

**EXAM 1 – STUDY GUIDE**  
**PSY 207-Developmental Psychology**  
**Professor Jennings**

The exam will be 75 multiple-choice questions. Most of the questions will be based on material covered in lecture. It is also important that you read the chapters in the textbook – there will be question that will come directly from the textbook (material not covered in lecture). If you can answer the questions on this study guide... you should have no problem with the exam. I am going to focus on the big concepts. If want you to be able to understand and apply the material ... not just spit back the facts.

Chapter 1- Introduction (only this information will be on the test)

1. What is developmental psychology? Why is this field of study important?
2. What is the life span perspective? Explain.
3. Discuss how biological, socioemotional and cognitive processes influence life span development.
4. What are the periods of development? How do we organize the life span?
5. What are the designs researchers use to study changes over time?
  - a. Be able to distinguish between longitudinal and cross-sectional designs.

Chapter 2 Biological Beginnings

Prenatal Development

1. What are the three periods of prenatal development? How are each of these periods different? Explain.
  - a. What is conception?
  - b. What is implantation?
2. What makes up the support system for the developing organism?
  - a. What is the purpose of the placenta?
  - b. What is the purpose of the umbilical cord?
  - c. What is the purpose of the amniotic sac and amniotic fluid?
3. When is the fetus viable outside the womb?
  - a. When is it viable with and without medical intervention?
  - b. What organ is underdeveloped at the age of viability?
4. What are teratogens? Be able to give examples – drugs, environmental pollutants, maternal diseases, and stress.
  - a. The harm of teratogens can range from easily correctable problems to death – why? What is a critical period? How does the timing of exposure influence the developing person?
  - b. What are some of the potential consequences of smoking during pregnancy?
  - c. What are some of the potential consequences of consuming alcohol during pregnancy? What is FAS? When during pregnancy does alcohol seem to cause more of the clinical effects of FAS?

*You do not need to know what the embryo or fetus is doing at every week during gestation. Understand the general picture. You do not need to know about the genetic disorders.*

The Newborn

1. When the baby is born, it is critical that a nurse or a doctor check to ensure that the baby is healthy. What is the Apgar scale? What does it measure? When is it performed?

### Chapter 3- Physical Development and Biological Aging:

1. How does development progress? What is cephalocaudal development? What is proximodistal development?
  - a. How does this progression influence development – do fine motor skills develop before or after gross motor skills? Why?
2. What is puberty? What factors influence the onset of puberty?
  - a. What hormones are associated with puberty?
  - b. What are the psychological characteristics of early and late onset puberty?
    - i. Are there gender differences?
3. What are the physical signs of aging? How does this differ through the life span?
  - a. How does aging effect sexual reproduction (fertility) and sexual behavior in adults?
  - b. What are the biological theories of aging? Identify.

### Chapter 4- Health

1. What health problems are associated with late adulthood?
  - i. Review and identify differences among chronic disorders, Alzheimer's disease and Parkinson's disease
2. Nutrition is a very important for the developing infant. Why? How are infants fed?
  - a. Why is breast-milk considered best for babies?
  - b. Are there psychological differences between breast-fed and bottle-fed babies?
  - c. How do factors such as malnutrition and obesity effect physical development?
    - i. What factors contribute to childhood obesity in the US?
3. How does exercise positively influence the life span? Provide a discussion for each stage of development.
4. Describe substance use in older adults? How is it different or the same as the behaviors displayed by adolescents?
  - a. What factors are linked to adolescent substance use?

### Chapter 5- Motor, Sensory and Perceptual Development

1. What are reflexes?
  - a. What is the babinski reflex? What is the moro reflex? What is the rooting reflex? What is the palmar reflex? What is the stepping reflex? What is the asymmetric tonic neck reflex?
  - b. What are gross motor skills? Be able to give an example.
    - i. How do infants learn to crawl?
    - ii. How do infants learn to walk? What skills are necessary for self-locomotion?
  - c. What are fine motor skills? Be able to give an example.
    - i. How do infants learn to grasp?
  - d. What changes occur in fine and gross motor skills through late adulthood?
2. What is sensation? What is perception?