

Psych 201-Week 5
 Wednesday
 2-8-17

Housekeeping:

- ✓ Review session next Wednesday here in this room (attendance optional)
- ✓ Exam Opens 2/13 9am and closes 2/20am
- ✓ **Highly recommend to take the exam AFTER the review session**
- ✓ Study Guide can be found on both weeks 5 and 6

Today's Agenda:

- ✓ Parenting
- ✓ Adolescence
- ✓ Moral Development

Bowlby's Ethological Theory of Attachment

- ✓ Attachment is very important to develop in childhood with at least one care giver in his or her life.
- ✓ Deprivation of Attachment:
 - If the child experiences severe, prolonged deprivation or abuse he or she may:
 - Have difficulty forming attachments
 - Have increased anxiety and/or depression
 - Have lowered intelligence
 - Show increased aggression
- ✓ The research that has suggested these items were of course by correlation although research.

Parenting Styles Exercise [see below for the photo of this exercise]

- ✓ Authoritative parenting more than the other two styles is associated with:
 - High self-reliance
 - High social competence
 - High self-esteem
 - Low aggression
 - Reliable self-regulation
 - Promotes growth in the pre frontal cortex

Authoritarian

- Girls-have more depression and incidents of suicide/completed and attempts
- Boys manifest more Anti-social behavior, substance abuse, aggression
- Considered \coercive parenting with fosters anger and hostility
- MRIs have suggested

Permissive

- Lower ability for self-control because of the ongoing lack of structure.
- This lack of self-regulation and self-control is a manifestation of stunted growth in the pre-frontal cortex development.

The next phase of development

- ✓ Developmental psychologists used to focus attention only on childhood.
- ✓ Lifespan perspective refers to the idea that development is a lifelong process.
- ✓ The next phase of that process is adolescence.
 - the transition period from childhood to adulthood
 - the period of development ranging from puberty to independence
 - Emerging adulthood
 - 20-30 yrs. who have not taken on the responsibilities of adulthood-fairly new concept

Adolescent and Adult Development

Psychosocial Development: Erik Erikson (1902-1994) a follower of Freud

- ✓ Erik Erikson: adolescence a struggle to form an identity, a sense of self, out of the social roles adolescents are asked to play.
- ✓ May try out different “selves”. Especially during early adolescence
 - Challenge: test and integrate the roles in order to prevent role confusion
 - Exploration and commitment is the successful resolution to this issue
- ✓ Identity vs role confusion (stage 5)-the “real need to belong to something”
 - The issue or crisis for adolescence

Physical Development

- ✓ Puberty: time of sexual maturation (becoming physically able to reproduce).
- ✓ During puberty, increased sex hormones lead to:
 - primary and secondary sex characteristics.
 - Primary-you can't see
 - Secondary you can see
 - some changes in mood and behavior.
 - Height changes are an early sign of puberty
 - Because girls begin puberty sooner (up to 2 yrs.) than boys, girls briefly overtake boys in height.

Trio Activity

Summarize what is happening with adolescent brain development.

- ✓ Peers have more influence over decisions than parents
 - Except: Sexuality and drug use (research suggests)
- ✓ Brain is not fully developed in the pre frontal cortex so abstract reasoning is limited
- ✓ Over active limbic system- maybe "wired" to take risks and challenges
- ✓ During puberty the brain stops automatically adding new connections, and becomes more efficient by "rewiring".
 - Pruning away those connections not being used
 - Coating the well-used connections in myelin, in order to speed up nerve conduction
- ✓ Frontal Lobes are the Last to Rewire
- ✓ Emotional limbic system gets wired for puberty BEFORE the frontal judgement centers
- ✓ Adolescents may understand risks and consequences, but give more weight to the potential thrills and rewards.
- ✓ Have developed a mental accelerator, but not yet in the habit of using the brakes.

Video

The Mysterious Workings of the Adolescent Brain

[At least one exam item on the exam regarding the contents of this video the link is below]

[TED Talks-adolescent brain](#)

- ✓ Why do teenagers seem so much more impulsive, so much less self-aware than grown-ups?
 - Pre frontal cortex, much bigger in humans
 - Decision making
 - Inhibiting impulsive behaviors and social interactions
 - Pruning is highly regulated by the environment that is lived in
- ✓ Cognitive neuroscientist Sarah-Jayne Blakemore compares the prefrontal cortex in adolescents to that of adults, to show us how typically "teenage" behavior is caused by the growing and developing brain.
- ✓ The Medial prefrontal cortex (in the middle) is much more active when making social decisions.

- ✓ Because of the smaller prefrontal cortex adolescents have a difficult taking other people's perspective
- ✓ Heightened sensitivity to input.
- ✓ These discoveries have real consequences in education, parenting, communication, but also creativity and social development
- ✓ The heavy consumption of MJ during adolescence has detrimental effects on brain development

Paired Discussion Activity----This activity never happened

- ✓ Describe your relationship between your caregiver (parent/s or other caregiver(s) during...
 - Early adolescence?
 - Late adolescence?
- ✓ List 2 strengths & 2 challenges of your relationship

Video

Listen and Write:

What are some key issues between parents and adolescents?

Parent–Child Relationships in Adolescence

- ✓ Effective parenting consists of:
 - ✓ Finding a balance between connection and separation
 - ✓ Warm, supportive parent–
 - Respecting adolescent ties
 - ✓ Consistent monitoring
 - ✓ But even this requires a healthy bond between parent/child relationships as it wont do you any good to monitor if the relationship is so bad you aren't going to know they truth anyway
- ✓ Appropriate demands for maturity
- ✓ Permitting exploration of ideas and social roles
- ✓ Parents who are coercive or psychologically controlling interfere with the development of autonomy.
- ✓ Throughout adolescence the quality of the parent child relationship is the single most protective factor

Moral Development

- ✓ Piaget inspired Kohlberg's theory of the development of moral understanding. His research stemmed from Nazi Germany and the Holocaust. Why did seemingly everyday people (i.e.,Nazis) slaughter people who were at one time their neighbors and/or fellow countrymen.
- ✓ Kohlberg emphasized that the way an individual reasons about a moral dilemma, not the content of the response, is what determines moral maturity. This will be on test.
 - Used a clinical interviewing procedure
 - Using Hypothetical moral dilemmas

Heinz's Dilemma

A woman was near death from a special kind of cancer. There was one drug that the doctors thought might save her that a druggist in the same town had recently discovered. The drug was expensive to make, but the druggist was charging ten times what the drug cost him to produce. He paid \$200 for the drug and charged \$2,000 for a small dose.

The sick woman's husband, Heinz, went to everyone he knew to borrow the money, but he could only get together about \$1,000 which is half of what it cost. He told the druggist that his wife was dying and asked him to sell it cheaper or let him pay later. But the druggist said: "No, I discovered the drug and I'm going to make money from it."

So Heinz got desperate and broke into the man's laboratory to steal the drug for his wife.

- ✚ Should Heinz have broken into the laboratory to steal the drug for his wife?
- ✚ Why or why not?

Pre-conventional [Children]

- ✓ Morality is externally controlled.
- ✓ Accept the rules of authority figures and judge actions by their consequences

Conventional [interestingly most people never leave this level]

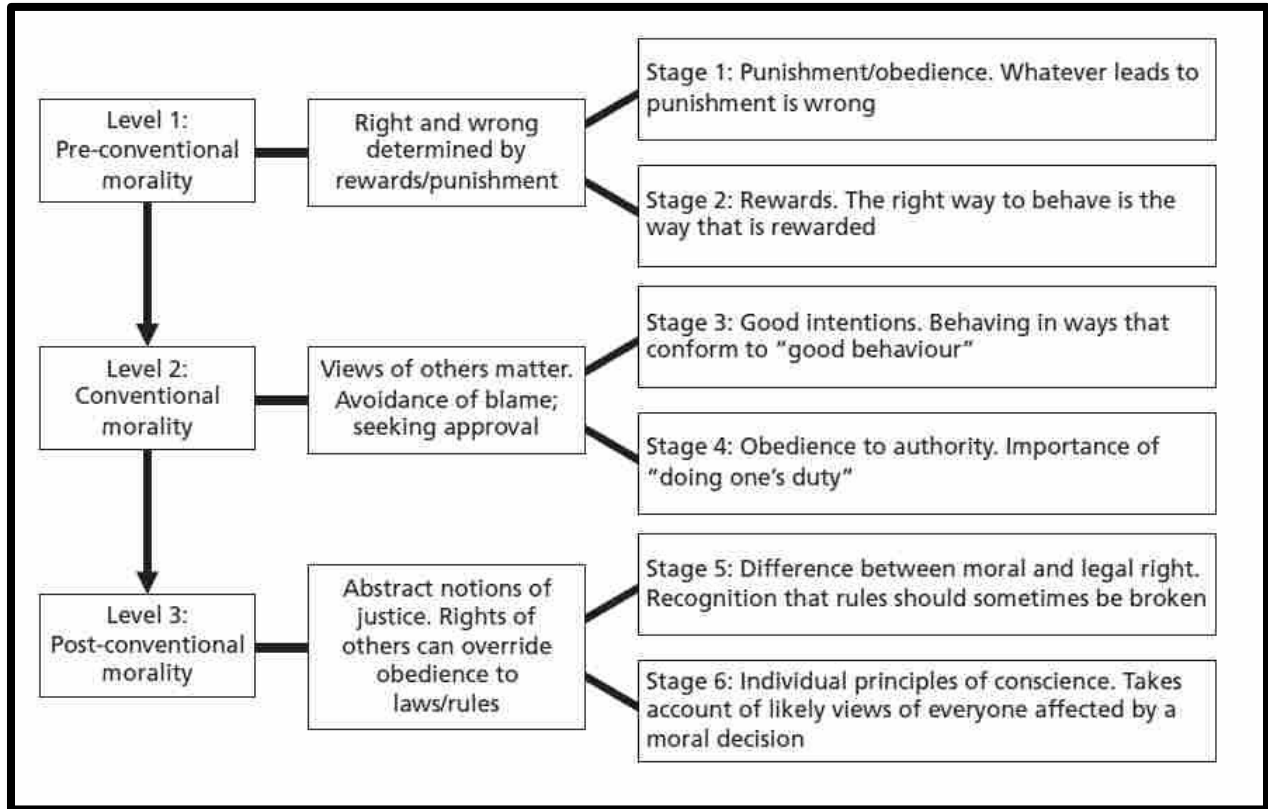
- ✓ Conformity to social rules is important: actively maintaining the current social system ensures societal order.
- ✓ Letter of the law rules all.

Post Conventional

- ✓ Define morality in terms of abstract or principles and values that apply to all principled levels of societies and all situations.
- ✓ Spirit of the Law rules here.

VIDEO-Moral Development

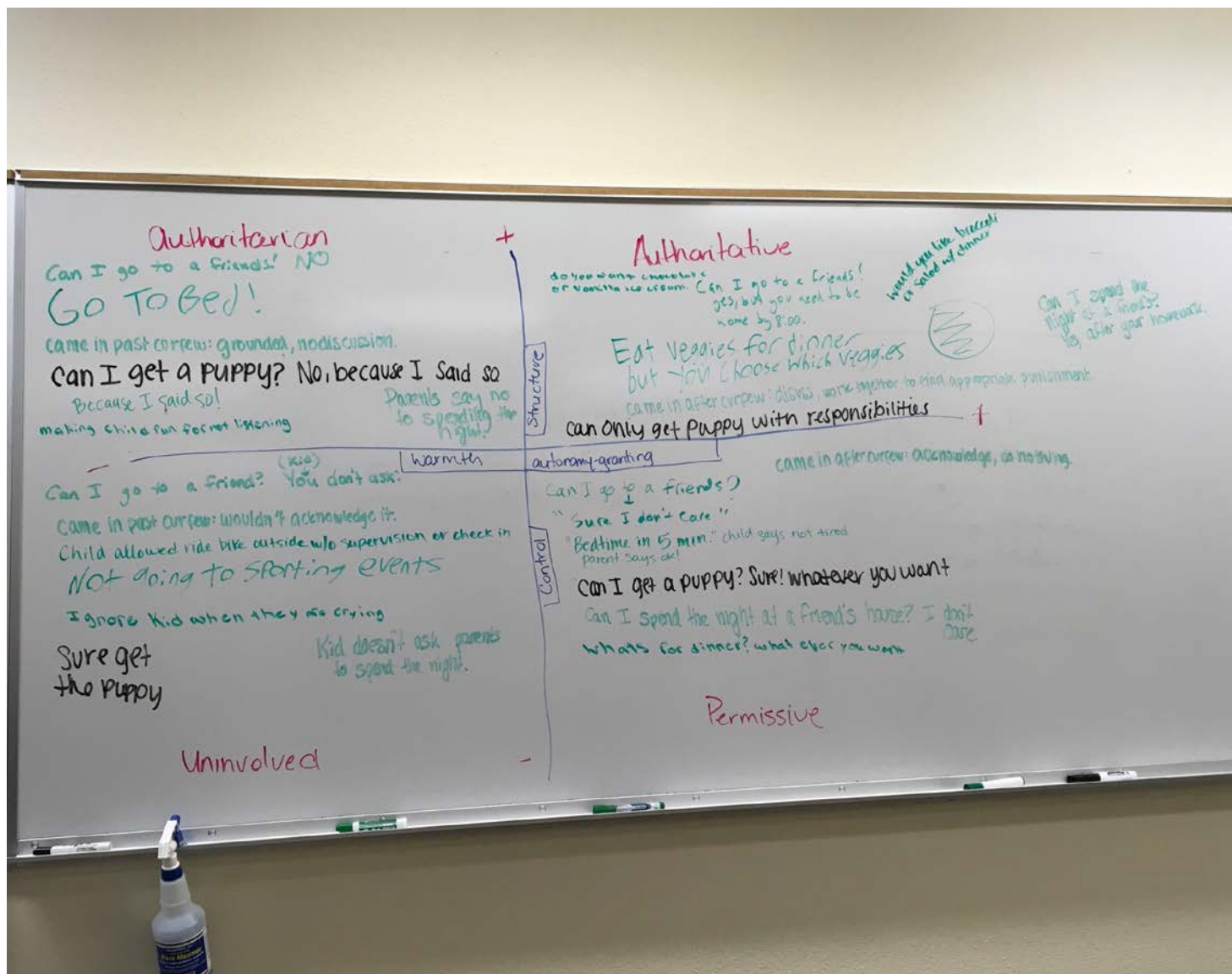
- ✓ Pre-Conventional-younger children-punishment versus rewards = more absolute reasoning
- ✓ Conventional- By middle childhood children begin to question the rules a little bit
- ✓ Post Conventional- Supposedly by adult hood one can question the spirit of the law versus the letter of the law.



I put this chart in t I felt it was a great way to study about Kohlberg's Moral Development.... It has been my experience that exam questions on this topic usually come in the form of scenarios and you have to decide what level an individual is at. This chart helps break that down a bit better....

Next Week:

- ✓ More Developing Through the Lifespan
- ✓ Take the weekly quiz
- ✓ Complete the weekly discussion forum activity
- ✓ Exam 1 Review Session
 - Highly recommended to not attempt the Exam until after review session or least not until after lecture on Monday as there will be more stuff in Monday's lecture that you need for the test.
- ✓ Exam 1 (Chapters 1-5) (opens at 9am on 2/13-closes 2/20 at 9am)



First Activity regarding Parenting Styles....

