Chapter 1: History, Theory, and Research Strategies

After reading this chapter, you should be able to:

1.1 Explain the importance of the terms interdisciplinary and applied as they help to define the field of human development. (p.5)

1.2 Explain the role of theories in understanding human development, and describe three basic issues on which major theories take a stand. (pp. 5-7)

1.3 Describe factors that sparked the emergence of the lifespan perspective, and explain the four assumptions that make up this point of view. (pp. 7-13)

1.4 Describe theoretical perspectives that influenced human development research in the mid-twentieth century, and cite the contributions and limitations of each. (pp. 15-20)

1.5 Describe recent theoretical perspectives on human development, noting the contributions of major theorists. (pp. 21-26)

1.6 Describe the research methods commonly used to study human development, citing the strengths and limitations of each. (pp. 26-31)

1.7 Contrast correlation and experimental research designs, and cite the strengths and imitations of each. (pp. 31-34)

1.8 Describe three research designs for studying development, and cite the strengths and limitations of each. (pp. 34-38)

Practice Test 1

1. The field of human development is considered to be applied because
   a. it deals with answering questions about development throughout the life span
   b. investigators from a variety of fields collaborate on research projects
   c. findings are used for practical purposes to improve people’s lives
   d. it is motivated largely by scientific curiosity

2. The concept of stages is characteristic of theories that view development as
   a. multidimensional                        c. continuous
   b. discontinuous                          d. stable

3. Age-graded influences
   a. apply to many people at fairly predictable ages
   b. are most powerful during later adulthood
   c. do not follow a predictable time table
   d. become more powerful with age
4. Freud’s psychosexual theory emphasizes how ____ affect(s) development.
   a. parental management of children’s innate drives
   b. learned stimulus and response associations
   c. the culture in which children are raised
   d. adaptive, species-specific behaviors

5. An educational program based on Piaget’s cognitive-developmental theory would most likely emphasize
   a. discovery learning through direct contact with the environment
   b. joint problem solving with older children and adults
   c. reinforcing children for giving the right answers
   d. formal mathematics and language drills

6. Which approach to development is most likely to use flowcharts indicating the precise series of mental steps a child uses in solving a problem?
   a. psychoanalytic
   b. information processing
   c. social learning
   d. ecological

7. According to Bronfenbrenner’s Ecological Theory, not only are children likely to be influenced by the people present in their Microsystems, but they influence those people as well. This represents the concept of ____ interactions.
   a. adaptive
   b. learned
   c. bidirectional
   d. critical

8. The major limitation of correlational research is that
   a. findings do not provide information on how people behave outside of the laboratory
   b. investigators theoretical beliefs often lead them to misinterpret their observations
   c. the results cannot be generalized to other people and settings
   d. they do not permit inferences about cause and effect

9. In an experimental design, the experimenter manipulates changes in the ____ variable and observes its effects on the ____ variable.
   a. independent; dependent
   b. dependent; independent
   c. cohort; random
   d. random; cohort

10. In a ____ research design, one group of participants is studied repeatedly at different ages, and changes are noted as the participants mature.
    a. cross-sectional
    b. naturalistic
    c. longitudinal
    d. epigenetic

Note: Answers to practice tests are at the end of this document.
Chapter 2: Biological and Environmental Foundations

After reading this chapter, you should be able to:

2.1 Describe the relationship between phenotypes and genotypes. (p. 45)
2.2 State the function of chromosomes, describe the structure of the DNA molecule, and explain the process of mitosis. (pp. 46-47)
2.3 Describe the process of meiosis. (p. 46-47)
2.4 Describe the genetic events that determine the sex of the new organism. (p. 47)
2.5 Identify two types of twins, and explain how each is created. (p. 47-48)
2.6 Describe basic patterns of genetic inheritance. (pp. 48-52)
2.7 Distinguish between genetic and chromosomal disorders; describe Down syndrome. (pp. 52-53)
2.8 Define genetic counseling; describe prenatal diagnosis and fetal medicine. (pp. 53-57)
2.9 Summarize research on adoption. (pp. 57-59)
2.10 Describe family functioning from the perspective of ecological systems theory. (pp. 59-60)
2.11 Define socioeconomic status; discuss the impact of SES and poverty, including homelessness, on family functioning. (pp. 60-63)
2.12 Summarize the roles of neighborhoods, towns, and cities in the lives of children and adults. (pp. 63-65)
2.13 Explain how cultural values and practices, public policies, and political and economic conditions affect human development; compare the poverty rates for children and elders in the United States with those of other nations. (pp. 65-70)
2.14 Describe and evaluate methods researchers use to determine “how much” heredity and environment influence complex human characteristics. (pp. 70-72)
2.15 Describe concepts that indicate “how” heredity and environment work together to influence complex human characteristics. (pp. 72-75)

Practice Test 2

1. Chromosomes
   a. store and transmit genetic information
   b. are inherited from the mother only
   c. are located outside of the nucleus
   d. always group in xy pairs
2. As a result of ____ , two identical DNA ladders are formed, each containing one new side and one old side.
   a. canalization  b. mutations  c. meiosis  d. mitosis

3. ____ are the sex cells; each contains ____ chromosomes.
   a. Autosomes; 23 pairs of  c. Gametes; 23 pairs of
   b. Autosomes; 23  d. Gametes; 23

4. Monozygotic twins are created when
   a. one fertilized ovum divides into two separate clusters of cells
   b. two different ova are fertilized by two different sperm
   c. two different ova are fertilized by the same sperm
   d. one ovum is fertilized by two different sperm

5. Many characteristics that are strongly influenced by heredity, such as height, weight, personality, and intelligence vary along a continuum (in degrees, as opposed to all or nothing). Because they are influenced by the interaction of many genes they are examples of
   a. dominant-recessive inheritance  c. incomplete dominance
   b. polygenic inheritance  d. X-linked inheritance

6. Although most adopted children become well-adjusted adults, they tend to have more learning and emotional difficulties than other children. The may be because
   a. the biological mother may have been unable to care for them due to problems that are partly genetic, such as alcoholism or severe depression, and may have passed this tendency to her offspring.
   b. the biological mother may have experienced severe stress, poor nutrition, or inadequate medical care during her pregnancy—all factors that can affect the child.
   c. many children adopted after infancy already have a preadoptive history of conflict-ridden family relationships, neglect, and abuse.
   d. Any of the above.

7. When marital relationships are warm and loving, mothers and fathers tend to praise and stimulate their children more. This is an example of a(n) ____ influence between parents and their children.
   a. macrosystem  c. indirect
   b. mesosystem  d. direct

8. In the United States, ____ of the homeless are families with children.
   a. 1-2%  c. 20-25%
   b. 5-10%  d. 45-50%
9. A major reason that Americans have been reluctant to accept the idea of publicly supported child care is that
   a. child care outside of the family home is harmful to children
   b. few mothers of very young children work outside of the home
   c. most American grandparents participate regularly in childcare
   d. American culture is highly individualistic and thus emphasizes independence and self-reliance

10. Felicia, who is naturally muscular and well-coordinated, joins the volleyball, soccer, and track teams at school. This niche-picking is an example of a(n) ____ genetic-environmental correlation.
   a. passive                   c. evocative
   b. active                   d. dynamic

Chapter 3: Prenatal Development, Birth, and the Newborn Baby

After reading this chapter, you should be able to:

3.1 List the phrases of prenatal development, and describe major milestones of each. (pp. 80-85)
3.2 Define the term teratogen, and summarize the four factors that affect the impact of teratogens on prenatal development. (pp. 85-86)
3.3 List agents known or suspected of being teratogens; discuss the harmful impact of tobacco and alcohol. (pp. 86-93)
3.4 Describe and distinguish between the three stages of childbirth. (pp. 96-97)
3.5 Discuss the baby’s adaptation to labor and delivery, and describe the appearance of the newborn baby, including length and weight; explain the purpose and main features of the Apgar Scale. (p. 97-98)
3.6 Describe natural childbirth and home delivery, noting the benefits and concerns associated with each; note the benefits of social support during the childbirth process. (pp. 99-100)
3.7 List common medical interventions during childbirth, circumstances that justify their use, and any dangers associated with each; state the frequency of cesarean deliveries. (pp. 100-101)
3.8 Describe the risks associated with low birth-weight and distinguish between preterm and small-for-date births, along with factors that help infants who survive a traumatic birth recover. (pp. 101-106)
3.9 Describe the United States’ international standing in infant mortality; identify the social policies of countries with lower infant mortality rates than the United States. (pp. 104-105)
3.10 Name and describe major newborn reflexes, noting the functions served by each, and discuss the importance of assessing newborn reflexes. (pp. 106-108)
3.11 Describe the five infant states of arousal, with particular attention to sleep and crying. (pp. 108-111)
3.12 Describe the newborn baby’s sensory capacities. (pp. 111-113)

3.13 Describe typical changes in the family unit after the birth of a new baby. (pp. 114-115)

Practice Test 3

1. The age of viability occurs sometime between ____ and ____ weeks.
   a. 18; 22           c. 26; 30
   b. 22; 26           d. 30; 34

2. ____ refers to a limited time span during which a body part or a behavior is biologically prepared to develop rapidly and is especially sensitive to environmental events.
   a. The age of viability       c. Range of reaction
   b. A sensitive period        d. Canalization

3. The likelihood of negative effects due to smoking during pregnancy
   a. diminishes only if the mother stops before the placenta begins carrying food and oxygen to the prenatal organism.
   b. diminishes only if the mother stops before the period of the embryo.
   c. diminishes immediately if the mother stops smoking.
   d. is negligible.

4. The ____ stage of labor is the longest.
   a. first             c. third
   b. second            d. fourth

5. A study discussed in the text showed that mothers who had a companion staying with them throughout labor ____ than mothers who did not have companionship.
   a. interacted less with their newborns in the first hour after delivery
   b. were more likely to be prescribed pain and labor medications
   c. experienced shorter labors and had fewer complications
   d. experienced more anxiety during childbirth

6. The United States’ infant mortality rankings have slipped from seventh lowest in the 1950s to twenty-eighth in 2008. Every country with lower infant mortality than the US provides which of the following?
   a. government sponsored health care benefits, access to good nutrition, quality medical care and supports to promote effective parenting
   b. higher numbers of well-trained pediatric nurses and midwives
   c. more funding for prenatal surgery
   d. higher rates of cesarean deliveries

7. The cesarean delivery rate in the United States is approximately ____ percent.
   a. 5                   c. 20
   b. 10                  d. 30
8. Researchers believe that most newborn reflexes disappear during the first six months due to
   a. a gradual increase in voluntary control over behavior as the cerebral cortex develops
   b. a lack of use, particularly for the primitive survival reflexes
   c. proximodistal development impacting gross motor control
   d. cephalocaudal development impacting fine motor control

9. Why might infants spend so much time in REM sleep?
   a. REM sleep provides stimulation that may promote central nervous system development.
   b. REM sleep allows the body to conserve energy needed for growth.
   c. REM sleep assists with temperature regulation and digestion.
   d. REM sleep minimizes boredom.

10. Which of the following statements is false?
    a. Newborns can distinguish several basic tastes.
    b. Newborns can hear a wide variety of sounds.
    c. Newborns are highly sensitive to pain.
    d. Newborns cannot yet see colors.

Answers to Practice Tests

Ch. 1: 1. c 2. b 3. a 4. a 5. a 6. b 7. c 8. d 9. a 10. c
Ch. 3: 1. b 2. b 3. c 4. a 5. c 6. a 7. d 8. a 9. a 10. d