

Lesson 10: Voyage Through Lifespan

Associated with **Developmental Psychology**

Developmental Psychology – a study from **womb to tomb**, from **infancy to old age**

Prenatal development – is one of the **most important developments of an individual** (babies, inside the mother's womb). **Maturational milestone**.

Three periods of Prenatal development:

- **Germinal period** – **two weeks after conception**, a **union** of sperm and egg cell, results in fertilization, the fertilized egg (**zygote**). *Conception up to two weeks (14 days)*

Process:

1. **Ovulation** – **egg cell** from the ovary **enters the fallopian tube** (9-16 days of the menstrual cycle)
2. **Fertilization** – the **union of sperm and egg cell**, usually takes place in the upper third of the tube (24 hours after ovulation).
3. **Unity** – **sperm and egg material unite** (24-30 hours after fertilization).
4. **Division** – **egg cell divides** for the first time
5. 2 cells (36 hours after fertilization)
6. 4 cells (48 hours after fertilization)
7. A cluster of 16-32 cells (3 days)
8. A hollow ball of about 100 cells (4 days)
9. Zygote enters the uterus (4-5 days) – conceived of baby
10. Zygote begins to attach the wall of the uterus (6-7 days)
11. Zygote completely implanted in the uterine wall (12-14 days)

- **Embryonic period** – 2 – 8 weeks after conception, changes in form and organs of the baby

Process:

1. **Week 3** – **layers emerged** (ectoderm, mesoderm, endoderm), zygote to embryo.
 2. **Week 4** – **development of layers**, **mesoderm** (tiny heart), **endoderm** (gastrointestinal tract and lungs), **body organs**
 3. **Week 5** – **guts, mouth, throat** (take shape), **arms and legs** (buds starting point of the development of arms and legs of the baby), **heartbeats**, **divisions of the brain** (development of forebrain, midbrain, and hindbrain)
 4. **Weeks 6-7** – **heart** (divides into 4 chambers), **fingers**, visibility of **facial features** (not that visible)
 5. **Week 8** – most structures and organs are present, **sex of the baby**, embryo assumes a more human appearance, end of week 8 = beginning of the fetal period
- **Fetal period** – **longest and last period**, human-like appearance, a more complex period

Process:

1. **Week 9** – **embryo becomes a fetus** (genitals are visible), opens and close the mouth, and turns head
2. **Weeks 10-12** – **fingers** are visible and clearly formed, **kicking** (not too recognizable for the mother)
3. **Weeks 13-16** – heartbeats are audible to the **stethoscope**, and **fetal movements** are now visible to the mothers.
4. **Weeks 17-22** – fingernails and toenails, hair, teeth, buds, and eyelashes grew, brain development is phenomenal and **brain waves are detected**.
5. **Weeks 23-25** – **week of viability**, big chance that the baby will **survive** outside the womb.
6. **Weeks 26-32** – mothers experience the **baby's weight**, the brain grows, and the **nervous system** develops and became organized.
7. **Weeks 33-38** – **last 6 weeks** of a full-term pregnancy, further weight gain, and further brain activity, lungs mature, expand and contract.

Childhood: Physical Development (0-18 months)

Newborn reflexes – **involuntary movements**, muscle reactions, and neurological responses (Babinski, Blink, Moro, Palmar, Rooting, Stepping, Sucking)

- **Babinski** – **baby's toe fans out** when stroked (8-12m)
- **Blink** – **protect eyes**, from loud noise or bright light (Permanent)
- **Moro** – baby throws its **arms** (6m)
- **Palmar** – baby **grasps an object** (3-4m)
- **Rooting** – baby's **cheek is stroked**, simosundan (3-4w)
- **Stepping** – **voluntary walking**, not innate
- **Sucking** – **thumb sucking** (oral activities)

Locomotor Skills

1. Fetal posture
2. Chin up
3. Chest up
4. Reach and miss
5. Sit with support
6. Sit on lap; grasp object
7. Sit on high chair; grasp dangling object
8. Sit alone
9. Stand with help
10. Stand holding furniture
11. Creep
12. Pull to stand by furniture
13. Climb stair steps
14. Stand alone
15. Walking alone

Childhood: Physical Development

Perceptual development – development of **sight**

Voyage Through The Lifespan Study Guide

D. J. Henry, Mimi Markus



Voyage Through The Lifespan Study Guide:

le-Psych Conc/Conn Spencer A. Rathus, 2003-07 PSYCHOLOGY CONCEPTS AND CONNECTIONS BRIEF VERSION will help your students make the connections between key concepts in psychology and the connections between those concepts and their own lives Spencer Rathus's warm and engaging writing style explains the fundamentals in ways that students can understand and then goes a step further to show how those fundamentals relate to students' daily lives Rathus's commitment to helping students learn goes beyond the text narrative and is reflected in the text's proven active learning system PQ4R Preview Question Read Reflect Review and Recite This system is seamlessly integrated into the book's companion Connections CD ROM the Book Companion Web Site and the Study Guide all of which are FREE with every new copy of the text New Learning Connections and Life Connections sections in the text also include icons that cue students to interactive content on the Connections CD ROM and the Book Companion Web Site This seamless integration of text and technology enhances the active learning system PQ4R in the text and gives students multiple ways to connect with the text's current research and relevant applications In this edition Rathus invites students to learn about the latest in evolutionary psychology biology diversity and gender issues in psychology in a text that is concise yet thorough Psychology Spencer A. Rathus, Lisa Valentino, 2003 By Lisa Valentino Seminole Community College This student tool offers everything a student needs to get that desired A for the course Aligned with the PQ4R learning model found in the main text the Study Guide opens with a Preview section that encourages students to note initial impressions of chapter material what surprised them what they're curious about and specific queries they have The Question section poses the learning objectives in an outline format and serves as the foundation for the next sections Reading for Understanding and Reflection Breaks include cross relational activities such as matching and critical thinking exercises which build on material just covered Expand pulls it all together in applied exercises such as research writing and Web activities that expand on the learning connections and life connections themes of the text Tb-Psych Concept/Connect Spencer A. Rathus, 2003-07 Community Health Nursing Karen Saucier Lundy, Sharyn Janes, 2014-12-02 Preceded by Community health nursing Karen Saucier Lundy Sharyn Janes 2nd ed c2009 *Essentials of Community-based Nursing* Karen Saucier Lundy, Sharyn Janes, 2003 A unique text designed specifically for use throughout the associate degree nursing ADN curriculum this volume provides students with a solid foundation for administering nursing care in the community It provides an overview of the health care system an introduction to the epidemiology of health and illness and an exploration of the factors that influence the health and care of individuals and families living in the community Back cover **Thinking Through the Test A Study Guide for the Florida College Basic Skills Exit Tests** Dorothy Jean Henry, Mimi Markus, 2004-08-02 **Psychology Catalog 2005** Neil Thomson, 2004-09 *Thinking Through the Test* D. J. Henry, Mimi Markus, 2006-02-23 **Handbook of Personality Development** Dan P. McAdams, Rebecca L. Shiner, Jennifer L. Tackett, 2021-04-02 Bringing together prominent scholars this

authoritative volume considers the development of personality at multiple levels from the neuroscience of dispositional traits to the cultural shaping of life stories Illustrated with case studies and concrete examples the Handbook integrates areas of research that have often remained disparate It offers a lifespan perspective on the many factors that influence each individual s psychological makeup and examines the interface of personality development with health psychopathology relationships and the family Contributors provide broad based up to date reviews of theories empirical findings methodological innovations and emerging trends See also the authored volume *The Art and Science of Personality Development* by Dan P McAdams

The Science and Technology of Growing Young, Updated Edition Sergey Young, 2024-09-24 Wall Street Journal USA Today and Publishers Weekly bestseller 2021 Nautilus Book Award Silver Medal Winner Aging Consciously Category The prospect of living to 200 years old isn t science fiction anymore A leader in the emerging field of longevity offers his perspective on what cutting edge breakthroughs are on the horizon as well as the practical steps we can take now to live healthily to 100 and beyond In *The Science and Technology of Growing Young* industry investor and insider Sergey Young demystifies the longevity landscape cutting through the hype and showing readers what they can do now to live better for longer and offering a look into the exciting possibilities that await us By viewing aging as a condition that can be cured we can dramatically revolutionize the field of longevity and make it accessible for everyone Join Sergey as he gathers insights from world leading health entrepreneurs scientists doctors and inventors providing a comprehensive look into the future of longevity in two horizons *The Near Horizon of Longevity* identifies the technological developments that will allow us to live to 150 some of which are already in use from AI based diagnostics to gene editing and organ regeneration *The Far Horizon of Longevity* offers a tour of the future of age reversal and the exciting technologies that will allow us to live healthily to 200 from Internet of Bodies to digital avatars to AI brain integration In a bonus chapter Sergey also showcases 10 longevity choices that we already know and can easily implement to live to 100 distilling the science behind diet exercise sleep mental health and our environments into attainable habits and lifestyle hacks that anyone can adopt to vastly improve their lives and workplaces Combining practical advice with an incredible overview of the brave new world to come *The Science and Technology of Growing Young* redefines what it means to be human and to grow young

Resources in Education ,1995-05 *The Science and Technology of Growing Young* Sergey Young, 2021-08-24 Wall Street Journal USA Today and Publishers Weekly bestseller The prospect of living to 200 years old isn t science fiction anymore A leader in the emerging field of longevity offers his perspective on what cutting edge breakthroughs are on the horizon as well as the practical steps we can take now to live healthily to 100 and beyond In *The Science and Technology of Growing Young* industry investor and insider Sergey Young demystifies the longevity landscape cutting through the hype and showing readers what they can do now to live better for longer and offering a look into the exciting possibilities that await us By viewing aging as a condition that can be cured we can dramatically revolutionize the

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Peak Experiences Ian Marshall,2003 In *Peak Experiences* Marshall sets out on a far more personal and far reaching journey to discover how our modern estrangement from the natural world has affected our mental well being

Subject Guide to Books in Print ,1996 *Resources in Education* ,1997

Consumption and Well-Being in the Material World Miriam Tatzel,2013-09-30 This volume addresses how we can find happiness and well being in the material world It builds on previous works that find that materialism is associated with lowered well being materialists are less happy and that consumerism in all its profusion is harmful to environmental well being How can we use the money and possessions in our lives in the service of well being Apparently not by being materialistic Can we benefit from the many wonders of the marketplace in technology convenience and aesthetics without falling prey to the lures and dangers of excessive material preoccupation Can we meet our material needs in ways that nourish growth and well being The authors of the chapters in this volume are on going researchers into such questions Herein you can learn about the hedonic benefits of thrift and of spending on experiences how possessions can be beneficial how different types of consumers spend money cultural variations in conceptions of the good life how we might reconcile environmental and consumer well being and how to measure the whole of human economic and environmental well being Taken all together this collection finds grounds for compatibility between what s good for the consumer and what s good for the environment This volume appeals to academics professionals students and others interested in materialism and consumer well being

Timelines of Science DK,2013-09-16 From the wheel to the worldwide web our planet has been transformed by science Now you can travel through time to experience centuries of invention and innovation on this spectacular visual voyage of discovery Starting in ancient times and ending up in the modern world you ll explore scientific history showcased in stunning images and captivating text An easy to follow illustrated timeline runs throughout the ebook keeping you informed of big breakthroughs and key developments Get to grips with revolutionary ideas like measuring time or check out amazing artifacts like flying machines Great geniuses including Marie Curie Albert Einstein and Charles Darwin are

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Current Issues In Nursing Perle Slavik Cowen,Sue Moorhead,2010-02-15 Current Issues in Nursing provides a forum for knowledgeable debate on the important issues that nurses face today This resource provides the opportunity to analyze conflicting viewpoints and develop your own thoughts on demands being made for the nursing profession and the difficult issues affecting today s health care delivery Continually praised for its in depth discussion of critical issues solid organization of material and encouragement of independent thinking you ll find this text a valuable resource in the modern world of nursing Offers comprehensive and timely coverage of the issues affecting nursing education and practice UNIQUE Over 100 well known contributors offer their expert insights and analysis UNIQUE Viewpoint chapters present controversial issues to showcase pressing issues facing nursing today New content covering the following topics The Challenges of Nursing on an International Level Health Care Systems and Practice Ethics Legal and Social Issues The Changing Practice Professional Challenges Collaboration Conflict Violence Prevention and Care Nursing s Role Definitions of Nursing Changing Education

Live Well to 101 Dawn Harper,2018-03-22 In Live Well to 101 Dr Dawn Harper from Channel 4 s Embarrassing Bodies urges you to start investing in your health now to improve your chances of enjoying your latter years to the full This book is for anyone who enjoyed and learnt from The Longevity Book by Cameron Diaz or The Optimum Nutrition Bible by Patrick Holford We are living longer than ever before So it s more important than ever that we take good care of our bodies and our health and enjoy those extra years by keeping fit and well for as long as possible Leading media medic Dr Dawn Harper has gathered together scientific research her eight years experience on Channel 4 s Embarrassing Bodies and over twenty one years as a GP for the NHS and on Harley Street to give the latest advice on the diet exercise habits and lifestyle changes which have been clinically proven to improve longevity and quality of life If longevity is pre programmed in your genes is there anything you can do to change it Do people who have more sex live longer Does where you live make a difference What really makes up a healthy diet Is it worth paying for private healthcare or expensive medical scans What secrets can we learn from people who are living well to an older age Will getting a dog or cat add years to your life In this fascinating life changing book Dr Dawn gives you a variety of simple tips to help give yourself the best chance to live a long and happy life There are steps that we can all take starting now no matter what age we are each are

Advances in Production Management Systems. Production Management Systems for Volatile, Uncertain, Complex, and Ambiguous Environments Matthias Thürer,Ralph Riedel,Gregor von Cieminski,David Romero,2024-09-07 The six volume set IFIP AICT 728 729 constitutes the refereed proceedings of the 43rd IFIP WG 5 7 International Conference on Advances in Production Management Systems APMS 2024 held in Chemnitz Germany during September 8 12 2024 The 201 full papers presented

together were carefully reviewed and selected from 224 submissions The APMS 2024 conference proceedings are organized into six volumes covering a large spectrum of research addressing the overall topic of the conference Production Management Systems for Volatile Uncertain Complex and Ambiguous Environments Part I advancing eco efficient and circular industrial practices barriers and challenges for transition towards circular and sustainable production processes and servitized business models implementing the EU green deal challenges and solutions for a sustainable supply chain risk analysis and sustainability in an uncertain system in a digital era Part II smart and sustainable supply chain management in the society 5 0 era human centred manufacturing and logistics systems design and management for the operator 5 0 inclusive work systems design applying technology to accommodate individual workers needs evolving workforce skills and competencies for industry 5 0 experiential learning in engineering education Part III lean thinking models for operational excellence and sustainability in the industry 4 0 era human in command operator 4 0 5 0 in the age of AI and robotic systems hybrid intelligence decision making for AI enabled industry 5 0 mechanism design for smart and sustainable supply chains Part IV digital transformation approaches in production and management new horizons for intelligent manufacturing systems with IoT AI and digital twins Part V smart manufacturing assets as drivers for the twin transition towards green and digital business engineering and managing AI for advances in asset lifecycle and maintenance management transforming engineer to Order projects supply chains and systems in turbulent times methods and tools to achieve the digital and sustainable servitization of manufacturing companies open knowledge networks for smart manufacturing applications of artificial intelligence in manufacturing intralogistics Part VI modelling supply chain and production systems resilience management in supply chains digital twin concepts in production and services optimization additive manufacturing advances in production management systems

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