

Study Guide Answer Key

chapter

20

Learning Activities

1. g, f, e, h, c, d, a
2. a. Establishing an identity
b. Separating from family
c. Isolating intimacy
d. Developing career choices for economic independence
3. abstract
4. conformity
5. Short period preceding adolescence marked by rapid changes in the structure and function of various parts of the body. It is distinguished by puberty when the reproductive organs become functional and secondary sex characteristics develop.
6. Female
7. testicular growth
8. 13-14
9. breast, testicular
10. identity vs. role confusion
11. Adolescents who cannot establish their self-identity may display rigid actions, be hostile, depressed, and depressed, or cling to conformity long after maturity. They often have low self-esteem and share alienation. They may have an unusual need for novel experiences.
12. a. True
b. True
13. Cliques are smaller groups made up of adolescents with similar interests, values, and tastes. Adolescents will often develop a close personal relationship with one peer within that clique. The best friend interaction supports the adolescent's social development.
14. a. When assigning routine tasks, help the adolescent understand the reason and the overall objective. For example, help the adolescent see how his/her task fits in with the overall plan.
b. An age-appropriate allowance and earning their own money helps adolescents learn to manage money.
15. a. False
b. True

- c. True
- d. True
- e. Father
16. a. Rapid rate of growth and physical maturation increase demands.
b. Erratic eating habits contribute to inadequately nutrient intake.
17. a. Calcium
b. Iron
c. Vitamin B₁₂
18. a. Phosphorus
b. Vitamin B₁₂
c. Calcium
d. Iron
e. Sodium
f. Zinc
19. motor vehicle
20. cardiovascular
21. depression

Review Questions

1. Answer: 2
Rationale: Growth during adolescence does not proceed at the same rate in all systems (2). Therefore, teens often have "gangly" appearance and movements. This has nothing to do with maturation points between generations (1) or with sleeping (4). The final 20% of mature height that is achieved during adolescence is called the growth spurt, as opposed to slower growth (3) and usually occurs by 18 years of age. The major cause of weight gain is the increase in skeletal mass or a slowing of growth during adolescence.
2. Answer: 2
Rationale: Young people who are unable to master confusion and establish an identity may cling to the conformity of peer groups long after the need should have passed (2). They may become rigid in their actions, as opposed to becoming too flexible in choosing rules or boundaries (1). Some show an inordinate need for something "new and exciting," as opposed

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