

# PSY1010: The Skills in Unit 2

by Sophia



## WHAT'S COVERED

In this lesson, you will learn how problem solving and self and social awareness play a role in the way psychology and development impact our lives. Specifically, this lesson will cover:

## 1. Skills in the Unit

As you move on with this second unit, you will focus on human development, which includes skill development. You will explore topics that include the biological systems of the body that inform psychology, including the brain and nervous system. Then you will explore aspects of developmental psychology, such as the biological and environmental impacts on behavior and thinking. Finally, you will explore human development from a social, cognitive, emotional, and linguistic point of view from infancy through older adulthood.

As you delve into these concepts, it will be important to keep the 10 skills in mind. The skills develop over time and continue to grow as we put them into practice. While you may not have control over your biological development, you can actively seek to develop the 10 skills. This is something employers look for—the commitment to personal and professional growth.

You'll learn why honing those 10 skills starts with an understanding of your biological roots. By exploring the connection between biology and psychology, you'll gain insight into how biological factors and brain anatomy can affect your ability to make decisions and solve the problems that you face every day!

Have you ever been assigned to work on a team project and found that you just didn't jive with a member of the team?

Or maybe you have a teenager at home that's making poor choices, and it's putting a strain on your relationship.

If so, you've already experienced how personality and human development can affect your interactions with those around you. Throughout each stage of our lives—before birth, in childhood, throughout adolescence, and all through adulthood—people are growing and changing.

Knowing more about these phases of change and development can help you hone your **self and social awareness skill**, informing how you approach personal and professional situations. This knowledge will also help you “see” differently when making decisions in the future.

You'll learn to apply your **problem solving and self and social awareness skills** to understanding and

overcoming differences in personality and human development. By examining how we develop and make decisions in every stage of our lives, you'll build greater awareness of yourself and others so you can resolve workplace conflicts and more effectively connect with those around you. It's vital information that will help you perform your best no matter what career you pursue.

In particular, we will focus on the following:

### **Problem Solving**

- How the brain plays a role in problem solving,
- Which stages in human development introduce advances in problem solving abilities, and
- When decision-making skills are honed throughout development.

### **Self and Social Awareness**

- How you grow and change throughout your life,
- Knowing that self-concept can develop, and
- Recognizing where others are in their development.

Throughout the course, be on the lookout for various call-outs to help you better see the connections between the skills and the course content.



## **SUMMARY**

In this lesson, you learned the importance of the 10 skills in the biological systems that influence development psychology. You gained an understanding of how problem solving can grow as people develop. You also recognized that your understanding of yourself and others that inform your self and social awareness develops as you experience the world around you. As you work through this unit, keep these skills in mind and consider how you can strengthen them to improve your understanding and application of psychology.

Best of luck in your learning!

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