

## Human Development

### Basic Concepts

Human Development focuses on the scientific study of the way people change from conception to death (life-span development).

Two kinds of developmental change:

Quantitative change is a change in number or amount, such as a change in height or weight

Qualitative change is a change in kind, structure, or organization such as understanding language

This text divides the life-span into eight periods:

Prenatal

Infancy and toddlerhood

Early childhood

Middle childhood

Adolescence

Young adulthood

Middle adulthood

Late adulthood

### Key Principles of Life-span Development

Development is lifelong.

Development depends on history and context.

Development is multidimensional and multidirectional.

Development is pliable, or plastic.

### Goals of the Study of Human Development

Description

Explanation

Prediction

## Modification

The text discusses three aspects of development:

Physical development that includes changes in the body, sensory capacities and motor skills

Cognitive development that includes changes in mental abilities, such as learning, memory, reasoning, thinking and language

Social development refers to changes in relationships with others

## Influences on Development

Heredity is the inborn genetic endowment that people receive from their parents

Maturation is the unfolding of a natural or genetic sequence of physical and behavioral changes.

Environment is the world outside of the self such as culture, lifestyle, education and family structure

Normative-age graded influences are similar for people in a particular age group

Normative-history graded influences are common to a particular cohort group

Nonnormative events are unusual but have a major impact on individual lives

## Timing of influences

A critical period is a specific time during development when a given event has its greatest impact.

Example: Exposure of the fetus to x-rays during early pregnancy

Sensitive periods refer to times one is especially responsive to certain experiences.

## Research Methods-Basic terms

Scientific method refers to the principles and processes involved in scientific inquiry.

Theory is a set of related concepts that organizes and explains data.

Hypotheses are predictions regarding behavior.

## Sample

Random selection

Self-report inventories, interviews, surveys

Behavioral measures

Naturalistic observation

Laboratory observations

Case study

Correlational study

Experiment

Experimental group

Control group

Independent variable

Dependent variable

Longitudinal study

Cross-sectional study

Cross-sequential study