Directions: Answer the series of questions below to help you prepare for the upcoming Unit IV Test on the Development of Self.

Section 1: Physical and Cognitive Development of Self

- 1. How do psychologists view the study of development? How might they view it differently than a biologists?
- 2. What is the difference between the Life-Span and the traditional approaches to studying development?
- 3. Explain what each of the following concepts means in relation to the Life-Span Approach
 - a. Development is lifelong -
 - b. Development is multidimensional -
 - c. Development is multidirectional -
 - d. Development is plastic -
 - e. Development is contextual -
 - f. Development is studied by a number of disciplines -
 - g. Development involves growth, maintenance, and regulation -
- 4. Describe how each of the following perspectives view development from a psychological approach.
 - a. Biological –
 - b. Cognition –
 - c. Socioemotional -
- 5. Define and explain the following concepts of development psychology.
 - a. Nature vs. Nurture -
 - b. Continuity vs. Discontinuity -

- c. Stability vs. Change -
- 6. For each stage of Maslow's Hierarchy (the new version) list 4-5 things that a person might need to be secure at that level.
 - a. Physiological Needs -
 - b. Safety Needs -
 - c. Belongingness and Love Needs -
 - d. Esteem Needs -
 - e. Self-Actualization -
- 7. What types of things physically and cognitively can an individual do at each stage of Piaget's model?
 - a. Sensorimotor -
 - b. Preoperational –
 - c. Concrete Operational –
 - d. Formal Operational -
- 8. Explain what Schemas are and how they can be accommodated or assimilated.
- 9. Explain the changes that take place at each stage of Erikson's model?
 - a. Trust vs. Mistrust –
 - b. Autonomy vs. Shame –
 - c. Initiative vs. Guilt –
 - d. Industry vs. Inferiority -
 - e. Ego Identity vs. Role Confusion -
 - f. Intimacy vs. Isolation –
 - g. Generativity vs. Stagnation -
 - h. Ego Integrity vs. Despair -

Section 2: Identity and Formation of Self

- 1. Define Ethics:
- 2. Define Morality:

- 3. How do each of the following factors help in the development of our ethics and morality?
 - a. Parents –
 - b. Religion -
 - c. Peers -
 - d. Technology -
- 4. Define Emotions:
- 5. How do each of the following theories view the development of emotions and the role they play in the development of self?
 - a. Evolutionary –
 - b. James-Lange -
 - c. Cannon-Bard -
 - d. Schachter-Singer -
- 6. What is facial feedback and how does it help with the detection of emotion?
- 7. Define personality and its separate levels of consciousness.
- 8. Describe the Trait theory of personality
- 9. Describe the Nomothetic Theory of personality
- 10. Describe the Idiographic Theory of personality
- 11. Describe the Biological Theory of personality
- 12. Describe the behaviorists Theory of personality
- 13. Describe the Humanist Theory of personality
- 14. Describe the Socio-Cultural Theory of personality
- 15. Explain the ways personality is assessed and the views of the validity of the tests.

Section 3: Levels of Consciousness

- 1. What is Freud perception of our personalities? Describe it in terms of Id, Ego, and Super Ego.
- 2. What is a conscience and how is it connected to personalities and conscience?
- 3. Explain each of the defense mechanisms we use to protect ourselves with examples to support your answer
 - a. Repression -
 - b. Denial -
 - c. Displacement -
 - d. Projection -
 - e. Reaction Formation -
 - f. Regression -
 - g. Rationalization -
 - h. Intellectualization -
 - i. Sublimation -