**[90-day assignment] – FLE 715-3 5-7 Page Essay**

Write an essay on one of the following topics. The essay should be 5-7 pages in

length. There are no specific requirements for the number of resources, but the essay

should show scholarly work, cover the subject well, and include proper APA

documentation of resources used.

1. **Select one of the following age spans (0-2, 2-3, 4-5, 6-11, or 12-20) and identify**

**one developmental task of that age group. Inform a naïve reader about the**

**selected topic so they would better be able to relate to a child (infant, teenager)**

**of that age.**

2. Write an opinion essay about the moral developmental theory of one of the

following: Freud, Erikson, Piaget, Montessori, Kohlberg, or Fowler. Defend

your position with authoritative resources which may include the Bible.

3. Select one of the following age spans (0-2, 2-3, 4-5, 6-11, or 12-20) and discuss

how an understanding of human development could help in teaching parenting

skills for that age span. (This one is particularly applicable for prospective

Family Life Educators.)

Young adults also known as adolescence is the period between childhood and adulthood. They are faced with an increased amount of societal challenges and personal growth such as physical, psychological, and/ or social. Developmental tasks refers to any of the fundamental physical, social, intellectual, and emotional achievements and abilities that must be acquired at each stage of life for normal and healthy development. Because development is largely cumulative, the inability to master developmental tasks at one stage is likely to inhibit development in later stages. (American Psychological Association, 2023). (<https://dictionary.apa.org/developmental-task>).

Adolescence is a critical stage for development. There are certain developmental stages individuals have to face to become unique and mature. In this stage, 12-20 there are a few developmental tasks that are faced, according to Havighurst (1972) describes some of the developmental tasks of young adults, these include achieving autonomy which can be defined as trying to establish oneself as an independent person with a life of one’s own. Another developmental task Havighurst mentioned was establishing identity which focuses on being more firmly establishing likes, dislikes, preferences, and philosophies, developing emotional stability which is considered a sign of maturing.

Establishing a career is deciding on and pursuing a career or at least an initial career direction and pursuing an education, finding intimacy which can be forming first close, long-term relationships, becoming part of a group or community which can be a first for young adults to become involved with any various groups in the community. They may begin voting or volunteering to be part of civic organizations (scouts, church groups, etc.); this is especially true for those who participate in organizations as parents, another task can be establishing a residence and learning how to manage a household and that includes learning how to budget and keep a home maintained and lastly becoming and learning to parent, rearing and learning how to manage a household with children and making marital or relationship adjustments. (https://open.maricopa.edu/devpsych/chapter/chapter-9-early-adulthood/#:~:text=Developmental%20Tasks%20of%20Early%20Adulthood,-Havighurst%20(1972)%20describes&text=Establishing%20identity%3A%20more%20firmly%20establishing,considered%20a%20sign%20of%20maturing)

In this paper, the developmental task which will be focused on is establishing identity, the likes and dislikes of an individual, a person's preferences and philosophies and what identity is and the benefits of developing identity. There is never one stage or step in discovering your identity. It is always a process to discover who you are, your likes and dislikes and your core values. Identities are a function of how we see ourselves and of the meaning we assign to ourselves. (<https://books.google.tt/books?id=Ynh6eLfwNgQC&printsec=frontcover&dq=importance+in+identity&hl=en&sa=X&ved=2ahUKEwik0vez6Ib9AhWYRTABHWhYBB8Q6AF6BAgFEAI#v=onepage&q=importance%20in%20identity&f=true>). The first step in discovering is accepting the fact that it is going to be a journey and understanding that that is normal. The important thing to note is that it is never too late to find out who you are. Before we get into how one establishes identity, it needs to be asked why one needs to develop their own identity.

*Identity is defined as an individual’s sense of self defined by (a) a set of physical, psychological, and interpersonal characteristics that is not wholly shared with any other person and (b) a range of affiliations (e.g., ethnicity) and social roles. Identity involves a sense of continuity, or the feeling that one is the same person today that one was yesterday or last year (despite physical or other changes). Such a sense is derived from one’s body sensations; one’s body image; and the feeling that one’s memories, goals, values, expectations, and beliefs belong to the self. Also called personal identity. (American Psychological Association, 2023).*

According to Erik Erikson’s developmental theory, the stage dealing with the adolescence period, between the ages of approximately 12 and 18, identity versus role confusion. This stage seeks to establish a sense of self, and it is stated that it is important to the process of forming a strong identity and developing a sense of direction in life. Identity provides a sense of continuity within the self and in interaction with others, a uniqueness to differentiate between self and interaction with others and proper mental and physical health for the individual. When identity is not discovered, role confusion takes place. This can result in being unsure of who you are and where you fit, drifting from one job or relationship to another and feeling disappointed and confused about your place in life. (https://www.verywellmind.com/identity-versus-confusion-2795735#:~:text=Identity%20versus%20role%20confusion%20is,develop%20a%20sense%20of%20self.)

According to VeryWellMind, the benefits behind shaping and forming an identity brings commitment, self confidence, self of independence and fidelity. (<https://www.verywellmind.com/identity-versus-confusion-2795735#:~:text=Identity%20versus%20role%20confusion%20is,develop%20a%20sense%20of%20self>.). When an individual is shaping their identity they need to figure out what their likes and dislikes are, to be able to decide if they should for example hang with a certain group of people, whether they like to read or listen to books or even if they believe in religion or not. Becoming aware of these preferences allows you to become more refined and aware of who you are as a person. In my opinion when you begin to develop that self-confidence and become unstoppable. Commitment and independence comes when discipline and consistency becomes a factor after you realize what you are and who you want to be futuristically and how hard you now have to work towards these different goals. It brings a sense of belonging, this allows the individual to become secure in themselves.

There are many interests while trying to find your identity that one can focus on are recreational, social, personal, educational, vocational, religious. As a parent, it can be very helpful to guide your child to understand this stage will be approaching and to be prepared. Recreational and personal interest refers to all activities that people choose to do to refresh their bodies and minds and make their leisure time more interesting and enjoyable. This can help the individual even later down with their career. According to Chrysta Sterling, it was stated that recreational interests can help you become more creative, recover better from work demands, become healthier, avoid burnout, be more productive at work and develop a different perspective. (<https://ce.ccsu.edu/6-ways-recreational-interests-help-you-have-a-better-career-2/>). Social interest, according to Alfred Adler, is described as a person’s connectivity to their society. It is believed that to live a healthy, happy life, a person needs to have a level of social interest to feel like they belong and that they are equal to those around them. (<https://www.theguesthouseocala.com/the-benefits-of-social-interest/>). Educational and vocational interests can go hand in hand due to the fact that it is highly likely that whatever you decide to study will be what career path you choose. This can benefit the individual through giving back to society through their jobs. The good thing is finding something that is your passions and giftings allows you to remain motivated and committed, there is enjoyment in meeting high standards, they develop innovation and begin to utilize your best strengths. Religious interest, in my opinion, can be the most serious or critical one of them all to develop early on. Developing this interest allows you to develop skills such as faith. Faith is a big part of life, believing that you can do anything once you put your mind to it is like the glue to stay committed to and have the discipline to continue all the other interests. It is important to know that the mind is very powerful and no matter what an individual believes in can push them towards their goals in life. Some people believe in the law of attraction and some believe in God but regardless it can get you to the same end goal. Religion gives people something to believe in, provides a sense of structure and typically offers a group of people to connect with over similar beliefs. Depending on which you believe in, one might say it can determine your happiness and peace. (https://www.nami.org/Blogs/NAMI-Blog/December-2016/The-Mental-Health-Benefits-of-Religion-Spiritual#:~:text=Religion%20gives%20people%20something%20to,rates%2C%20alcoholism%20and%20drug%20use.)

In conclusion, finding one's identity is a crucial part of life and is important for someone to find who they are. Identity is an individual’s sense of self defined by (a) a set of physical, psychological, and interpersonal characteristics that is not wholly shared with any other person and (b) a range of affiliations (e.g., ethnicity) and social roles. Identity involves a sense of continuity, or the feeling that one is the same person today that one was yesterday or last year (despite physical or other changes). Such a sense is derived from one’s body sensations; one’s body image; and the feeling that one’s memories, goals, values, expectations, and beliefs belong to the self. Based on Erikson’s theory, this developmental task is needed for one to develop infidelity. It provides a sense of continuity within the self and in interaction with others, a uniqueness to differentiate between self and interaction with others and proper mental and physical health for the individual. When identity is not discovered, role confusion takes place.