



**Chapter 1**  
Introduction to Life Span Development



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**Class Objectives**

- Ψ What is Developmental psychology?
  - Life Span Perspective?
- Ψ Developmental Processes, Periods, and Issues

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**Development**

A complex pattern of movement and change that begins at conception and continues through the lifespan

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## Life Span Perspective

Ψ The perspective that development is:

- Multidimensional
- Plastic
- Contextual

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## Processes in Development

Ψ Biological processes:

- \_\_\_\_\_

Ψ \_\_\_\_\_

- Changes in individual's thoughts, intelligence, and language

Ψ Socioemotional Processes

- Changes in the individual's relationships with other people, changes in emotions, and changes in personality

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These three processes are intricately interwoven – they shape each other

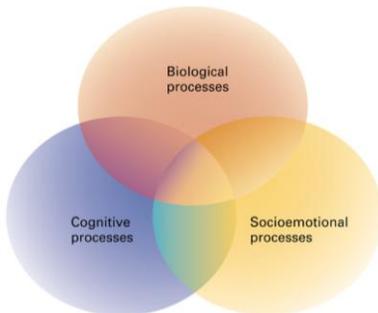


Fig. 1.3

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### Periods of Development

Prenatal Period	Conception to birth
Infancy	Birth through 18 to 24 months
Early Childhood	2 to 6 years
Middle and Late Childhood	6 to 11 years
Adolescence	10 – 12 years to 18 – 22 years
Early Adulthood	Late teens to early 20s through the 30s
Middle Adulthood	35 – 45 years through the 60s
Late Adulthood	60s to 70s until death

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### Classifying Development

Ψ **Chronological age**  
 - Number of years since birth

Ψ \_\_\_\_\_  
 - Age in terms of biological health

Ψ **Psychological age**  
 - \_\_\_\_\_  
 - \_\_\_\_\_  
 - \_\_\_\_\_  
 - The social roles and expectations related to a person's age

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### Nature and Nurture

Ψ **Nature**  
 - \_\_\_\_\_

Ψ **Nurture**  
 - \_\_\_\_\_

Ψ **Examples?**

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Developmentalists ask how nature and nurture work together to shape development.

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- If some experiences occur too early in life they can have serious long-lasting effects.
- If some experiences occur too late in life – it can also have serious long-lasting effects.

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### Continuity versus Discontinuity

Ψ Continuous

- Children stay on the same path throughout development

Ψ Discontinuous

- Children can change paths at any point in development

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Continuous or Discontinuous – Depends on how you look at it and how often you look

-If you look every day – you are more likely to see development as *continuous*

-If you look every 3 years – you are more likely to see development as *discontinuous*

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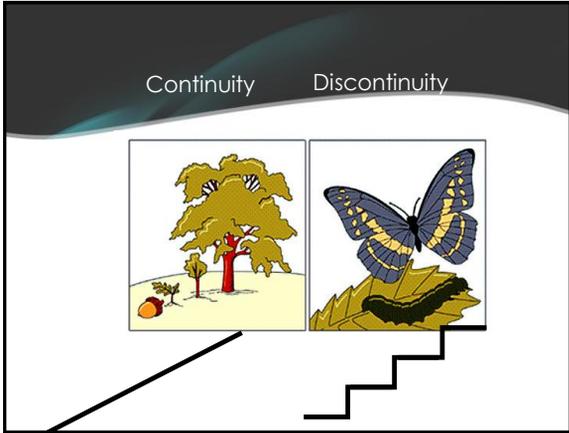
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Most life-span development theorists acknowledge that development is not the result of any one of these theories

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Designs for Studying Changes Over Time

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## Examining Development- Research Design

### Ψ Cross-Sectional:

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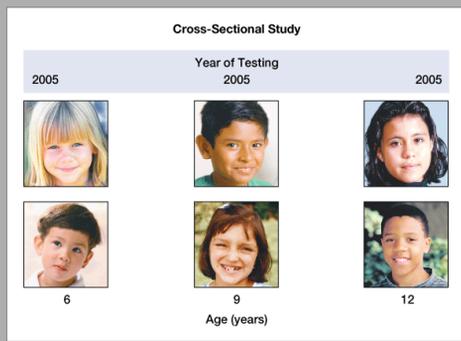
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## Cross-Sectional Study



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## Examining Development- Research Design

### Ψ Longitudinal:

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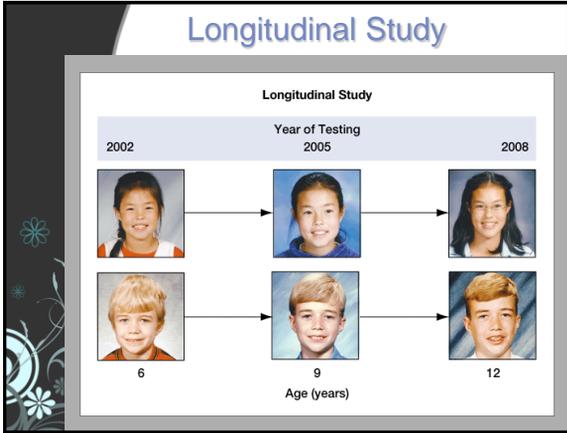
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## Next Class

### Chapter 2

### Biological Beginnings

- Prenatal Development
- Birth

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