

*Test Bank for Counseling Individuals
Through the Lifespan 3rd Edition by
Wong, Hall, Hernandez*

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Counseling Individuals Through the Lifespan (3rd)

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Total Questions: 33

Multiple Choice (20)

Q1. [Multiple Choice] · Cognitive Domain: Knowledge

Human growth and development is both multidimensional and _____.

- a) loss-oriented
- b) multidirectional ✓ correct**
- c) observable
- d) mobile

Q2. [Multiple Choice] · Cognitive Domain: Knowledge

Life maturation processes and _____ shape the individual's life at any stage of human development.

- a) culture ✓ correct**
- b) adversity
- c) psychotherapy
- d) addiction

Q3. [Multiple Choice] · Cognitive Domain: Comprehension

During the _____ period of development, achievement drive becomes evident, and the fundamental skills of reading, writing, and arithmetic are mastered.

- a) early school age
- b) middle childhood ✓ correct**
- c) early adolescence
- d) late adolescence

Q4. [Multiple Choice] · Cognitive Domain: Comprehension

The _____ period of development involves adjusting to post-work identity and the challenges of changing health.

- a) elderhood
- b) early adulthood
- c) middle adulthood
- d) late adulthood ✓ correct**

Q5. [Multiple Choice] · Cognitive Domain: Comprehension

At the _____ period of development, the pursuit of independence and the desire to identify vocational direction and personal identity are manifested.

- a) early school age
- b) early adolescence
- c) late adolescence ✓ correct**
- d) early adulthood

Q6. [Multiple Choice] · Cognitive Domain: Knowledge

Context exerts three influences on human development, including normative age-graded influence, normative history-graded influences, and _____.

- a) normative individualized life events
- b) nonnormative history-graded influences
- c) nonnormative or highly individualized life events ✓ correct**
- d) nonnormative professional influences

Q7. [Multiple Choice] · Cognitive Domain: Comprehension

In the psychological component of the biopsychosocial model, issues such as _____ and _____ may result in physical and mental health problems during human development.

- a) interactive patterns, socioeconomic status
- b) nutrition, genetic vulnerability
- c) intelligence, poverty
- d) irrational thinking, lack of self-control ✓ correct**

Q8. [Multiple Choice] · Cognitive Domain: Comprehension

The _____ system within the biopsychosocial model of development considers various factors such as socioeconomic status, family structure, and religion, as they contribute to healthy or unhealthy development.

- a) psychological
- b) sociocultural ✓ correct**
- c) biological
- d) pathophysiological

Q9. [Multiple Choice] · Cognitive Domain: Comprehension

Counseling coursework in _____ addresses theories of individuals, families, and communities coping with disasters and post-traumatic stress.

- a) crises intervention ✓ correct**
- b) assessment
- c) addiction
- d) abnormal psychology

Q10. [Multiple Choice] · Cognitive Domain: Knowledge

_____, the premier accreditation body of counselor education programs, requires their accredited programs to include at least one course in human growth and development.

- a) CACREP ✓ correct**
- b) CORE
- c) CPEAA
- d) ACA

Q11. [Multiple Choice] · Cognitive Domain: Knowledge

_____ is defined as the orderly and sequential changes that occur in an organism over time, from the beginning until the end of life.

- a) Stress
- b) Development ✓ correct**
- c) Regulation
- d) Evolution

Q12. [Multiple Choice] · Cognitive Domain: Knowledge

_____ was one of the pioneers in bringing an integrative model into the field of medicine.

- a) George Engel ✓ correct**
- b) Lawrence Kohlberg
- c) Sigmund Freud
- d) Eric Erikson

Q13. [Multiple Choice] · Cognitive Domain: Knowledge

The _____ system consists of a group of organs that work together to perform specific tasks.

- a) psychological
- b) sociocultural
- c) biological ✓ correct**
- d) pathophysiological

Q14. [Multiple Choice] · Cognitive Domain: Knowledge

_____ studied the cognitive development of children's thinking about the physical world.

- a) George Engel
- b) Lawrence Kohlberg
- c) Jean Piaget ✓ correct**
- d) Eric Erikson

Q15. [Multiple Choice] · Cognitive Domain: Knowledge

_____ believed the skill of listening requires empathy and role-taking which are important for both moral and psychological growth between the counselor and the client.

- a) Jean Piaget
- b) Lawrence Kohlberg ✓ correct**
- c) George Engel
- d) Sigmund Freud

Q16. [Multiple Choice] · Cognitive Domain: Application

A counselor encourages the nourishment of a client's natural interaction with their environment through both moral and psychological growth. This counselor likely ascribes to the view of _____.

- a) existentialism
- b) empiricism
- c) progressivism ✓ correct**
- d) constructivism

Q17. [Multiple Choice] · Cognitive Domain: Comprehension

Understanding the processes of human development in clients includes gaining a clear concept of which of the following?

- a) how individuals cope with and make sense of their environment ✓ correct**
- b) deductive and inductive reasoning
- c) locus of control
- d) one's ability to hypothesize

Q18. [Multiple Choice] · Cognitive Domain: Comprehension

Which of the following is a required or expected responsibility of counseling professionals in helping their clients through the therapeutic relationship?

- a) advocating for their clients ✓ correct**
- b) providing legal assistance for clients
- c) problem-solving for clients
- d) prescribing medication for clients

Q19. [Multiple Choice] · Cognitive Domain: Comprehension

Which of the following areas of counselor education programs include study of theories of family and individuals as related to the transition across the lifespan?

- a) abnormal psychology
- b) assessment
- c) addiction
- d) family counseling ✓ correct**

Q20. [Multiple Choice] · Cognitive Domain: Knowledge

Which of the following ages corresponds to the developmental period of middle adulthood?

- a) 51 to 75
- b) 36 to 50 ✓ correct**
- c) 30 to 65
- d) 25 to 45

True/False (10)

Q21. [True/False] · Cognitive Domain: Comprehension

The complexity of human development is the result of the intricate interplay and interaction between biological and environmental processes.

- a) True ✓ correct**
- b) False

Correct answer: True

Q22. [True/False] · Cognitive Domain: Knowledge

Human development is both multidimensional and multidirectional.

- a) True ✓ correct**
- b) False

Correct answer: True

Q23. [True/False] · Cognitive Domain: Comprehension

During the developmental period of late adulthood, individuals typically begin to reflect on their lives, review their life stories, and prepare for the end-of-life.

- a) True
- b) False ✓ correct**

Correct answer: False

Q24. [True/False] · Cognitive Domain: Comprehension

During middle adulthood, an individual's interest turns toward social responsibility and assisting the next generation.

- a) True ✓ correct**
- b) False

Correct answer: True

Q25. [True/False] · Cognitive Domain: Comprehension

The developmental period known as toddlerhood involves the growth from a single cell to human, with neurological capabilities.

- a) True
- b) False ✓ correct**

Correct answer: False

Q26. [True/False] · Cognitive Domain: Comprehension

Review of the literature and research outcomes points to the argument that to understand the influences on human development is to simply answer the question of nature versus nurture.

a) True

b) False ✓ correct

Correct answer: False

Q27. [True/False] · Cognitive Domain: Application

An example of a nonnormative factor that may contribute to the formation and development of an individual is the death of a sibling.

a) True ✓ correct

b) False

Correct answer: True

Q28. [True/False] · Cognitive Domain: Knowledge

Developmental psychologist Lawrence Kohlberg established the Moral Development Theory.

a) True ✓ correct

b) False

Correct answer: True

Q29. [True/False] · Cognitive Domain: Comprehension

The major domains of development include psychosocial, emotional, physical, and recreational.

a) True

b) False ✓ correct

Correct answer: False

Q30. [True/False] · Cognitive Domain: Comprehension

Socioeconomic status and emotional distress are both parts of the psychological system.

a) True

b) False ✓ correct

Correct answer: False

Essay (3)

Q31. [Essay] · Cognitive Domain: Application

Based on the primary characteristics present during early adolescence, illustrate the considerations that a counselor may need to take into account when counseling a person of this age.

Suggested answer: Sample response: This period, from ages 13 to 18, is marked by rapid physical changes and the development of sexual characteristics, increased peer interaction and influence, and the cognitive movement to formal, abstract reasoning. Given these characteristics, the counselor may consider an open approach that takes into account the current transitional stage (in terms of physical changes and sexual characteristics) of early adolescence while recognizing the influence that peers may have on their behavior. Also, the ability of early adolescents to engage in formal and abstract reasoning likely enhances the tools that counselors may use with them.

Q32. [Essay] · Cognitive Domain: Application

Using an example, illustrate how pathology can develop during developmental periods from an integrative, biopsychosocial perspective.

Suggested answer: Sample response: Human development is influenced by biological, psychological, and social factors. For example, heart disease that develops in middle to late adulthood can be attributed to pathophysiology or biological components like genetics, and it can also be influenced by sociocultural and psychological factors interacting with the cardiovascular system. Social and cultural conditions like poverty and nutrition can lead to the development of heart disease, and psychological dispositions such as stress management strategies can lead to high blood pressure and other pathologies in the cardiovascular system. All of these factors interact and can lead to the development of pathology.

Q33. [Essay] · Cognitive Domain: Analysis

What are the essential elements counselors need to understand in order to act as advocates against barriers that limit human development?

Suggested answer: Sample response: In order to eliminate barriers that limit development, counselors must have professional knowledge of the nature of human development across the lifespan, the understanding of both normative and exceptional challenges that can be and are experienced, and the use of the research and theory on human development to guide professional practice decisions. Additionally, this may be enhanced by the knowledge that counselors have regarding community resources clients may be eventually be referred to.