
Principal Features

**Adolescence: Bridging the Gap**

**Question:** What is the distinction between adolescence and puberty? 

(112)

**Viewing Adolescence in Multiple Contexts**

**Question:** Why is it important to consider cultural context when studying the process of development and the problems adolescents encounter? 

(113-114)
Physical Development in Adolescence

Question: What are secondary sex characteristics? 

"Puberty has received a good deal of attention."

[Examples] Puberty.

Cognitive Development in Adolescence

Question: What's the meaning of the following statement?

"Developing new cognitive abilities … is quite liberating for adolescents."
Cognitive Development in Adolescence (Continued)

Question: What is the teenager imaginary audience? (115)

Question: What is the teenager personal fable? (115-116)

ARE THERE ETHNIC DIFFERENCES?

Question: What's the meaning of the following statements?

"... culture does affect achievement in direct and indirect ways." (116)

"... adolescents from authoritative homes functioned better socially than those from permissive or neglectful homes."
Question: What's the meaning of the following statement?

"Show me … ten teenagers and I will show you ten distinct personalities."

"… the suicide rate for adolescents is high, and has increased in recent decades."

[Evidence] Sibling Influences During Early Adolescence (118-119)

[Evidence] Suicide rate for adolescents and young adults. (119)
Emotional and Social Development in Adolescence
(Continued)

Question: How can parents and teachers help troubled children and ... adolescents develop a stronger sense of self-esteem?

"Two important sources of influence on self-esteem and personality are parents and peers."

[Evidence] Influences on adolescent self-esteem and personality.

Question: What are the three sources of influence that can establish adolescent self-esteem and self-confidence?
Who Am I? the Search for Gender Identity?

GENDER IDENTITY.

Question: What is gender identity?

Question: What is gender schema theory?

Androgyny

Question: What are androgynous behaviors?
Real Men and Women

Question: What is the evidence that men and women are being held to a near impossible standard of manhood or womanhood?

Who Are My Friends?

"… there are some important developmental consequences of (adolescents) having or not having friends."

"… evolutionary psychologists assert that our current behavior … is shaped through the process of natural selection …"

[Example] Evolutionary explanation of friendship. (125)

Sexual Behavior During Adolescence

"What changes in adolescent sexual behavior have occurred?"

[Evidence] Sexual behavior during adolescence. (125-126)
"The life experience of an American adult today is also different from that of adults in other cultures."


Physical Changes

- FITNESS CHANGES.

Question: What psychological and physical changes occur in adulthood?
■ SENSORY CHANGES.

Question: What sensory changes occur in adulthood?  (128-129)

■ SEXUAL CHANGES.

Question: What sexual changes occur in adulthood?  (129)

■ THEORIES OF AGING.

"Genes determine much of a person's physical makeup …"

[Evidence] How heredity exerts its influence on the aging process.  (129-130)
"External, or lifestyle, factors also affect how long a person will live."

<table>
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<tr>
<th>Example</th>
<th>How lifestyle factors affect aging.</th>
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"Several theories use physiological explanations to account for aging."

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<th>Example</th>
<th>Wear-and tear theory of aging.</th>
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<th>Example</th>
<th>Homeostatic theory of aging.</th>
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THEORIES OF AGING.
(Continued)

Question: What's the meaning of the following statement?
"It is … important to distinguish between primary and secondary aging

Cognitive Changes

"Changes in intellectual functioning that occur with age are pretty small."

[Evidence] Changes in intellectual function as the result of aging.
"Social changes in adulthood follow a fairly predictable order."

■ ERIKSON REVISITED.

"An important aspect of Erikson's stage theory is that people progress through well-defined stages from the beginning of life to the end, at each stage attempting to solve a particular dilemma."

**Question:** What is Erik Erikson's stage 5, identity versus role confusion? (131)

**Question:** What is Erik Erikson's stage 6 intimacy versus isolation?

**Question:** What is Erik Erikson's stage 7 generativity versus stagnation? (131-132)
Question: What is Erik Erikson's stage 8, *ego integrity versus despair*? (132)

Question: How does David Levinson's stage theory of adult development differ from that of Erik Erikson?

Question: What is David Levinson's description of the adult life change identified as a *midlife transition*? (132-133)

Question: What is David Levinson's description of *middle adulthood*? (133)
Question: What is David Levinson's description of late adulthood?

■ GENDER DIFFERENCES IN ADULT STAGES.

"Women follow life stages similar to those of men."

[Evidence] Adult life changes of women. (133-134)

■ CHANCE ENCOUNTERS.

"The reality is that many events are unplanned, chance happenings."

[Evidence] Chance encounters and life change. (134)
"A basic tenet of most personality theories is that, regardless of day-to-day variations, an individual's personality remains stable over time."

"But personality may also be sensitive to the unique experiences of the individual, especially during the adult years."

Complete the following:

"Positive changes during adulthood … usually depend on some degree of success during … (134)"

Late Adulthood: Growing Older, Growing Wiser

"Today … people are healthier than ever before, are approaching their later years with vigor, and often look forward to second and sometimes third careers."

[Evidence] Growing older, growing wiser. (134-135)
Myths, Realities, and Stereotypes

AGEISM.

Question: What's the meaning of the following statement?

"Stereotypes about the elderly have given rise to ageism?"

Health in Late Adulthood

Question: What are dementias?

Question: What is Alzheimer's disease?
"People of all kinds can be victims of Alzheimer's disease."


Death and Dying

Question: What is terminal drop? (138-139)

Question: What is thanatology? (139)

END