**[60- day assignment] - FLE 716-2 Developmental Reading Log**

**Prepare and submit the Developmental Reading Log for this course guided by the instructions in the Learning Contract and the course objectives below:**

**Human Development: Adulthood & Aging Course Objectives**

**To give students the opportunity to:**

**1. Define development and explain what developmentalists study.**

**2. List and describe the key principles of lifespan development study.**

**3. Learn about the various theories of adult development and aging.**

**4. Examine his/her life stage in light of these theories.**

**5. Understand the process of development of adults in the areas of work, family, and spiritual growth.**

**6. Define life expectancy and longevity, explaining commonalities and differences between them.**

**7. Understand adult development in Early adulthood, Middle Adulthood and Late Adulthood, including the developmental tasks and changes anticipated in each stage of adulthood.**

**8. Explore and understand the unique needs of late adulthood and issues surrounding care for the old.**

**9. Learn about preparing for the end of life and issues of grief.**

**Objective #1**

1. Development is a process that creates growth, progress, positive change or the addition of physical, economic, environmental, social and demographic components. (https://sid-israel.org/en/what-is-development/)
2. Development is visible, useful and includes an aspect of quality change and the creation of conditions for a continuation of that change but it does not necessarily happen immediately. (<https://sid-israel.org/en/what-is-development/>)
3. Development is bringing about social change that allows people to achieve their human potential, it is a process rather than an outcome. (<https://www.soas.ac.uk/cedep-demos/000_P501_USD_K3736-Demo/unit1/page_12.htm>)
4. Developmentalists know the contribution of genetic or maturational influences on development as well as the role played by environmental experiences when it comes to the nature versus nurture debate. (<https://education.stateuniversity.com/pages/1913/Developmental-Theory.html>)
5. There are developmentalists who study the course of development in nonhuman species but the vast majority examines growth and change in people. (<https://www.pearsonhighered.com/assets/samplechapter/0/2/0/5/0205940072.pdf>)
6. **Objective #2:-** There are six key components to the lifespan perspective, these are lifelong development, multidimensionality, multidirectionality, plasticity, multidisciplinary and contextuality. (<https://study.com/academy/lesson/paul-baltes-and-lifelong-development.html>)
7. Lifelong development means that development is not completed in infancy or childhood or at any specific age; it encompasses the entire lifespan, from conception to death. (<https://courses.lumenlearning.com/wm-lifespandevelopment/chapter/the-lifespan-perspective/#:~:text=Lifelong%20development%20means%20that%20development,lifespan%2C%20from%20conception%20to%20death.&text=This%20belief%20clearly%20emphasizes%20that,the%20nature%20of%20human%20development>.)
8. Multidimensionality refers to a complex interplay of factors that influence development across the lifespan, including biological, cognitive, and socioeconomic changes. (<https://courses.lumenlearning.com/wm-lifespandevelopment/chapter/the-lifespan-perspective/#:~:text=Lifelong%20development%20means%20that%20development,lifespan%2C%20from%20conception%20to%20death.&text=This%20belief%20clearly%20emphasizes%20that,the%20nature%20of%20human%20development>.)
9. Multidirectionality is the development of a particular domain that does not occur in a strictly linear fashion but the development of certain traits can be characterized as having the capacity for both an increase and decrease in efficacy over the course of an individual’s life. (<https://courses.lumenlearning.com/wm-lifespandevelopment/chapter/the-lifespan-perspective/#:~:text=Lifelong%20development%20means%20that%20development,lifespan%2C%20from%20conception%20to%20death.&text=This%20belief%20clearly%20emphasizes%20that,the%20nature%20of%20human%20development>.)
10. Plasticity denotes intrapersonal variability and focuses heavily on the potentials and limits of the nature of human development, it emphasizes that there are many possible developmental outcomes and the nature of human development is much more open and pluralistic. (<https://courses.lumenlearning.com/wm-lifespandevelopment/chapter/the-lifespan-perspective/#:~:text=Lifelong%20development%20means%20that%20development,lifespan%2C%20from%20conception%20to%20death.&text=This%20belief%20clearly%20emphasizes%20that,the%20nature%20of%20human%20development>.)
11. In the Paul Baltes’ theory, the paradigm of contextualism refers to the idea that three systems of biological and environmental influences work together to influence development; there are three types of influences that operate throughout the life course: normative age-graded influences, normative history-graded influences, and nonnormative influences. (<https://courses.lumenlearning.com/wm-lifespandevelopment/chapter/the-lifespan-perspective/#:~:text=Lifelong%20development%20means%20that%20development,lifespan%2C%20from%20conception%20to%20death.&text=This%20belief%20clearly%20emphasizes%20that,the%20nature%20of%20human%20development>.)
12. **Objective #3 -** Erik Erikson’s Stages of development focuses on a stage in adulthood - the aging developmental stage called “Intimacy versus Isolation.” Intimacy involves caring about another and sharing one’s self without losing one’s self. (<https://courses.lumenlearning.com/wmopen-lifespandevelopment/chapter/theories-of-adult-psychosocial-development/>)
13. Daniel Levinson’s Theory talks about periods of transition that lasts about five years and periods of stability lasting about seven years. (<https://courses.lumenlearning.com/wmopen-lifespandevelopment/chapter/theories-of-adult-psychosocial-development/>)
14. Jeffrey Arnett’s theory of emerging adulthood proposes that a new life stage has arisen between adolescence and young adulthood. There are five features that make this “emerging adulthood” stage distinctive; these are identity exploration, instability, self-focus, feeling in-between adolescence and adulthood, and a sense of broad possibilities for the future. (<https://courses.lumenlearning.com/wmopen-lifespandevelopment/chapter/theories-of-adult-psychosocial-development/>)
15. **Objective #4** - Entering the adult world (22-28 years old) which deals with committing to an occupation, defining goals and finding intimate relationships. (<https://courses.lumenlearning.com/wmopen-lifespandevelopment/chapter/theories-of-adult-psychosocial-development/>)
16. The theory on emerging adulthood from Jeffrey Arnett connected with me because I am currently facing the five features. It truly at times feels like being an adult, you have to be intentional about life. Something that was never taught. (<https://courses.lumenlearning.com/wmopen-lifespandevelopment/chapter/theories-of-adult-psychosocial-development/>)
17. **Objective #5** - The areas in which an employee develops are through goal setting, communication, collaboration, listening, conflict resolution, adaptability, organization, accepting constructive feedback, integrity and productivity. (<https://www.indeed.com/career-advice/career-development/key-areas-of-development-for-employees>)
18. Families go through five stages in a lifecycle, family founding, child bearing, child rearing, child launching and the empty nest. (file:///C:/Users/Rachel%20Lawrence/Downloads/ECNO709.pdf)
19. **Objective #6** - The term life expectancy refers to the number of years a person can expect to live, the average age that members of a particular population group will be when they die. (<https://ourworldindata.org/life-expectancy-how-is-it-calculated-and-how-should-it-be-interpreted>)
20. Longevity is defined as the capability to survive past the average age of death. (<https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/longevity>)
21. The commonalities between life expectancy and longevity deals with both of them being average age of life, however the difference between them can be that life expectancy being the average for the population expectancy to stay living and longevity focuses on the capabilities of passing the average age of death.
22. **Objective** **#7:** In early adulthood (ages 20–40), our physical abilities are at their peak, including muscle strength, reaction time, sensory abilities, and cardiac functioning. The aging process also begins during early adulthood and is characterized by changes in skin, vision, and reproductive capability. (<https://courses.lumenlearning.com/boundless-psychology/chapter/early-and-middle-adulthood/>)
23. During late adulthood the skin continues to lose elasticity, reaction time slows further, muscle strength and mobility diminishes, hearing and vision decline, and the immune system weakens. (<https://courses.lumenlearning.com/boundless-psychology/chapter/aging-late-adulthood/>)
24. **Objective** **#8:** Memory degenerates in old age, so older adults have a harder time remembering and attending to information. In general, an older person’s procedural memory tends to remain stable, while working memory declines. (<https://courses.lumenlearning.com/boundless-psychology/chapter/aging-late-adulthood/>)
25. **Objective** **#9:** Six steps to prepare for end of life care is toeducate yourself about the different key treatments for end-of-life care, so that you can make informed decisions, start conversations with loved ones so that they are clear about your wishes for care, understand the benefits of palliative care and hospice care and know when to ask for them, learn how to communicate effectively with doctors and medical staff, research nursing and assisted living facilities in your community, in case you need them and advocate for better end-of-life care for everyone. (https://greatergood.berkeley.edu/article/item/six\_steps\_to\_prepare\_for\_end\_of\_life\_care)
26. Palliative care is a medical specialty that is available to anyone with a serious illness, whether or not you are dying and hospice care differs from palliative care in that it provides comfort care only if your illness is life-limiting and you have a prognosis of six months or less, and you must forgo any treatments aimed at curing the illness. (<https://greatergood.berkeley.edu/article/item/six_steps_to_prepare_for_end_of_life_care>).