What Does It Mean to Develop?

Development: Continuity or Discontinuity?

Motor Development

Human Development

What Does It Mean to Develop?

How Do We Change Prenatally?

What Physical Changes Occur in Infancy and Childhood?

How Does Cognition Change?

How Do Social and Emotional Behaviors Change?

What Does It Mean to Be an Adolescent?

What Happens During Midlife?

What Is Late Adulthood Like?

What Can Newborns Do?

What Is It Like to Be a Young Adult?
Piaget's Theory of Cognitive Development

<table>
<thead>
<tr>
<th>Stage</th>
<th>Approximate age</th>
<th>Highlights</th>
</tr>
</thead>
</table>
| Sensorimotor stage | Birth to age 2   | • “Here and now” rather than past and future  
                          • Exploration through moving and sensing  
                          • Object permanence                        |
| Preoperational stage | 2–6 years      | • Language acquisition  
                          • Egocentrism  
                          • Illogical reasoning                        |
| Concrete operational stage | 6–12 years    | • Logical reasoning  
                          • Mastery of conservation problems  
                          • “Learn by doing”                          |
| Formal operational stage | 12 years and above | • Abstract reasoning  
                          • Ideation  
                          • Improved problem solving                |

The Sensorimotor Stage

Children understand the world through sensation and movement.

The Preoperational Stage

Step 1
The child agrees that beakers A and B contain the same amount of water.

The Concrete Operational Stage

Children can reason logically about concrete, but not abstract, problems.
The Formal Operational Stage

Teenagers can mentally manipulate representations of abstract as well as concrete concepts.

Infant Abilities: Theory of Mind

Vygotsky’s Zone of Proximal Development

How Do Social and Emotional Behaviors Change During Infancy and Childhood?
Harlow’s Monkeys and Infant Need for Comfort

Attachment

Attachment Styles

Temperament and Attachment Style

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A child’s temperament type interacts with the quality of his or her attachment to caregivers.
Cultural Variation in Attachment Styles

<table>
<thead>
<tr>
<th></th>
<th>United States</th>
<th>Germany</th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Secure</td>
<td>80</td>
<td>60</td>
<td>40</td>
</tr>
<tr>
<td>Avoidant</td>
<td>20</td>
<td>30</td>
<td>50</td>
</tr>
<tr>
<td>Anxious/Ambivalent</td>
<td>10</td>
<td>10</td>
<td>10</td>
</tr>
</tbody>
</table>

Relationships: Forming Families

Erikson’s eight stages

- Trust vs. mistrust
  - Infancy (birth-age 1)
- Autonomy vs. shame & doubt
  - Toddler (ages 1-2)
- Initiative vs. guilt
  - Preschool (ages 3-5)
- Industry vs. inferiority
  - Elementary school (ages 6-12)
- Identity vs. role confusion
  - Adolescence (ages 13-20)
- Intimacy vs. isolation
  - Young adulthood (ages 20-40)
- Generativity vs. stagnation
  - Middle adulthood (ages 40-65)
- Integrity vs. despair
  - Late adulthood (ages 65 and older)
**What is Love? What is Marriage?**

- Speed-daters were able to predict their compatibility after a 3-minute interaction.

**Thin Slices of Behavior**

**Carl Rogers’ Humanistic Theory of Personality**

<table>
<thead>
<tr>
<th>BASIC HUMAN NEEDS</th>
<th>OTHERS’ RESPONSES</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Need for self-actualization</td>
<td>Unconditioned positive regard</td>
<td>Self-actualization</td>
</tr>
<tr>
<td>Need for positive regard</td>
<td>Conditioned positive regard</td>
<td>Self-discrepancies</td>
</tr>
</tbody>
</table>
**Attraction: The Mere Exposure Effect**

The Mere Exposure Effect illustrates how repetition of exposure to an object or idea can increase its perceived attractiveness. In the image, different names are rated for their perceived meaning, with those rated higher being considered more attractive.

**Attraction: Similarity**

We like people who are similar to us. This concept is often referred to as the similarity theory, which suggests that similarity among individuals increases the likelihood of attraction.

**Attraction: Physical Appearance**

Symmetry and statistically average features characterize faces considered attractive. The image shows examples of faces with high and low frequency of appearance.

**Building Romantic Relationships**

Romantic relationships are built on a foundation of liking, intimacy, passion, and commitment. Different types of love, such as fatuous and companionate, can lead to varying degrees of relationship satisfaction.
What Does It Mean to Have a Self?

The Personal Self

- Redhead
- Sarcastic
- College student
- Tall
- Romantic
- American
- Daughter
- Valedictorian
-Funny
-Soccer player
-Good friend
-Sister
-Irish
-Female
-Psychology major

The Interpersonal Self

- Redhead
- Sarcastic
- College student
- Tall
- Romantic
- American
- Daughter
- Valedictorian
- Funny
- Soccer player
- Good friend
- Sister
- Irish
- Female
- Psychology major
Self-Awareness and Self-Consciousness

Knowledge of one's internal traits, feelings, roles, and memories results from self-study.

Intimacy and Passion as separation and connection...again

Like adolescents with their parents, longer term couples are trying to separate from each other (maintain a self) but simultaneously remain cooperative and connected.

Individuation of the self is lifelong

The process of developing one's own opinions, values, life goals and desires continues through adulthood.

Likewise, intimacy ability can be a lifelong development...as one has more of a self...one has more of a self to share.

Maintaining Relationships

New exciting experiences can help people see new and interesting sides of each other. Passion can be for motorcycles, travel, poetry...or sex.