

1. development	the pattern of continuity and change in human capabilities that occurs throughout life, involving both growth and decline	17. The Nurture Assumption	book written by Judith Harris
2. physical processes	changes in biological nature; genes, hormonal changes of puberty and menopause; changes in brain, height, weight, and motor skills	18. Sandra Scarr	believes superparenting is unnecessary; genotype is so strong that more environmental experiences are unimportant; only parenting that has negative effects is severely abnormal parenting
3. maturation	biological growth processes	19. superparenting	Controlling your child's life and making sure they are successful. Trying too hard??
4. cognitive processes	changes in thought, intelligence, language; observing, speaking, imagining, memorizing	20. life-span developmentalists	people who study how people develop over their lifetime? research methods include cross-sectional studies and longitudinal studies
5. socioemotional processes	changes in relationships with others, emotions, and personality; smiling, assertiveness, joy, aggressiveness, affection	21. resilience	- ability to recover from or adapt to difficult times, even during adversity
6. cross-sectional studies	- multiple age groups assessed and differences are noted at the same time - Note: age differences not the same as developmental change	22. child development	Prenatal development--> Germinal period, embryonic period, fetal period etc. Physical development--> Reflexes, motor and perceptual skills wrt. Cognitive development--> Piaget= assimilation and accommodation- sensorimotor stage, preoperational stage, concrete operational stage and formal operational stage Temperament and attachment in infancy and Erikson's stages etc.
7. cohort effects	differences b/w individuals not from age but from the historical and social time period in which they were born	23. prenatal	before birth
8. longitudinal studies	study that assesses same participants many times over a period of time; these can determine age group differences and if the same people change a particular characteristic with age	24. prenatal development	- development before birth, three periods from the zygote to the fetus
9. nature	an individual's biological inheritance, especially his or her genes	25. conception	when a single sperm cell merges with ovum to produce zygote
10. nurture	and individual's environment; environmental and social experiences	26. zygote	1/2 of zygotes survive. single cell with 23 chromosomes from mom and 23 from dad
11. genotype	genetic heritage; may be expressed many ways, depending on environment and characteristics of genotype itself	27. germinal period	weeks 1 and 2 in prenatal development; mass of cells attached to uterine wall
12. phenotype	observable characteristics; considers both nature and nurture	28. embryonic period	weeks 3 through 8 in prenatal development; rate of cell differentiation intensifies, cell support systems develop, organs appear, third week the neural tube begins to form, closes after 28 days
13. phenylketonuria (PKU)	two recessive genes, results in inability to metabolize amino acid phenylalanine; may lead to irreversible brain damage, developmental disabilities, and seizures; can be avoided with diet		
14. life themes	involve activities, social relationships, and life goals		
15. optimal life experiences	Make the most of your life?		
16. Judith Harris	wrote The Nurture Assumption, believes what parents do makes no difference in children's behavior; genes and peers are more influential		

29. fetal period	months 2 through 9 in prenatal development 2 months size of kidney bean and moves around 4 months five inches long and weighs 5 oz 6 months 1.5 lbs last three months organ functioning and baby fat increases
30. fetus	an unborn offspring of a mammal, in particular an unborn human baby more than eight weeks after conception.
31. teratogen	- any agent that causes a birth defect
32. fetal alcohol spectrum disorders (FASD)	clusters of abnormalities/problems form mothers who drink heavily
33. stillbirth	the birth of an infant that has died in the womb (strictly, after having survived through at least the first 28 weeks of pregnancy, earlier instances being regarded as abortion or miscarriage).
34. sexually transmitted infection (STI)	infections such as gonorrhea that can be transferred to baby during delivery
35. preterm infant	an infant born earlier than 37 weeks after conception, also at risk for development difficulties
36. infant reflex	- can be temporary or can last a lifetime, genetically-wired, essential for survival (at least at some point in evolution)
37. motor skills	A motor skill is a learned sequence of movements that combine to produce a smooth, efficient action in order to master a particular task. The development of motor skill occurs in the motor cortex, the region of the cerebral cortex that controls voluntary muscle groups.
38. perceptual skills	The child's ability to process, analyse and interpret the information that they get through different sensory channels.
39. dendrite spreading	when you learn and experience things you gain more dendrites?
40. preferential looking	a research technique that involves giving an infant a choice of what to look at
41. synaptic connections	When you learn and experience new things you gain more synaptic connections
42. synapse	gaps between neurons
43. synaptic density	Higher density = more synaptic connections?
44. cognitive development	how thought, intelligence, and language processes change as people mature

45. actively construct	learn new things constantly?
46. schemas	a mental concept or framework that organizes information and provides structure for interpreting it
47. Jean Piaget (1896-1980)	- kind of a big deal swill developmental psychologist, whose theory traces cognitive development through childhood to adulthood
48. assimilation	- incorporation of new information into existing knowledge - application: an animal is something fuzzy and is alive, meet a rabbit, it is an animal too (animal = existing knowledge, rabbit = new information) - application: baby is highchair and eats, baby tries to eat something that isn't food like a cardboard box (highchair and food association = existing knowledge, cardboard box = new information)... accommodation may occur AFTER this
49. accomodation	- adjusting schemas to new information to make sense of new experiences - application: baby adjusts highchair food association to accept all objects in highchair aren't food (such as a cardboard box)
50. Piaget's four stages	sensorimotor stage, preoperational stage, concrete operational stage, formal operational stage; each stage involves a qualitatively different way of making sense of the world
51. sensorimotor stage	first stage in understanding the world; birth to 2 years; child understands by coordinating sensory experiences with motor actions
52. object permanence	- Piaget's term for crucial accomplishment of understanding that objects and events continue to exist even when they are not directly sensed - application: if you had something from a child in the sensorimotor stage (0-2) who hasn't mastered this concept, child will act like it doesn't exist
53. preoperational stage	- Piaget's second stage in understanding the world - 2 to 7 years - more symbolic with words, images, and pictures - characterized by egocentric thought - fails the pennies task (row size indicates number)
54. operations	related to properties of objects, such as volume

55. Piaget's conservation task	As Piaget noted, children in the early preoperational period fail on all of these tasks, typically giving answers that conform to the most salient dimension (e.g., in the number conservation task, 3- and 4-year-olds typically state that the longer transformed line has 'more'). Children in the late preoperational period often succeed at some of these tasks, but fail to provide adequate justifications for their judgments. It is not until the concrete operational period that children can reliably supply logical justifications, such as reversibility, for conservation. Which cup has more water? dimes spread out etc.	68. the difficult child	- a child who is negative, behaves irregularly, and is inflexible - application: a baby who cries a lot and who has difficulty in new situations
56. conservation	- a belief in permanence of certain attributes of objects despite superficial changes - task of water between liquid in different shaped but equal size drinking glasses	69. the slow-to-warm-up child	- a child characterized by low activity, is somewhat negative, inflexible, and has low mood intensity
57. concrete operational stage	third stage in understanding the world; 7 to 11 years; uses operations and replaces intuitive reasoning with logical reasoning	70. effortful control	controlling arousal and not being easily agitated
58. concrete	Thinking logically?	71. inhibition	conscious or unconscious constraint or curtailment of a process or behaviour, especially of impulses or desires. Inhibition serves necessary social functions, abating or preventing certain impulses from being acted on (e.g., the desire to hit someone in the heat of anger) and enabling the delay of gratification from pleasurable activities.
59. formal operational stage	- Piaget's fourth and final stage in understanding the world; - 11 to 15 years through adulthood; - abstract, logical reasoning (hypothetical thoughts, predictions, hypotheses) - application: capable of designing and implementing a scientific experiment	72. negative affinity	the tendency to be frustrated or sad
60. idealistic	thinking which involves comparing how things are and how they might be	73. Harry and Margaret Marlow	- kind of a big deal - created comfy mom monkey experiment - concluded that contact comfort, not feeding is crucial for an infant's attachment to its caregiver
61. reasoning	the action of thinking about something in a logical, sensible way	74. infant attachment	the close emotional bond between infant and caregiver
62. hypothetical-deductive reasoning	ability to develop hypotheses about solutions to a problem and to deduce/conclude best solution	75. secure attachment	ways that infants use caregivers, usually mothers, as secure base from which to explore the environment
63. abstract	existing in thought or as an idea but not having a physical or concrete existence.	76. Wire and cloth surrogate mothers experiment	monkey babies preferred cloth mother; contact comfort, not feeding is crucial for an infant's attachment to its caregiver
64. Lev Vygotsky	- kind of a big deal russian psychologist, believes cognitive development is an interpersonal process that varies with culture	77. strange situation	Mary Ainsworth - Moms leave kids in a room with a stranger Secure attachment = kid cries insecure attachment = kid doesn't cry NOTE: opposite of adjective
65. scaffolding	allows child's cognitive abilities to be built by interacting with child just above sophistication level mastered	78. Erik Erikson	- kind of a big deal
66. temperament	behavioral style and characteristic way of responding	79. Erikson's eight stages of human development	- based on the assumption that each person faces a set of predictable life-changing challenges at various stages of life 1. Trust Vs. Mistrust 2. Autonomy Vs Shame and doubt 3. Initiative Vs Guilt 4. Industry Vs Inferiority 5. Identity Vs Identity Confusion 6. Intimacy Vs Isolation 7. Generativity Vs. Stagnation 8. Integrity Vs Despair
67. the easy child	a child who is positive, follows, routines, and is adaptable		

80. socioemotional development in childhood (Erikson)	1. Trust Vs Mistrust 2. Autonomy Vs Shame and doubt 3. Initiative Vs Guilt 4. Industry Vs Inferiority	91. preconventional level	- based primarily on punishments and rewards from the external world - the first of three stages of moral development according to Kohlberg
81. trust versus mistrust	Trust is built when a babys basic needs (comfort, food and warmth) are met	92. conventional level	- individual abides by standards such as those learned from parents or society's laws - the second of three stages of moral development according to Kohlberg
82. autonomy versus shame and doubt	Children either develop a positive sense of independence and autonomy or negative feelings of shame and doubt	93. postconventional level	- individual recognizes alternative moral courses, explores the options and then develops an increasingly personal moral code - the last of three stages of moral development according to Kohlberg - application: people willing to risk their lives and freedom for a belief
83. initiative versus guilt	Childrens social worlds are widening	94. justice perspective	Kohlbergs theory is called this because it focuses on the rights of the individual as the key to sound moral reasoning
84. industry versus inferiority	Children can achieve industry by mastering knowledge and intellectual skills... - application: struggling to or doing well in school	95. care perspective	Carol Gilligans approach: views people in terms of their contentedness with others and emphasizes interpersonal communication, relationships and concern for others. (This is why women generally score lower on Kohlbergs moral development)
85. authoritarian parenting	- a restrictive, punitive style in which the parent exhorts the child to follow the parents directions and to value hard work and effort - kids sometimes lack social skills, show poor initiative and compare themselves with others - application: parent gives strict rules to their children with little discussion of the reasons for the rules	96. prosocial behavior	behavior that is intended to benefit other people
86. authoritative parenting	- encourages the child to be independent but still places limits and controls on behavior - children tend to do well socially, be self reliant and responsible - application: parent is loving and nurturing, sets clear boundaries, and engages in a lot of verbal give and take	97. strategies for rearing a moral child	-Being warm and supportive -use reasoning a child can understand when disciplining -Help child learn about others perspectives and feelings -involve children in family decision making and in thinking about moral decisions -Model moral behaviors and thinking
87. neglectful parenting	Lack pf parental involvement in childs life -poor socially and independent and poor self control	98. Carol Gilligan	Argues that Kohlbergs approach does not give adequate attention to relationships. In Gilligans view "Many girls seem to fear, most of all, being alone-without friends, family and relationships"
88. permissive parenting	Placement of few limits on childs behavior - Poor social competence, fail to learn respect for others and expect to get their way, poor self control	99. adolescence	developmental period of transition from childhood to adulthood, beginning around 10-12 and ending around 18-21 years of age
89. Lawrence Kohlberg	- kind of a big deal - psychologist who developed Kohlberg's theory of moral development, which includes changes in thoughts, feelings, and behaviors regarding principles that guide what people should do	100. puberty	Period of rapid skeletal and sexual maturation that occurs mainly in early adolescence
90. Kohlberg's stages of moral development	1. Preconventional level, 2. Conventional level, 3. Postconventional level	101. androgens	- main class of male sex hormones - includes testosterone

102. estrogens	Main class of female sex hormones	115. commitment	making a decision about which identity path to follow and making a personal investment in attaining that identity
103. testosterone	a steroid hormone that stimulates development of male secondary sexual characteristics, produced mainly in the testes, but also in the ovaries and adrenal cortex.	116. biculturalism	Identifying in some ways with their ethnic minority group and in other ways with the majority culture
104. estradiol	a major estrogen produced in the ovaries.	117. peer pressure/influence in identity formation	Peers are very influential at this time
105. adolescent brain changes	Changes focus on amygdala (Emotion) and prefrontal cortex (Reasoning and decision making) -Explain why adolescents often display strong emotions but cannot yet control their passions -B/c of the relatively slow development of the prefrontal cortex adolescents may lack the cognitive skill to control their pleasure seeking effectively.	118. parental influence in identity formation	parent should help direct child where to go balance involvement and allowing them to explore
106. adolescent egocentrism	- involves the individuals belief that others are as preoccupied with themselves as the adolescent is about himself and that the individual is both unique and invincible - application: may believe that everyone notices a bad hair day/pimple/etc. and will gossip about it	119. Jeffrey Arnett	Introduces the concept of emerging adulthood
107. Erikson's stages of adolescence	5. Identity Vs Identity confusion - application: characterized by being unsure of what one should do with life and where they fit it	120. emerging adulthood	Transitional period between adolescence and adulthood- in part an extended adolescence and in part a "trying on" of adult roles
108. identity versus identity confusion	Eriksons 5th psychological stage in which the adolescents face the challenges of finding out who they are, what they are all about and where they are going in life	121. Arnett's 5 main features of emerging adulthood	-Identity exploration especially in love and work -instability -self-focus -A feeling of in between -access to various life possibilities and an opportunity to transform ones life
109. identity	finding out who they are, what they are all about and where they are going in life	122. identity exploration, especially in love and work	emerging adulthood is the time of significant changes in identity for many individuals
110. identity confusion	Expresses in one of 2 ways -Individual withdraws/isolates themselves -Individual loses himself in the crowd	123. instability	Residential changes peak during emerging adulthood, a time during which there also is instability in love, work and education
111. James Marcia	Proposed the concept of identity status to describe a persons position in the development of identity	124. self-focus	Have little social obligations and no duties or commitments to others
112. Marcia's theory of identity status	2 dimensions- exploration (a persons investigating various options for a career and personal values) and commitment (making a decision about which identity path to follow and making a personal investment in attaining that identity) - Identity achievement, identity moratorium, Identity foreclosure, Identity diffusion	125. a feeling of being "in between"	Many emerging adults consider themselves as neither adolescents nor full-fledged adults
113. identity status	Describe a persons position in the development of identity?	126. access to various life possibilities and an opportunity to transform one's life	optimistic about their future and for emerging adults who have experienced difficult childhoods they have a opportunity to guide their lives in a positive direction
114. exploration	a persons investigating various options for a career and personal values		

127. physical changes in adulthood	<ul style="list-style-type: none"> - early adulthood: Peak in physical development in 20's but many physical skills tend to decline - middle and late adulthood: Skin sags and wrinkles. Hair thins and turns grey. loss of height and become fat. Vision and hearing loss etc. menopause, hot flashes etc. 	137. intimacy versus isolation	<ul style="list-style-type: none"> - individuals either form intimate relationships with others or become socially isolated - Erikson described early adulthood as a period during which the person is building a network of social relationships and making close contact with potential mates
128. cellular-clock theory	Leonard Hayflick's view- cells can divide a maximum of about 100 times and that as we age our cells become less capable of dividing. The total number of cell divisions are roughly related to a persons age and based the way the cells divide the human life spans upper limit is about 120 years. - associated with telomeres	138. four principles in a successful marriage	<ul style="list-style-type: none"> -nurturing fondness and admiration - Turning toward each other as friends -Giving up some power -Solving conflicts together
129. telomeres	<ul style="list-style-type: none"> - ends of chromosomes that are lost with replication - helps to explain cellular clock theory 	139. generativity	<ul style="list-style-type: none"> - making a contribution to the next generation - kids - failure in this area results in stagnation-- so be nice
130. free-radical theory	states that people age because unstable oxygen molecules known as free radicals are produced inside their cells. These molecules damage DNA and other cellular structures. The damage done by free radicals may lead to a range of disorders, including cancer and arthritis.	140. integrity versus despair	Process of life review and reminiscence, The older adult comes to a sense of meaning or despair
131. free radicals	unstable oxygen molecules	141. socioemotional selectivity theory	Laura carstensen- Addresses narrowing of social contacts and the increase of positive emotion that occur with age. states that because they recognize their limited time on earth older adults tend to be selective in social interactions striving to maximize positive meaningful experiences
132. hormonal stress theory	Aging in the bodys hormonal system can lower resistance to stress and increase the likelihood of disease. as individuals age the hormones stimulated by stress stay in the bloodstream longer than when they were younger. these prolonged elevated levels of stress hormones are linked to increased risk of disease, cancer and diabetes	142. Victor Frankl	Survived a concentration camp and wrote a mans search for meaning which emphasized each persons uniqueness and finite nature of life. people should actively ask questions such as why they exist and what they want from life etc.
133. lateralization	the specialization of function in one hemisphere of the brain or the other	143. Man's Search for Meaning	Written by frankl - emphasized each persons uniqueness and finite nature of life. people should actively ask questions such as why they exist and what they want from life etc.
134. cognitive development in adulthood	<ul style="list-style-type: none"> - early adulthood: cognitive abilities peak. - middle adulthood: reason, number, space and verbal memory is thought to be at its highest - late adulthood: vocabulary increases but speed memory etc. starts to decline. wisdom increases 	144. Health and Wellness: Human Development	Be happy.. Life theme: persons efforts to cultivate meaningful optimal experiences <--Victor frankl
135. wisdom	expert knowledge about the practical aspects of life		
136. Erikson in adulthood	Intimacy Vs Isolation Generativity Vs stagnation Integrity Vs Despair		