



PSYC-290 – LIFESPAN DEVELOPMENT YEAR ONE LATEST VERSION 3 QUESTIONS AND ANSWERS GUARANTEED PASS ALREADY GRADED A PLUS 2025-2026

1. What is plasticity in lifespan development?

- A) Fixed traits that do not change
 -  B) The capacity for change in response to experience throughout life
 - C) Only genetic changes
 - D) Decline in cognitive skills
-

2. What is multidirectionality in development?

- A) Progress in all areas simultaneously
 - B) Only physical growth increases
 -  C) Growth and decline occur in different areas at different times
 - D) Cognitive abilities always improve
-

3. What is the main focus of Bronfenbrenner's ecological systems theory?

- A) Genes exclusively

- ✓ B) Multiple environmental systems that influence development
 - C) Only family influences
 - D) Brain development
-

4. What is the cohort effect?

- A) Changes due to individual aging
 - ✓ B) Differences due to being born and raised in a particular historical time
 - C) Skill acquisition
 - D) Genetic mutation
-

5. What does Erikson's stage of "Integrity vs. Despair" focus on?

- A) Early childhood trust
 - B) Adolescence identity
 - ✓ C) Reflecting on life with satisfaction or regret in late adulthood
 - D) Intimacy in young adulthood
-

6. What is the zone of proximal development (ZPD)?

- A) Tasks a child can do independently

- ✓ B) Tasks a child can do with guidance
 - C) Tasks impossible to learn
 - D) Tasks done without social interaction
-

7. What is the term for the gradual loss of unused neural connections?


- A) Neurogenesis
 - B) Myelination
 - ✓ C) Synaptic pruning
 - D) Plasticity
-

8. How is temperament best defined?


- A) Learned behavior
 - ✓ B) Inborn individual differences in emotional and behavioral responses
 - C) Intellectual ability
 - D) Social skills
-

9. What is the primary cognitive ability that Piaget's formal operational stage introduces?


- A) Sensory motor coordination
- B) Symbolic play

-  C) Abstract and hypothetical reasoning
 - D) Concrete logic
-


10. What is the significance of secure attachment in infancy?

- A) Physical health only
 - B) No impact on development
 -  C) Foundation for healthy emotional and social development
 - D) Strict independence
-

11. In psychosocial development, what is the primary challenge of adolescence?

- A) Trust vs. Mistrust
 -  B) Identity vs. Role Confusion
 - C) Industry vs. Inferiority
 - D) Intimacy vs. Isolation
-

12. What is a normative age-graded influence?

- A) Unique individual experience
-  B) Common biological and social changes tied to age