

# Snazzlefrag's

## Lifespan Development Psychology DSST Study Notes

Contact: <http://www.degreeforum.net/members/snazzlefrag.html>

Hosted at: <http://www.free-clep-prep.com>

**Lifespan Dev Psych:** science that seeks to understand how and why people change/stay the same.

**Biosocial:** Physical growth & development. Family, community, cultural factors

**Cognitive:** Mental processes. Think, learn, communicate, perception, memory, imagination.

**Piaget: Conservation**=Different shape but same mass, **Permanence**=Out of sight means gone.

**Accommodation:** Changes schema to fit new schema.

**Assimilation:** Incorporates new info into existing schema.

**Disequilibrium:** New info doesn't fit into existing schema.

Sensorimotor (0-2) No object permanence. Causality. Trial and error learning.

Pre-Operational (2-6) No conservation or logic. Transduct. Object Perm, Symbolic lang, Egocentric, Intuition.

Concrete Operational (6-12) Conservation, think logically, logical concepts/rules to solve concrete problems.

Formal Operational (12+) Scientific, Hypothetical thinking about abstract thoughts/symbolism.

**Chomsky:** 1st to show evidence of innate linguistic capacity in humans (Challenged Skinner's Behaviorism).

**Ecological: Bronfenbrenner.** Spheres of Influence, nested inextricably. Complex physical, social.

**Humanistic:**

**Maslow:** Lower/External<--- Physiological, Safety | Social, Esteem, Self-actualization --->Higher/Internal

**Rogers:** Schemas, Accommodation: Revise for new info. Adaptation: Adjust + keep up with changes.

**Psychosocial:** emotions, personality, relationships.

**Erikson's Psycho-social Development:** Tension (disequilibrium) is necessary for change.

Trust v. Mistrust (0-1) Depend on others: Are others reliable? Feeding.

Autonomy v. Doubt/Shame (1-3) Capable of Self-control: Allowed to exercise it? Toilet

Initiative v. Guilt (3-5) Can set goals: Is that encouraged? Independence

Industry v. Inferiority (6-11) Can reason, likes success: Praised and taught?

Confidence/School.

Identity v. Role Confusion (12-18) Identity/multiple roles: Integrate all roles? Peer Relationships.

Intimacy v. Isolation (18-35) Break from family, new rels: Willing to share yourself?  
Love/commit.

Generativity v. Stagnation (36-55) Kids are gone (free): Show interest in others?  
Parenting.

Integrity v. Despair (55+) Reflecting on life: Accept it all? Reflect/Accept one's life.

**Ethological Perspective:** Bowlby. Behaviors/emotions are adaptive to further species.

Innate need for contact: Unfamiliar, source of anxiety.

**Freud's Psychosexual Stages:**

Oral(0-18m) Sucking & Feeding

Anal(18m-3) Toilet training

Phallic(3-6) Penis envy. Oedipal/Electra Complex

Latency(6-pub) Interlude, quiet stage, conventional activities (school-work/sports etc.)

Genital(puberty+) Sexual stimulation and satisfaction.

**Levinson:** Attachment is stable with transition periods.

**Vaillant:** added to Erikson, used longitudinal studies. Career Consolidation.

**Sociocultural: Vygotsky.** "Zone of Proximal Dev". Apprenticeship. Assisted Perf > Independent Perf.

**Genetics:** 100k **Genes** in humans. Basic unit of heredity. Segments of a chromosome.

Abnormalities:

Down's Syndrome (Trisomy 21): Extra 21st chromosome. Related to maternal age.

Huntingtons: involuntary movements, speech problems, genetic/chromosomal abnormalities.

Phenylketonuria (PKU): If both parents. Easy to treat (limit protein). Severe mental retardation w/o treat.

Tay-sachs: Ashkenazi. Hexo. Death before age 4. Retardation, blind, red spots on macula, lge head.

Thalassemia: Hereditary anemia. Medit & SE Asia. Often fatal.

Turner Syndrome: Single X, no Y (XO). Females. Mentally impaired, but not retarded.

Chromosome: Molecule of DNA carries genes from parent to offspring. 23 pairs. 23rd=sex.

Dominant Genes: Brown eyes. ONE brown eye gene = brown eyes.

Genotype: Entire genetic inheritance. All genes that a person inherits.

Karyotype: Pictured arrangement of chromosomes for study.

Phenotype: Observable characteristics resulting from genes. (hair, eyes, height etc.)

Polygenic Traits: Characteristics produced by interaction of many genes.

Recessive Genes: Blue eyes. Requires TWO blue eye genes = blue eyes.

**Prenatal Development:** Gametes (Sperm + Ovum) = Zygote (half from each).

Germinal / Pre-embryonic Stage: 0-14 days.

Embryonic: Day 15 - Week 8.

Fetal: Week 9 - Term (38-40 weeks). 24wks = **Age of Viability**.

Trimesters: 1st (0-12wks), 2nd (13-27wks), 3rd (28-40wks).

**Prenatal Life Support:**

**Placenta:** (progesterone from corpus luteum) 3 Functions: Transport, endocrine, metabolic.

HCG (pregnancy test), HPL, Estrogen, Progesterone, Relaxin. Fatty acids, glycogen, cholesterol.

**Umbilical Cord:** 21 inches. 2 arteries(to mom), 1 vein(to baby). Surrounded by Wharton's Jelly.

Eliminates waste and Carbon Dioxide. Delivers nutrients, hormones, antibodies.

**Maternal Nutrition:** Calcium, folic acid.

Teratogens: External Agents: Diseases, viruses, drugs, chemicals, radiation.

**Childbirth:** Low-birth weight = < 5.5 lbs

Bradley Method (husband coached): abdominal breathing, ambulation, focal point (alleviate pain).

Psychosexual Method: Relaxation, progressive breathing, flow with contractions rather than struggle.

Dick-Read Method: Fear = tension = pain. Abdominal breathing with contractions.

Lamaze Method (psychoprophylactic): Stimulus/Response Conditioning. Controlled Breathing.

**Labor:**

1st Stage: Contractions to Full Dilation of Cervix.

Latent Phase (preparatory): Onset to rapid cervical dilation.

Active Phase: 4cm to 7cm. Stronger contractions: 40-60secs each, 3-5mins apart.

Transition Phase: Max dilation 8-10cm. Intense contractions. Irresistible urge to push.

2nd Stage: Full dilation to birth. Crowning to pushing fetus out of the birth canal.

3rd Stage (Placental Stage): Separation (5 mins after birth), Expulsion (bear down or gentle ext pressure).

**Neonatal Assessment:**

APGAR Scoring: 1min then repeated every 5mins. Score: <4=poor, 4-6=fair, 7-10=excellent

Heart Rate: 0=absent, 1=slow(<100), 2= >100

Respiratory Effort: 0-absent, 1=slow/irregular/weak cry, 2=good strong cry.

Muscle Tone: 0=flaccid, 1=some extremity flexion, 2=well flexed.

Reflex Irritability: Nostrils or soles of feet. 0=no response, 1=grimacing, 2=cough/sneeze/cry or withdraw feet.

Color: 0=blue or pale, 1=body pink/extremities blue, 2= completely pink.

Brazelton Scale: Behavior/responses of newborn. Interaction, Motor Response, Activity, Reflexes.

**Infant & Toddler:**

**Reflexes:**

Newborn Reflexes: Simple motor skills, involuntary responses to a stimuli.

Babinski's Reflex: Toes fan and flex when foot is stroked.

Breathing Reflex: Inhale/exhale.

Crossed Extension Reflex: Stroking foot while held down = flex/extend of other foot.

Extrusion: Until 4mnths. Pushes tongue out when tip is touched. Easier feeding.

Gallant Reflex: Lying prone = will turn shoulder and pelvis to stimulated side when skin near spine is stroked.

Moro Reflex: Startle. If startled, baby punches arms outward then brings them in to the chest.

Palmar Grasp: Fingers flex and grasp a finger placed across palm.

Placing Reflex: Backward step onto a firm surface when one foot is already resting there.

Rooting: Turn head to side when corner of mouth is stroked.

Stepping Reflex: Feet move in stepping patterns when held up with feet touching solid surface.

Sucking: When lips are touched.

Swimming Reflex: If held horizontally on stomach, arms and legs stretch out in swimming motion.

Tonic Neck: Fencing reflex. Flex/extend limbs when head is turned.

**Physical Development:** Double birthweight by 4mth, triple by 1yr. Slower growth in 2nd year.

Cephalocaudal: Growth from head to toe. Newborn Head = 1/4 of total body length, Adult = 1/8.

Proximodistal: Growth from spine outward.

Brain: Birth-2=fivefold increase in density of dendrites in cortex. "Transient Exuberance".

Motor Skills: Newborn=cry,shiver,tuck legs (hunger). 6months=roll over.

Sensory: Newborn=see,hear,smell,taste,pressure,motion,temp,pain. Narrow range of sensitivity.

**Cognitive Development:** Habituation (get used to repeated stimuli), Sensorimotor (to explore environment)

Object Permanence (8mths): Objects still exist even when not seen.

Sensorimotor (Piaget): Reflex(<1m), Adaptation(1-4m), Respond to people(4-8m), Anticipation(8-12m),

Experimentation(12-18m), Mental Combinations(18-24m).

**Perceptual Development:** Constancy(size remains same even if relocated), Cross-modal, Intermodal.

**Language Development:**

Newborn: reflexive cries, movements, facial expressions.

2m: Cooing, fussing, crying, laughing.

3-6m: squeals, growls, croons, trills, vowel sounds.

6-10m: Babbling, repeated consonant and vowel sounds in syllables.

13m: First recognizable words.

13-18m: Up to 50 words.

18m: Vocabulary spurt. 3+ words per week.

21m: First 2-word sentence.

24m: Multiword sentences. 50% of utterances are 2+ words long.

**Social/Emotional Development:**

**Attachment:** Healthy = secure when parent is present, distressed when leave, comforted when returns.

**Big Five:** Extroversion, Agreeableness, Conscientiousness, Neuroticism, Openness.

**Emotions/Expression:** Fear, anger, sad, happy, surprise. Increase towards 1yr.

**Morality:** Sense of right or wrong during prosocial behavior = 15-24m.

**Self-awareness:** 15-24m. Lipstick on nose/mirror test. Self-aware=touch OWN nose.

**Stranger Wariness:** First noticed about 6m, full-blown by 10-14m.

**Temperaments:** Activity, Rhythmicity, Approach-withdrawal, adaptability, Intensity of reaction,  
Threshold of responsivity, quality of mood, distractibility, attention span. [Extrovert, placid, shy]

**Early Childhood:** The Play Years (age 2-6)

**Physical Development:** Boys taller and heavier than girls. 3 inches per year., 4.5lbs per year.

**Motor Development:**

Gross: Running, climbing, jumping, throwing. 2yr=clumsy, 5yr=more skill/grace.

Fine: Hard for preschoolers to master. Gradually improve over time.

**Brain Development:** 2yr=75% adult wt, 5yr=90% adult wt. Brain growth occurs in spurts and plateaus.

Right Hemisphere: (visual) growth spurt 4-5yrs.

Corpus Callosum: growth at 5yr = form links between spoken and written language.

**Nutrition:** Decreased growth 2-6yrs so fewer calories, smaller appetites.

**Cognitive Development:**

Piaget: Preoperational, symbolic thought, **Centration**=Daddy but not bro, uncle etc.

Vygotsky: Zone of Proximal Development. Need help from adults. Social Interaction. Scaffolding.

**Language Development:**

Fast mapping (heard once). Can = misuse (ie, 'Big' means tall, big, old, great).

Grammar is apparent in toddler's 2-word sentences. Noun before verb. No need to **talk down** to 3yr old.

**Social/Emotional Development:** Emerging self-concept. "I am a girl." "I am not a baby."

**Gender Identity:** Age 3. <3yr = boys and girls can change gender as they get older.

**Parenting:** Democratic (no discipline), Permissive (no self-ctrl), Authoritative (high esteem), Authoritarian (hostile)

**Middle Childhood:** The School Years. 6-Adolescence.

**Physical Development:** Slow growth, more skilled at controlling their bodies. Can execute any motor skill (no strength).

Sex Differences: No diff in motor skills. B=risktakers, stronger forearms,

G=verbal, cooperative, flexible

Weight: 7-11 become slimmer. Gain 5lbs per year, increased lung capacity.

**Cognitive Development:**

Piaget: Concrete Operational. Logical reasoning, object identity (stays same), reversibility, reciprocity ( $4 \times 3 = 3 \times 4$ )

Classification of objects, Class-inclusion (more than one class).

Information Process Theorists: Cognitive dev in school years because better able to process/analyze information.

**Language Development:** 20 words per day, 40k words by 11yrs. Grammar=more teachable.

**Memory:** Marked improvement in memory. Use of strategies: Rehearsal, reorganization, retrieval.

**IQ Testing:** Gardner/Sternberg/Binet. Not predictive. IQ=Aptitude Test. Mental age divided by Chron age x 100.

**Social & Emotional Development:** Decrease in self-esteem (more aware of shortcomings/failures)

Friendship is valued higher than popularity. Think more about friendship = Becomes more complex and abstract.

**Adolescence:** 12-18yrs.

**Physical Development:** Growth spurt. Increased bone length (extrem then torso) > weight gain.

Lungs 3x, Heart 2x, Tonsils, adenoids, eyeballs (nearsightedness) grow.

**Nutrition:** Maximum calorie requirement = 14 for Girls, 17 for Boys. Calcium, iron, zinc.

**Cognitive Development:**

Piaget: Formal Operations: Hypotheticals, logic, abstract, moral reasoning. 13 loves to find logical flaws in adults.

Adolescent Egocentrism (**Elkind**): Invincibility Fable, Personal Fable, Imaginary Audience.

Erikson: Self-concept and Identity v Role Confusion.

**Marcia's Theory: Identity Statuses:** Achievement, foreclosure, diffusion, moratorium.

**Moral Development:** Kohlberg, Gilligan.

**Preconventional** (4-10 Consequences): 1) Might Makes Right (punishment) 2) Look out for number one (rewards).

**Conventional** (10-13 Social Rules): 3) Good Girl (praise) 4) Law & Order (obey rules)

**Post Conventional** (Moral Principles): 5) Social Contract (benefits all/mutual) 6) Universal (right/wrong).

**Early Adulthood:** Age 19-40. Prime of Life.

**Physical Development:** Stronger, taller, healthier than any other period. Growth stops. Senescence begins (Phys decline)

Efficiency of most body systems begins to decline in 20s. Heart rate stable until late adulthood.

Aging: Age 30. Greying/thinning hair is first sign.

**Cognitive Development:** Postformal thought and intelligence (solve real world problems, adaptive, less absolute).

Dialectical Thought: pros and cons. 1) Thesis 2) Antithesis 3) Synthesis.

**Social & Emotional Development:**

Developmental Theorists: Stages of development can be repeated.

Erikson: Intimacy v Isolation Share life, or be alone and isolated.

**Sternberg's Triangle Theory of Love:** Intimacy, Passion, Love

Freindship(I), Infatuation(P), Empty(C), Romantic(IP), Companion(IC), Fatuous(PC), Consummate(IPC)

**Middle Adulthood:** Age 41-64

**Physical Development:** Changes have great impact on self-esteem.

Hearing: Sex, genes, age. Women = 50, Men = 30. Ability to distinguish sounds declines faster than conversation.

Vision: Influenced more by heredity than age.

Climacteric: pre-menopausal phase (6 years). Lower levels of estrogen. Shorter periods. Hot flashes, cold sweats.

Menopause: Ovulation and Menstruation stop. Average=51yrs (42-58). Dated 1yr after last period. Lower Est, Prog, Test.

**Cognitive Development:** Speed of thinking decreases with age.

Intelligence (Cattell): **Fluid:** Basic mental abilities to understand anything. **Crystallized:** Accumulated facts.

**Social Development:** Most divorced people remarry within 5 yrs.

**Late Adulthood:** 65+

**Life Expectancy:** Men=72, Women=79.

**Physical Development:**

Aging: Genetic (Hayflick Limit=50 divisions), cellular (mutation over time), wear and tear (deterioration. Heart?).

Primary Aging: Universal, irreversible, all living creatures as they age.

Secondary Aging: Illness/conditions common in aging but due to habits, genes, environment etc.

Health Problems:

Alzheimer's: Most common dementia. Gradual deter of memory, personality. Plaque on brain. Not aging.

Dementia: Irreversible loss of intellectual functioning from organic brain damage/disease.

Depression: Diminishes overall cognitive abilities. Reversible.

Multi-infarct Dementia: Sporadic infarcts (no blood to brain) cause incremental damage to brain.

Pick's Disease: Organic Dementia. Atrophy of frontal & temporal lobes. 2-15yrs to death. Unknown cause.

Personality changes, loss of social skills, motivation, language, memory -> Vegetative State -> Death.

Hearing: Trouble hearing conversations, locating sound, deciphering phone speech.

Longevity: Moderate diet (veg, herbs, little meat or fat), daily exercise/relaxation.

Vision: Cataracts, Glaucoma, Macular Degeneration (deterioration of retina).

**Cognitive Development:** Slowing of brain's communication processes beginning in late 50s. Slow reaction time.

Reduction in neurotransmitters = decreased nerve impulses (dopamine, glucamate, acetylcholine, serotonin).

Memory Deficits: Offset by lists, visual reminders, etc.

Intelligence: Large differences from person to person.