

## Chapter 1

- **life span human development**- the study of how we grow and develop throughout the life span
  - looks at psychological development from conception to death
- **psychology**- the study of mind and behavior
- **\*There's continuity in development while other things change**
- there are qualitative differences (not only what the person does but how they do it) from one stage of life to the next

### Periods of development:

- prenatal development- from conception to birth
- infancy- from birth to the end of the first 2 years
- early childhood- end of first 2 years up to and including 6 years
- middle childhood- from 7 years up to 12 years
- adolescence- from beginning of puberty up to 18 years
- emerging adulthood- 18 up to 29 years
- middle adulthood- from 30 years to 65
- late adulthood- 65 to death

### Domains of development: all a system; operate together

- **biopsychological**- how our biological and physical development influences our psychological development (ex. How hormones effect behavior)
- **cognitive**- how our thinking develops, how we make sense of the world, and how that influences our development (money, language) → how thinking affects behavior
- **socioemotional**- how emotions and relationships develop and how they affect development (parenting behaviors, self-esteem)
- **theory**- an organized set of ideas that tries to explain a phenomenon, often unobservable
  - looks at what develops, how it develops, and why
  - we look at everyday theories, scientific ones are systematic
  - can be a guess or an explanation

### Theoretical perspectives:

- **Cognitive**- Jean Piaget (1896-1980)
  - Focuses on how thinking develops
  - The way in which we think about the world is what influences and shapes our behavior
  - Piaget said schemas develop through an interaction of the child's biology and their experience
  - Vygotsky suggested it develops as part of our social and cultural text
- **Behavioral**
  - Focuses on how behavior is shaped and conditioned
  - How cues in environment trigger behavior
- **\*Pavlov (1927)- salvation in dogs- classical conditioning**

# Vpack Psych Life P17mm 2aps Int Psyc

**Lauren Gardner**



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