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Psychology Lecture Notes Module 5: What is Adolescence? (Page 1)

Adolescence

- The period between childhood and adulthood
- From puberty (the start of sexual maturation) to independence from parents

Physical Development in Adolescence Module 5: Adolescence

Puberty

- The period of sexual maturation where the person becomes capable of reproducing
- Starts at approximately age 11 in females and age 13 in males
- Major growth spurt

Physical Development Primary Sex Characteristics

- The body structures that make sexual reproduction possible
- Ovaries in females
- Testes in males

Secondary Sex Characteristics

- Nonreproductive sexual characteristics
- Breasts and hips in females
- Facial hair and voice changes in males

Sexual Characteristics Sexual Orientation

- One's attraction toward people of a particular gender
- Usually heterosexual or homosexual; small minority bisexual

Heterosexual

- A sexual orientation in which a person is attracted to members of the opposite sex
- "straight"

Homosexual

- A sexual orientation in which a person is attracted to members of the same sex

- Approximately 3-4% of the male population and 1-2% of the female population

Sexual Orientation

- Play “Sexual Orientation and Activity” (3:17) Segment #25 from Psychology: The Human Experience

Cognitive Development: Reasoning Module 5: Adolescence

Formal Operational Stage

- Piaget’s fourth and final stage of cognitive development
- The person can think logically, hypothetically, and in the abstract
- Qualitative change over the thinking of a child

Cognitive Development in Adolescence: Morality Module 5: Adolescence

Lawrence Kohlberg

- Author of a three-stage theory on how moral reasoning develops

1. Preconventional Moral Reasoning

- Characterized by the desire to avoid punishment or gain reward
- Typically children under the age of 9

2. Conventional Moral Reasoning

- Primary concern is to fit in and play the role of a good citizen
- People have a strong desire to follow the rules and laws.
- Typical of most adults

3. Postconventional Moral Reasoning

- Characterized by references to universal ethical principles that represent the rights or obligations of all people
- Most adults do not reach this level.

Social Development in Adolescence Module 5: Adolescence

Erik Erikson

- Constructed an 8-stage theory of social development

- Each stage has its own psychosocial, developmental task.

Erik Erikson

- Insert “Erikson’s Stages of Psychosocial Development – Trust Versus Mistrust” Video #20 from Worth’s Digital Media Archive for Psychology.
- Instructions for importing the video file can be found in the ‘Readme’ file on the CD-ROM.

Social Development in Adolescence: Developing Identity Module 5: Adolescence

Identity

- A strong, consistent sense of who and what a person is
- Identity search includes the following characteristics:
 - Experimentation
 - Rebellion
 - “Self”-ishness
 - Optimism and energy

Discovering One’s Identity

- Play “Adolescence: Independence from Parents and Identity Formation” (4:48) Segment #22 from Psychology: The Human Experience.

Social Development in Adolescence: Developing Intimacy Module 5: Adolescence

Intimacy

- A close, sharing, emotional, and honest relationship with other people
- To Erikson this is the primary task of early adulthood
- Not necessarily one’s spouse or a sexual relationship

Social Development in Adolescence: Independence from Family Module 5: Adolescence

Three Key Developmental Issues

Module 5: Adolescence

1. Continuity and Stages

- How much of behavior is continuous and how much follows a more stage like development?

Types of Growth Patterns

2. Stability and Change

- Which developmental traits remain stable over time, and which change?

3. Nature and Nurture

- How much of our behavior is due to nature and how much is due to nurture?
- How do nature and nurture interact in development?

The End

Name of Concept

- Use this slide to add a concept to the presentation
Name of Concept