

# Instructions for Preparing for Online Final Exam

**Important: Read this section first!**

## How to Prepare for This Test

- This test is online and is set up just like a Quiz. It's located in the Online Final Exam folder. The test will consist of 50 multiple-choice questions worth 1/2 point each. The questions are a mix of factual, conceptual and applied questions. That is, you will be asked in most cases to apply the knowledge you have of the concepts discussed in the chapters and units, particularly the concepts described in the Study Guide section below. For instance, you will be presented examples or scenarios and be asked to name the developmental achievement or problem the individual is demonstrating. You have practiced for these types of questions in the Unit Quizzes.
- You will have to study for this test! That is what the Study Guide in the section below is for. Read the Study Guide and prepare for this test as you do for regular classroom tests. **You will have one (1) chance to complete the exam and 80 minutes (one hour and 20 minutes) to complete it (you have almost 2 (1.75) minutes to answer each question so take your time). Once you start, you cannot stop -- you must complete the test.**
- **Special Needs.** If you are an ACCESS student, you should have submitted your ACCESS form to your instructor at the beginning of the term. ACCESS students will be provided double-time to complete their exams. However, if are a very slow reader, or if English is a second language for you and you need to translate the questions, notify your instructor via telephone or email so that arrangements can be made for you to take the test with an extended time limit provided you do NOT exceed the closing time for the test.
- You will not be able to search through the course once you begin this test! **Access to the rest of the course will be monitored and any incidence of access will result in a failing grade for the exam and the reporting of the incident to the Virtual College.** You will have to study and take this test the same as any campus test.
- **Note that you cannot exit the test and that you will have only one opportunity to answer a question.** If you have computer problems during the test, send an email to your instructor immediately. Do NOT attempt to reenter the test until your instructor advises you to. We suggest you not wait until the last day to take the exam so there is time to resolve any issues.
- **What to do if there is a computer crash during the test.** If some unforeseen problem occurs while you are taking the test, notice what question you were on (the question number) and immediately notify your instructor via an e-mail using the Blackboard Course eMail feature. Explain what happened and what question you were taking when the error occurred. You will be instructed on what to do by return e-mail.
- **You are on the honor system in taking this test!** Any incidence of academic dishonesty will result in a failing grade of **F** for the test and/or other disciplinary actions as described in the Student Rights and Responsibilities Handbook. You will be considered to have been academically dishonest if you circumvent any of the security features during testing, or share the questions or the answers with other students or otherwise help anyone else take the test, or take the exam from the same computer or location as another student so that your IP addresses are the same. **If you plan to take the test from one of the college's computer courtyards, you must notify your instructor of this location before the exam.**

## Recommended Study Strategies

The best way to study for this test is to thoroughly understand the concepts listed in the Study Guide and consider examples of how you might apply them in real life. You should practice for this test by putting the concepts in your own words. This strategy helps to make the concepts clear.

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## Final Exam Study Guide

This test covers Chapters 6 through 10 and the Adolescence, Early Adulthood, Middle Adulthood and Late Adulthood Units. Below is a list of concepts you should know thoroughly in order to pass this test. Before you start to study with this Study Guide, be sure that you have read all the Chapters in the textbook and the Units in the course and that you have taken all self-tests provided in the Units and all Unit Quizzes:

### Adolescence (Chapter 6)

- Physical Maturation (Puberty; Menarche; Primary and Secondary sexual characteristics; Early and Late Maturation)
- Cognitive Development (Piaget Stage in Adolescence; Egocentrism; Personal Fable; Imaginary Audience)
- Identity in Adolescence (Self-Esteem and Self-Concept; Erikson Stage; Moratorium)
- Brain Development (Prefrontal Cortex)
- Ethgender
- Erikson's Stage in Adolescence
- Marcia's Stages
- Secular Trend
- Empathy, Depression and Suicide in Adolescence

### Early Adulthood Unit (Chapter 7)

- Physical Health and Exercise in Early Adulthood (Obesity and Disabilities)
- Psychoneuroimmunology
- Senescence
- Causes of death in early adulthood
- Stress and Coping in Early Adulthood (definitions of Stress and Coping; Primary Appraisal; Secondary Appraisal; Social Support)
- Cognitive Development in Early Adulthood: Post-formal thought
- Schaies's Stages of Adult Thinking
- Robert Sternberg's Triarchic Theory of Intelligence
- Erikson's Stage of Development in young adulthood
- Sternberg's Triangular Theory of Love "three components and eight combinations of love"

### Middle Adulthood Unit (Chapter 8)

- Physical Development in Middle Age (settling, loss of strength, auditory, vision, causes of illness)
- Menopause, Andropause
- Personality types and heart disease
- Cognitive Development in Middle Adulthood (Fluid and Crystallized Intelligence)
- Types of memory, duration and sequence; Memory Aids

- Selective Optimization
- Expertise
- Erikson's Stage in Middle Adulthood
- Big Five Personality Traits

### **Late Adulthood Unit (Chapter 9)**

- Demographics of late adulthood (definitions of young old, old old, oldest old)
- Ageism (definition and application)
- Primary Aging, Secondary Aging
- Aging Theories: Peripheral Slowing Hypothesis and Generalized Slowing Hypothesis
- Genetic Preprogramming Theories of Aging and Wear-and-Tear Theories of Aging
- Telomeres, Free Radicals
- Episodic, Semantic and Implicit Memories
- Learned Helplessness
- Erikson Stage in Late Adulthood

### **Death & Dying (Chapter 10)**

- Life Review
- Wisdom
- Disengagement Theory and Activity Theory
- Social Support
- Do Not Resuscitate Orders and Living Wills
- Children and death
- Most frequent cause of death in: childhood, adolescence, early adulthood, middle adulthood
- Kubler-Ross's Stages