

Life Span Development (PSY 207)

Professor Jennings

Name:

| REFLECTION QUESTION ANSWERS: EACH WORTH A MAXIMUM OF 10 POINTS | |
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| Quality of Answer | |
| 5 points | Answer nicely addressed question asked incorporated personal opinion and class material (class material supports/justifies personal opinion); Class material discussed accurately |
| 4 points | Answer adequately addressed question asked incorporated personal opinion and class material (class material supports/justifies personal opinion); Flaws in the discussion of class material |
| 3 points | Attempted to answer the question asked but the personal opinion was not adequately explained by class material; Class material discussed accurately |
| 2 points | Attempted to answer the question asked but the personal opinion was not adequately explained by class material; Flaws in the discussion of class material |
| 1 points | Answer addressed the question asked but the personal opinion discussed was not supported/justified by class material |
| 0 points | Answer did not address the question asked |
| In-Text Citations – References In the Body of the Paper | |
| 3 points | Paraphrased and correctly cited both sources(in APA format) |
| 2 points | Paraphrased both sources but incorrectly cited source(s) |
| 1 point | Directly quoted at least one of the sources but correctly cited both sources (APA format) |
| 0 points | Directly quoted and incorrectly cited at least one of the sources |
| APA Format – Reference Page | |
| 2 points | Correct APA citation of sources |
| 1 point | Incorrect APA citation; more than one mistake |
| 0 points | No reference page provided |

Total Points: 10

Grade Scale:

An “A” level paper will receive 7-10 points:

A “B” level paper will receive 4-6 points:

A “C” level paper will receive 1-3 points:

No points will be awarded for a paper that falls below a C level of work.

SAMPLE Reflection Journal #1

The physical development and biological aging of individuals is a very interesting and lengthy topic. So much is happening at a young age it is incredible. One aspect I found intriguing was the way our body grows in regards to the order of body extremities. The cephalocaudal development if I had to guess would be opposite of what I expected. Santrock states, (Santrock, 2010, p. 100) that the upper portion of the body develops quicker than the lower part of the body. In addition to achieving arm control before leg control, and if I had to guess it would be the other way around because of the specific motor functions your hands and fingers possess. Our hands and fingers and move and achieve in a greater variety than our lower half, therefore it was an eye opener for me when I heard this. Santrock stated that the motor development causes individuals to be able to use their hands long before they can crawl and walk (Santrock, 2010, p. 101). Maybe, the brain understands how beneficial these motor functions are so they get developed faster to aid and help infants grow up.

Following that, I learned least from the hormonal changes section of chapter three. In the last two semesters of schooling, hormones and their functions have popped up in my structure and function class, anatomy classes, psychology classes and nutrition classes. It really gets put into perspective on how beneficial these hormones are when they constantly are brought up in a vast variety of subject classes. Thus, I feel I knew the material and basic gist of it so I skimmed that portion because it's brought up almost on a daily basis for me and this source in chapter three, module one I learned the least from.

I can relate to the book on the next source regarding puberty and aging as I fall into a lot of the same scenarios the book brings up. I was a late bloomer as they say because I started puberty much later than my friends and peers. I recall this hindering my social relationships and development in a handful of areas. I would always beat my friends and peers in pick up football

and basketball because I was a little more athletic. However, they reached puberty before me and all that started to change. I started to lose a lot and wasn't as dominant or good anymore. My friends were stronger than me now because they were maturing and growing up before me. In addition, most of the girls in my grade also reached puberty before me. Now, I was in an uncomfortable place because the majority of my friends had girlfriends and were maturing faster and I felt sometimes like I was younger than them were really I was the same age. I remember feeling embarrassed and very comfortable in a lot of situations where I used to feel very comfortable. This made months of my adolescence very uncomfortable.

Additionally, I learned a lot in the sleep area regards to hours of sleep and functioning. I never really put a certain number of hours and functioning prior to reading this source. Santrock proclaims that eight hours is needed to be at your best the next day (Santrock, 2010,126)), also that many older adults need and take a nap in the afternoon. This was very interesting to me because more than once I feel I was at my best the next day on less than eight hours of sleep. I find myself in many of the older adult categories although I am only 22 years old. I personally need an afternoon nap most days because I am getting less than eight hours of sleep like the majority of Americans. In my opinion a lot of occasions I function perfectly normal on 5-6 hours of sleep. From personal experience during my baseball seasons with a full slate of classes I may only get 5-6 hours of sleep every night for a couple of months. Thus, I never really see my success or ability dwindle or drop below average. However, I love a great nap and sleeping in as I relish those opportunities to recharge to batteries.

References

Santrock John, W. (2010). *A topical approach to life span development*. (5th edition). New York: McGraw-Hill.