

Exam 1 Study Guide

**\*Note: this is a guide it is not intended to be an exhaustive list of exam topics. Make sure to read all assigned chapters and view all videos/lectures.**

Chapter 1

- Approaches to studying adolescents
  - o Cultural- cultural conditions affecting youth, culture has an impact on the adolescents
  - o Biological-process of sexual maturation and physical growth that takes place during puberty
    - Maturation of function of male and female organs
    - Development of secondary sexual characteristics
    - Neurological development
    - Growth trends- height, weight, body composition
  - o Cognitive- the qualitative and quantitative changes within the adolescent
    - Qualitative- changes in the way they think and reason
    - Quantitative- changes take place in their attention, memory and intelligence
    - Researchers that study cognition look at learning, problem solving, decision making and IQ
  - o Psychosexual- development of emotions and of the self; self concept, gender role, and identity
    - Mental health and the affects of stress on an adolescent
    - Sexual feelings and self concept and the management of sexuality
  - o Social relationships- teenagers interact with members of their families
    - Parent- adolescent communication, sibling relationships and parenting styles
    - Single parent families, blended families, adoptive families are examines as well ad friendships and romantic relationships
  - o Emerging adulthood- individuals who are in-between stages of adolescence and adulthood
- Cohorts/generations- a group of individuals who are born at approximately the same time and who share traits because they experienced the same historical events
  - o Major adolescent cohorts and how society shaped their characteristics, views, etc.
    - The Lost Generation- individuals who were adolescents fight after world war 1
      - Born between mid 1880s and 1900s
      - Traumatized by casualties of the war and were disdainful of their parents ideas about morality and propriety
    - The G.I. Generation- generation who were children during the Great Depression and adolescence during World War 2
      - Large numbers of young men and women involved in the armed services

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- Women's roles in society changed because they took on the roles of males in society
- The Silent Generation- born between 1925 and 1940 too late to serve in World War but too early to be unconventional and antiauthoritarian
  - Characterized as conservative and traditionalist
  - Heroes and icons were in this cohort- Reverend Martin Luther King jr, John Lennon, and Jerry Garcia
- The Baby Boomers- born after World War 2 when soldiers came back to civilian life
  - Children of the G. I Generation
  - Unusually high birthrate after returning from WW2
  - Born mid 1940s-to mid 1960s
  - Largely prosperous economic time
  - First rock and roll generation in the %0s ad hippie nation in the late 60s
- Generation X- cynical and alienated generation
  - Small cohort born into the mid 1960s, adolescents in the 1980s
  - Felt neglected by their parents, searched for self fulfillments, pessimistic about their own economic opportunities and abilities
- Generation Y- aka Millennial Generation
  - Born from 1980s into early 2000s
  - Too young to personally remember the Cold War but young enough that computer, internet and cellphones
  - Raised by helicopter parents, who were very child centered
- Generation ?- most recent living generation born after 2000, not adolescents yet
  - First generation raised solely in the post 9/11 era
  - Time is going to be the only indicator of this generation because it is too soon to see the impact of events
- Employment
  - o Emerging adulthood- stage of life between adolescence and young adulthood
  - o Working students
    - Working students have support of parents, teachers and social sciences that argue that employment is good for students
    - Students work about 17 hours a week while school is in session, but experts believe that adolescents are devoting too much time to jobs and not enough to school
    - Working after school is associated with low school achievement, increased delinquency, substance abuse, less adequate sleep and insufficient exercise
  - o Youth from extremely poor families tend to feel rejects, likely to be non-joiners in school activities, don't seek positions of prestige, and seek status through antisocial behavior

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- o Education in the working field
  - New technology has increased the need for adolescents to graduate from high school and college to get a well paying job
  - Education rates have increased over time but the cost of higher education is also increasing dramatically to a point that makes it hard to pay for
- Evolving family
  - o General patterns (marriage, childrearing, etc.)
    - Marriage rates and ages has shifted significantly through time
    - Now more individuals are getting married later in life around the age of 27 years old, whereas in the past it was very early 20s
      - This has been caused by the allowance of premarital sex, more need and opportunity for higher education, decreased negative attitudes toward singlehood, and increased non-marital cohabitation
    - Birth rates have also been declining over time
      - Majority of families have one or no children younger than the age of 18 at home, the family average today is 1.8 children per family
  - o Changes in family dynamics
    - Adolescents believe in the fulfillment of love and companionship more than economic necessity when getting married
      - This is a problem because if they do not find that then people become disappointed and have feelings of failure
    - Families have become more democratic evolving away from the idea that men are the primary breadwinners and that women should stay at home and child rear, to the idea that women can be breadwinners and men can stay at home
      - Feminist movement allowed for women to have more economic power and freedom
      - Women have had more educational opportunities, so that allowed for more women to have higher paying jobs
      - Women's sexual expression increased, causing marriages to be based on mutual love, and allowed for efficient contraceptives to be produced that let women to lead more personal lives and have friendships with their husbands
      - Nonmarital cohabitation- couples living together before marriage
        - o This affects adolescence because they are more likely to be raised by non married couples that live together and they will be more likely to cohabit later in life
      - Out of wedlock birth rates have increased, which means children are more likely to be raised in a single parent household
        - o Unwed mothers are more likely to experience stress and have a lower standard of living which causes the