provides rational ways of coping with frustration
  - (B) is driven by the quest for pleasure
  - (C) is our moral base that seeks to force us to follow the rules
  - (D) is biological and present at birth
  - (E) prevents us from making rational decisions
3. Freud called his theory of child development
  - (A) psychosocial
  - (B) epigenetic
  - (C) psychosexual
  - (D) emergent
  - (E) cognitive-behavioral
4. Erikson called a period of serious questioning and soul-searching
  - (A) a paradox
  - (B) unusual
  - (C) unhealthy
  - (D) an identity crisis
  - (E) an inward quest
5. Johnny has been wetting the bed. A special pad is placed under him while he is sleeping. If the pad becomes wet, a circuit closes, causing a bell to ring. Johnny wakes up, and finishes his urination by going to the bathroom. Over time, Johnny stops wetting the bed altogether. This is an example of the application of what theory to treating bed-wetting?
  - (A) Psychodynamic
  - (B) Psychosocial
  - (C) Cognitive
  - (D) Learning
  - (E) Social modeling
6. Albert Bandura is a
  - (A) behaviorist
  - (B) psychoanalyst
  - (C) humanistic theorist
  - (D) Neo-Freudian theorist
  - (E) social cognitive theorist
7. Which of the following statements would be consistent with social cognitive theory?
  - (A) Children internalize the traits of other people to form their identities.
  - (B) Identification occurs as children imitate the behavior patterns of others.
  - (C) Observational learning always occurs without thought or intention.
  - (D) Traits are inherited and are not influenced by environmental events.
  - (E) Identity is an inactive process that is genetically based.

8. Which of the following theorists would be most interested in how children perceive and mentally represent the world?  
(A) Bandura  
(B) Skinner  
(C) Erikson  
(D) Piaget  
(E) Gardner
9. Ethology is an example of  
(A) a biologically oriented theory of development  
(B) a strict information processing approach to studying development  
(C) a stage theory for studying cognitive development  
(D) a behavioristic method for studying cognition  
(E) a moral view of development
10. Cross-cultural studies examine the effects of  
(A) mesosystems  
(B) exosystems  
(C) macrosystems  
(D) microsystems  
(E) inter-related systems
11. Dr. Manquero has the hypothesis that ingesting chocolate prior to an exam will improve exam performance. She gives half of her participants chocolate and the other half gum, and then gives them an exam. In this experiment, which is the experimental group?  
(A) The group that chews gum  
(B) The performance on the exam  
(C) The group that eats chocolate  
(D) There is no experimental group  
(E) Both groups could be considered the experimental groups
12. An experiment seeks to determine the influence of  
(A) the hypothesis on the subjects  
(B) the dependent variable on the independent variable  
(C) the experimental group on the control group  
(D) single-blind versus double-blind techniques  
(E) independent variable on the dependent variable
13. In an experiment, subjects given various amounts of alcohol drive a course marked by orange pylons. The independent variable in this experiment is the  
(A) various amounts of alcohol consumed  
(B) subjects' driving ability before alcohol consumption  
(C) subjects' driving ability after alcohol consumption  
(D) orange pylons  
(E) individual subjects themselves
14. The repetition of an experiment by another experimenter at another time and place is called  
(A) duplication  
(B) replication  
(C) experimental review  
(D) repetition  
(E) copyright infringement
15. The first two weeks of prenatal development is called the  
(A) fetal stage  
(B) embryonic stage  
(C) germinal stage  
(D) zygotic stage  
(E) conceptual stage

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| <p><b>16.</b> Which of the following represents cephalocaudal development?</p> <ul style="list-style-type: none"> <li>(A) The fact that growth spreads outward from the spine</li> <li>(B) The fact that we tend to develop from the head down</li> <li>(C) The fact that inner organs grow faster than organs at the extremities</li> <li>(D) The fact that development starts with the sensory systems</li> <li>(E) Growth of the hands and feet</li> </ul> <p><b>17.</b> The amniotic sac</p> <ul style="list-style-type: none"> <li>(A) helps the developing fetus maintain an even temperature</li> <li>(B) provides nutrients to the developing fetus</li> <li>(C) filters germs and drugs away from the developing fetus</li> <li>(D) is present during only the first two trimesters of pregnancy</li> <li>(E) None of the above</li> </ul> <p><b>18.</b> Environmental agents that can harm the embryo or fetus are called</p> <ul style="list-style-type: none"> <li>(A) toxins</li> <li>(B) critical agents</li> <li>(C) teratogens</li> <li>(D) encephalons</li> <li>(E) reactive toxins</li> </ul> <p><b>19.</b> HIV CANNOT be transmitted by</p> <ul style="list-style-type: none"> <li>(A) sexual relations</li> <li>(B) blood transfusions</li> <li>(C) breast-feeding</li> <li>(D) shared needles</li> <li>(E) HIV CAN be transmitted all of these ways</li> </ul> | <p><b>20.</b> Which of the following features is associated with fetal alcohol syndrome?</p> <ul style="list-style-type: none"> <li>(A) Smaller-than-average brain</li> <li>(B) Low levels of infant activity</li> <li>(C) Poor vision</li> <li>(D) Larger-than-average physical growth</li> <li>(E) Narrowly-spaced eyes</li> </ul> <p><b>21.</b> Polygenic traits</p> <ul style="list-style-type: none"> <li>(A) are transmitted by a single pair of genes</li> <li>(B) are uncommon in humans</li> <li>(C) are transmitted by the mother</li> <li>(D) are transmitted by combinations of pairs of genes</li> <li>(E) involve chromosomal abnormalities</li> </ul> <p><b>22.</b> Scientists took genetic material from one sheep to clone Dolly, making her genetically identical to the other sheep from which she was cloned. Cloning uses the process of</p> <ul style="list-style-type: none"> <li>(A) mitosis</li> <li>(B) chromosomal replacement</li> <li>(C) autosome reproduction</li> <li>(D) meiosis</li> <li>(E) genetic evolution</li> </ul> <p><b>23.</b> If you change a baby's position and its reaction is to arch its back, fling its arms and legs out, and then bring them back toward the chest, what reflex has occurred?</p> <ul style="list-style-type: none"> <li>(A) Grasping reflex</li> <li>(B) Moro reflex</li> <li>(C) Palmar reflex</li> <li>(D) Rooting reflex</li> <li>(E) Parachute effect</li> </ul> |
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- 24.** Which of the following statements about visual tracking in the neonate is TRUE?
- (A) Many neonates can track all objects the first day after birth.
  - (B) Several weeks of experience are required.
  - (C) It is dependent on prenatal stimulation.
  - (D) It will not be observed for several months after birth.
  - (E) Certain forms of tracking may develop before others.
- 25.** Newborns show preference for sounds
- (A) that are very low in pitch
  - (B) that match their native language
  - (C) that are always musical in nature
  - (D) that match the rhythms of speech
  - (E) that are high in pitch
- 26.** In comparison to adults, infants
- (A) show very different responses to tastes
  - (B) prefer sour tastes significantly more
  - (C) show a preference for things that do not taste like water
  - (D) show a preference for sweet tastes
  - (E) cannot taste much at all
- 27.** Which of the following accurately describes what a toddler will do when confronted with a steep slope while walking?
- (A) He will adamantly refuse to go down it.
  - (B) He usually will stop and crawl down the slope.
  - (C) He cannot tell the difference and will try to walk down it, usually falling down.
  - (D) He cannot go down any slopes until about age 2.
  - (E) He will immediately trip due to the shift in surface.
- 28.** The greatest gains in visual acuity occur
- (A) from birth to 6 months
  - (B) from 1 to 2 months
  - (C) from 9 to 12 months
  - (D) from 12 to 18 months
  - (E) not until late childhood
- 29.** Once motor development has been deprived
- (A) the damage can be improved with intervention
  - (B) the damage is irreversible although minimal progress can be made
  - (C) social and intellectual functioning will decline as well
  - (D) primitive reflexes will prevail throughout life
  - (E) None of the above
- 30.** Improvement in memory probably indicates
- (A) reduced encoding of information
  - (B) increased inefficiency in retrieving stored information
  - (C) lower quality foods and a less nutritional diet
  - (D) increased experiences with the environment
  - (E) greater self-reflection
- 31.** Which of the following is NOT a stage of cognitive development according to Piaget?
- (A) Sensorimotor
  - (B) Hypothetical
  - (C) Concrete operational
  - (D) Preoperational
  - (E) Formal operational

- 32.** Piaget believed that
- (A) development is haphazard, random, and based on experience
  - (B) cognitive developments are stage-based and universal
  - (C) children learn in different sequences based on their environment
  - (D) perception is too directly linked to sensation to separate the two
  - (E) social and cognitive development occur in separate strands
- 33.** An abstract, generalized account of repeated events is called
- (A) a script
  - (B) a chunk
  - (C) a hierarchy
  - (D) a semantic node
  - (E) a narrative
- 34.** Memory for events that happened in one's life is called
- (A) hedonistic memory
  - (B) egocentric memory
  - (C) autobiographical memory
  - (D) self-centered memory
  - (E) semantic memory
- 35.** With cognitive scaffolding
- (A) children are taught complex tasks so that easier ones are more readily understood
  - (B) the guidance provided is decreased as the child becomes more skilled
  - (C) the child becomes dependent upon the permanent help that is given
  - (D) the amount of help given is increased as the child ages
  - (E) children are taught according to the "lowest common denominator"
- 36.** How questions are worded may influence whether the child can answer correctly. This is an example of a
- (A) heuristic
  - (B) cardinal rule
  - (C) demand characteristic
  - (D) placebo effect
  - (E) sociocultural bias
- 37.** A preoperational child would assume that
- (A) taller glasses hold more than short glasses.
  - (B) objects that are out of sight have ceased to exist.
  - (C) subtraction is easier than addition.
  - (D) substance comes before form.
  - (E) operations are reversible in nature.
- 38.** When does "pretend play" usually appear?
- (A) By about age 6 months
  - (B) By about 9 months
  - (C) By 12 to 18 months of age
  - (D) Sometime early in the second year
  - (E) By about age 36 months
- 39.** A key component of information processing views of cognitive development includes
- (A) expansive attention
  - (B) random retrieval processes
  - (C) intuitive grasping of environmental cues
  - (D) a limit on how much information can be stored in long-term memory
  - (E) selective attention processes
- 40.** Jimmy looks at his homework and decides he had better do math first because it always takes him longest. Jimmy is
- (A) using metacognition
  - (B) poor at math
  - (C) probably better on verbal tests
  - (D) using a recognition strategy
  - (E) an unusually self-aware child

- 41.** Mean length of utterance refers to the
- (A) average number of words a child uses in a sentence
  - (B) total number of sounds a child makes trying to express himself/herself
  - (C) average number of letters in the child's usual utterances
  - (D) average number of morphemes a child uses in a sentence
  - (E) average number of syllables a child uses in a sentence
- 42.** A child learns to call a dog "bow-wow" and now calls all animals he sees "bow-wow." This is an example of
- (A) telegraphic speech
  - (B) over-extension
  - (C) egocentric speech
  - (D) morpheme
  - (E) semantic categorization
- 43.** Which of the following words is most likely to be found in early infant speech?
- (A) Pig
  - (B) Sand
  - (C) Sad
  - (D) Go
  - (E) Drink
- 44.** When is the infant's first word typically spoken?
- (A) By 8 months
  - (B) By age 10 months
  - (C) Between 11 and 13 months
  - (D) Between 15 to 16 months
  - (E) After 24 months
- 45.** Vocalizations that do NOT represent objects or events are called
- (A) random
  - (B) non-sensical
  - (C) prelinguistic
  - (D) paralinguistic
  - (E) jargon
- 46.** Grammar refers to
- (A) the number of syllables in a word that have meaning
  - (B) which words make sense together in a sentence
  - (C) the rules about how words should be pronounced
  - (D) the diagramming of sentences
  - (E) the rules of body language
- 47.** Language development is
- (A) unpredictable
  - (B) sequenced and step-like
  - (C) highly dependent upon genetics
  - (D) gender specific in timing
  - (E) solely dependent on environmental factors
- 48.** Which of the following theorists developed intelligence-testing methods at the turn of the twentieth century?
- (A) Simon
  - (B) Binet
  - (C) Spearman
  - (D) Erikson
  - (E) Stanford
- 49.** If intelligence is capacity, then achievement is
- (A) learning ability
  - (B) genetic ability
  - (C) attainment
  - (D) environmentally determined
  - (E) not ultimately necessary

- 50.** Which of the following is NOT an aspect of intelligence according to Sternberg's theory?
- (A) Analytical
  - (B) Practical
  - (C) Creative
  - (D) Subjective
  - (E) None of the above
- 51.** When using the Binet-Simon scale, what is meant by "Mental Age"?
- (A) How old the child is physically
  - (B) The child's ultimate predicted capacity for knowledge
  - (C) How old the child will be before he/she reaches average intelligence
  - (D) The age at which IQ can begin to be tested
  - (E) The intellectual level at which the child is functioning
- 52.** Mothers of securely attached infants
- (A) are less likely to be affectionate to their children
  - (B) respond insensitively to their babies' social behaviors
  - (C) provide unpredictable caregiving
  - (D) respond with excessive alarm when their children are upset
  - (E) are in-tune with their babies and are predictable caregivers
- 53.** Which parent generally provides more opportunities for attachment bonding?
- (A) There is no difference.
  - (B) Fathers, because they play with the infants more.
  - (C) Mothers, because they provide significantly more basic care.
  - (D) It varies greatly from culture to culture.
  - (E) Mothers, because they are culturally dictated to do so.
- 54.** Which of the following is TRUE about Oko, who is a 4-month old infant who appears withdrawn and depressed and is losing all interest in the world.
- (A) Oko may suffer from early onset schizophrenia.
  - (B) Oko probably has severe neurological damage.
  - (C) Oko may be the victim of social deprivation.
  - (D) Oko may be displaying early signs of mental retardation.
  - (E) Oko may be autistic.
- 55.** A child observes another child acting unafraid in the presence of a stranger. The observing child, likewise, stops acting afraid of the stranger. This is an example of
- (A) social referencing
  - (B) secure attachment
  - (C) insecure attachment
  - (D) activation of reflexes
  - (E) classical conditioning
- 56.** An individual's distinctive ways of responding to people and events is called
- (A) temperament
  - (B) personality
  - (C) self-concept
  - (D) genotype
  - (E) identity
- 57.** Which of the following is TRUE about toddler play?
- (A) They engage in complex interactive play.
  - (B) They may imitate each other, but often do not interact.
  - (C) They do not imitate each other as they have not learned this yet.
  - (D) They engage in simple interactive play.
  - (E) Toddlers play only near adults, as other children scare them at this stage.

- 58.** Why might boys and girls show gender-stereotyped toy and activity preferences?
- (A) There are possible biological factors
  - (B) Parents may encourage this through toy purchases and actions
  - (C) These differences are role-modeled through television and other media
  - (D) Other children may encourage them
  - (E) All of the above
- 59.** Prosocial behavior is also sometimes referred to as
- (A) non-centrism
  - (B) empathy
  - (C) altruism
  - (D) sympathy
  - (E) moral action
- 60.** Which of the following statements is TRUE about the connection between person-oriented aggression and cognitive development?
- (A) There is an inverse relationship; as children mature cognitively, aggression diminishes.
  - (B) There is a positive relationship; as children mature cognitively, aggression tends to increase
  - (C) aggression has been shown to be correlated more with social, rather than cognitive, development.
  - (D) This relationship has not been studied, therefore the question cannot be answered.
  - (E) There is no relationship.
- 61.** Parents are more likely to abuse
- (A) sick or unhealthy children
  - (B) first born children
  - (C) full-term infants
  - (D) girls
  - (E) boys
- 62.** What attachment pattern would you expect in a non-familial perpetrator of sexual child abuse?
- (A) Secure
  - (B) Insecure
  - (C) Over-secure
  - (D) Ambivalent
  - (E) None of the above
- 63.** Which of the following represents “regression” on the part of a sibling when another sibling is born?
- (A) Wanting to help mommy take care of the new baby
  - (B) The younger sibling attempting to imitate the older sibling
  - (C) The older child having toilet accidents even after having been potty trained
  - (D) The older sibling wanting a little extra attention
  - (E) The older sibling wanting to play alone
- 64.** A self-reliant child is most likely to have been raised by
- (A) authoritarian parents
  - (B) permissive parents
  - (C) indulgent parents
  - (D) authoritative parents
  - (E) neo-authoritarian parents
- 65.** Which of the following may enhance the success of early intervention programs?
- (A) Prior participation by siblings
  - (B) Discontinuing the intervention upon entry into early elementary school
  - (C) Selecting tutoring in place of family support
  - (D) Inexperienced clinical staff members
  - (E) The involvement of parents



- 66.** What are the effects of television viewing by children?
- (A) It clearly has positive effects on impulse control.
  - (B) It causes children to be more restless.
  - (C) It stifles the imagination.
  - (D) It probably depends on what shows are being watched.
  - (E) It is detrimental to the child's current course of study.
- 67.** The more complex the child's social cognitive capacity \_\_\_\_.
- (A) the more friends the child tends to make
  - (B) the more complex the child's perceptions of relationships may become
  - (C) the more likely the child is to do whatever the parents ask
  - (D) the more isolated the child feels
  - (E) the more developed the child's self-esteem is
- 68.** Children who are depressed tend to interpret failures as
- (A) undeserved
  - (B) external
  - (C) specific
  - (D) unstable
  - (E) internal
- 69.** Which of the following is NOT one of Selman's five levels of perspective-taking skills in childhood?
- (A) Egocentrism
  - (B) Assume one perspective is right
  - (C) Understand intention
  - (D) Believe in universal rules
  - (E) Understand perspective of the larger social group
- 70.** According to Erikson, middle-childhood children are in the \_\_\_\_ stage of psychosocial development.
- (A) industry vs. inferiority
  - (B) initiative vs. guilt
  - (C) trust vs. mistrust
  - (D) dependence vs. independence
  - (E) generativity vs. stagnation
- 71.** What is the first stage of psychosocial development according to Erikson?
- (A) Initiative vs. guilt
  - (B) Autonomy vs. shame and doubt
  - (C) Trust vs. mistrust
  - (D) Industry vs. inferiority
  - (E) Intimacy vs. isolation
- 72.** During which stage of development does the Oedipus complex occur?
- (A) Oral stage
  - (B) Anal stage
  - (C) Phallic stage
  - (D) Latency stage
  - (E) Genital stage
- 73.** When do the greatest gains in identity formation occur?
- (A) During middle childhood
  - (B) During junior high school
  - (C) During high school
  - (E) After marriage
  - (D) During the college years

- 74.** When we say that self-concept has become more “differentiated,” what does this mean?
- (A) The adolescent has placed self-descriptors into a small number of categories
  - (B) That self and self-esteem have become separated
  - (C) That more categories have been added to one’s self-description
  - (D) All of the above
  - (E) None of the above
- 75.** A six-day-old infant sucks on a nipple in order to eat. A psychologist would NOT view this as the result of learning because
- (A) it is a physical behavior
  - (B) all forms of eating behaviors are unlearned
  - (C) infants can’t learn
  - (D) the behavior did not require any experience
  - (E) this is a reflex
- 76.** If you salivate at the sight of McDonald’s “Golden Arches,” you are evidencing
- (A) an unconditioned response
  - (B) a reflex action
  - (C) a conditioned response
  - (D) learned helplessness
  - (E) shaping
- 77.** Seligman’s learned helplessness experiment showed that the dogs who were initially shocked while in harnesses
- (A) showed an improvement in behavior when the situation was changed
  - (B) learned to tell the difference between situations where their behavior made a difference and situations when it didn’t
  - (C) came to associate the presence of the harness with the pain of the shocks
  - (D) generalized passive behavior to subsequent situations
  - (E) made every attempt to avoid being shocked again
- 78.** If a previously extinguished response reappears, the phenomenon is referred to as
- (A) secondary learning
  - (B) extinction
  - (C) an unconditioned response
  - (D) the Premack Principle
  - (E) spontaneous recovery
- 79.** In Watson’s experiment with Albert, the unconditioned response was
- (A) fear of the rat
  - (B) a loud noise
  - (C) a white rat
  - (D) fear of the loud noise
  - (E) a bell
- 80.** Operant conditioning requires
- (A) reinforcing the desired behavior
  - (B) pairing a conditioned and an unconditioned stimulus
  - (C) pairing a conditioned stimulus and a conditioned response
  - (D) punishing a trial-and-error behavior
  - (E) positive reinforcement
- 81.** Often at the beginning of the school year, a teacher has to punish a child in the class for breaking a classroom rule. Usually, from that one experience, the other children in the class learn what is acceptable and what is not. This situation MOST CLEARLY represents an example of
- (A) pseudoconditioning
  - (B) insight learning
  - (C) observational learning
  - (D) operant behavior modification
  - (E) classical conditioning

- 82.** Which of the following has been shown to lower drop-out rates effectively?
- (A) Head Start
  - (B) Small class size
  - (C) Positive school climate
  - (D) Family support
  - (E) All of the above
- 83.** What is a dyad in learning?
- (A) A tool
  - (B) A scaffolding technique
  - (C) A pair
  - (D) A reflex
  - (E) A thought
- 84.** Dennis is about to begin junior high school, and the changes in social environment that he will face include all of the following EXCEPT
- (A) a new school
  - (B) a less bureaucratic type of school
  - (C) several teachers instead of one
  - (D) heavy academic demands
  - (E) increased gender role confusion
- 85.** According to Erik Erikson, adolescents are primarily dealing with concerns related to
- (A) generativity vs. self-absorption
  - (B) autonomy vs. shame and doubt
  - (C) trust vs. mistrust
  - (D) intimacy vs. isolation
  - (E) identity vs. confusion
- 86.** When does autism usually become evident?
- (A) At birth
  - (B) By 2 months of age
  - (C) Between 12 and 16 months
  - (D) Between 18 and 30 months
  - (E) At 36 months of age
- 87.** Johnny always refers to himself as “you.” This
- (A) could represent an unusual speech pattern called pronoun reversal
  - (B) is not uncommon in childhood and should be ignored
  - (C) is typical when language is first acquired
  - (D) is a common feature in childhood schizophrenia
  - (E) is a charming idiosyncrasy
- 88.** Conduct disorder
- (A) typically does not emerge until adolescence
  - (B) is more common in girls than in boys
  - (C) shows a good deal of stability across time
  - (D) is not related to family or marital conflict
  - (E) cannot be treated
- 89.** The most common cause of severe intellectual and emotional impairment in older individuals is
- (A) poor attention
  - (B) Alzheimer’s disease
  - (C) loss of memory
  - (D) senescence
  - (E) cancer
- 90.** People with bulimia
- (A) are often normal weight
  - (B) use extreme dieting
  - (C) are more often male than female
  - (D) are more commonly black adolescents
  - (E) can be noticed easily by a skeletal appearance