

Target EXAM 3 (The Final Exam) Study Guide for PSY 206 – Developmental Psychology: Lifespan

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

This is the target study guide for **EXAM 3**, which will cover **Chapters 11-15** 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. Be prepared for this!

This exam will be timed! **Learners will have exactly 50 minutes to complete this exam.**

This exam will be worth 150 points. There will be 75 multiple choice items on this test, each item worth 2 points.

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.

Note that the items on this study guide have been randomly scrambled in an effort to add challenge to your study of chapter material. Additionally, be advised that on the actual test, items will not be in the same sequence as presented here on this study guide; all test items will be randomly scrambled as well.

Learners are advised to complete this study guide and thoroughly study your responses prior to the exam date.

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 be happy to guide the learner toward complete understanding. However, I will not provide learners with direct answers and my assistance will be very limited.

1. Why do women live longer than men?
2. Dr. Love is discussing how often nurses and other health-care workers take courses in end-of-life care. What phrase should he use?
3. Jane 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 can think of several other possible solutions. I need to give some thought to which one is likely to be best under the circumstances." Jane is showing _____ thinking.
4. Your grandma has just been widowed after a half-century-long marriage. Read and study the discussion of widowhood and understand the challenges faced by widows after losing a partner after a long marriage. Be prepared to apply your understanding to a scenario.
5. Josh and Juanita have just undergone the transition to parenthood (that is, they had their first child). Statistically speaking, what can you predict about the couple's transition to parenthood?
6. Although his family is willing to use hospice and wants to provide the hands-on care, your seriously ill uncle refuses to consider that possibility. Read and understand the discussion of hospice care. Identify all the explanations why a person may refuse hospice care. Be prepared to apply your understanding to a scenario.
7. Mrs. Clark has been diagnosed with vascular dementia. If you examined her brain, you would mainly find...?
8. What do caregiving grandparents—people who take on full responsibility for raising their grandchildren—often feel?
9. To have a "good death," people should ideally feel...?

10. 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 the discussion of driving in old age, how would you characterize Fred's response?
11. What is the correct ranking for the memory systems in order from MOST fragile to MOST enduring?
12. Neuroscientists find that when older adults memorize even easy material, they activate...?
13. Imagine you were married in the 1950s in the United States. If you were middle class, you would probably...?
14. Diana just married John, who was divorced and has joint custody of his kids. Given the text research on step-parenting, Diana may be MOST apt to...?
15. John, age 40, has been HIV-positive for 10 years and started developing AIDS symptoms six months ago. He says, "HIV has been a blessing in a weird way. It made me wake up and realize I was wasting my life. I have lived more fully and given more of myself to society and others because I understand that eventually I am going to die." How would you characterize John's reaction?
16. Joe has been moved from the cancer unit to another section of the hospital. Although he is still getting some chemotherapy to slow the progression of his fatal illness, specially trained health-care providers focus mainly on trying to make him comfortable and promote a dignified death. Joe is in a(n) _____ unit of the hospital.
17. Your recently widowed grandma says, "I feel granddaddy's presence all the time. He's actually guiding me to do the right thing." Which reaction should you have?
18. Joe, 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 Tom who is depressed and has low self-esteem as a teen?
19. The main consequence of people dying in hospitals has been to make...?
20. Dr. Dianna is lecturing on the role of religion after widowhood. What should she say?
21. Fred is a mentally competent 70-year-old who wants to relieve his children of the responsibility for deciding what measures should be used to save him if he becomes mentally incapacitated and not able to communicate his wishes. He signs a document stating that if he is terminally ill and mentally incapacitated he does not want any heroic cure-oriented treatments. Fred has signed a...?
22. Read and study the discussion of the resiliency of widowed people. How should you best treat someone who is recently bereaved?
23. Dan suffers from serious depression and is periodically unable to work. Dora has pushed the envelope and searched out new challenges from the time she was young. Pick Dan's and Dora's Big Five categories in order.
24. Theresa is a nursing home aide. Read and study the discussion of certified nurse assistants. Understand the some of the positives and the negatives of being a nursing home aide. Be prepared to apply your understanding to a scenario.
25. Mrs. Jones has a hearing impairment; Mrs. Smith has impaired vision. Who is likely to have more problems getting along with people?
26. Bill, age 72, has been sent by his wife to the grocery store. An hour later he is wandering around, wondering why he is there. When a store employee asks him if he needs help, he says, "No, I just need to go home." Then he realizes he is not sure where home is. Bill is showing...?
27. What is the major potential change in work/family roles since the economic downturn of 2009?
28. Calista, at 30, ranks "high" on the Big Five traits agreeableness, extraversion, and conscientiousness. In her forties and fifties, statistically speaking, what can you predict about Calista?
29. What does the term "family watchdog" mean with reference to grandparents?

30. Long-lasting happy relationships are characterized by...?
31. What developmental science term is roughly equivalent to semantic memory?
32. John is an adult living below the poverty line. Statistically speaking, you can predict...?
33. According to Donald Super's lifespan theory of careers, people in their twenties and thirties are _____ while those in their late forties and fifties are _____.
34. Laurie is outgoing and friendly, but she frustrates her coworkers because she is frequently late, forgets to do tasks, and misses important meetings. In her Big Five trait rankings, Laurie is _____ but _____.
35. Read and study the discussion of demand-withdrawal communication. Be prepared to apply your understanding to a scenario.
36. Your 75-year-old grandma asks, "What are some keys to being happy at my age?" Read and study the discussion of the keys to happiness in old age. Be prepared to apply your understanding to a scenario.
37. According to the Seattle Longitudinal Study, you can expect to reach your overall intellectual peak in your...?
38. Kübler-Ross's real enduring contribution in approaching dying was...?
39. Based on the text, what is the greatest barrier to the fathers' full involvement with their children?
40. According to the information processing perspective, the problem with memory and age is that...?
41. Read and study the discussion of life as a retiree. Understand the entire discussion, and be prepared to apply your understanding to a scenario.
42. Crystallized abilities refer to _____, while fluid tasks involve _____.
43. After menopause...? Understand all of the issues and concerns that may occur following menopause.
44. Read and study the discussion of ADL (activities of daily living) impairments. Understand the difference between instrumental ADL problems and basic ADL problems. Be prepared to conceptually apply your understanding.
45. Your uncle tells you, "I have presbyopia." What does he mean?
46. For most of human history, death was...?
47. Jocasta is describing the beginning and end of middle age. What should she say?
48. Read and study the discussion of exploring fatherhood. Today we expect dads...?
49. The bottom-line message regarding the emotional experience of having dementia or caring for a loved one with this condition is...?
50. Put the following nations in the correct order: (1) richer after retirement; (2) no government-funded retirement; (3) some government assistance, but get less affluent as they move through retirement.
51. Clara is describing the social and emotional advantages of being old. Read and study the discussion of old age: the best and worst of life stages. Be prepared to apply your understanding of this discussion to a scenario.
52. Imagine you are a therapist specializing in bereavement [referring to widowhood]. Statistically speaking, describe the client you should worry MOST about committing suicide.
53. Read and study the discussion of age-based rationing of care. Be prepared to apply your understanding to a scenario.
54. 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?

55. Read and study the discussion of Sternberg's triangular theory of love. Be prepared to apply your understanding to a scenario.
56. You are describing U.S. trends in caregiving grandparents. What do you say?
57. How are people MOST LIKELY to die today?
58. Clara is a nurse on the hospital pediatrics ward. When a young patient's condition has become terminal, what can she do to most help parents during this difficult time?
59. Jose is describing the main psychological consequences of entering a nursing home. What should he say?
60. Your friend asks, "What might reduce my chances of developing dementia?" What would be your BEST answer?
61. Clara is a vehement opponent of legalizing active euthanasia. Read and study the discussion of active euthanasia. Identify the arguments for and against legalizing active euthanasia. Be prepared to apply your understanding to a scenario.
62. Read and study the discussion of menopause. What is the marker that a woman has reached menopause? Be prepared to apply your understanding to a scenario.
63. Read and study the discussion of selective optimization with compensation. Understand the 3-step process. Be prepared to apply your understanding to a scenario.
64. Jocasta complains, "I have way too much on my plate to do a decent job." Josh says, "My career doesn't leave me enough time to spend with my family." Pick the label for the work issues these two people are describing. (List in order.)
65. Successful aging, according to your textbook author involves...?
66. Dr. Smith is discussing trends in gender and work. What should she say? Read and study the discussion of women's work. Understand the entire discussion, including the notion of occupational segregation and trends. Be prepared to conceptually apply your understanding.
67. Read and study the discussion declining fertility rates in developed countries. Also study Figure 11.3. Understand this discussion and be prepared to apply your understanding to a scenario.
68. Referring to McAdam's research, highly generative people are likely to describe...?
69. When Erikson said that midlife adults have to resolve the conflict of generativity vs. stagnation, he meant that people need to...?
70. Read and study the discussion of 21st century feelings or attitudes about death. What is our current attitude toward death? Be prepared to apply your understanding to a scenario.
71. Your elderly aunt is having some problems physically getting around. Read and study the discussion of managing motor problems. Understand the strategies an elderly person can use to manage motor problems. Be prepared to apply your understanding to a scenario.
72. Read and study the discussion of parent care. Be prepared to apply your understanding to a scenario.
73. Which two illnesses/conditions are MOST LIKELY to land older people in a nursing home?
74. You are a marriage counselor and Juanita and Juan come to you because they are contemplating divorce. Although they started out blissfully in love, they are not getting along well, especially since their children have reached their teens. Based simply on the U-shaped curve of marital satisfaction, what might you say?
75. Disadvantaged minority groups may be less likely to utilize hospice because...?