

DSST® LIFESPAN DEVELOPMENTAL PSYCHOLOGY

EXAM INFORMATION

This exam was developed to enable schools to award credit to students for knowledge equivalent to that learned by students taking the course. DSST Lifespan Developmental Psychology is a multiple-choice exam designed to evaluate whether candidates possess the knowledge and understanding that would be gained by taking a lower level college course in lifespan developmental psychology which includes the following content: models and theories; ethical issues; biological development; perception, learning and memory; cognition and language; social, emotional, and personality development; social behaviors; adjustment to life changes and stresses; and bereavement and loss.

The exam contains 100 questions to be answered in 2 hours.

EXAM CONTENT OUTLINE

The following is an outline of the content areas covered in the examination. The approximate percentage of the examination devoted to each content area is also noted.

I. The Study of Lifespan Development – 12%

- a. Models and theories
- b. Methods of study
- c. Ethical issues

II. Biological Development – 18%

- a. Genetic factors (including counseling)
- b. Prenatal Development and Birth
- c. Physical Development (nutrition, health)
- d. Motor Development
- e. Sexual Development
- f. Neurological Development
- g. Sensory Development
- h. Aging Process
- i. Dying and Death

III. Perception, Learning, and Memory – 15%

- a. Perceptual Development
- b. Learning, Conditioning, and Modeling
- c. Memory Development
- d. Defining Executive Functioning
- e. Attention and information processing

IV. Cognition and Language – 20%

- a. Cognitive-developmental theory
- b. Problem solving
- c. Mental abilities
- d. Intelligence and Intelligence Testing

- e. Language Development and Theories
- f. Social Cognition

V. Social, Emotional, and Personality Development – 35%

- a. Personality Development
- b. Social behaviors
- c. Family Life Cycle
- d. Extra-familial settings (e.g., day-care, school, nursing home, hospice, college)
- e. Singlehood, Cohabitation and Marriage
- f. Occupational Development and Retirement
- g. Adjustment and life stresses
- h. Bereavement and loss

REFERENCES

Below is a list of reference publications that were either used as a reference to create the exam, or were used as textbooks in college courses of the same or similar title at the time the test was developed. You may reference either the current edition of these titles **or** textbooks currently used at a local college or university for the same class title. It is recommended that you reference **more than one textbook** on the topics outlined in this fact sheet. You should **begin by checking textbook content against the content outline** provided **before** selecting textbooks that cover the test content from which to study.

Sources for study material are suggested but not limited to the following:

1. Anderson, J.R. *Cognitive Psychology and its Implications*. Worth Publishers, 6th Edition.
2. Berk, L.E. (2012). *Child Development*. Pearson Education, Inc., 9th Ed.
3. Berk, L.E. (2008). *Infants, Children, and Adolescents*. Pearson Education, Inc., 6th Ed.
4. Comer, R., & Gould, E. (2011). *Psychology Around Us*. John Wiley and Sons.
5. Coon, D. & Mitterer, J.O. (2009). *Psychology: A Journey*. Cengage Learning, 9th Ed.
6. Feldman, R.S. (2012). *Understanding Psychology*. McGraw-Hill Higher Education, 11th Ed.
7. Fernald, D. (1977). *Psychology*. Prentice Hall, current edition.
8. Gray, P. (2011). *Psychology*. Worth Publishers, 6th Ed.

9. Hogg, M.A. & Vaughan, G.M. (2005). *Social Psychology*. Prentice Hall, 4th Ed.
10. Huffman, K. *Psychology in Action*, 8th Ed.
11. Husain, A. *Social Perception and Cognition*.
12. Newman, Barbara M. and Newman, & Philip R. (2011). *Development Through Life: A Psychosocial Approach*. Cengage Learning, 11th Ed.
13. Schooler, J.W., Ohlsson, S, & Brooks, K. Husain, (2012). Thoughts beyond words: When language overshadows insight. *Journal of Experimental Psychology*, 122(2). 166-183.

SAMPLE QUESTIONS

All test questions are in a multiple-choice format, with one correct answer and three incorrect options. These are samples of the types of questions that may appear on the exam. Other sample questions can be found in the form of practice exams by visiting our website at www.getcollegedcredit.com/testprep.

1. According to Erik Erikson, the first stage of psychosocial development deals primarily with the development of
 - a. autonomy
 - b. industry
 - c. initiative
 - d. trust
2. Which of the following neonatal reflexes is most closely related to feeding?
 - a. Babinski
 - b. Moro
 - c. Palmer
 - d. Rooting
3. Which of the following has NOT proposed a stage theory of development?
 - a. B.F. Skinner
 - b. Jean Piaget
 - c. Lawrence Kohlberg
 - d. Sigmund Freud
4. A distinct advantage of a longitudinal research design is that it
 - a. is economical for investigating behavioral consistencies across situations
 - b. Enables the researcher to study the behavior of individuals over time
 - c. Automatically controls for the selective dropout of experimental subjects
 - d. Allows the researcher to gather data on a given cohort at one point in time
5. Which of the following theorists proposed that early language development is primarily the result of innate factors?
 - a. B.F. Skinner
 - b. Albert Bandura
 - c. Jean Piaget
 - d. Noam Chomsky
6. Research suggests that sex differences in behavior occur most consistently in which of the following areas?
 - a. Verbal comprehension
 - b. Aggression
 - c. Emotionality
 - d. Independence
7. All of the following statements regarding intellectual decline in elderly persons are true EXCEPT:
 - a. It occurs most often in mental activities involving quick reactions.
 - b. It can occur in the absence of a detectable disease.
 - c. It occurs primarily among individuals of above-average intelligence.
 - d. The greatest decline tends to occur in the years just preceding death.
8. According to David Elkind, egocentrism during adolescence is most likely to be manifested in which of the following ways?
 - a. Creation of an imaginary audience
 - b. Unwillingness to share with one's peers
 - c. Cheating in highly competitive situations
 - d. Attention-getting behavior
9. Jennifer is known to be a Level 1 in Kohlberg's stages of moral reasoning. She is most likely to believe that it is wrong to steal because the person who steals
 - a. gets punished
 - b. disobeys the law
 - c. lacks respect for others' rights
 - d. is seen as unpopular by most people
10. Which of the following is a correct generalization regarding the adolescent growth spurt?
 - a. It starts between the ages of 15 and 18 years
 - b. It is unaffected by nutritional factors
 - c. It is prolonged among first-born children
 - d. It occurs earlier in girls than in boys
11. Anne and Richard are married and have three children. Their older son lives in a distant locale, their second son is in college, and their daughter attends a local public high school. According to

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Evelyn Duvall, which of the following terms best characterizes Anne's and Richard's period of parenthood?

- a. Launching
- b. Authoritative
- c. Nurturing
- d. Empty nest

12. Which of the following best describes the impact of aging on long-term memory?

- a. It decreases for long-ago events
- b. It decreases for recent events
- c. It increases for long-ago events
- d. It increases for recent events

CREDIT RECOMMENDATIONS

The American Council on Education's College Credit Recommendation Service (ACE CREDIT) has evaluated the DSST test development process and content of this exam. It has made the following recommendations:

Area or Course Equivalent	Lifespan Developmental Psychology
Level	Lower-level baccalaureate
Amount of Credit	Three (3) semester hours
Minimum Score	400
Source	American Council on Education – College Credit Recommendation Service

Answers to sample questions: 1-D; 2-D; 3-A; 4-B; 5-D; 6-B; 7-C; 8-A; 9-A; 10-D; 11-A; 12-B.

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