



HUMAN GROWTH & DEVELOPMENT

3 WEEK STUDY PLAN

Week 1: Foundations of Human Development

Day 1: Theoretical Perspectives (10%)

- Read Chapter 1, Section 1.3: Major Theories and Theorists
- Focus on Cognitive, Evolutionary, Learning, Psychodynamic, Social Cognitive, Sociocultural, Biological, and Ecological perspectives.

Day 2: Research Strategies and Methodology (6%)

- Read Chapter 1, Section 1.5: Lifespan Development as a Science
- Study Case Studies, Correlational Research, Cross-Sectional, Cross-Sequential, Experimental, Longitudinal, and Observational research.

Day 3: Biological Development (12%)

- Read Chapter 2: Genetic, Prenatal, and Perinatal Health
- Study Genetics, Heredity, Genetic Testing, Teratogens, Prenatal & Perinatal Influences
- Read Chapter 3: Physical & Cognitive Development in Infants and Toddlers

Day 4: Physical Growth & Maturation; Aging

- Read Chapter 13: Physical & Cognitive Development in Middle Adulthood
- Read Chapter 15: Physical & Cognitive Development in Late Adulthood

Day 5: Motor & Sensory Development (6%)

- Read Chapter 3, Sections 3.2 & 3.3: Motor and Sensory Development in Infants
- Focus on Habituation, Sensitive Periods, Sensorimotor Activities, Sensory Acuity, and Sensory Deprivation.

Day 6: Hormonal & Drug Influences on Development

- Read Chapter 9: Physical & Cognitive Development in Adolescence
- Focus on Hormonal Changes & Drug Influences

Day 7: Review & Practice

- Review Notes & Key Concepts
- Take a Self-Quiz on Theoretical Perspectives and Research Methods.

Week 2: Cognitive & Language Development

Day 8: Cognitive Development (12%)

- Read Chapter 1, Section 1.3: Theories (Piaget, Vygotsky)
- Read Chapter 5, Section 5.3: Cognition in Early Childhood
- Read Chapter 7, Section 7.2: Cognition in Middle Childhood

Day 9: Memory, Thinking, & Executive Function

- Read Chapter 3, Section 3.4: Memory in Infants and Toddlers
- Read Chapter 7, Section 7.2: Cognition in Middle Childhood
- Read Chapter 13, Section 13.3: Cognitive Development in Middle Adulthood

Day 10: Language Development (8%)

- Read Chapter 3, Section 3.5: Language in Infants and Toddlers
- Read Chapter 5, Section 5.4: Language in Early Childhood
- Read Chapter 7, Section 7.5: Language in Middle Childhood

Day 11: Intelligence & Learning Styles

- Read Chapter 1, Section 1.2: Themes of Development
- Study IQ Theories, Emotional Intelligence, Giftedness, Reaction Range
- Read Chapter 15, Section 15.3: Wisdom & Cognitive Development in Late Adulthood

Day 12: Social Development (10%)

- Study Attachment, Gender, Interpersonal Relationships, Moral Development
- Read Kohlberg's Stages of Moral Development
- Read Bronfenbrenner's Ecological Systems Theory

Day 13: Social Cognition & Developmental Influences

- Study Risk & Resilience, Self-Concept, Prosocial Behavior
- Read Chapter 1, Section 1.4: Contexts and Settings of Development

Day 14: Review & Practice

- Review Key Concepts from Week 2
- Take Practice Questions on Cognitive & Language Development.

Week 3: Emotional, Personality, & Applied Development

Day 15: Personality & Emotional Development (10%)

- **Study Temperament, Stability & Change, Erikson's Psychosocial Theory**
- **Read Freud's Psychosexual Stages & Personality Theories**

Day 16: Emotional Intelligence & Developmental Disorders

- **Read Goleman's Emotional Intelligence**
- **Study ADHD, Autism, Intellectual Disability, Trauma-Based Disorders**

Day 17: School, Work & Occupational Development

- **Study Career Development, Role Transitions, Parenting Styles**
- **Read Chapter 1, Section 1.4: Contexts of Development**

Day 18: Aging, Death, and End-of-Life Considerations

- **Study Death & Dying, Aging Theories, Grief & Bereavement**
- **Read Chapter 15: Physical & Cognitive Development in Late Adulthood**

Day 19: Developmental Psychopathology

- **Study Anxiety, Depression, Mood Disorders, Learning Disabilities**
- **Read Chapter 2, Section 2.1: Genetics and Environment**

Day 20: Social & Cultural Influences

- **Study Family Structures, Multicultural Perspectives, Media & Technology**
- **Read Chapter 1, Section 1.3: Major Theories & Theorists**

Day 21: Final Review & Full Practice Exam

- **Review All Study Notes**
- **Take a Full-Length Practice Exam**
- **Focus on Weak Areas for Final Study**