

Introduction to Human Growth and Development

Scope and Sequence

Unit Lesson

Objectives

STARTING STRONG: INTRODUCTION TO A LIFELONG JOURNEY

Physical Growth and Development of our Bodies

Describe what occurs if an egg is not fertilized when it is in the fallopian tube.

Describe the process of a zygote becoming a fetus.

Explain the process of development in each trimester of pregnancy.

Describe the physical characteristics of a newborn baby.

Cognitive Development – Learning to Think

Understand the different perspectives on cognitive development put forth by psychologists such as Jean Piaget, Erik Erikson, and Lev Vygotsky.

Describe the information processing model of intelligence.

Define intelligence as the ability to solve problems.

Explain why some psychologists believe there is only one kind of intelligence, while others believe there are many.

Project: Child's Play

Socioemotional Development, Personality, and Behavior

Define socioemotional development and personality.

Explain the major developmental theories of Sigmund Freud, Erik Erikson, Abraham Maslow, Lawrence Kohlberg, B.F. Skinner, and Ivan Pavlov.

Understand the difference between determinism and free will and why they are relevant to psychology.

Discuss the basis of the branch of psychology called humanistic psychology.

Project: Why Do We Obey?

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Prenatal Blueprints and Development Milestones

Explain the basics of human genetics and how traits are passed from generation to generation.

List the prenatal developmental stages, from conception to birth.

Examine critical milestones in the beginning stages of human development.

Discuss the role of the environment in shaping our biology-based traits.

Infancy: From Birth through the First Year

Describe the developmental stages from infancy through the first year, including physical growth patterns, sensory perceptions, reflexes, and gross and fine motor skills.

Give examples of physical, cognitive, and emotional development.

Explain the importance of parental or caregiver attachment and bonding to physical, cognitive, and emotional development.

Evaluate the role of genetics and environment in a child's temperament and personality.

Project: Baby Steps

Getting Through the First Year

Understand that physical development is a head-to-toe process, from the neck to the legs.

Explore the sequence of development from holding up the head, rolling over, sitting up, crawling, pulling up, standing, and walking.

Discuss how children develop at different rates.

Illustrate variations in "normal" development.

Explain the process of language acquisition.

Project: My Baby Book

Unit 1 Test

Unit Lesson

Objectives

CHILDHOOD: EARLY, MIDDLE, AND LATE

Changes in Early Childhood

List basic physical growth milestones of normal development through the toddler and preschool years.

Explain the physical changes that commonly occur during the preschool years.

Illustrate language acquisition during toddler years.

Cognitive Development in Early Childhood

To understand the cognitive differences between toddlers and preschoolers.

To explain the concept of egocentrism and place it at the appropriate stage of cognitive development.

To define the concept of empathy and at which stage of cognitive development it appears.

To become familiar with psychologist Jean Piaget's concept of the "pre-operational stage".

Explain a young child's ability or lack of it to understand conservation of quantity.

Discuss the older preschool child's ability to think, remember, and reason.

Project: Cooking Spaghetti

Socioemotional Development

Understand the factors influencing socioemotional development in young children.

Define socioemotional development and explain how it influences physical and cognitive development.

Explain personality and how it emerges.

Become familiar with techniques for fostering positive socioemotional development.

Project: The Emotion Book

Physical Growth

Explain how the bodies of five to eleven-year-old children physically change, grow, and develop.

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Understand the importance of proper nutrition for growing children.

Examine career choices for people who want to work with kids ages five to eleven.

Cognitive Development

Explain the difference between the pre-operational and the concrete operational stages as theorized by psychologist Jean Piaget.

List the principles behind gifted and talented education.

Define Lev Vygotsky's zone of proximal development.

Evaluate Jean Piaget's theory of conservation and give "real-life" examples.

Discuss the issues faced by children and their parents when the children begin preschool or kindergarten.

Project: Developmental Milestones Chart

Pre-Teens' Socioemotional Personality

Describe how depression and anxiety might manifest themselves in a school-age child.

Define self-esteem and its importance during the school-age years.

Evaluate Freud's latency period.

List reasons why friendships are so important to school-age children, especially pre-teens.

Project: Same-Sex or Single-Sex Schools?

Unit 2 Test

ADOLESCENCE

Puberty and Physical Growth

Explain how the growth spurt of the cerebral prefrontal cortex contributes to teenagers' increased ability to reason, organize, and plan.

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Define the role of the development of the gonads in puberty.

List the principle physical changes that teenagers undergo as they pass through puberty.

Explain the different secondary sexual characteristics of males and females.

Who Am I? Developing a Healthy Identity

List the different types of identity.

Explain that there are many different types of people with different feelings and needs.

Define "identity" and how it is influenced by the experiences of adolescence.

Explain how peers can help peers feel good about who they are by respecting their differences.

Project: Who Am I?

Adolescent Cognitive and Moral Development and Values

Describe how morals guide people's choices in everyday life.

Explain Lawrence Kohlberg's theory of moral development.

List the factors that contribute to the development of a value system in teenagers.

Explain how rebellion influences normal adolescence.

Discuss the role of peer pressure in adolescent behavior and ways in which teenagers can resist it.

Project: Peer Pressure

Adolescence and Relationships

Explain the ongoing developmental processes that take place throughout adolescence.

Describe the salient issues related to the physical, emotional, and mental changes of the teen years.

Discuss the role of dating during adolescence.

Explain the role of school counselors, religious figures, and parents in helping sort out issues that typically

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emerge during adolescence.

Rearing Adolescents

List the challenges of rearing adolescents as opposed to younger children.

Define the different types of parenting styles: authoritative, authoritarian, and permissive.

Explain why some parenting styles lead to better outcomes than others.

Discuss the special issues involved in parenting teens.

Project: Four Families

When Things Don't Go Well

Describe the issues surrounding drug and alcohol experimentation.

Identify the signs of serious drug and alcohol abuse during adolescence.

Describe the symptoms and characteristics of eating disorders such as anorexia and bulimia.

Define depression and its role in adolescent problems and suicide.

Identify careers in the helping professions, including educational requirements and salaries.

Project: Health Alert

Unit 3 Test

ADULTHOOD: YOU HAVE ARRIVED

High School Teen to College Young Adult

Describe developmental changes in the brain during young adulthood.

Explain the different vocational options available after high school graduation.

List the ways in which expectations change from high school to college.

Describe the financial challenges of being an independent young adult.

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Love and Close Relationships: A Family of One's Own

Describe the socioemotional changes that transpire in the transition from teen to young adult.

List the reasons some young adults give for delaying marriage.

Explain how having a child as a young adult changes the course of your life.

Project: Intimacy

Careers – What I Want to Be

List the factors to consider in charting a career.

Describe the career-preparation process.

Explain strategies for getting and maintaining a job.

List the prerequisites for success in a career.

Project: Career Assessment

Generativity – Families, Children, and Beyond

Describe generativity and give examples of what it could mean for different people.

Explain Erik Erikson's concept of generativity versus stagnation.

List the considerations one must go through in deciding whether or not to have children.

Explain the different ways in which one can have a family of one's own, such as birth or adoption, and the advantages and disadvantages of each.

Describe other ways than child-bearing in which one can leave a legacy for the family or the world at large.

Midlife Crises

List the different challenges or crises experienced during middle adulthood.

Explain the unique stresses of the Sandwich Generation.

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Define the changes in sexuality that typically occur in both men and women during midlife.

Explain how divorce, remarriage, or remaining single can each represent opportunity and difficulty.

Project: The Positive Parts of Middle Adulthood

Finances and Retirement

Explain the importance of saving for retirement.

Define Social Security and why it isn't enough to depend on in retirement.

Explain Medicare, including who is covered and how it works.

List different strategies for saving for retirement.

Project: Does College Pay Off?

Unit 4 Test

FINISHING STRONG: ENDING THE LIFELONG JOURNEY

The Aging Brain

Define normal cognitive changes in the aging brain.

List ways to maintain and enhance functions of the brain in more advanced years.

Describe dementia, Alzheimer's disease and Parkinson's disease.

Explain why dementia is not a normal part of aging.

Relationships in Older Couples

Describe how seniors' relationships might be different from those of people in their twenties.

List some things that people can do to make a healthy adjustment to their physiological changes.

Explain some of the misconceptions surrounding old age.

Project: Time and Change

Unit Lesson

Objectives

Grasping the Meaning and Purpose in Life

Define psychologist Erik Erikson's socioemotional development theory stage of integrity versus despair.

List different ways of continuing to feel useful in old age.

Describe the fear of becoming a burden to one's family in old age and how it can be managed.

List some ways of staying cognitively healthy during the aging process.

Project: Is Old Age a Problem to be Solved?

Death

List the challenges of facing one's eventual or impending death.

Describe Elisabeth Kübler-Ross's stages of death and dying.

List the signs of approaching death.

Describe how death occurs.

End-of-Life Decision Making

List the reasons why people write advance directives.

Describe the process of drawing up a will.

List all the decisions that should be made regarding the end of life.

Discuss the influence of culture on the ways in which we die.

Explain why planning for and giving directions regarding a funeral or other after-death remembrance is helpful to those left behind.

Project: Advance Directives

Grieving

List the five stages of grief according to Elisabeth Kübler-Ross.

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Discuss the very personal and individual experience of grief.

Explain the non-sequential nature of Kübler-Ross's stages of grief.

List the different professions who deal with grieving people.

Project: Stages of Grief

Unit 5 Test

COURSE REVIEW AND EXAM

Review

Exam