



Target EXAM 2 Study Guide for PSYC 2130 – Life Span Psychology

*****PLEASE READ CAREFULLY*****

This is the targeted study guide for **EXAM 2**, which will cover **Chapters 8 thru 15** of the required textbook. Learners are strongly advised to read and study each chapter thoroughly prior to completing this study guide. Moreover, Learners are advised to complete this study guide early and not wait until the last minute to do so.

The exam will be administered on Online Campus, so be prepared for this. There will be 90 multiple-choice items on this test, each of them worth 2.5 possible points. The entire exam is worth a possible 225 points. Additionally, this exam will be timed—**Learners will have exactly 90 minutes (1 minute per item) to complete this exam.**

This study guide will cover each test item in very specific detail, providing Learners with enough information, in theory, to all test items correctly on the actual test.

DISCLAIMER: This study guide **DOES NOT** guarantee a passing grade on the exam, nor shall the Learner interpret this study guide as a guarantee of a passing grade on the exam.

If Learners have any questions concerning the information presented within this study guide, they can contact me via my personal cell phone, e-mail, or face-to-face office hours. I will attempt to guide the Learner toward complete understanding. However, I will not provide Learners with direct answers and my assistance will be very limited.

**Each item on this study guide will be represented on the actual exam.
On the exam, however, all items will be scrambled up!**

NOTE: I have provided you all with the author's reference page number(s) for each item. This should hopefully make it easier for you, but the reference page numbers will not "give you the answer". All items below are conceptual in nature and require you to use critical thinking and even imagination. **DISCLAIMER: Page numbers may be incorrect!**

Page: 233

1. Girls menstruated at an average age of 16 in the nineteenth century, but today some girls reach menarche as early as age 9. This phenomenon is called the _____ trend.

Page: 238

2. Statistically speaking, identify the sort of child likely to reach puberty at the youngest age?

Page: 240

3. After reading the text, Joanne is comparing first menstruation reactions today in the West versus a few decades ago. Identify the kind of statements Joanne CAN make?

Page: 241

4. Compared to menarche, spermarche:

Page: 241-242

5. According to statistics, if Theresa is an early maturing girl, then she is at increased risk for ?

Page: 245

6. A student is giving a presentation on teenage male body image issues. Identify the kind statements this student CAN make?

Page: 249

7. According to the research, identify the sort of child is undergoing his or her FIRST sexual feelings?

Page: 252

8. Dino says, "I plan to get all the sexual experience I can before I get married; but I want my fiancé to be a virgin." Dino is expressing:

Page: 253-254

9. High school sex-education classes: (*HINT: You're looking for worldwide trends/attitudes*)

Page: 254

10. Goran and Amelia are designing an innovative sex education course at their U.S. high school. According to the text, what should be their MAIN priority?

Page: 260

11. Why did high school make adolescence a defined life stage?

Page: 264

12. A mom began to feel extremely ill at a family picnic, so her husband is driving to the hospital at 90 miles an hour, with their three teenage children in the car. Billy says "Dad, you can't go this fast. We might be picked up for speeding." Josh says, "Slow down, Dad. It's crucially important, no matter what, to obey the law." Sarah, furious, yells "You guys are crazy! Saving mom's life is more important than ANY law." Using Kohlberg's categories pick out each sibling's level of moral reasoning.

Page: 266

13. Link each situation to a component of adolescent egocentrism: (1) A boy thinks that everyone is constantly watching him and commenting on his behavior; (2) a girl takes incredible risks because she thinks that she cannot ever die.

Page: 267

14. Rashid is 14 years old. Based on the research, he is MOST at risk of getting into trouble when he is:

Page: 270

15. According to the research, which feeling BEST describes the average teenager's general worldview?

Page: 273

16. Children at-risk of having a troubled adolescence tend to be:

Page: 281

17. Parent/teen conflict tends to reach its peak:

Page: 286

18. Gangs serve what purpose?

Page: 296

19. Today, U.S. emerging adults: (*HINT: Know the characteristics*)

Page: 300

20. Erikson's adolescent life task involves deciding:

Page: 298

21. Identify the sort of person MOST likely to feel worried about being "off time" in his social clock?

Page: 300-301

22. Which label for identity status fits each of the following students? (1) Jasmin is having trouble deciding on a career because she has so many interests; (2) Carol is going to be a nurse because her family decided that was best; (3) Ariesa doesn't have any interests and is frightened about the idea of being adult.

Page: 305

23. Serge was an "acting out" and impulsive teen. If he finds a satisfying and flow-inducing job, during his twenties, Serge may: (*HINT: Will Serge's life improve or not?*)

Page: 310

24. What can make college more of a “flow experience”?

Page: 312-314

25. Tiana is discussing recent changes in dating. What SHOULD she say?

Page: 313

26. In discussing same-sex relationships, what encouraging points can you make?

Page: 315

27. What does “homogamy” in mate selection mean?

Page: 323–324

28. Grigori says, “I want to be free to play the field. Commitment isn't for me.” Jori says, “When I'm in a relationship, I expect my partner to be available 24/7 to me.” Grigori and Jori's respective attachment styles are:

Page: 328

29. Imagine you were married in the 1950s in the United States. What would be the main characteristics of your marriage?

Page: 332

30. Juanita and Juan visit a marriage counselor because they are contemplating divorce. Although the couple started out blissfully in love, they are not getting along well, especially since their children reached their teens. Based ONLY on the U-shaped curve of marital satisfaction, what should the therapist advise?

Page: 334

31. Based on Sternberg's triangular theory of love, describe an ideal couple MOST likely to have a companionate marriage?

Page: 336

32. Describe a person engaged in a dysfunctional communication pattern?

Page: 340

33. Based on current fertility trends, what nations are poised to experience population declines?

Page: 340-341

34. Jorgen and Juanita just had their first child. Statistically speaking, this couple will:

Page: 344

35. Today we expect dads:

Page: 345

36. Based on the text, pick the GREATEST barrier to fathers' full involvement with their children.

Page: 347

37. Dr. Woods is discussing recent changes in the U.S. work world. What should he say?

Page: 348

38. Tran, age 18, is incredibly self-confident, well adjusted, and upbeat. What can you predict about his eventual income at age 30 or 40, compared to Cole, another 18-year-old, who is depressed and has low self-esteem?

Page: 350

39. Kiara complains, "I have way too much to do to do a decent job." Chaz says, "My career doesn't leave me enough time to spend with my family." Label the work issues these two people are describing in order:

Page: 358

40. Jolene is describing the beginning and end of middle age. What should she say?

Page: 359

41. Ben is very friendly and outgoing. Bettina is the most reliable person you know. Which are Ben's and Bettina's Big Five traits in order?

Page: 359

42. Delbert suffers from serious depression. Deniz has sought new challenges from the time she was young. Which are Delbert and Deniz's Big Five personality traits, in order?

Page: 363

43. When Erikson said that midlife adults have to resolve the conflict of generativity vs. stagnation, he meant that people need to:

Page: 366

44. Highly generative people are likely to describe:

Page: 369

45. According to the Seattle Longitudinal Study, you can expect to reach your overall intellectual peak in your:

Page: 369-370

46. In commenting on intelligence during middle age, identify appropriate descriptions?

Page: 374-375

47. Deidra is trying to solve a problem in her life. She says, "This solution looks good on paper, but my gut sense is that it probably won't work. I need to think of several possible answers, and then bounce these ideas off people I know." Deidra is showing _____ thinking.

Page: 377

48. What does the term "family watchdog" mean with reference to grandparents?

Page: 379

49. Identify trends/characteristics of caregiving grandparents?

Page: 380

50. Yuriko is pulled between two midlife family caregiving roles. Yuriko is MOST likely to be caring for her:

Page: 381

51. Identify the sort of person most likely to have reached menopause?

Page: 382

52. What happens AFTER menopause?

Page: 390

53. Why is the median age (the age at which half the population is older and half is younger) rising in much of the developed world?

Page: 394-395

54. Identify neuroscience findings relating to memory and age?

Page: 394

55. Neuroscientists find that when older adults memorize even easy material, they activate:

Page: 395

56. What is the correct ranking for the memory systems in order from MOST fragile to MOST enduring?

Page: 396

57. Describe a person's behavior who uses all the principles of selective optimization with compensation to help memory?

Page: 399-400

58. Mingyu is describing the emotional advantages of being old. Based on the text, what can she mention?

Page: 402

59. According to the textbook, identify tips for being happy in old age?

Page: 404

60. Put the following nations in the correct order: (1) richer after retirement—at least until recently; (2) no government-funded retirement; (3) basic or minimal government assistance, but not much more.

Page: 407

61. Most retired people are:

Page: 411

62. Dr. Danzig is lecturing on widowhood. What should she say?

Page: 411

63. A client who is at HIGHEST risk of committing suicide is a(n):

Page: 412

64. A widowed person's sense of the deceased spouse's presence "in spirit" is called:

Page: 412

65. How should one best respond to someone who is recently bereaved?

Page: 417

66. Successful aging, according to your textbook author, involves:

Page: 418-419

67. What are instrumental ADL impairments?

Page: 421

68. John is an adult living below the poverty line. Statistically speaking, you can predict:

Page: 427

69. Mrs. Jones has a hearing impairment; Mrs. Segal has impaired vision. Who is MOST likely to have problems relating to people?

Page: 429-430

70. Identify the strategies to help prevent falling in later life?

Page: 429-430

71. Which two conditions are MOST likely to land older people in a nursing home?

Page: 431

72. Fred is 82. He avoids rush hour and driving after dark or in bad weather, but refuses to stop driving completely. "Giving up my wheels would mean I couldn't take care of myself anymore. I would have to go into a home or depend on my children to take me everywhere." Based on this chapter, how would you characterize Fred's response?

Page: 434

73. Ms. Clark has been diagnosed with vascular neurocognitive disorder. If you examined her brain, you would mainly find:

Page: 433

74. Daquan, age 76, has been sent by his wife to the grocery store. An hour later, he is wandering around the store, wondering why he is there. Then, Daquan realizes he is not sure of the name of his town. Daquan is showing:

Page: 435

75. Your friend asks, "What might reduce my chances of developing a neurocognitive disorder?" Which is your BEST recommendation?

Page: 436

76. According to the textbook, caring for a loved one with Alzheimer's disease is:

Page: 440

77. What is the main psychological effect of entering a nursing home?

Page: 441

78. Theresa is a nursing home aide. Identify the complaints she's likely to make?

Page: 451

79. The main change in Western dying practices is that now people think it's important to:

Page: 453

80. Kübler-Ross's enduring contribution to death and dying was to:

Page: 455-456

81. According to the text, what are the qualities of a "good death"?

Page: 462

82. Dr. Jacobs is discussing how often health-care personnel take courses in end-of-life care. What phrase should he use?

Page: 462

83. Anuli was moved from the cancer unit to another hospital section in which health-care providers focus mainly on trying to make him comfortable and promote a dignified death. Anuli is in a(n) _____ unit of the hospital.

Page: 465

84. If a terminally ill person in the United States won't consider hospice, what are reasonable explanations for this attitude?

Page: 466

85. Generalizing from the textbook, identify all the legitimate concerns about using home hospice?

Page: 469

86. When Barbara opposes legalizing active euthanasia, what arguments can she make?

Page: 469-470

87. What is age-based rationing of care?

Page: 467

88. Filip, a mentally competent 70-year-old, fills out a document stating that if terminally ill and mentally incapacitated, he does not want heroic cure-oriented treatments. Filip has completed a(n) _____.

Page: 462

89. When the death of a child becomes imminent, health care professionals should tell parents to:

Page: 450

90. How are people MOST likely to die today?