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The Open University of Sri Lanka
Department of Psychology & Counselling

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR2024/2025– SEMESTER I

BSC HONS IN PSYCHOLOGY
PLU3307 - LIFESPAN DEVELOPMENT - LEVEL 3
CONTINUOUS ASSESSMENT TEST PAPER
DURATION: 01 ½ HOURS

DATE: 16th January 2025 TIME: 9.00-10.30 am

INDEX NO: .....

IMPORTANT INSTRUCTIONS

- This question paper consists of **10 pages** with **TWO sections.**

  Section 1: 20 Multiple Choice Questions - (40 Marks)

  Section 2: 12 Short Answer Questions - (60 Marks)

- Write your INDEX NO in the space provided.
- **Multiple Choice Questions (Section 1):** Indicate answers in the **ANSWER SHEET** provided by placing a cross **(X)** in **INK** in the relevant cage (answers in pencil will **NOT** be marked)
- **Short Answer Questions (Section 2):** Write the answer within the space provided.
- Do **NOT** remove any page/part of this question paper from the examination hall.

  Do **NOT** keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination

SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)

1.1 In his theory, Jean Piaget explained four stages of cognitive development that have unique changes in children's cognitive skills. Accordingly, which of the following cognitive changes can be observed in the preoperational stage?

a Logical thinking.
b Object permanence
c Representing the world symbolically.
d Adaptation.

1.2 Samali and Jayami are preschool children. The preschool teacher observes that these two children play different games in the classroom, occasionally share their toys and sometimes comment on each other's play. This is an example for,

a parallel play.
b cooperative play.
c constructive play.
d associative play.

1.3 Considering children's socio-emotional development, smile is important for infants to develop social interactions. Which of the following types of smile occurs reflexively in the first month and is not considered as an emotional response?

a Delighted smile.
b Reflexive smile.
c social smile.
d Warm smile.

1.4 Human development has been explained as a lifelong process that includes various domains of development. According to some theorists, the process of human development is considered as a discontinuous process because,

a it is a process of gradually increasing the same types of skills.
b individuals' genetic makeup influences human behaviour.
c different types of skills are gradually increasing.
d new ways of understanding and responding to the world emerge at specific times.

1.5 Which of the following theories best describes that children's gender role development can be influenced based on their thinking patterns and environmental stereotypes?

a Gender identity theory.
b Gender schema theory.
c Psychoanalytic theory.
d Learning theory.

1.6 Considering children's socio-emotional development during the first year, it seems that infants develop the ability to read others' emotional cues when they determine their responses to certain situations. Which of the following best describes this?

a Social awareness
b Emotion regulation
c Social referencing
d Emotional intelligence

1.7 The Lifespan Perspective considers that the process of human development involves the dynamic interaction of various domains such as biological, psychological, cognitive and social development. Therefore, human development can be described as a .....

a multidisciplinary process.
b multidirectional process.
c lifelong process.
d multidimensional process.

1.8 A group of developmental psychologists intends to examine the same group of children to understand the changes in their behaviour over a period of time. They want to observe these children repeatedly to gain a better understanding of their behavioural changes. Which of the following research designs is the most appropriate research design to achieve these objectives?

a A longitudinal research design.
b A cohort-sequential design.
c An observational research design.
d A cross-sectional research design.

1.9 "The embryo is considered as the initial stage of development of an organism which consists of three layers of cells." Which of the following layers of cells develops into the brain, nervous system, protective skin of the body and sensory receptors?

a Endoderm
b Mesoderm
c Trophoblast
d ectoderm

1.10 'Children are categorized into different groups based on their temperament.' Accordingly, if a child cries regularly, reacts negatively, has an irregular routine, and is slow to accept change, he will be considered as a .....

a slow to warm up child.
b difficult child.
c slow child.
d bad child.

1.11 According to Erik Erikson's theory of psychosocial development, children begin to engage in play which allows them to develop their interpersonal skills through planning and involving in activities in the preschool age. If parents encourage children and provide opportunities, it will lead them to develop a sense of ..... If children's behaviour is criticized and controlled children develop a sense of ..... Which of the following is the correct answer?

a Autonomy and shame.
b Trust and mistrust.
c Initiative and guilt.
d Productive and inferiority.

1.12 Developmental psychologists have identified different types of attachment style between the parent and the child. If a parent's behaviour is inconsistent, unpredictable or self-centred, it can be identified as a .....

a insecure/resistant attachment style.
b disorganized attachment style.
c insecure/avoidant attachment style.
d avoidant attachment style.

1.13 Motor development explains the growth of the child's ability to use his body and physical skills. There are two types of motor skills. Which of the following types of motor skills involves the coordination between a baby's small muscles, hands, fingers and wrists with their eyes?

a Gross motor skills
b Sensory skills
c Visual skills
d Fine motor skills

1.14 A child knows that the vehicle they ride in is called a 'van'. When he sees a three-wheeler driving down the road, he calls it a 'van' as well. Then his father points at the three-wheeler and calls it a 'three-wheeler. Even though the child was first trying to integrate new information into his current understanding, that all vehicles are called vans, he has to adjust and create new information. According to Piaget's theory, this is an example for,

a adaptation.
b accommodation.
c cognitive balance.
d assimilation.

1.15 Akila is 8-year-old child. When his parents came home, he was playing with his younger sister. Parents saw that all the toys were scattered in the living room. Both parents started yelling at him and his father ordered him to spend the rest of the night in his room without talking to his younger sister. This is an example for,

a authoritative parenting style.
b supportive parenting style.
c authoritarian parenting style.
d permissive parenting style.

1.16 An infant attempts to communicate with his mother through babbling. When communicating with the infant, the mother says something and pause, and allows the infant to babble back. The mother tends to respond to the infant only after he has stopped babbling. This is an example for,

a infant-directed speech.
b turn-taking.
c gestures.
d sound production.

1.17 A parent needs to be informed that her child is having a serious health condition. A nursing student observes the doctor informing the parent of this information and also offering time and support to understand the situation. The student notices the caring behaviour of the doctor and it helps the mother. In the future, the nursing student will attempt to reproduce that behaviour. This is an example for,

a empathetic behaviour.
b associative learning.
c behaviour modification.
d observational learning.

1.18 Individuals gain a variety of experiences in different developmental stages in life. Accordingly, in which of the following stages do individuals experience both developmental gains such as being productive at work, involving in community activities and supporting their children, and losses including having health concerns and dealing with the loss of their family members?

a Early age.
b Middle adulthood.
c Young adulthood.
d Old age.

1.19 Considering moral development, the Cognitive Developmental Perspective explains that, in early childhood, children can distinguish between moral behaviours that protect the rights and welfare of individuals and social norms grounded in culture. Which of the following terms best describes moral behaviours that protect individuals' rights and welfare?

a Moral imperatives.
b Norms and customs.
c Social conventions.
d Values and norms.

1.20 Accordingly Levy Vygotsky's theory, two important processes involve in children's cognitive development. Which of the following best describes if a parent or a skilled person tends to provide necessary instructions and guidance, and motivates the child until he finishes a particular task?

a Social interaction.
b Cognitive development.
c Scaffolding.
d Supervision.

INDEX NO: .....

ANSWER SHEET FOR SECTION-1

Q. No.	(a)	(b)	(c)	(d)
1.1				
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INDEX NO: .....

SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All Questions are compulsory

2.1 List five (05) areas of psychological development. *(5 marks)*

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2.2 Briefly explain the "nature vs nurture" debate *(5 marks)*

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2.3 There are different types of contextual influences that are related to human development. Give an example for normative history-graded experiences. *(5 marks)*

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2.4 Give an example for quantitative change in human development. *(5 marks)*

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2.5 According to Jean Piaget, in which stage of cognitive development do children begin to discover the relationship between them and the environment? *(5 marks)*

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2.6 Name the <u>five</u> (05) stages proposed by Sigmund Freud in his theory of Psychoanalysis. *(5 marks)*

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2.7 Considering the socio-emotional development of children, identify <u>two</u> (02) types of cry that can be observed in infancy. *(5 marks)*

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2.8 Considering three aspects of preoperational thoughts explained by Piaget, what is the aspect that describes young children's belief that inanimate objects have life, feelings, and intentions? *(5 marks)*

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2.9 What is the term used to describe the cognitive ability to understand that others' beliefs intentions, thoughts, and desires may be different from one's own? *(5 marks)*

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2.10 Briefly describe the "Zone of proximal development" explained by Vygotsky.

(5 marks)

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2.11 What is the term used by the Lifespan Perspective to explain the opportunity for intra-individual changes that allow an individual to be unique? *(5 marks)*

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2.12 What is 'cognition'? Briefly explain. *(5 marks)*

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----------END OF QUESTION PAPER----------