

Student Name _____

ADULT DEVELOPMENT

1. Human beings continue to _____ and change in somewhat predictable ways throughout their lives.
2. We can consider the life cycle as a series of stages, or stable periods, with transition periods between them. True or False
3. Researchers divide the life span into eras of 20 years each. Name the eras and ages:
 - A. _____
 - B. _____
 - C. _____
 - D. _____
4. Building a life _____ involves making choices. True or False
5. The period of transition between pre-adulthood and adulthood is called the Early Adult Transition. True or False
6. While some independence is gained in adolescence, all of the early years has been a time of _____ upon others.
7. Many young adults choose to go to college far from home as a way of helping separate _____ from their families.
8. The task of transforming interests into an occupation is an easy one. True or False
9. The opportunities for women have _____ dramatically in the last 30 years.
10. Young people of this age have the developmental task of _____ and _____ the world of adulthood.
11. The years between about 22 and 28 are a time to fashion the first adult life structure.
True or False
12. Young adults are not more sexually active than any other age group. True or False
13. Most people choose to marry before they are 30 years old. True or False
14. One of the peak times of divorce is in the early 20's. True or False
15. The issue for young adults is how to divide their lives between _____ and _____.
16. For many people the 30th birthday is a shock. True or False
17. The efficiency of your heart, lungs, and digestive system begins slowly to increase after the

20's. True or False

18. Beginning about age 30, bones lose some of their strength and _____, becoming more _____.

19. A woman who has her first child when she is over 30 years old may have more difficulty than younger women. True or False

20. At the beginning of the 30's, a person is still a _____ member of society.

21. The 30's is a serious time of "making it." True or False

22. Forty seems like a milestone, the approximate _____ of life.

23. A lot of people in their forties and upward sometimes fall in their homes when walking.
True or False

24. With the experience of bodily decline and aging comes the sense of _____.

25. At 40, we are also likely to reclaim and recognize parts of the self that have been _____

26. Havighurst's developmental tasks for middle adulthood, Name them:

- A. _____.
- B. _____.
- C. _____.
- D. _____.
- E. _____.
- F. _____.
- G. _____.

27. As one passes into the 40's one becomes aware of how much has been lost in adulthood.
True or False

28. Menopause is a process, that takes place over a period of from two to five years.
True or False

29. Chronic diseases begin to disappear in middle adulthood. True or False

30. Heart disease and cancer are the leading _____ of death between 45 and 65.

31. After the children are gone, many women feel that they can now turn their attention to their _____ needs.

32. The divorce rate reaches a low peak among couples in their 40's. True or False

33. A mentor is a person who is eight to fifteen years older than the younger person he or she will guide, _____, and _____ usually in career matters.

34. Changing careers in middle age is far more common and possible today than it was decades ago. True or False
35. The periods between 55 and 60 is the final period of middle _____ the culmination of this 20 year old era.
36. After about 50, many men have problems with a prostate gland. True or False
37. Sexual intimacy, uninterrupted by children, is often not satisfying. True or False
38. The knowledge and wisdom of middle age are highly valued. True or False
39. This final broad period of life, age 65 and over, is called _____ adulthood.
40. Havighurts's Developmental Tasks for Later Life, Name them:
A. _____
B. _____
C. _____
D. _____
E. _____
F. _____
41. As we grow older, into the 70's and 80's we must learn how to adjust to _____ physical strength and _____.
42. Chronic illness is not a major problem for the elderly. True or False
43. Aging brings with it a decrease in the general functioning of the heart and _____ system.
44. Retirement from work can be both a gift and a burden. True or False
45. Several studies show that older men and women show some _____ changes.
46. Many older people strongly prefer to maintain their own _____ rather than live with their children.
47. Older people do remarry and find new life and intimacy. True or False
48. Death most often comes at the end of a chronic, debilitating illness. True or False
49. Name the three types of nursing homes:
A. _____
B. _____
C. _____
50. Most of the patients in skilled nursing homes require _____ attention around the clock.

51. Nursing homes also should provide for the psychological needs of their residents. True or False
52. Many families feel guilty about placing an elderly relative in a nursing home. True or False
53. Many elderly people consider the nursing home as the last step before _____.
54. Everyone must at sometime experience the death of a family member. True or False
55. Name the five stages of understanding death:
- A. _____.
- B. _____.
- C. _____.
- D. _____.
- E. _____.
56. The process of grieving and acceptance may go on for the survivors for some _____ after the _____ itself.

Thoughts and Sayings About Old Age

1. Who said, "let us respect gray hair, especially our own?" _____.
2. "No wise man ever wished to be younger." *Swift*. True or False
3. "As we grow old we become more foolish and more _____." *Rochefoucaud*.
4. "Old age is a blessed time." *L.M. Child*. True or False
5. Who said, "How beautiful can time with goodness make an old man look?" _____
6. "The evening of a well spent life brings its lamps with it?" *Steele*. True or False
7. "The golden age is behind us, not before us." *St. Simon*. True or False
8. Who said, "Though I look old, yet I am strong and lusty?" _____
9. "We hope to grow old, yet we fear old age; that is we are willing to live, and afraid to die." *Bruyere*. True or False
10. Who said, "There is a peculiar beauty about godly old age--the beauty of holiness?" _____