

Test Bank
For
Counseling Children and Adolescents
1st Edition

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Chapter One: Developmentally Informed Youth Counseling

1. Approximately _____ percent of mental health disorders develop prior to age 14.
 - a. 10
 - b. 20
 - c. 50
 - d. 70

2. Youth development is:
 - a. Consistent and predictable.
 - b. Similar for all youth
 - c. Slow and predictable
 - d. Influenced by context

3. A milestone that differentiates adolescence from childhood is the development of:
 - a. Abstract thinking
 - b. Problem-solving skills
 - c. Awareness of emotions
 - d. Awareness of self

4. Insight is a typical developmental milestone of:
 - a. Early childhood
 - b. Middle childhood
 - c. Early adolescence
 - d. Later adolescence

5. Trauma is considered a developmental:
 - a. Protective factor
 - b. Risk factor
 - c. Resiliency factor
 - d. Both A and C

6. Academic engagement is considered a developmental:
 - a. Protective factor
 - b. Risk factor
 - c. Resiliency factor
 - d. Both A and C

7. One example of a cognitive risk factor is:
 - a. Low intelligence
 - b. Rebelliousness
 - c. Poor physical health
 - d. Poverty

8. One example of a psychosocial protective factor is:
 - a. Humor
 - b. High intelligence
 - c. Secure attachment
 - d. Empathy