

Chapter 8:

Puberty- collection of physical changes that marks the onset of adolescence, including a growth spurt and the growth of breasts or testes.

- changes in body
- development in sexual maturity

Primary sex characteristics- physical signs of maturity that are directly linked to the reproductive organs

Secondary sex characteristics- physical signs of maturity that are not directly linked to reproductive organs

Anorexia nervosa- persistent refusal to eat accompanied by an irrational fear of being overweight

Bulimia nervosa- disease in which people alternate between binge eating periods when they eat uncontrollably- and purging with laxatives or self- induced vomiting

Read worksheet!

READ about Real People p. 316

Estrogen is released by the ovaries.

Menarche is affected by nutrition.

Teens have too many calories and too little iron.

Kohlberg's Theory: can stealing be justified.

Preconventional Level: Punishment and Reward

Obedience to authority

Nice behavior in exchange for future favors

Conventional Level: Social Norms

Live up to other's expectations

Follow rules to maintain social order

Postconventional Level: Moral Codes

Adhere to a social contract when it is valid

Personal moral system based on abstract principles

Chapter 9:

Illusion of invulnerability- adolescents' belief that misfortunes cannot happen to them

Imaginary audience- adolescent's feeling that their behavior is constantly being watched by their peers

Ethnic identity- feeling of belonging to a specific ethnic group

The myth of storm and stress- most adolescents admire/love their parents, rely for advice, embrace their values, feel loved by their parents.

HIV leads to AIDS (loss of immune cells), cancer, death. Acquired immunodeficiency syndrome.

Date (acquaintance) rape- when someone is forced to have sexual intercourse with someone she or he knows

Crystallization- first phase in Super's theory of career development, in which adolescents use their emerging identities to form ideas about careers

Part-time employment-> school performance suffers, mental health and behavioral problems, misleading affluence

When jobs teach or take advantage of child's skills, self-esteem may be enhanced.

LEARNED HELPLESSNESS-

Native American highest rate of suicide.

Signs of suicide: threats of suicide, preoccupation w/ death, change in eat/sleep, loss of interest, gloom, give away valued possessions.

Status offense- act that is not a crime if committed by an adult, such a truancy or running away from home

Index offense- acts that are illegal regardless of the perpetrator's age.

Chapter 10:

Intimacy vs. isolation- sixth stage in Erikson's theory and the major psychosocial task for young adults.

Lifestyle Factors: Smoking (quitting)- Hearing declines in late 20's
18-25 distinct life stage. quitting is beneficial. Leading contrib.. better health prob. More than 1/2 of cancer is caused by smoking.

Marriage determines adult status in western culture.

Binge drinking- 5+ guys, 4+ girls in a row within past 2 weeks.

BMI- a ratio of body weight and height and is related to total body fat. Healthy= <25

People in poverty are more likely sick.

Postformal thought- thinking characterized by recognizing that the correct answer varies from one situation to another, that solutions should be realistic, that ambiguity and contradiction are typical, and that subject factors play a role in thinking- highest level of thinking

Fluid intelligence- flexible

Crystallized intelligence- life experience

Stereotype threat- an evoked fear of being judged in accordance with a negative stereotype about a group to which you belong

Social clock- tagging future events with a particular time or age by which they are to be completed

Personal control beliefs- the degree to which you believe your performance in a situation depends on something you do. -> Idea you have influences your behavior

Hope/ fear- health

Chapter 11:

Abusive relationship- relationships in which one person becomes aggressive toward the partner

Sternberg's three basic components of love-

Passion- physical desire

Intimacy- need to share thoughts and actions without fear of rejection

Commitment- willingness to stay with someone during good and bad times

Extended family- most common form of family around the world; one in which grandparents and other relatives live with parents and children

Familism- the idea that that family's well-being takes precedence over the concerns of individual family members