

# AAFCS

## STUDY GUIDE & PRACTICE QUESTIONS 2025-2026

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**BRIEF OVERVIEW OF THE EXAM**



**DETAILED CONTENT REVIEW**



**TEST - TAKING STRATEGIES**



**FULL- LENGTH PRACTICE TESTS**

**AAFCS Practice Test 1 2025-2026**

**Full-Length Practice Test 1**

**Section 1: Human Development & Family Studies**

**Identified:** The section involves understanding of human growth, development stages, family systems, and factors affecting individual and family well-being.

**1. Which stage of development is characterized by rapid physical growth and the onset of puberty?**

A. Infancy  
B. Early childhood  
C. Adolescence  
D. Middle childhood

**Answer: C. Adolescence**

**Explanation:** Adolescence involves significant physical, emotional, and social changes, including puberty.

**2. What is the primary focus of Erikson's stage of "Industry vs. Inferiority"?**

A. Developing trust  
B. Learning competence and mastering skills  
C. Forming intimate relationships  
D. Achieving intimacy

**Answer: B. Learning competence and mastering skills**

**Explanation:** Children learn to be productive and gain confidence in their abilities during the

**200 QUESTIONS**

**Overview AAFCS 2025-2026**

**Overview of the exam:**

AAFCS covers various topics including family systems, consumer economics, nutrition, and community services. It focuses on tests, goals, and support systems in family and consumer service situations.

**What's Included in This Guide:**

- Human development and family dynamics
- Nutrition & wellness strategies
- Consumer economics & resource management
- Housing & interior design concepts
- Education & community service applications
- Professional practices in family services
- 200+ AAFCS practice questions

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