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Look for patterns in Human Development

- Unique
- Jim twins
 - completely identical
 - Genes and environment are equally as important

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1. Development across the lifespan
2. Multidirectionality - Different paths in life
3. Plasticity - Older you are the less "changeable" compared to babies who can be completely shaped
4. Historical context - Technology, war, social movements
5. Contextualism - Development must be looked at in different context
6. Multidimensionality - Stress caused by parents fighting

Developmental stages

Infancy - 2 years old - Early Childhood - 6 years - Middle Child - 11 years - Adolescence - 18 years

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Nature - Born This way

- temperment

Nurture - Sculpted into you throughout life

Disorders w/ genetic predisposition

- Depression, autism, alcoholism, schizophrenia, Alzheimers

Traits w/ genetic predisposition

-Memory

- Scholastic Achievement
- Vocational interest
- Verbal Ability
- Intelligence
- Extro/Intro-version
- Neuroticism
- Openness
- Agreeableness
- Conscientiousness

Genes account for 30-60% of the variation of the inheritable trait.

Nature works on nature. It is not just one or the other.

- Stability vs. Change

- Is personality stable over time?

- Early life experiences set the life path

Everybody influences each other in their environment

Scientific investigation

- Description: Average trends
- Explanation: Why do we develop?
- Optimization: How to "optimize" others and ourselves.

Science not defined by what it studies but how it does it

Cycle of science

- Observation - theory - Hypotheses - systematic observation - support or modify theory
 - After these 5 steps you return back to step 2 (Theory) and repeat.

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Developmental Design

-Looks at age

Freud & Behaviourism

Psychoanalytic Theory

- Development is nature's interaction w/ nurture

3 Structures that form personality - I.D. / Superego / Ego

I.D. - present at birth - our instinct to seek pleasure and avoid pain - to express the self

Superego - In place by 3-6 years

- Constraints placed by parents and society

Ego - Begins to form in infancy

- It is the way we cope with our instincts and the constraints of family and society

Ego = I.D. + Superego

Internal Conflict - anxiety from the struggle between biological demands and societal expectations

The goal of psychoanalytical therapy is to bring repressed material from the unconscious to conscious.

Three structures of the mind

Conscious mind - aware of it

Unconscious mind - kept from our awareness

- memory/experience that is too threatening => becomes a repressed memory
- Primal drives must stay in check
- Implicit memories - memories from infancy & early childhood

Brain - Amygdala (Our emotional Brain)

- "experience-dependent"

- Pre-frontal Cortex (Our thinking Brain)

Attachment Schema - Scripts for how we relate to others and how others relate to us

Implicit Memories - "Known w/o being thought about"