**Week Five**

Chapters 9 & 10

Life Span Development and Emotion & Motivation

1. Innerspace Website:

https://gaillouisehunter.wixsite.com/innerspace

2. DSM Case Studies - read and respond in 3 -4 sentences.

3. Andrew Huberman Emotion Lecture:

https://youtu.be/qdk7XuBgSjw?si=2tlCpZOUSHHWyYs9

Review Erikson and Piaget Development models.

1. Complete your Erikson chart

2. Read CBT Article

3. Watch Personality Disorders A, B, & C

A - https://youtu.be/KA-QZHjmMx8?si=HZty9VnO5NGOXOln

B - https://youtu.be/QP-zUnPoBZM?si=kFQXoP6hKVjRgFY-

C - https://youtu.be/OpXLUTp2PwA?si=nJ82piaYTvjlkuiw

Read and respond to the case study in 3 - 4 sentences. See the attachments emailed/messaged to you with 1 page each.

Please read this article and respond with your opinion of its effectiveness.

[https://pmc.ncbi.nlm.nih.gov/articles/PMC848905](https://pmc.ncbi.nlm.nih.gov/articles/PMC8489050/)

Fill in Erikson’s Developmental Stages chart with personal experiences, up to your current age (at least 4 sentences each).

Please read Chapter 9 and answer these Personal Application Questions.

**30**.How are you different today from the person you were at 6 years old? What about at 16 years old? How are you the same as the person you were at those ages?

**31**.Your 3-year-old daughter is not yet potty trained. Based on what you know about the normative approach, should you be concerned? Why or why not?

**32**.Explain how you would use your understanding of one of the major developmental theories to deal with each of the difficulties listed below:

1. Your infant daughter puts everything in her mouth, including the dog's food.
2. Your eight-year-old son is failing math; all he cares about is baseball.
3. Your two-year-old daughter refuses to wear the clothes you pick for her every morning, which makes getting dressed a twenty-minute battle.
4. Your sixty-eight-year-old neighbor is chronically depressed and feels they have wasted their life.
5. Your 18-year-old daughter has decided not to go to college. Instead she’s moving to Colorado to become a ski instructor.
6. Your 11-year-old son is the class bully.

**33**.Which parenting style describes how you were raised? Provide an example or two to support your answer.

**34**.Would you describe your experience of puberty as one of pride or embarrassment? Why?

**35**.Your best friend is a smoker who just found out she is pregnant. What would you tell her about smoking and pregnancy?

**36**.Imagine you are a nurse working at a clinic that provides prenatal care for pregnant women. Your patient, Anna, has heard that it’s a good idea to play music for her unborn baby, and she wants to know when her baby’s hearing will develop. What will you tell her?

**37**.Have you ever had to cope with the loss of a loved one? If so, what concepts described in this section provide context that may help you understand your experience and process of grieving?

**38**.If you were diagnosed with a terminal illness would you choose hospice care or a traditional death in a hospital? Why?

Please read Chapter 10 and answer these Review Questions.

**1**.Need for \_\_\_\_\_\_\_\_ refers to maintaining positive relationships with others.

1. achievement
2. affiliation
3. intimacy
4. power

**2**.\_\_\_\_\_\_\_\_ proposed the hierarchy of needs.

1. William James
2. David McClelland
3. Abraham Maslow
4. Albert Bandura

**3**.\_\_\_\_\_\_\_\_ is an individual’s belief in her capability to complete some task.

1. physiological needs
2. self-esteem
3. self-actualization
4. self-efficacy

**4**.Carl mows the yard of his elderly neighbor each week for $20. What type of motivation is this?

1. extrinsic
2. intrinsic
3. drive
4. biological

**5**.According to your reading, nearly \_\_\_\_\_\_\_\_ of the adult population in the United States can be classified as obese.

1. one half
2. one third
3. one fourth
4. one fifth

**6**.\_\_\_\_\_\_\_\_ is a chemical messenger secreted by fat cells that acts as an appetite suppressant.

1. orexin
2. angiotensin
3. leptin
4. ghrelin

**7**.\_\_\_\_\_\_\_\_ is characterized by episodes of binge eating followed by attempts to compensate for the excessive amount of food that was consumed.

1. Prader-Willi syndrome
2. msevere obesity
3. anorexia nervosa
4. bulimia nervosa

**8**.In order to be classified as severely obese, an adult must have a BMI of \_\_\_\_\_\_\_\_.

1. less than 25
2. 25–29.9
3. 30–39.9
4. 40 or more

**9**.Animal research suggests that in male rats the \_\_\_\_\_\_\_\_ is critical for the ability to engage in sexual behavior, but not for the motivation to do so.

1. nucleus accumbens
2. amygdala
3. medial preoptic area of the hypothalamus
4. hippocampus

**10**.During the \_\_\_\_\_\_\_\_ phase of the sexual response cycle, individuals experience rhythmic contractions of the pelvis that are accompanied by uterine contractions and ejaculation.

1. excitement
2. plateau
3. orgasm
4. resolution

**11**.Which of the following findings was not a result of the Kinsey study?

1. Sexual desire and sexual ability can be separate functions.
2. Females enjoy sex as much as males.
3. Sexual acts between members of the same gender are fairly common.
4. Masturbation has no adverse consequences.

**12**.If someone is uncomfortable identifying with the gender normally associated with their sex assigned at birth, then they could be classified as experiencing \_\_\_\_\_\_\_\_.

1. homosexuality
2. bisexuality
3. gender expression
4. gender dysphoria