

Final Prep Test

Indicate the answer choice that best completes the statement or answers the question.

- B 1. Which of the following is an example of ageism?
- Giving your seat to an elderly person
 - Using a patronizing tone or overusing words like *sweetie* and *honey* when speaking to an older adult
 - Encouraging an individual to continue working into old age
 - Listening to the advice of an elderly person
- C 2. The effects of life review include all of the following *except*
- increased life satisfaction.
 - decreased feelings of despair.
 - increased feelings of regret and resentment.
 - improved spiritual well-being.
- D 3. Average life expectancy has increased because of
- improvements in sanitation laws.
 - vaccinations.
 - better prenatal and infant care.
 - All of the above
- C 4. _____ refers to individuals who are at least 100 years of age.
- Seasoned adults
 - Elderly folks
 - Centenarians
 - Baby Boomers
- B 5. Coordinating positive and negative emotions into an organized self-description is referred to as
- affect optimization.
 - cognitive-affective complexity.
 - affect complexity.
 - None of the above
- B 6. _____ is associated with older adults redefining happiness and comfort in terms of relational, cognitive, and creative means, rather than their physiological self.
- Ego transcendence
 - Body transcendence
 - Geotranscendence
 - Mind-body connection

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- C 7. _____ theory specifies that normal aging involves a natural and inevitable withdrawal from the workforce and involvement with others.
- Selective optimization with compensation
 - Activity
 - Disengagement
 - Continuity
- C 8. Grandparents who provide custodial care of their grandchildren
- are disproportionately African American women.
 - have increased two-fold in the last decade.
 - often obtain financial help from their adult children.
 - was more common about two decades ago.
- D 9. Which of the following is *not* an effect of divorce upon adult children?
- Weakened family ties
 - Decreased likelihood of emotional support for aging parents
 - Decreased likelihood of financial support for aging parents
 - Higher rates of depression and suicide
- B 10. Crystallized intelligence refers to
- intelligence that is measured on a verbal and a performance scale.
 - intelligence accumulated from past experience and socialization.
 - intelligence applied to new tasks or the ability to come up with novel or creative solutions to unforeseen problems.
 - pragmatic or social judgment.