

# *Lifespan*

THIRD EDITION

# Development

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# PREFACE

*Lifespan Development* is a book about people—how people grow, change, and mature throughout the life stages from birth to old age. Young children learn to walk, talk, spell, jump, and tell jokes. Teens learn to become more independent. Adults take on more responsibilities for themselves and others. In this book, you will learn about the things that people have in common in their physical growth, cognitive or intellectual development, and in their social and emotional maturation. You will also learn how people differ individually, due to a combination of genetic heredity and personal experiences and environment.

Families often go through similar developmental stages. In the family life cycle, couples get married and have children. They care for, nurture, and discipline their children to help them become responsible members of society. Families exist in an ever-changing environment. Coping with divorce, remarriage, job stress, and special needs such as physical disabilities, learning disorders, and socio-emotional disorders are the daily realities of many families. In this book, you will learn strategies that provide for individual and family needs and promote lifetime human development.

As the stages of human growth and development are explored, you will learn about the developmental theories of Erikson, Piaget, Vygotsky, and Kohlberg. These theories will help you understand how and why people develop and learn throughout each stage of the lifespan. Because careers in education and training and human services often require more extensive knowledge of lifespan development, this book also provides an overview of these career areas.

The more you understand lifespan development, the better you will understand the capabilities, motivations, and expectations of those around you. This includes your family members, fellow students, coworkers, and those you care for or work with in professional settings. Even better, it will give you a better understanding for your own life's journey.

# ABOUT THE AUTHOR

**Sharleen L. Kato** loves teaching as well as learning. As a professor emeritus at Seattle Pacific University she encouraged students to become creative problem solvers and to make a positive impact in their communities. She has taught undergraduate students for over 30 years and served as the Family and Consumer Sciences Department Director and the Director of Global Engagement. She holds a Doctorate in Education, a Master's in Human Ecology, and an undergraduate degree in Home Economics. Dr. Kato serves on the Bellevue Christian Schools Board of Directors, Hilltop Children's Center Board of Directors, the Health and Wellness Advisory Committee for Seattle Public Schools, and education committees and task forces for Washington State Public Schools. She has published many books and articles and has presented papers in the education field. Her international travel is extensive, and she continues to write and lead travel groups around the world. For ten years she spent at least two weeks each year serving in a children's home, school, teen home, and prenatal clinic in the Philippines. Dr. Kato is passionate about inspiring others to take on the challenge of improving the quality of life of those around them. Her three young grandsons inspire her to wonder and explore, critical components of growth.

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SAMPLE

# NEW TO THIS EDITION

The third edition of *Lifespan Development* has been revised with an updated art program to reflect the diversity seen in classrooms and students' lives. Language around disabilities and developmental delays, as well as pregnancy and birth, was updated to be more inclusive in this edition.

This edition also saw changes to the end-of-chapter content and the Checkpoints within the chapter. A new HOSA Event Prep activity was added to each chapter to help students prepare for the Human Development event. Lastly, the learning objectives are now clearly aligned with headings in the text chapter, as well as summary points to create a clear connection.

- In Chapter 2, discussions of ecological theory of development and the impact that different socioeconomic environments have on development are expanded upon from the previous edition.
- In Chapter 4 information about how healthy behaviors affect pregnant people, their partners, and their future children are also discussed with greater detail.
- Chapter 5's discussion of infant development is expanded in several ways, including more information on neurons, neural pathways, and brain development.
- Chapter 6 now contains information on exploratory play and additional information on language development in toddlers.
- Chapter 7 provides additional information about how poverty and poor nutrition impacts brain development in young children, as well as more information about windows of opportunity.
- Chapter 9 now includes Vygotsky's sociocultural theory of cognitive development. Brain growth and development in teens is also expanded upon. A new feature on opioid drug use in teens has been added.
- Chapter 14 now contains content about how online stores and delivery services impact consumers.
- Chapter 16 has been updated to include information about online opportunities for teachers in the workplace.
- Chapter 17 has a new section on the job opportunities for and responsibilities of public health officials.

# GUIDED TOUR

The instructional design includes student-focused learning tools to help students succeed. This visual guide highlights the features designed for the textbook.

## Learning Objectives

Clearly identify the knowledge and skills to be obtained when the chapter is completed.

## Reading Prep

Activities address literacy skills for college and career readiness.

## Key Terms

Presents the new terms you will learn in the chapter to expand your vocabulary.

## CTSO Event Prep

Activities provide individual and team activities and suggest ways to expand on projects for competitive events.

**CHAPTER 2** *How and Why People Develop and Learn*

**Learning Outcomes**  
After studying this chapter, you will be able to

- 2-1 explain the role of theories in understanding human development.
- 2-2 describe how early experiences are important and heavily couched in emotion as described by psychoanalytical theories.
- 2-3 describe how learning theories include behaviorism, operant conditioning, social cognitive theory, cognitive theory, and social learning.
- 2-4 summarize historical influences on modern theories of human development.
- 2-5 analyze which developmental theory is correct about human development.
- 2-6 assess how environment can influence some personality traits, some are influenced by heredity, and many are influenced by both.
- 2-7 compare and contrast research methods commonly used to study human development.

**Key Terms**

developmental theories	classical conditioning	scientific method
psychoanalytic theories	operant conditioning	hypothesis
psychosexual development stages	social cognitive theory	descriptive studies
cognitive theories	genes	manipulative experiments
moral decisions	ethological theory	longitudinal studies
observable behaviors	ecological theory	cross-sectional studies
behaviorism		naturalistic experiments

**Reading Prep**  
Review the table of contents at the beginning of this text. Trace the development of the content that is being presented from simple to complex ideas.

**CTSO Event Prep**  
As a class, brainstorm a list of ethical education-related dilemmas. Working in small groups, choose one of the dilemmas on the list, debate the topic, and solve the dilemma. Create a five-minute video presentation outlining the group's view on the dilemma. You may wish to expand your project by participating in an Educators Rising Ethical Dilemma Competition. See your adviser for further information.

**PART 1** *Foundations of Human Development*

<b>CHAPTER 1</b> An Introduction to Lifespan Development	<b>CHAPTER 2</b> How and Why People Develop and Learn	<b>CHAPTER 3</b> Family Trends Today	<b>CHAPTER 4</b> Pregnancy and Birth
-------------------------------------------------------------	----------------------------------------------------------	-----------------------------------------	-----------------------------------------

**FOCUS ON** **Ethics**

*Ethics* refers to a set of moral principles that guide your behavior and help you determine right from wrong. Honesty, loyalty, and fairness are important ethical practices. When you are honest, you do not tell lies. When you are loyal, you stand by your family and friends during hard times. When you are fair, you treat others equally and with respect. By following high ethical standards, you will be able to feel good about yourself. Also, you will earn the trust and respect of everyone you interact with now and in the future. What could happen if someone in a helping or teaching role did not follow these practices with the people they meet on the job?

## Focus On

Offers insight on ethical issues you will encounter throughout the lifespan.



## Checkpoints

Have questions that appear throughout the chapter to test your reading comprehension.

### Checkpoint

1. *True or false?* Physical development includes changes in size, body composition, chemical make-up, and height.
2. *True or false?* Cognitive skills involve large muscle movements such as crawling, walking, and jumping.
3. *True or false?* Socio-emotional development refers to changes in the way a person's social relationships, feelings, social skills, self-esteem, gender identity, and ways of coping with situations change over time.

## Summary

Provide an additional review tool for you and reinforce key learning objectives.

## Vocabulary Activity

Activities review and reinforce chapter vocabulary terms and their definitions.

## HOSA Event Prep

Questions help you practice for the HOSA Human Development event with sample questions that cover each of the test sections.

**18 Part 1 Foundations of Human Development**

**Summary**

1-1 The study of human development encompasses all the aspects of human growth from birth through old age. Changes include the progressive changes seen in physical growth, intellectual or cognitive abilities, and socio-emotional development.

1-2 Development occurs in an orderly and gradual manner. Every person's rate and timing of development is unique. No two people develop exactly the same, although similarities can be seen throughout stages of life.

1-3 Debates continue about several prominent issues. This includes the nature versus nurture debate, the issue of continuity versus discontinuity, and whether andragogy or pedagogy is more useful.

1-4 There are many reasons to study human development. It may help with your interactions and understanding of other people and yourself as you age.

**Vocabulary Activity**

Write each of the terms on a separate sheet of paper. For each term, quickly write a word you think relates to the term. In small groups, exchange papers. Have each person in the group explain a term on the list. Take turns until all terms have been explained.

**Review and Assessment**

1. Which of the following statements is *false*?

- A. Not all people are exactly alike, but people do go through similar stages of development.
- B. Development occurs throughout the lifespan as people grow and learn.
- C. Human development is a rapid process in which people change from birth through adulthood.
- D. Throughout adulthood, people continue to develop and change from young adulthood all the way through old age.

2. During adulthood, muscle and fat tissue continue to redistribute and the body begins aging rather than regenerating and growing. This is an example of \_\_\_\_ development.

- A. cognitive
- B. physical
- C. socio-emotional
- D. gross

3. Children learn to explore their world with a curious mind while also remaining tied to their caregivers due to anxiety. This is an example of which principle of human development?

- A. Human development is relatively orderly
- B. Human development takes place gradually
- C. Human development is interrelated
- D. Human development varies among individuals

4. The process of development that is spurred by abrupt changes throughout the lifespan is called \_\_\_\_.

- A. discontinuity
- B. nature
- C. andragogy
- D. continuity

5. Which of the following is true about studying human development?

- A. Knowing more about your own stage of life will not motivate you to make different choices in your life.
- B. You will not be able to better relate to others who are at different stages of life.
- C. You studying human development gives other people insight into your life and why you are acting how you do.
- D. Understanding human development may enhance your relationships as you work with children.

**Core Skills**

1. Writing. Write a two-page paper about how you have grown and changed physically, intellectually, emotionally, and socially since your first day of high school.

**Chapter 1 An Introduction to Lifespan Development 19**

**Event Prep**

Practice for the HOSA Human Growth and Development final by answering the following questions.

1. Which traits are most likely the cause of genetics alone?
  - A. Hair color and body types
  - B. Body type and temperaments
  - C. Temperament and eye color
  - D. Eye color and hair color**Topic: Family Influences**
2. Caregivers who give children choices and encourage them to practice decision making can be said to be using which parenting style?
  - A. Permissive
  - B. Authoritarian
  - C. Democratic
  - D. Interactive**Topic: Family Influences**
3. According to Maslow's Theory of Human Needs, "esteem" refers to the human need \_\_\_\_.
  - A. for support, assurance, praise, and acceptance
  - B. to feel safe in surroundings
  - C. for air, water, food, clothing, and shelter
  - D. to be liked and respected**Topic: Theories of Development**
4. Learning to control one's emotions and share with another is an important part of which life stage?
  - A. Infancy
  - B. Middle Childhood
  - C. Early Childhood
  - D. Older Adulthood**Topic: Early Childhood**

## Review and Assessment

Questions enable you to demonstrate knowledge, identification, and comprehension of chapter material.

## Core Skills

Questions link chapter content to various academic areas such as writing, reading, speaking, listening, and math.

## Research

Questions apply various research methods to explore chapter topics and complete activities.

## Precision Exams by YouScience Certification

Goodheart-Willcox is pleased to partner with YouScience to correlate *Lifespan Development* with their Human Development certification standards. Students who pass the exam and performance portion of the exam can earn a Career Skills certification. Precision Exams by YouScience and Career Skills Exams were created in partnership with industry and subject matter experts to align real-world job skills with marketplace demands. Students can showcase their skills and knowledge with industry-recognized certifications—and build outstanding resumes to stand out from the crowd!

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- Easy-to-use, 100% online administration

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# TOOLS FOR STUDENT AND INSTRUCTOR SUCCESS

## Student Tools

### Student Text

*Lifespan Development* is designed to help you understand human growth and development across the lifespan. The contents of this text show that even though not all people are alike, they do go through similar stages of development. The text also includes strategies that promote lifespan health and wellness.



### Workbook

- Hands-on practice includes questions and activities.
- Organized to follow the textbook lessons to help students achieve key learning outcomes.

### G-W Companion Website

Digital users have access to e-flash cards and vocabulary exercises allow interaction with content to create opportunities to increase achievement.

## Instructor Tools

### G-W Ignite

G-W Ignite provides a seamless user experience for both you and your students. The easy-to-navigate interface and class rostering capabilities make setting up a course easy and intuitive. Instructors can quickly and easily share assignments with students. Auto-graded activities and assessments make grading easier than ever, and rubrics are provided for ease of grading when required. Extensive reporting capabilities allow instructors to view students' progress and evaluate performance against learning outcomes and key standards. Students have their own My Progress dashboard where they can view grades and comments from their instructor.

G-W Ignite provides a complete learning package for you and your students. The included digital resources help your students remain engaged and learn effectively:

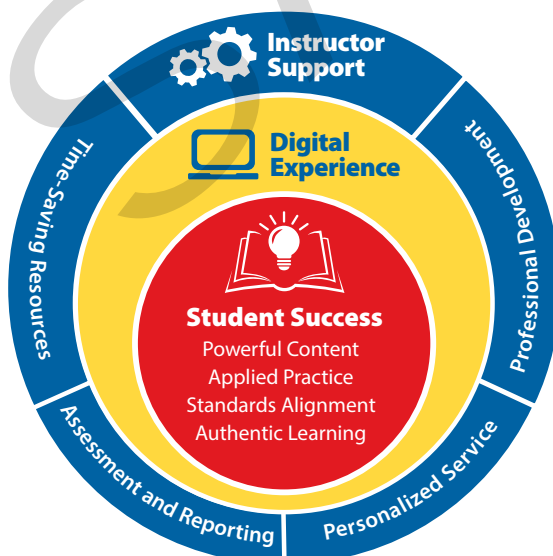
- The **Online Textbook** is a reflowable digital textbook that works well on all devices. It also works well with screen readers and accessibility tools.
- The **Workbook Activities** in digital format provide opportunities for students to reinforce understanding of learning outcomes in the text. Instructors can easily assign activities and grade student work using the rubrics provided. Some activities are also autogradeable for easy assessment.
- **Drill and Practice Vocabulary Activities**, which are provided for all key terms in every chapter, provide an active, engaging, and effective way for students to learn the required terminology.
- Use the **Pretests, Posttests, and Exams** to assess students' knowledge of learning outcomes and key standards. These prebuilt assessments help you measure student knowledge and track progress in achieving learning outcomes.
- The **Instructor Resources** provide instructors with time-saving preparation tools such as answer keys, editable lesson plans, and other teaching aids.
- **Instructor's Presentations for PowerPoint®** are fully customizable, richly illustrated slides that help you teach and visually reinforce the key concepts from each chapter.

See [www.g-w.com/lifespan-development-2024](http://www.g-w.com/lifespan-development-2024) for a list of all available resources.

### Professional Development

- Expert content specialists
- Research-based pedagogy and instructional practices
- Options for virtual and in-person Professional Development

  
Skillful Digital Learning



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