

Lifespan Development Guided Notes

- I. Lifespan development explores how individuals _____ and _____ over their lifetime, from conception to death.
- II. The study of lifespan development covers three main domains:
 - A. _____ involves growth and changes in the body and brain, the senses, motor skills, and health and wellness.
 - B. _____ involves learning, attention, memory, language, thinking, reasoning, and creativity.
 - C. _____ involves emotions, personality, and social relationships.
- III. _____ helped establish specific developmental milestones for when children will develop certain skills.
 - A. What is continuous development?
 - B. What is discontinuous development?
- IV. Lifespan Theories
 - A. Sigmund Freud's theory of _____ with its five stages. It surmises that there are psychosexual stages in early childhood and children can develop issues if they get fixated on these stages.
 - 1. Anal:
 - 2. Oral:
 - 3. Phallic:
 - 4. Latency:
 - 5. Genital:
 - B. Erik Erikson's _____ and eight accompanying stages. This theory says that at each stage of life, humans must grapple with an issue (trust vs. mistrust, for example) and the way they resolve that issue influences personality development.

Age	Stage	Description	Example
	Trust vs. _____	Trust (or mistrust) that basic needs, such as nourishment and affection, will be met	
	_____ vs. shame/doubt	Develop a sense of independence in many tasks	
	_____ vs. guilt	Take initiative on some activities—may develop guilt when unsuccessful or boundaries overstepped	
	Industry vs. _____	Develop self-confidence in abilities when competent or sense of inferiority when not	
	_____ vs. confusion	Experiment with and develop identity and roles	

	_____ vs. isolation	Establish intimacy and relationships with others	
	Generativity vs. _____	Contribute to society and be part of a family	
	_____ vs. despair	Assess and make sense of life and meaning of contributions	

- C. Jean Piaget's _____ of development and its four major stages, which recognizes that children develop reasoning skills as they age.
- D. John Bowlby and Mary Ainsworth's _____ holds that children develop one of four types of attachment with their caregiver that can impact their later development.
- E. Lev Vygotsky's _____ theory, which emphasizes social influences on development. It suggests that human development is rooted in one's culture.
- F. Urie Bronfenbrenner's _____ theory, which recognizes five environmental systems that influence a person.
- G. Lawrence Kohlberg's theory of _____ development. This says that children move through six stages of how they can think critically about ethical and moral issues

V. Stages of Development

- A. Conception occurs when sperm fertilizes an egg and forms a _____. This develops into an _____ (from weeks 3-8 of development), and then a _____.
- B. What is a teratogen?
- C. What are fetal alcohol spectrum disorders?

VI. Infancy

- A. Define newborn reflexes:
- B. What's the difference between gross motor and fine motor skills?
- C. Describe some of the developmental milestones in early childhood:

VII. Piaget's Stages

Age	Stage	Description/Examples
	Sensorimotor	
	Preoperational	
	Concrete operational	
	Formal operational	

A. What were some criticisms of Piaget's theory?

VIII. Attachment

A. What is Harry Harlow known for?

B. What is Mary Ainsworth known for?

1. Secure attachment:
2. Avoidant attachment:
3. Resistant attachment:
4. Disorganized attachment:

C. What is a self-concept and how does it develop?

IX. Parenting

A. Authoritative:

B. Authoritarian:

C. Permissive:

D. Uninvolved:

E. _____ refers to innate traits that influence how one thinks, behaves, and reacts with the environment.

X. Adolescence

A. _____ sexual characteristics are organs specifically needed for reproduction, like the uterus and ovaries in females and testes in males. _____ sexual characteristics are physical signs of sexual maturation that do not directly involve sex organs, such as the development of breasts and hips in girls, and the development of facial hair and a deepened voice in boys.

B. _____, also known as theory-of-mind, relates to the ability to take the perspective of others and feel concern for others.

C. James Marcia identified 4 stages of identity development:

1. _____ occurs when an individual commits to an identity without exploring options.
2. _____ occurs when adolescents neither explore nor commit to any identities.
3. _____ is a state in which adolescents are actively exploring options but have not yet made commitments.
4. _____ occurs when individuals have explored different options and then made identity commitments.

XI. Moral Development

A. Lawrence Kohlberg identified stages of moral development:

1. pre-conventional:
2. conventional:
3. post-conventional:

B. Describe the first experiment conducted by Hamlin and Wynn:

C. Describe the second experiment conducted by Hamlin and Wynn:

XII. Adulthood

- A. What is emerging adulthood?
- B. _____ refers to information processing abilities, such as logical reasoning, remembering lists, spatial ability, and reaction time. _____ encompasses abilities that draw upon experience and knowledge.
- C. _____ typically improves as you age while _____ becomes less efficient.
- D. Elizabeth Kübler-Ross (1969) proposed five stages of grief: denial, _____, bargaining, depression, and _____.