

Presentation Notes for Milestones of Human Development

Slide 1



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Marie Saracino, Ph.D.
Professor, Child Development and Family Living
Program

Brandon Burr, Ph.D.
Assistant Professor, Child Development and Family
Living Program

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Provides FREE instructional resources

- Education and Training
- Hospitality and Tourism
- Human Services

<http://cte.sfasu.edu/>

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This presentation will be available on the SIRDC website. Stress that all resources are free. Encourage participants to sign up to receive newsletters and updates.

Human Development

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- The science of human development seeks to understand how and why people change over time and is empirical in nature.
- Life-Span Perspective: An approach to the study of human development that takes into account all phases of life, not just childhood, or adulthood. It also views human development as multidirectional, multicontextual, multicultural, multidisciplinary, and plastic.

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Human Development Life-Span Perspective

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- ▣ **Multidirectional:** Over time human characteristics change in many ways—increasing, decreasing, or holding steady.

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Human Development Life-Span Perspective

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- ▣ **Multicontextual:** Development occurs in many contexts including physical and social environments.

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Human Development Life-Span Perspective

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- ▣ **Multicultural:** People of a nation, region in a nation, ethnic group, neighborhood, and even classroom can have their own culture and this culture affects their actions and thoughts.

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Human Development Life-Span Perspective

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- ▣ **Multidisciplinary:** Human development over the life-span is such a large subject that ideas and information from many disciplines is required to understand it.

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Human Development Life-Span Perspective

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- ▣ **Plasticity:** Human traits can be molded, yet people maintain a certain durability of identity.

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Research Methods and Designs

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Methods

- **Scientific Observation:** unobtrusively watching and recording participants' behavior in a systematic and objective manner-in a natural setting, a laboratory, or in searches of archival data.
- **Survey:** information is collected from a large number of people by interviews, written questionnaires, or other means.

Designs

- **Cross-Sectional Research:** compares groups of people who differ in age but are similar in other important characteristics.
- **Longitudinal Research:** follows the same individuals over time and their development is repeatedly assessed.

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Major Theories of Development

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Theory	Premise
<p>Behaviorism and Social Learning Theory: Development involves an increase in learned behaviors.</p>	<p>Development results from conditioning and modeling. Behaviors reinforced and modeled may vary from child to child.</p>
<p>Piaget's Cognitive Development Theory: Cognitive development takes place in stages.</p>	<p>Stages are assumed to be universal. Piaget's 4 stages are sequential in order and include ages birth through adolescence.</p>
<p>Post Formal Thought/Dialectical Thinking</p>	<p>Characterized by problem finding not just problem solving. More practical and flexible thinking. Person is more open to ideas and less concerned with absolute rights and wrongs, and accept the contradictions of the complexity of the situation. Dialectical thinking is the most advanced form of thinking.</p>

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Major Theories of Development, cont.

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Theory	Premise
Erikson's Psychosocial Theory. A life-span theorist that combines psychological and cultural aspects of development.	A series of sequential developmental stages form birth through late adulthood. The focus is the development of a healthy personality who is able to form intimate relationships and be a productive member of society.
Ecological Systems Theory: The individual's characteristics join with environmental forces at multiple levels to mold development in unique ways.	The structure of the environment includes the microsystem, mesosystem, exosystem, and macrosystem. Layers of the environment influence child-rearing and adult life experiences.

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14 Development During Adolescence

Major Milestones of Development




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The slide features a title bar with the number '14' in a blue box and the text 'Development During Adolescence' in a white box. Below the title bar is the section header 'Major Milestones of Development'. Two photographs are displayed: the left one shows three teenagers smiling, and the right one shows a young woman sitting on the floor with her hands on her chin, looking thoughtful. A copyright notice is located at the bottom of the slide.

Physical Development in Adolescence

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- Puberty-Physical Transition to Adulthood
 - Hormonal changes-Sexual maturity controlled by the sex hormones: Estrogens and Androgens.
 - Growth spurt-rapid gain in height and weight begins around age 10 for girls and 12 for boys.
 - Factors influencing the timing of puberty include: heredity, nutrition, exercise, and overall health.



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Online resources pertaining to adolescent development (physical, emotional, and cognitive)
<http://hrweb.mit.edu/worklife/youngadult/>

<http://www.search-institute.org/content/gates-foundation-successful-young-adult-development>

Cognitive Development in Adolescence

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□ Post Formal Operations Stage

- Capacity for abstract, systematic, and scientific thinking.

- Capable of deductive reasoning.

When presented with a problem, adolescents are more likely to engage in trial and error problem-solving in order to reach a successful outcome.

Egocentrism involves a heightened sense of self-consciousness and a belief that others are interested in them (imaginary audience) and everyone else's behavior is a personal judgment on them. Example: A teacher's words or a friend's frown may mean that "I am not likeable."

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Cognitive Development in Adolescence

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- Ability to think abstractly about possibilities causes adolescents to have idealistic views that are at odds with everyday reality.
- Less effective at decision-making than adults, take greater risks, and accentuate short-term goals over long-term goals.

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Social and Emotional Development in Adolescence

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- Erikson's Stage: Identity versus Role Confusion
- Major personality achievement of adolescence.
- Identity achievement involves answering the following questions: Who am I? What do I believe? What are my goals? (Separate from my parents.)
- Process of exploration followed by commitment.



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Social and Emotional Development in Adolescence

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- Peers become increasingly important during adolescence and less time is spent with family members. Peer relations can be both positive and negative. (Delinquent behavior, drug abuse, compared to sports and group activities at school or church).
- Major characteristics of adolescent friendships include: intimacy (psychological closeness), mutual understanding, and loyalty.

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Social and Emotional Development in Adolescence

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- **Sex differences in friendships:**
 - Emotional closeness is more common between girls than between boys.
 - Girls frequently get together without a planned activity to “just talk.”
 - Boys more often get together for sport activities or competitive games.
 - Girls tend to focus more on communal concerns, while boys focus more on achievement and status.

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Social and Emotional Development in Adolescence

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□ Internet Usage and Friendships

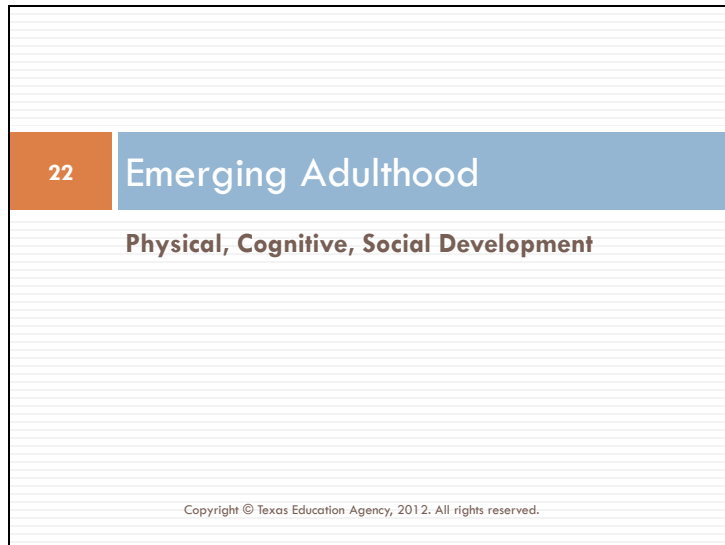
▣ Adolescents use the Internet and Social Networking Sites to communicate with friends and meet new people. Use of these sites is common and seems to support friendship closeness without direct physical interaction.

▣ For some adolescents, online relationships pose some risks of harmful social experiences, including harassment, exploitation, and bullying.



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22 Emerging Adulthood

Physical, Cognitive, Social Development

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The slide content is enclosed in a black rectangular border. It features a blue horizontal bar at the top containing the slide number '22' in white text on an orange background and the title 'Emerging Adulthood' in white text on a blue background. Below this bar, the subtitle 'Physical, Cognitive, Social Development' is centered in bold black text. At the bottom of the slide, a small copyright notice is centered.

Emerging Adulthood (18-25)

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- Although by about age 18, the physical body is “grown up,” many do not consider themselves adults until age 25 or older.
- Our traditional signs of adulthood (completed education, marriage, parenthood, chosen career path) occur later than they once did.
- The creation of the developmental stage of “emerging adulthood”

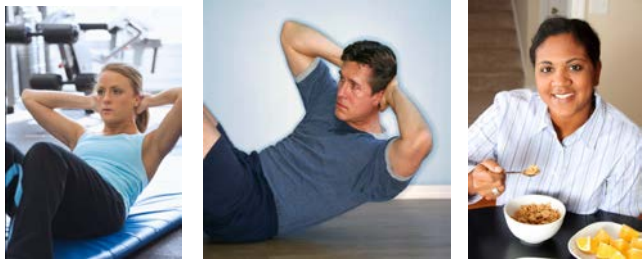


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Emerging Adulthood: Physical Development

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- Period of optimal physical health



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The slide features three small images arranged horizontally. The first image shows a woman in a light blue tank top and black leggings performing sit-ups on a blue exercise mat in a gym. The second image shows a man in a blue t-shirt and dark pants performing sit-ups on a dark mat. The third image shows a woman in a light blue striped shirt sitting at a table, smiling while eating from a white bowl with a spoon. There are also some yellow items on the table.

Physical strength increases in to emerging adulthood

Body systems (digestive, respiratory, circulatory, and sexual-reproductive) function optimally
95.9% of young adults (18-29) in the U.S. rated their health as “good”, “very good”, or “excellent”—4.1% as “fair”, or “poor”

Yet, may overlook or ignore health issues


On average, young adults see a health professional once per year.

Report the greatest reasons for seeing a doctor are injury and pregnancy.

Emerging Adulthood: Physical Development cont.

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- Attitudes towards sex and marriage
 - ▣ Emotional entanglement
 - ▣ Sexually transmitted infections (STIs)



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Sex and marriage not often connected for emerging adults. Birth control options are often directly linked to the trend in later marriages. Polls have shown that most emerging adults believe that premarital sex is not wrong at all.

Premarital sex may be associated with increased emotional distress—”emotional entanglement” of a sexual relationship; unspoken differing assumptions...and also increases risk of sexually transmitted infections. Many emerging adults have at least one STI, many have several. Young adults remain the prime group as both victims and spreaders of STIs. Monogamy, whether lifelong or serial, helps to reduce STI risk.

Emerging Adulthood: Physical Development cont.

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- Increased incidents of depression, anxiety disorders such as panic attacks.



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Emerging adults experience more of every diagnosable disorder than any other age group. For instance, about one quarter of mood disorders begin in young adulthood. Women often experience more depression than men. The onset of these disorders is mostly due to the combination of a number of different factors.

Emerging Adulthood: Physical Development cont.

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- Increased risk-taking behaviors
 - ▣ Edgework (Living on the edge) – Engage in occupations or sports that involve higher degree of risk or danger.
 - Occupations
 - Sports
 - Drugs and alcohol use


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Often a time of more attraction to risk, or edgework—activities that involve risk and danger. Risk-taking is influenced by genetics and hormones; males are more often engaged in risk-taking behaviors. Risk-taking happens through certain occupations, sports (extreme sports), and other activities such as drug and alcohol use. The use of illegal drugs peaks from ages 18-25, and is more common among college students. College students are also more likely to engage in binge drinking. Most young adults fail to see the line between “use” and “abuse.” Risk-taking is also influenced by peer beliefs and social norms to engage in such activities

Emerging Adulthood: Cognitive Development

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- Postformal thought
- Dialectical thought
- Moral Development
 - ▣ Spiritual development
 - ▣ Influence of culture
- Higher education and cognitive growth



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Postformal thought builds on the formal operational thought of adolescence derived by Piaget. Postformal thinkers are more practical and flexible in their thinking. They are problem finders and not simply problem solvers. They are more open to new ideas, they are more creative and imaginative in their thinking style. They are better able to combine subjectivity and objectivity based on the situation. They are better able to consider multiple solutions to practical issues. The prefrontal cortex of the brains (responsible for decision making, predicting future events, and impulse control) is not fully formed until the early 20s. Maturation of the prefrontal cortex is thought to be connected with adults' ability to think more and use more practicality and flexibly in their thinking when compared to adolescents.

Postformal thinkers are able to process dialectically; said to be the most advanced level of cognitive functioning. A dialectical thinker is able to take a thesis (an idea), and its antithesis (the opposite) and create a synthesis (a new idea, integrating the original idea with its opposite). This process is continual and transformative.

Values continue to mature over emerging adulthood and adulthood. Moral decisions are often least likely in adolescence and grow over emerging adulthood as people grow, mature, and manage various issues. Surveys of college—age young adults show that 51% say that it is important to a meaningful philosophy of life, and 70% say that it is important to help people who are in a difficult situation.


Spiritual development, of the continuing development of faith is not uncommon in young adulthood. This may be a time of questioning one's beliefs, pondering one's beliefs, and struggling to understand good and evil, as well as the nature of God are often present during this time. Doctrinaire beliefs are often replaced by a belief system that is more flexible and dialectical regarding faith.

Higher education has been shown to increase verbal and quantitative skills, as well as reasoning. The number of years of college education also correlates with cognitive growth, as well as income, and better health. Most likely, college education increases one's ability to think in a more practical, flexible, and dialectical manner.

Emerging Adulthood: Social

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- Quest for identity
 - ▣ Ethnic/political-identifying with certain ethnic and political groups.
 - ▣ Vocational- identifying a particular career path.



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Young adults often enter a phase of identity moratorium where they postpone marriage, family, and career to explore possibilities. Moratorium is a temporary phase, postponing full identity achievement.

Erikson believed that this time of moratorium was a time for youth and young adults to make achievements in the areas of political/ethnic identity and vocational identity. Ethnic identity: identifying with a specific ethnic group—often affects language, manners, romance, employment, clothing, and values.

Vocational identity: identifying with a particular career path; young adulthood is a time for acquiring skills and resources needed for lifelong career and family success. Vocational identity may be more difficult to achieve with the downturn in the economy and unstable job market.

Emerging Adulthood: Social cont.

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- Intimacy
 - ▣ Friendship
 - ▣ Romance – postponing marriage and increased rates of cohabitation.



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Friendship may be particularly important in young adulthood as young adults currently rarely have a spouse, children, or frail parents. Friends provide companionship, support, and comfort. Both men and women seek aspects of intimacy, yet male friendships tend to center around activities, interests, and external matter, whereas female friendships are more closely intimate and emotional.

Most young adults do seek lasting, committed, romantic relationships, but the trends are changing. Young adults do not seem to be abandoning marriage, but postponing it. Dimensions of love and intimacy are often greatly affected by culture, experience, and belief systems. Sternberg developed seven forms of love centered around three aspects of love—passion, intimacy, and commitment. The lower level, liking is characterized by the presence of intimacy, but not passion or commitment. The higher form, consummate love, is characterized by all three. Romantic love often moves from passion to intimacy to commitment. Sexual attraction is important, but is often not enough to keep a couple together for long periods of time. A growing trend in young adulthood is the placing of sex first and the relationship later; “hooking up”, “no strings attached,” “friends with benefits.” However, once the hormones of participating in a sexual relationship are activated, sexual partners often become more emotionally involved than was expected, which may create relationship issues. Also, many young adults participate in online social networks (3/4 of all 18-29-year olds use social networks). Young adults also often engage in sex and romance through online social networking.

More young adults are cohabiting than in years past. More than 5% of all U.S. households are comprised of male-female cohabiting couples, and approximately 1% comprised of same-sex cohabiting couples. About half of couples cohabiting consider living together as a prelude to marriage.

Changes in marriage patterns: Most adults age 20-30 are not married; 12% of men and 20% of women are married in the 20-25 age group. Fewer adults are married than ever before (57%), and more adults are divorced. The divorce rate is approximately half the marriage rate, not necessarily because more people are divorcing, but because fewer people are marrying.

Emerging Adulthood: Social cont.

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- Ongoing family relationships
 - Relationships with parents- after college graduation, may young adults return home to live with their parents. (Revolving door syndrome).
 - Cultural impact relationships with parents and other family members are greatly influenced by culture and beliefs. (Western cultures expect young adults to live independently of parents).

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Parents are often still very involved in the lives of their young adult children. Young adults often live with their parents; they may have not yet married, had children, or have become vocationally secure. Many parents serve as a main source of financial support for their young adult children. Family members often live linked lives, where the experiences and needs of family members at one stage of life are affected by those at other stages. Continuing relationships with parents and other family members are greatly influenced by culture and beliefs.

Free Educational Instructional Resources

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Statewide Instructional Resources Development Center

- ▣ <http://cte.sfasu.edu/>

Education and Training Career Cluster

- ▣ [Human Growth and Development](#)
- ▣ [Resources for Human Growth and Development](#)

Human Services Career Cluster

- ▣ [Child Development](#)
- ▣ [Resources for Child Development](#)
- ▣ [Child Guidance](#)
- ▣ [Resources for Child Guidance](#)

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Questions, Comments, Suggestions

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Resources and References

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- Whitbourne, S. K., & Whitbourne, S. B. (2011). *Adult development and aging: Biopsychosocial perspectives* (4th ed.). Hoboken, NJ: Wiley.

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Resources and References

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MIT Center for Work, Family and Personal Life
Young Adult Development Project

<http://hrweb.mit.edu/worklife/youngadult/>

Search Institute

Global innovator in discovering what children and adolescents need to succeed in their families, schools, and communities.

<http://www.search-institute.org/content/gates-foundation-successful-young-adult-development>

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Contact Information

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Marie Saracino, Ph.D.
Professor, Child Development and Family Living
Program
Stephen F. Austin State University
msaracino@sfasu.edu

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