M9 Assignment: Life-Span Development

Kyler Suess

PSYCH 201: Intro Psychology

Schoolcraft College

Shellie Jones

3/4/2024

**Infant (Ages 0-2)**

During this time, the theme of development is “trust,” specifically trust coming from the child's caregivers. This bond formed with the caregiver at this age can form the individual's attachment style later in life. These attachment styles are secure, avoidant, resistant, and disorganized. Infants during this time experience rapid biological development such as motor skills, brain development, and overall growth. The infants will multiply their size in this stage of development. During this time, infants will begin to explore their environments, learning through sensory experiences and imitating those around them. One skill they will learn is object permanence, meaning that when something is out of sight, it still exists.

**Preschooler (3-5)**

When the individual reaches the age of 3, they have a goal of “let me do it,” and allowing the child to accomplish goals on their own, can help them develop a sense of identity. Moving on, from ages 3-5, the child will be in preschool by this point and interacting with other children, thus social development is important in this age. They will learn to initiate activities and social rules through activities with other children. By accomplishing this goal, the child will further increase their self-confidence and sense of self. At this stage, the child will grasp their gross motor skills, meaning the use of compound muscle movements such as running, jumping, or swimming. They will also see an increase in brain development and more intricate thought processes. The preschoolers will develop language skills, reasoning, problem-solving abilities, and imagination skills.

**Elementary Student (6-12)**

In this stage of life, the theme is “industry versus inferiority,” meaning the child will start to compare themselves to others. They will begin to recognize their strengths and weaknesses, along with the pros and cons of those around them. Ideally, the child will find the good in themselves and gain a sense of self-confidence, but the child can also focus on what is wrong with them and decrease their self-confidence. Also, their growth will slowly continue and build upon the areas discussed in the Preschooler age, such as critical thinking, abstract thought, and motor skills. Some children will experience hormonal changes during this time.

**Adolescence (13-18)**

The theme of adolescence further builds upon the theme discussed in the Elementary Student, however, focusing more on their identity. During this stage, ideally, the child will begin to explore who they are, what they like, and what they want to do. They will deal with more complex platonic and romantic relationships and potentially pressure or conflict as they strive for independence. Biologically, the body will drastically change through puberty (sexual maturation, growth spurts, hormone changes, etc.) along with brain development in the prefrontal cortex. Adolescents will engage in abstract concepts along with consideration for future goals. Ideally, they will continue to develop their sense of self and challenge existing beliefs and values.

A chart of stages of development

Description automatically generated