

Lesson Quiz 5-1



Adulthood and Old Age

DIRECTIONS: True/False In the blank, indicate whether the statement is true (T) or false (F).

- _____ 1. Approximately 10 percent of all people in the United States will never marry.
- _____ 2. Most individuals' cognitive abilities peak in their mid-20s.
- _____ 3. A person's basic personality, such as how optimistic he or she is, tends to remain the same over his or her lifetime.
- _____ 4. Because of biological changes, men can rarely father children after age 50.
- _____ 5. Having their children leave home is a traumatic event for most women.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. An important advantage that a 60-year-old driver has over a 20-year-old driver is
 - A. better eyesight.
 - B. quicker reflexes.
 - C. greater strength.
 - D. more experience.
- _____ 7. In order for a marriage to last, what is the best way for the couple to handle conflict?
 - A. Ignore conflict so that it will not grow into a crisis.
 - B. Focus on solving problems together.
 - C. Avoid listening to your partner's opinions.
 - D. Exaggerate the issue so that your partner will pay attention.
- _____ 8. An important way to help retain your cognitive abilities as you age is by
 - A. develop skills to maintain your reflexes.
 - B. having a career that is intellectually challenging.
 - C. maintaining family relationships.
 - D. living a relaxing, comfortable life.
- _____ 9. As they reach the 40–45 age range, men often
 - A. begin to examine what they have accomplished in their lives.
 - B. begin to display more sensitivity and concern for others.
 - C. learn new skills that lead to an increase in intelligence.
 - D. settle on a career that they typically maintain for the rest of their lives.
- _____ 10. One common cause of depression among middle-aged women is
 - A. starting a new career.
 - B. being tied to child-rearing tasks.
 - C. the death of a parent.
 - D. having fewer friends.

Lesson Quiz 5-2



Adulthood and Old Age

DIRECTIONS: Matching Match each item with the correct statement below.

- | | |
|---|--------------------------------------|
| _____ 1. examples include advertisements or television shows depicting older adults as slow and out of date | A. fluid intelligence |
| _____ 2. based on basic information-processing skills | B. dementia |
| _____ 3. idea that mental and physical decline are unavoidable as people age | C. agelism |
| _____ 4. collective term for conditions such as memory loss and forgetfulness | D. crystallized intelligence |
| _____ 5. based upon facts and rooted in experience | E. decremental model of aging |

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. Which of the following is one of the five most common chronic diseases of the elderly?
- | | |
|----------------------------|-------------------------|
| A. bipolar disorder | C. heart disease |
| B. asthma | D. pneumonia |
- _____ 7. Why are elderly people with assertive personalities often better able to cope with changes in their lives than those who are less assertive?
- A.** They are more likely to take better physical care of themselves.
 - B.** They are likely to be higher in crystallized intelligence, but lower in fluid intelligence.
 - C.** They are usually more intelligent than less assertive individuals.
 - D.** They are better at explaining what kinds of care and attention they need.
- _____ 8. Once called as the American Association of Retired Persons, the organization AARP
- A.** provides nursing home care for individuals with dementia.
 - B.** lobbies on social issues that affect the elderly.
 - C.** works for health care reform for all Americans.
 - D.** conducts research to find cures for chronic diseases such as diabetes.
- _____ 9. What kind of intelligence are you using when you apply what you already know about computers to fix problems with a new computer?
- | | |
|--------------------|------------------------|
| A. flexible | C. crystallized |
| B. fluid | D. chronic |
- _____ 10. Alzheimer's disease is typically associated with
- A.** the gradual deterioration of cognitive functioning.
 - B.** developing fears and worries about aging.
 - C.** the development of chronic heart or lung disease.
 - D.** a history of poor nutrition and medical care.

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Lesson Quiz 5-3



Adulthood and Old Age

DIRECTIONS: Completion Enter the appropriate word(s) to complete the statement.

1. _____ is the study of dying and death.
2. When going through the stages of dying, many people go from complete denial to final _____.
3. In the United States today, _____ hospice care is more common than care in a special hospice facility.
4. Psychologist John Bowlby established a framework for the different stages of grief based on _____.
5. A major goal of the hospice movement is to restore the dignity of _____.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. Eleanor is struggling through the second stage of dying. This can best be described as a stage of

A. anger.	C. denial.
B. acceptance.	D. bargaining.
- _____ 7. What might happen if a terminally ill person stays in the denial stage too long?
 - A. He may make a major change in his life, for example by becoming extremely religious.
 - B. He may delay treatment for so long that there are serious medical consequences.
 - C. He may become closer to his family and friends than in the past.
 - D. He may become severely depressed and withdraw socially.
- _____ 8. Robert recently lost his father and is haunted by feelings that he did not spend enough time with him near the end. What stage of grief is he most likely in?

A. disorientation and disorganization	C. reorganization and resolution
B. shock and numbness	D. yearning and searching
- _____ 9. Serena lost her husband a few months ago. Last week, she got lost driving home from the local grocery store. What stage of grief is she most likely in?

A. disorientation and disorganization	C. reorganization and resolution
B. shock and numbness	D. yearning and searching
- _____ 10. Which of the following statements is true concerning the stages of dying and death as described by Kübler-Ross?
 - A. If individuals do not complete each stage in turn, they are likely to have psychological problems.
 - B. While all individuals go through each stage, the order of the stages may vary.
 - C. Not all individuals go through all stages.
 - D. Newer research has shown that there are actually eight stages.

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