

# SOSC2990 - Developmental Psychology

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These are notes I typed in class, so there are probably a lot of typo/mistakes, so  
keep an eye out for anything that doesn't make sense.

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# 1 February 05, 2021

## 1.1 Nature vs. Nurture

The nature vs. nurture debate is one of the key issues in developmental psychology.

**Definition 1.1.** **Nature** refers to the inborn propensities of an individual and the biological influences that affect a person's actions/personality. These factors are developed during an individual's maturation.

**Definition 1.2.** **Maturation** refers to the unfolding of a genetically programmed sequential pattern of change

**Definition 1.3.** **Nurture** refers to learning from environmental experiences, e.g. from the surrounding and

### Example 1.4

John Locke's "Empiricism" states that individuals are borne a blank slate, and that individual differences are due to experiences.

### Example 1.5

John Watson famously said that he could train a healthy infant to be anything he wants to, regardless of his talents, abilities, and the race of his ancestors.

## 1.2 Environmental Factors

## 1.3 Bronfenbrenner's Ecological Theory

### 1.3.1 Microsystem

The **microsystem** is the immediate surrounding of the individual, e.g.

- family
- school
- peers

There is a **bidirectional influence** of factors in the microsystem, as the environment can affect the individual, but the individual can also affect the environment.

### Example 1.6

If the child is very obedient, the parents might not be very hard on the child, whereas if the child is very rebellious, their parenting style might also be different. Thus, the parents affect the child, but the child also affects the environment.

### 1.3.2 Mesosystem

The connection and interaction between factors in the microsystem are called the **mesosystem**.

#### Example 1.7

A child's parent and school do not work in isolation, as the parent might consult the child's teachers, etc.

### 1.3.3 Exosystem

Facts in the **exosystem** do not directly affect the child, but it does affect the microsystem. As such, these factors have an indirect impact on the child.

#### Example 1.8

One example of a factor in the exosystem is the parents' workplace schedule. Although it does not directly affect the child, it affects the quality of the parent-child interaction, which would in turn affect the child.

### 1.3.4 Macrosystem

The **macrosystem** consists of factors related to the culture the child is raised in, for example its:

- values
- customs
- laws

Although they do not directly affect the child, it creates a cascading effect on the other systems and thus affect the child.

### 1.3.5 Chronosystem

The **chronosystem** refers to the impact of time on the individual's development. e.g. timing of parent's death, or physiological changes in the child's development.

**Remark 1.9 —** You can think of the ecological theory as an onion, with each layer affecting each other. This ecological theory can be summarized in Figure 1.

## 1.4 Gene-Environment Interaction

Figure 2 shows how our genes might set certain limits on our intelligence, where as the environment determines where we fall in this range. Jerome and Jill are siblings that were separated when they were young and had different upbringings. As such, their IQ range is similar, as they have similar genetics. However, where they ended up within this range is different.

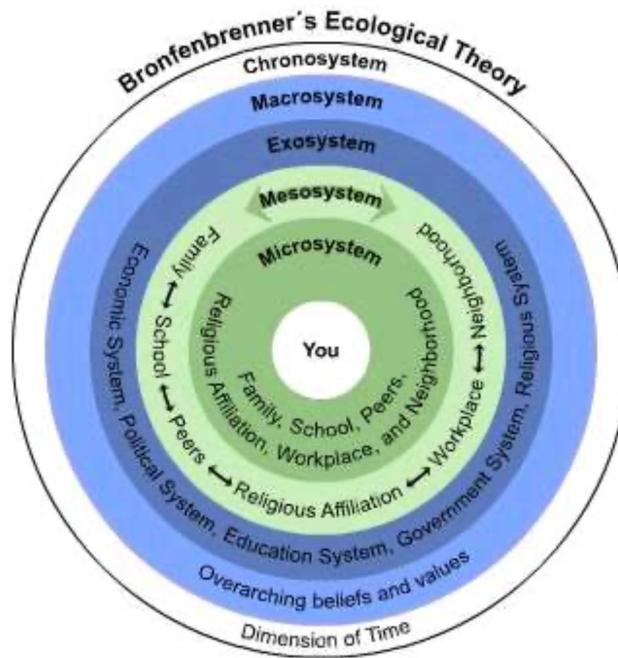


Figure 1: Bronfenbrenner's Ecological Theory

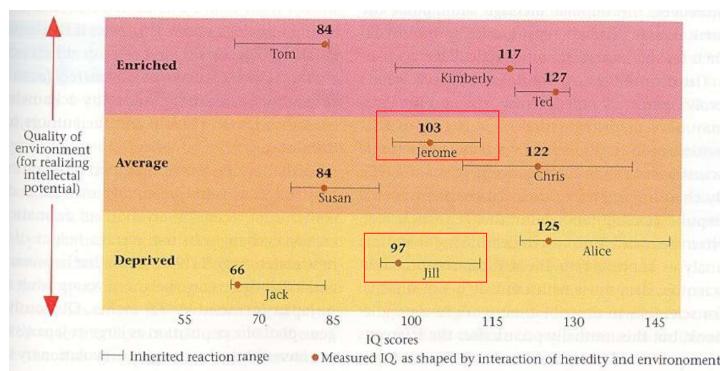


Figure 2: Gene-Environment Interaction

**Definition 1.10.** **Normative influences** are biological or environmental influences that affect many or most people in similar ways

Normative age-graded changes, e.g. puberty  
Normative history-graded changes, major historical events

Non-normative influences.

## 2 February 10th, 2021

### 2.1 Research Methods

We will cover two different research methods:

- Descriptive Research - we only observe/study the relation of the two variables
- Experimental Research - we actively manipulate one variable to discover the causal relation between two variables

### 2.2 Descriptive Research - Case Study

**Definition 2.1.** For a **case study**, we are investigating an individual or a small group of people intensely.

#### Example 2.2

One example of a case study is that of Genie, the feral child.

Case studies have different advantages and disadvantages.

#### 2.2.1 Advantages

- One key advantage is that we can go deep in investigating the subjects
- Case studies are very flexible, as we can tailor the study or alter the research mid way though.

**Remark 2.3 —** Unlike surveys, we can change/alter the research focus during the research process.

#### Example 2.4

For example, initially the researchers were investigating Ginnie's language skills. However, through the research process, they found that her understanding is fundamentally different, and as such, they are interested in how she perceives information.

### 2.2.2 Disadvantages

- The results of a case study might not be generalizable to the general population, as it is specifically focusing on a small group of people.
- In a case study, we cannot establish cause and effect.

#### Example 2.5

In the case of Ginnie, we don't know if her inability to acquire normal language from here lack of interaction during the critical period, or due to her traumatic experience.

## 2.3 Naturalistic Observation

**Definition 2.6.** **Naturalistic observation** is research in which an investigator simply observes some naturally occurring behavior and does not make a change in the situation.

**Remark 2.7 —** Naturalistic observation can only be used to observe behaviors, and as such, is not suitable for certain research studies.

#### Example 2.8

We can count the number of times students call out or leave their seats at different ages. There is minimal control over the natural environment. Rather the researcher is just observing the students. See Figure 3.

When conducting a naturalistic observation, we must consider the following things:

- We must conduct the study objectively. To do this, we must create an observation chart, which calculates/assess the frequency of behaviors.
- We must standardize/define each of the target behaviors.

#### Example 2.9

In the example above, we can define calling out as: specific episodes of interrupting teacher, calling to classmates, making noise, or yelling.

This will ensure that the study is conducted objectively.

Besides this, we must also consider the following:

- Who and how many people are observing?

**Remark 2.10 —** Using multiple raters will provide more objective results, as there will be less bias. In addition, we can check for **inter-rater reliability/-consistency**. If we find inconsistency in different ratings, we have to figure out why, e.g. some might be more extreme, or the instruction might not be clear.

Date: November 10, 2005 Observer: Judy Jones  
 Student: Sammy Smith Age: 8-5 Grade: 3

Time Period	Target Behaviors		
	Calling Out	Leaving Seat	Off Task
9:00–9:15	xxxx	xx	xxxx
9:15–9:30	xxx	xxx	xx
9:30–9:45	xxx	xxx	xx
9:45–10:00	x	xx	xx
2:00–2:15	xxxxx	xxxxx	xx
2:15–2:30	xxxxxx	xxxx	xxxxxx
2:30–2:45	xxxxx	xxx	xxxxxx
2:45–3:00	xxxx	xxxx	xxxxxx

Calling Out: Specific episodes of interrupting teacher, calling to classmates, making noise, yelling

Leaving Seat: Separate event such as standing without permission, leaving the seat, knees on seat

Off Task: Not doing assigned work (e.g., daydreaming, playing with objects, doing other work)

Figure 3: Observer sheet for a study examining the relationship between age and behavioral problems

If multiple raters have the same results, then we can be more confident that we are capturing the behavior.

**Remark 2.11** — We might have to reconduct the study until the results align.

- Is the study double blind?

**Definition 2.12.** Both the participants and the observers must not know the research objective, i.e. the study have a **double blind design**.

**Remark 2.13** — Studies must be double blind to ensure that the participants and the rater do not know the purpose of the study, as that would affect their actions/evaluations.

### 2.3.1 Advantages

The results of naturalistic observation can usually be generalized to the general population, as people are assumed to behave naturally in their natural environment.

**Remark 2.14** — This is different from experimental study, where the context or design of the study might be very different from real life.

### 2.3.2 Disadvantages

- If people know that they are being observed, the participants might deliberately change their behaviors

#### Example 2.15

If we are studying parent-child interactions and the parents know this, they might change their interactions

**Remark 2.16** — Sometimes we want to disguise the observation. However, this is not always the case, as we might need consent from the participants.

- No causal relationships can be drawn.

#### Example 2.17

In the example, the observations change based on time, with the students displaying more behavior problems in the afternoon. Thus, we might speculate that students' attention span decrease over time. However, this hypothesis cannot be verified from this study.

- Observer bias.

**Definition 2.18.** When observing the participants, the observer might have certain bias that will affect their

**Example 2.19**

In the example before, observers might think that older students are more well behaved, but this will affect how they perceive the students.

**Remark 2.20 —** In order to minimize observer bias, we use multiple observers and a double blind study.

## 2.4 Descriptive Research - Correlational Study

**Definition 2.21.** **Correlational study** is research in which the relationship between two variables is examined to determine whether they are associated or correlated

**Example 2.22**

Some variables that can be the subject of correlational study include:

- Age and self-esteem
- High school grades and university GPA
- Time playing on the internet and social network

In a correlational study, there are two objectives:

1. Determine the direction of association among variables

**Remark 2.23 —** Whether the two variables are positively or negatively correlated. Positive means they increase together, while negative is opposite.

2. Examine the magnitude of association among variables

**Remark 2.24 —** Correlation varies from -1 to 1. The higher the absolute value of correlation, the more they are correlated.

When designing a correlational study, we must make sure that the variables are quantifiable numerically.

**Definition 2.25.** In order to be used in a correlational study, we must have an **operational definition** of the variable.

**Remark 2.26 —** The operational definition might change from study to study. For example, if we want to measure the use of internet, we might use hrs/week, or we might investigate more specific usage, e.g. number of time checking social media per day.

The general rule of thumb is if the magnitude of correlation is:

- $< 0.3$ : the correlation is weak

- $> 0.3$  and  $< 0.7$ : the correlation is moderate
- $> 0.7$ : the correlation is strong

**Remark 2.27 —** Even if the correlation is 0, we cannot say that there is no correlation. The relationship might be non linear. See Figure 4. If the relationship is non-linear, the correlation coefficient cannot capture the relation. Make sure to not jump to conclusion if it is zero.

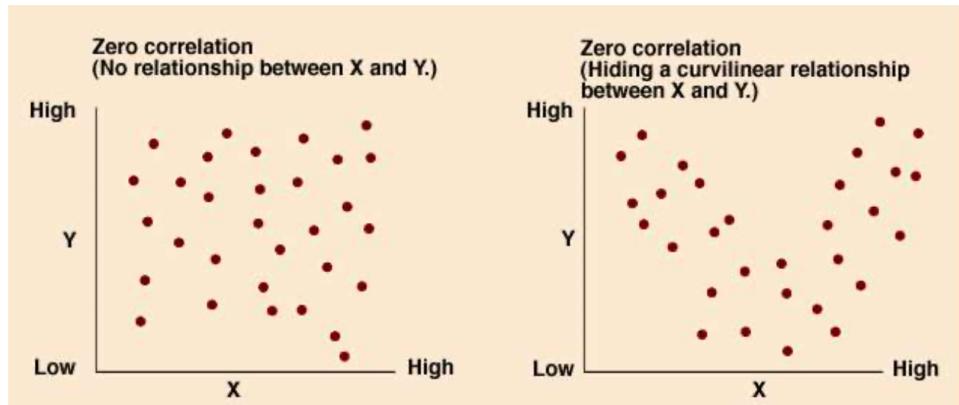


Figure 4: Non-linear correlation, but both have a correlation coefficient of 0

One thing we have to note is that correlation does not imply a causal relationship.

### Example 2.28

Imaging you found a correlation ( $R = -0.6$ ) between time playing on the internet and the number of friends. However, there are a few different interpretations, as can be seen in Figure 5.

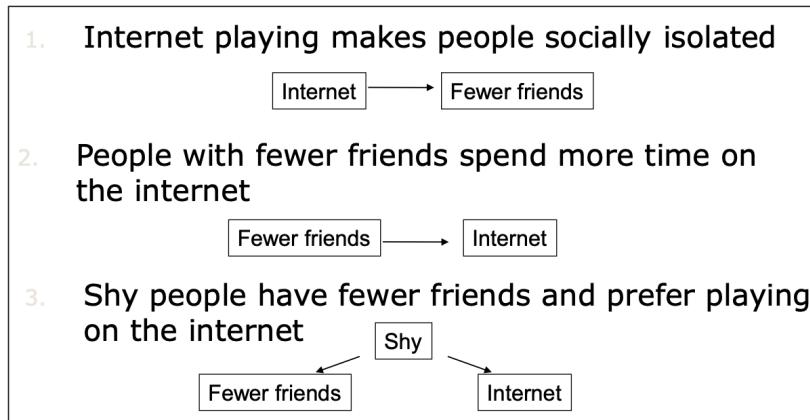


Figure 5: Different ways to interpret the correlation

**Definition 2.29.** In Example 2.28, shyness is a **confounding variable**.

**Remark 2.30 —** In Example 2.28, the correlation is moderately negative.

### Example 2.31

Other examples of interpreting correlations:

- $r=0.5$  between show size and vocabulary size. Age is a confounding variable
- $r=0.55$  between number of bottled water and healthier babies. Family income is a confounding variable.
- $r=0.4$  between number of fire engines and amount of damage. More damage requires more fire engines.

There are a few takeaways from correlational studies:

- There are three possible interpretation of correlation
- Even if there is a correlation, the variables might not be related. It could be a confounding variable.

## 2.5 Experimental Research

**Definition 2.32.** **Experimental research** is research in which we deliberate vary one variable and observe the change in another.

There are two types of variables in experimental research:

- **Independent variable (IV)** - the variable that is being changed
- **Dependent variable (DV)** - the variable that is being observed

### Example 2.33

Consider a study where we want to see the relationship of viewing violent TV and the physical aggression of people. In this case, the variables are:

- IV: Violent TV
- DV: Number of physical fights when playing with friends

In order to carry out the study, we must recruit participants. There must be two conditions:

1. Experimental Condition - Change the IV
2. Control Condition - Do not change the IV

### Example 2.34

For Example 2.33, the experimental condition would be exposed to violent TV, while the control group is exposed to non-violent TV.

**Remark 2.35 —** The control group is important, as it serves as the comparison group. We will see the difference between people who are exposed to the change in IV.

The core logic is that we must ensure that the two groups are identical in all aspect except for the IV. This way we can be sure that the change in the DV is because of the change in the IV.

### Example 2.36

If in Example 2.33, if the experimental group was mostly male, but the control group was mostly female, and the experimental group was found to be more physically violent. It could be because they are exposed to violent TV, but it could also be because men are naturally more physical than women.

## 3 February 17th, 2021

### 3.1 Design of Experimental Study

In order to ensure eliminate any pre-existing group differences, we perform **random assignment** to assign the participants to the experimental and control groups. To do this, we can generate a random number to determine how to assign the participants.

### 3.2 Dialogic Reading Study

One real life example of an experimental study is that of the Whitehurst et al. (1988) dialogic reading study.

**Remark 3.1 —** Dialogic reading means that the child and the adult have a conversation while reading the book, instead of just being read to.

The study was conducted as follows:

**Participants:** Middle-class children ages 21 to 35 months and their parents

**Experimental group:** The parents adopted dialogic reading

**Control group:** Parents simply read aloud the story

**Observation:** After 1 month, the parents were tested on their language skills

In this study, the IV is reading method, while the DV is the child's language skills.

**Remark 3.2 —** After 1 month, the children in the experimental group were 8.5 months ahead of the control group in the level of speech and 6 months ahead in vocabulary. 9 months later, the experimental group was still 6 months ahead of the control group.

The reason why dialogic reading helped to develop the child's language skill because of **PEER**.

**P:** Prompt - the parent would ask the child about what is in the book

**E:** Evaluate - the parents will evaluate the response

**E:** Expand - the parents will expand on the child's response

**R:** Repeat - the parents would ask the child to repeat afterwards to solidify the expansion

The active participation allows the child to think and to practice their language skills.

### 3.3 Measuring Developmental Change

To measure developmental changes, there are a few different ways to research changes across a person's lifespan. They are:

- Cross-sectional research
- Longitudinal research
- Sequential research

#### 3.3.1 Cross-Sectional Research

**Definition 3.3.** **Cross-sectional research** is where people from different age groups are studied at the same time point.

One major advantage of cross-sectional research is that it is relatively quick to do. However, it has a few disadvantages, as possible age differences may be due to cohort effect.

**Definition 3.4.** **Cohort effect** are variations among individuals who are defined by some shared temporal experience or common life experience.

#### Example 3.5

Suppose you find that people who are 25 year old perform better than those that are 75 year old in an IQ test. This has two possible explanation:

1. The difference in IQ could be a developmental change.
2. Could be due to cohort effect since the people who are 25 might have a more formal education.
3. Could also because of a difference in nutrition when they were infants.

**Remark 3.6 —** A cohort effect is a confounding variable.

#### Example 3.7

Figure 6 shows the result of a cross-sectional study. The study investigated the ability to recognize facial expression. Those over 60 performed worse than those who are younger. However, we don't know if this is due to age differences or because of cohort effect (e.g. education).

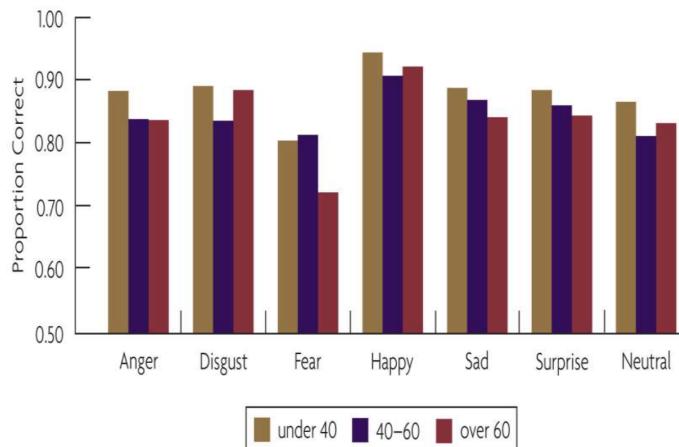


Figure 6: Example of a cross-sectional study

### 3.3.2 Longitudinal Research

**Definition 3.8.** In a **longitudinal research** study, the same group of people is traced over time to assess individual change.

#### Example 3.9

Say we took an IQ test now at age 20. Then we take it again at age 70. This is a longitudinal design, as the same group of people are traced over time.

**Remark 3.10 —** The major disadvantage of longitudinal design is because it is time consuming. In Example 3.9, it would have taken 50 years to perform the study.

In addition, this increases the chance that the participant would drop out of the study, move away, or pass away. This is called an **attrition problem**. This is an issue, as the samples that remain in the study might be a biased sample. As such, the sample that remain might not be representative of the starting sample, and of course the general population.

Longitudinal design also runs into the problem of the **practice effect**. This is because, if we take the same test over and over, we might perform better because of that.

### 3.3.3 Sequential Reserach

**Definition 3.11.** A **sequential research** is one where the researchers study a number of different age groups over several points in time.

**Remark 3.12 —** A sequential design allows researchers to example age change vs. age difference.

**Example 3.13**

For example, if we study the moral behavior of children, we might use a sequential design. We might recruit children of age 3, 4, and 5. Then, we would perform the study to these three groups over a period of time.

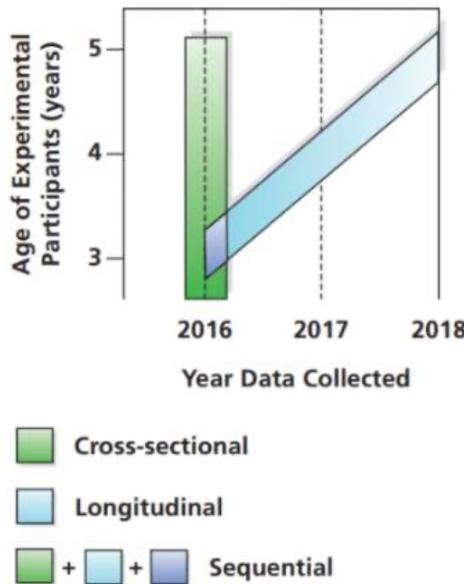


Figure 7: Differences between cross-sectional, longitudinal, and sequential design

## 3.4 Reading - Chapter 1

//TODO:

### 3.4.1 Definitions

**Definition 3.14 (Lifespan Development).** The field of study that examines patterns of growth, change, and stability in behavior that occur throughout the entire life span.

## 3.5 Theories of Development

To start, we must define what a theory is. We will then talk about 5 different theoretical perspectives of development:

1. Psychodynamic perspective
2. Behavioral perspective
3. Cognitive perspective
4. Humanistic perspective
5. Biological perspective

**Definition 3.15.** A **theory** refers to the explanations and predictions concerning phenomena of interest. It provides a framework for understanding the relationships among an organized set of facts or principles.

**Remark 3.16 —** In laymen terms, a theory is a way to explain or predict a phenomenon.

### Example 3.17

Say we want to investigate drug use problems. We might develop theories to explain these phenomena, for example the observational learning theory. We can then study the correlation or causal relation of this theory. We might also be able to use these theories to predict which teenagers will be more susceptible to drug abuse.

Developmental psychology is similar to the blind men describing the elephant metaphor, where different blind men touching the elephant would describe it differently. Similarly, in developmental psychology, we are looking at different aspects of human development, and thus result in different theories.

## 3.6 Psychodynamic Perspective

**Definition 3.18.** The **psychodynamic perspective** of developmental psychology says that development is shaped by inner forces, memories, and conflicts.

There are two main theories from the psychodynamic perspective:

- Freud's Psychoanalytic Theory
- Erikson's Psychosocial Theory

### 3.6.1 Freud's Psychosexual Development Theory

Freud observed a phenomenon (glove anesthesia) in his patients that couldn't be explained by Freud's theory has 3 personality structures:

- Id
- Ego
- Superego

**Definition 3.19.** The **id** of a person seeks to maximize **libido**, which are sexual instincts or aggressive impulses.

**Remark 3.20 —** Some of these libido are disturbing in nature or not socially acceptable.

**Remark 3.21 —** The Id is also called the **pleasure principle**.

**Definition 3.22.** The **ego** is in charge of gratifying the id that are acceptable to the superego

**Remark 3.23 —** The ego is also known as the .

**Remark 3.24 —** We are not born with ego and we develop it when we are around 1 year old. The majority of the ego functions are conscious to us.

**Definition 3.25.** The **superego** acts as the moral judge of the person and tells us what is right or wrong.

**Example 3.26**

The superego considers what is socially acceptable or not.

**Remark 3.27 —** We are also not born with the superego, but it is developed at age 5-6 through exposure.

In this theory, the ego needs to keep the three components in balance, or else tension would occur.

**Example 3.28**

Say your friend asks you to drink before your exam. The id would tell you to go drink, while the superego would tell you to revise. The ego strikes the balance, e.g. study with a reasonable and realistic timetable.

With these three forces, Freud developed a psychosexual development theory. This theory says that:

- Development is fundamentally stage-like, with each stage centered on a particular conflict between sexual urges and demands of society
- The specific personality a child develops depends on the degree of success the child has in moving through the various stages
- Over-indulgence (id) or lack of gratification (superego) results in fixation

**Definition 3.29.** **Fixations** are conflicts or concerns that persist beyond the developmental stage in which they first occur.

**Remark 3.30 —** If the ego is able to develop a good balance, then the person develops a healthy personality.

- Sequence of stage is determined by maturation

- Unvarying sequence across all individuals

This means that during the developmental stage, the ego must strike a good balance between the id and superego. Figure 8 shows the 5 stages of development according to Freud.

STAGE	PART OF THE BODY	CONFLICTS/EXPERIENCES	ADULT TRAITS ASSOCIATED WITH PROBLEMS AT THIS STAGE
Oral (birth to 1 year)	Mouth	Weaning Oral gratification from sucking, eating, biting	Optimism, gullibility, dependency, pessimism, passivity, hostility, sarcasm, aggression
Anal (1 to 3 years)	Anus	Toilet training Gratification from expelling and withholding feces	Excessive cleanliness, orderliness, stinginess, messiness, rebelliousness, destructiveness
Phallic (3 to 5 or 6 years)	Genitals	Oedipal conflict Sexual curiosity Masturbation	Flirtatiousness, vanity, promiscuity, pride, chastity
Latency (5 or 6 years to puberty)	None	Period of sexual calm Interest in school, hobbies, same-sex friends	
Genital (from puberty on)	Genitals	Revival of sexual interests Establishment of mature sexual relationships	

12

Figure 8: 5 Stages of development according to the Psychosexual theory of development

**Remark 3.31 —** Freud's theory generally says that human development revolves around our libido and the unconscious forces to gratify these sexual desires. If we are not able to gratify (or over-indulge), we will

There are quite a few of limitations to Freud's theory:

- Lack of empirical data and verification (libido is unconscious)
- Derivation of the concepts and theories from a limited population (only on upper class Austrian women)
- Freud's theory only considers development until puberty. Development is lifelong and does not stop after adolescence
- Narrow emphasis on sexual drives and neglect other motives

However, Freud's theory did contribute the fact of the importance of unconsciousness in human development.

## 4 February 19th, 2021

### 4.1 Erikson's Psychosocial Theory

According to Erikson, development is determined by internal drives and social/cultural demands. On the one hand, we have our own demands, which may be unconscious, and on the other is put onto us by external factors.

Erikson also believes that there are 8 stages of development that everyone goes through, and for each, we must resolve some crisis or else we might not develop healthily. In addition, the stages are interconnected, meaning that the development of one stage might influence the development of another. Figure 9 shows these 8 stages.

### Erikson's Psychosocial Theory

STAGE	AGES	DESCRIPTION
<b>Trust vs. mistrust</b>	Birth to 1 year	Infants learn to trust or mistrust depending on the degree and regularity of care, love, and affection provided by parents or caregivers.
<b>Autonomy vs. shame and doubt</b>	1 to 3 years	Children learn to express their will and independence, to exercise some control, and to make choices. If not, they experience shame and doubt.
<b>Initiative vs. guilt</b>	3 to 6 years	Children begin to initiate activities, to plan and undertake tasks, and to enjoy developing motor and other abilities. If not allowed to initiate or if made to feel stupid and considered a nuisance, they may develop a sense of guilt.
<b>Industry vs. inferiority</b>	6 years to puberty	Children develop industriousness and feel pride in accomplishing tasks, making things, and doing things. If not encouraged or if rebuffed by parents and teachers, they may develop a sense of inferiority.
<b>Identity vs. role confusion</b>	Adolescence	Adolescents must make the transition from childhood to adulthood, establish an identity, develop a sense of self, and consider a future occupational identity. Otherwise, role confusion can result.
<b>Intimacy vs. isolation</b>	Young adulthood	Young adults must develop intimacy—the ability to share with, care for, and commit themselves to another person. Avoiding intimacy brings a sense of isolation and loneliness.
<b>Generativity vs. stagnation</b>	Middle adulthood	Middle-aged people must find some way of contributing to the development of the next generation. Failing this, they may become self-absorbed and emotionally impoverished and reach a point of stagnation.
<b>Ego integrity vs. despair</b>	Late adulthood	Individuals review their lives, and if they are satisfied and feel a sense of accomplishment, they will experience ego integrity. If dissatisfied, they may sink into despair.

Figure 9: Erikson's Psychosocial Theory

**Trust vs. Mistrust (Birth - 1 year):** In the first stage, the infant learns to trust or mistrust the parent/caregiver.

**Autonomy vs. Shame and Doubt (1-3 years):** In the second stage, the child wants to take control of things, e.g. which clothes to pick. If the parent provides them with this autonomy, then the child can develop the sense of autonomy. However, they must also set some boundaries

**Remark 4.1 —** According to Erikson, having a controlling parent is not

healthy for the child's development. If they aren't provided with this autonomy, then the child will develop shame and doubt.

**Initiate vs. Guilt (3-6 years):** In this stage, the child would like to initiate activities or make plans. If parents do not allow this, then the child will experience guilt.

**Example 4.2**

The child might want to plan their own birthday.

**Remark 4.3 —** This third stage is kind of like an extension of the previous stage.

**Industry vs. Inferiority (6 years - puberty):** The child would like to feel pride in accomplishing tasks, making things, and doing things.

**Identity vs. Role Confusion (adolescence):** The adolescents needs to establish an identity, and develop a sense of self, e.g. deciding what they want to do in the future, gender identity.

**Intimacy vs. Isolation (young adulthood):** Young adults must develop intimacy, the ability to share with, care for, and commit themselves to another person. Otherwise, the young adult would develop a sense of isolation and loneliness.

**Generativity vs. Stagnation (middle adulthood):** The middle-aged person would like to find a way to contribute the next generation, e.g. having children or teaching others.

**Ego integrity vs. Despair (late adulthood):** The person reviews their lives, and if they are satisfied, they will feel accomplished. Otherwise, they might sink into despair.

**Remark 4.4 —** Depending on whether we have more positive experiences than negative, we would have a better, more healthy development.

**Remark 4.5 —** According to Erikson, even if we aren't able to resolve a crisis at a previous stage, we might be able to rectify it later. This is different from Freud's theory, which is more permanent.

**Example 4.6**

Say the child's parent isn't very affectionate, and thus the child develops a mistrust in stage one. Later on, they might have positive experiences with others, e.g. a healthy long-term relationship. From these experiences, we can rectify it and develop trust in others.

## 4.2 Discussion About Erikson's Theory

Do you agree with Erikson's theory? Some comments from the class:

### Example 4.7

I disagree with Erikson's theory:

1. I believe that development is more like a continuum which one learns and develops across time in different orders and timeframes, setting definite ranges in terms of age ignores individual differences;
2. Values and self-perception could be greatly affected by the environments around oneself - For instance, **there could be people who don't feel that passing on to the next generation is necessary**

### Example 4.8

I agree with the Erikson's theory. There are different needs in different stages of life. **However, there maybe overlapping for each area.** E.g. we build our industry (e.g. having good grades) and identity at the same time (e.g. bring a good student)

### Example 4.9

I also think that the pairs of adjective are **not really going in opposite directions** and not much logical explanation into why failing in one stage (e.g. in generativity vs stagnation leads to the feeling of stagnation)

### Example 4.10

I think this theory ignore the factor of intrinsic traits of individuals (i.e. personality). Some may born to mistrust others regardless of their experiences. (**individual predispositions are ignored**)

### Remark 4.11 (Summary of Discussion) —

- Some crisis aren't fixed at a particular point in time, or might experience multiple at the same time
- Environment might be more important
- Some people might not experience a crisis at all (not applicable to everyone)
- The sequence of what crisis you experience might be different

## 4.3 Evaluation of Erikson's Theory

**Contributions:** Development is lifelong with changing needs (in contrast with Freud).

**Limitations:** • Not all individuals go through the same sequence

**Example 4.12**

Some people might experience the crisis of intimacy before self-identity. They might find who they are through the relationship.

- Oversimplifies development, as there is only one crisis in each period.

## 4.4 Behavioral Perspective

The previous theories were looking at development from the psychodynamic perspective. This section will cover the **behavioral perspective**, which says that development is shaped by the person's experience, such as environmental experiences or their upbringing.

According to psychologists who support the behavioral perspective, nurture is much more influential than nature.

**Definition 4.13.** According to the behavioral perspective, **learning** is a relatively permanent change in behavior (or behavioral capacity) brought about by **experience**.

### 4.4.1 Pavlov's Classical Conditioning Theory

Pavlov believed that all actions are reactions to stimulus. Thus, **classical conditioning** is the type of learning in which a neutral stimulus comes to bring about a response after it is paired with a stimulus that naturally brings about that response.

**Definition 4.14.** A **neutral stimulus** is a stimulus that does not bring a response in you.

When we develop a reaction to a neutral stimulus, then we say that learning has occurred. Pavlov's dog experiment is a famous example of this:

- Initially the sound of the bell is neutral stimulus, meaning they don't naturally bring about a response.
- Then meat, an unconditioned stimulus, is presented, which provokes an unconditioned response in the dog (salivation).

**Definition 4.15.** An **unconditioned stimulus** is a stimulus that naturally brings about a particular response without having been learned

**Definition 4.16.** An **unconditioned response** is a natural, reflexive response that needs no training

- During conditioning, the neutral stimulus is presented with the unconditioned stimulus, which triggers the response in the dog.
- After repeated exposure to this pairing, the sound of the bell will trigger the response, thus making the sound of the bell a **conditioned stimulus (CS)** which triggers a **conditioned response (CR)**.

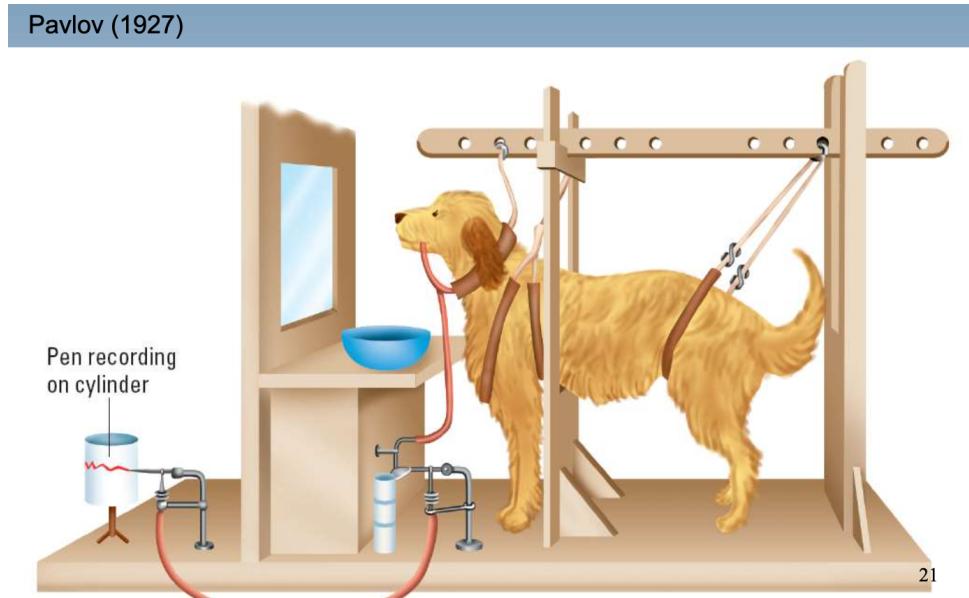


Figure 10: Pavlov's Conditioning Theory

**Remark 4.17 —** The conditioning process can be unlearned, after the dog realizes that the bell does not result in food.

**Remark 4.18 —** The timing between the stimulus presentation is important. Ideally, the neutral stimulus could be presented just before the unconditioned stimulus. Otherwise it won't be effective.

The classical theory can explain how fear is developed in people. This can be seen in the “Little Albert” experiment (Watson, 1927):

- Little Albert is not afraid of the rat and other things.
- Watson presents the rat with a clang sound.
- Eventually, Little Albert is afraid, not just of the rat, but also of all furry things.

In this Little Albert experiment, we have the following:

**CS:** Rats/things white and furry

**UCS:** Loud clang sound

**CR/UCR:** Fear

**Remark 4.19 —** Watson calls this **behaviorism**.



Figure 11: Little Albert was conditioned to fear rats

## 5 February 24th, 2021

### 5.1 Operant Conditioning - Skinner Box

Apart from classical conditioning theory, another behavioral theory is operant conditioning theory, discovered by Skinner while studying in “Skinner boxes”.

#### Example 5.1 (Skinner Box Experiment)

##### Skinner box

- The rat is placed in a box with a lever. When the rat presses the lever, it is given food.
- At the beginning, the rat does not know that when they press the lever, they are given food, but after a while

**Definition 5.2 (Reinforcement).** If the behavior is followed by positive consequences, the behavior becomes more likely.

**Definition 5.3 (Punishment).** If the behavior is followed by negative consequences, the behavior becomes less likely.

**Remark 5.4 —** There are both positive and negative reinforcement and punishment.

**Positive Reinforcement:** A behavior is followed by a pleasant stimulus.

#### Example 5.5

Giving a raise for good performance.

**Negative Reinforcement:** A behavior is followed by the removal of an unpleasant stimulus.

**Example 5.6**

Applying ointment to a itchy rash.

**Positive Punishment:** A behavior is followed by a unpleasant stimulus.

**Example 5.7**

Yelling at a child for stealing.

**Negative Punishment:** A behavior is followed by the removal of an pleasant stimulus.

**Example 5.8**

Getting grounded for misbehaving.

### 5.1.1 Discussion

"Is reinforcement or punishment more effective to discipline children?"

**Example 5.9**

I think it depends on how well the children can take stress and adversity. If the child can take stress and adversity, punishment might take an opposite effect then expected. It could also be depending on how the child perceive reinforcement/punishment vs how the parents think.

**Example 5.10**

I think reinforcement is more effective to encourage children to do something and punishment is more effective when prevent them from doing something.

**Example 5.11**

I guess both are needed. Since children may not be mature enough to understand all the rules that their parents set, so both punishment and reinforcement could let the children learn if certain behavior is socially acceptable. However, the parents should explain the reason behind the rules to have a long term effect.

## 5.2 Bandura's Social Cognitive Theory

Bandura's **social cognitive theory** says that:

- Behavior can be learned without direct experience

**Example 5.12**

You don't have to be hit by a car to know that it is dangerous.

- Studying learning in terms of thought processes that underlie it.

**Definition 5.13 (Observational Learning).** A process in which an individual learns new responses by observing what others do and what happens to them for doing it, instead of through direct experience.

**Remark 5.14 —** Imitation of role models is more likely when:

- The role model is prestigious, smart, popular, or talented
- Target behavior is desired by the society
- The role model is similar to you

**Remark 5.15 —** Learn chunks of behaviors and integrate them into new, complex behavioral pattern.

### 5.2.1 Bobo Doll Experiment

- Children are exposed to two conditions, in one, the child is shown an adult being aggressive to it, and one where the adult is not.
- After watching, the child is put in a room with a bobo doll with toy hammers.
- For the children who watch the adult being aggressive, the children also acted aggressive towards it.
- Those in the control group were less likely to act aggressively towards the bobo doll.

**Remark 5.16 —** The children who are exposed to adults that are acting violently model their action. Thus, learning can be done through observations.

## 5.3 Evaluation of Behavioral Perspectives

### 5.3.1 Contributions

- Evidence does support that behaviors are developed by conditioning and modeling
- Particularly useful in explaining emotional responses

### 5.3.2 Limitations

- Too optimistic that behaviors can be changed by changing the environment

**Example 5.17**

Raising the price of cigarettes does little to affect smoking.

- Humans are not passive recipients of environmental influences. People will change/affect their

**Example 5.18**

People will change which role model they will follow. Even if we are exposed to a selected role model, it is not guaranteed that they will model themselves off of them.

- Does not explain age-related changes, e.g. how children think differently from adults.

## 5.4 Cognitive Theories

Cognitive theories broadly states that “**Development is a process of age-related changes in thinking and reasoning**”. We will look at the following theories in this course:

- Piaget’s Cognitive Theory
- Information Processing Theory
- Vygotsky’s Sociocultural Theory
- Cognitive Neuroscience Approach

We will first look at the latter two in this lecture, and return to Piaget and Information Processing theory later.

## 5.5 Vygotsky’s Sociocultural Theory

According to Vygotsky’s Sociocultural Theory, complex forms of thinking have their origin in social interactions. Cognitive development is the result of social interaction, and thus are different for different cultures/society.

**Example 5.19**

Children’s toys reflect difference in cultural values. In western cultures, toy cars are more mechanical. In some African cultures, there are also cars, but they are often hand-crafted.

Children’s acquisition of cognitive skills is guided by a more skilled person.

**Remark 5.20 —** In laymen's terms, Vygotsky believes that

Vygotsky proposed two ideas:

- Zone of proximal development
- Scaffolding

**Definition 5.21.** The **zone of proximal development (ZPD)** is the distance between what the child can do by themselves and the next learning that they can be helped to achieve with competent assistance.

**Remark 5.22 —** If the child is provided with assistance (appropriate scaffolding), they are able to achieve substantially more than they can on their own.

**Definition 5.23. Scaffolding** is an instructional approach in which a more knowledgeable other provides scaffolds or supports to facilitate the learner's development.

**Remark 5.24 —** Often, there are tasks that are too difficult for the child to perform on their own. However, with proper scaffolding, these tasks might become manageable.

### Example 5.25

Parents helping children with proper motor skill, e.g. cutting shapes in paper.

As time goes by, the amount of scaffolding decreases, as they take on more responsibility.

**Remark 5.26 —** The main idea with scaffolding is that we have to decrease the amount of support over time to instill the sense of **autonomy** in the child.

### Example 5.27

Scaffolding can be applied to cooking:

- First, the child might only be mixing ingredients
- Later on, they might be to cut ingredients
- Eventually, the child can cook on their own

## 5.6 Discussion

“According to Vygotsky’s theory, what kind of education programs would be effective in promoting a child’s development?”

**Example 5.28**

Guided case-base learning with debriefing may help, with guided case-base learning, information/materials could be broken down into smaller pieces for learning. While debriefing could also help child to understand what they couldn't do and how to improve with support/guidance.

**Example 5.29**

More in class activities, where teachers can give immediate feedback and help to the kids

**Example 5.30**

other than spoon feeding method, I think we can just let the student to find the answer first instead of give the answer directly, I think of the maths lessons as example, maybe some simple theory is taught then give a simple question to students to solve it by themselves first , then tell them what is the answer , and the difficulties of questions increase gradually with the step above

## 5.7 Summary of Discussion

- Teachers should know the abilities of the students. This is important to know, in order to know what the child is able to achieve on their own, and what kind of assistance should be offered.
- Activities should be challenging enough to the children so that they can maximize their abilities and expand their limits.
- Instead of spoon-feeding the students, the students should undergo assisted discovery, e.g. the math example

## 5.8 Evaluation of Cognitive Theories

### 5.8.1 Contributions

- A better account of the internal processes that shape behavior

### 5.8.2 Limitations

- Ignores the huge variations between people in how they think and act
- Neglect the influence of emotions, as our emotions will affect how we think or behave.

## 5.9 Cognitive Neuroscience Approach

The cognitive neuroscience approach examines cognitive development through the lens of brain processes and neurological activity. This is a recent field of development.

## 6 February 26th, 2021

### 6.1 Humanistic Perspective

The humanistic perspective has an emphasis on free will and achieving self-fulfilment.

#### 6.1.1 Carl Rogers' Conditions of Worth

**Definition 6.1 (Positive Regards).** warmth, affection, love and respect.

**Definition 6.2 (Conditions of Worth).**

There are two conditions where a person will receive conditions of worth:

**Conditional Positive Regard:** Positive regard given when providers' wishes fulfilled

#### Example 6.3

Becoming a doctor because parents want is an example of conditional positive regard.

However, people are unable to self-actualize with conditional positive regard. As such, it is not ideal.

**Unconditional Positive Regard:** Unconditional love and acceptance of an individual by another person.

### 6.2 Evaluation of the Humanistic Perspective

#### 6.2.1 Contributions

- Reinforces the idea of free-will
- Highlights unique human qualities

#### 6.2.2 Limitations

- Unable to identify and explain age-related developmental changes, similar to the behavioral perspective.

### 6.3 Biological Perspective

There are three biological theories, we will look at:

- Behavior Genetics
- Evolutionary Theory
- Ethology

### 6.3.1 Behavior Genetics

Our individual differences are determined by heredity (genes). This means that related people, such as children and parents have similar traits influenced by genes.

A child's pattern of inherited quality can influence how she behaves with others.

#### Example 6.4

A child with a higher intellect would seek out challenging problems, resulting in the parent giving them more support their development. Thus, there is a biderictional influence on the child's genes and their environment.

### 6.3.2 Adoptive and Twin Studies

Infants who were adopted early in infancy were studied to see whether there is resemblance between adopted children and both their biological and their adoptive parents. If the adopted children has stronger resemblance with their biological parents, then biological factors play a large role. Figure 12 shows the result of one such study.

**Table 2**

	Texas	Minnesota
Correlation with the biological mother's IQ score	.44	.29
Correlation with the adoptive mother's IQ score	.03	.14
Correlation with the adoptive father's IQ score	.06	.08

Loehlin, Horn, & Willerman (1994)

Figure 12: Result of an Adoptive Study on Intelligence

Adoptive studies found the biological factors are important in shaping an infant's intelligence. Later on, they found that it is interaction between the biological factors and the child's environment. Nonetheless, genetics does play a role.

Other studies also looked at identical and fraternal twins. If sets of identical twins are more like each other on a trait than fraternal twins, then it suggests the biological factors do play a role in the development of that trait. Studies, such as Figure 13, found that this is indeed the case.

### 6.3.3 Evolutionary Theory

Genes play a central role in an individual's adaptation to environmental demands. Evolutionary Theory looks at how these traits are passed on/ influenced by ancestry. There are three main evolutionary forces:

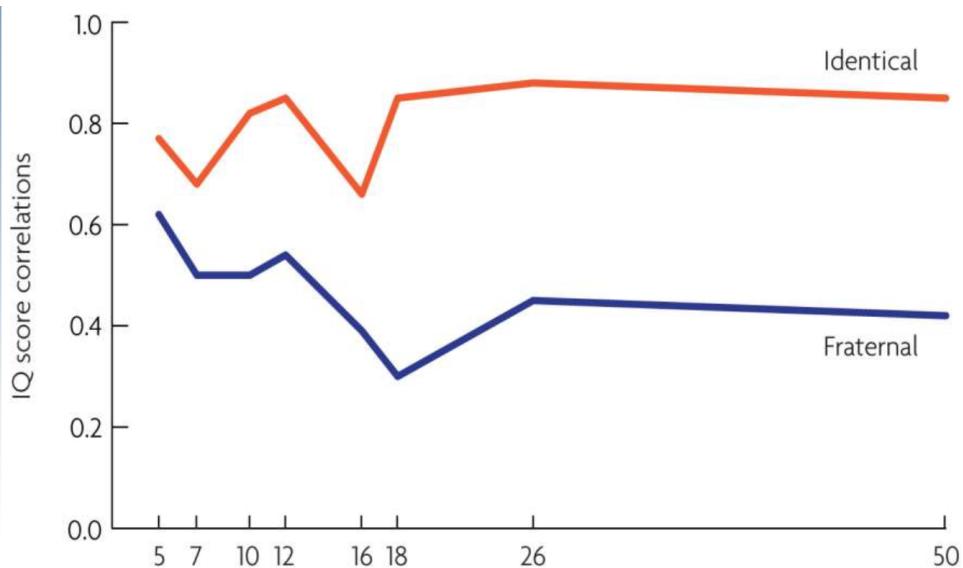


Figure 13: Results of a Twin Study on Intelligence

**Survival of the Fittest:** Species with traits better adapted to their environment survive and reproduce

**Natural Selection:** Through reproduction, more adaptive traits are selected to be passed onto future generations by genes.

**Evolved Mechanisms:** Behaviors developed to solve problems in adapting to an earlier environment which may no longer serve a useful purpose.

**Remark 6.5 —** Women having a distaste in some foods while pregnant is an example of an evolved mechanism.

#### 6.3.4 Ethology

**Definition 6.6 (Ethology).** The scientific study of animal behavior.

The reason why ethology is important is:

- Sometimes it is not possible to perform some studies on human being.
- Animal behaviors can sometimes be similar to human behaviors.

One famous Ethologist is Kinrad Lorenz who looked at birds. In particular:

**Imprinting in Birds:** Imprinting is when the bird becomes emotionally attached to the first moving object.

**Example 6.7**

One group of ducklings were exposed to their biological mother at birth. The other group was exposed to Lorenz himself. The birds in the latter group were attached to Lorenz as if he was their caregiver.

Imprinting in birds is generalized to **parent-infant attachment** in human. However, the development of attachment is slightly different, as it takes a while for an infant to be attached to their primary caregiver.

## 6.4 Evaluation of the Biological Perspective

### 6.4.1 Contributions

- Shows the importance of genetic factors, with strong empirical evidence.

### 6.4.2 Limitations

- Ignores the impact of environmental influences.

## 6.5 Conclusion on Theories of Development

We have seen 5 different theoretical perspectives. Which one should we use to model development? There is no single theory that can explain everything in human development. Many of them have some element of truth, however no single theory is perfect. Nowadays there are 3 major ideas:

- Developmental influences are **bidirectional**.
- Both nature and nurture are important in a person's development. Instead of asking which is more important, we should ask how they interact to affect development.
- There is no single theory of development. Instead we should combine them. This is called eclecticism.

**Definition 6.8 (Eclecticism).** The combination of different theories in explaining human development.

## 6.6 Reading - Chapter 1

## 6.7 Cognitive Development

**Definition 6.9.** **Cognitive development** refers to the process by which a child's understanding of the world changes as a function of age and experience.

In this chapter, we will look at two theories in cognitive development:

- Piaget's Cognitive Development Theory
- Information Processing Theory

## 6.8 Piaget's Cognitive Development Theory

According to Piaget's theory, one of the most important concepts is that of scheme/schema.

**Definition 6.10. Scheme/schema** refers to the beliefs, cognition, and ideas about things

**Example 6.11**

We all have a idea (schema) of what a dog is, e.g. cute, pet, etc. However, how did we develop this scheme?

There are two main ways people develop scheme:

**Organization:** The process of deriving generalizable schemes from specific experiences.

**Example 6.12**

Prior experience with dogs might influence our development of our schema for dogs.

**Assimilation** The process of using schemes to make sense of experiences.

**Remark 6.13 —** Our scheme of dogs will affect how we interact with dogs.

Our schema may also change across time through the following processes:

**Accommodation:** Changing a scheme to incorporate new information. We might refine our skills and knowledge

**Example 6.14**

After interacting with a therapy dog, we might change our scheme of dog.

**Equilibration:** Balancing assimilation and accommodation.

Piaget's has proposed different stages across a person's lifespan:

- Sensorimotor stage (birth-2 years)
- Preoperational stage (2-7 years)
- Concrete operations stage (7-12 years)
- Formal operations stage (12 years-adulthood)

**Definition 6.15 (Operations).** mentally acting on objects.

These stages covers development from action-, physical reality-based thinking to abstract, symbol-based thinking.

According to Piaget, this sequence of stages is programmed in our genes (maturation). As such, this theory has aspects of both nature and nurture:

- Nature - brain development and maturation.
- Nurture - social transmission and experience,

**Definition 6.16.** Social transmission is the information the child receive from others.

**Remark 6.17 —** In particular, Piaget believes that education affects our speed of development greatly.

Both nature and nurture affects the speed of development of a child.

**Remark 6.18 —** All individuals will reach the formal operations stage, but some might achieve this stage earlier or later.

### 6.8.1 Sensorimotor Stage

- Infants acquire knowledge of the world from the physical actions they perform on the environment
- Infants progresses from reflective actions at birth to the emergence of symbolic thoughts towards the end.

There are certain substages of sensorimotor stage:

**Reflexes (birth-1 month):** Automatic body reactions to external stimulations (from genes). This allows the infant to get information about the outside world.

**Remark 6.19 —** Some reflexes persist into adulthood, other gradually disappear in the first year of life

There are a few common reflexes that will disappear gradually:

- Rooting reflexes: turning head to the source of stimulus near the mouth. This will allow the baby to find a source of food, e.g. milk bottle.
- Babinski reflex: Stroking the bottom of a foot would cause the toes to stretch out. This will allow the baby to better support themselves when they stand up.
- Grasp reflex: grasping objects. This will allow the baby to support themselves.

Some of these reflexes are important to motor development.

**Primary circular reactions (1-4 months):** Primary refers to being related to the child's body, circular refers to repetitive.

#### Example 6.20

Sucking on their thumb is an example of a primary circular reaction.

Usually babies are not able to do this right away. Thus, they undergo trial-and-error learning by repeating until they become successful or become a habit.

**Secondary circular reactions (4-8 months):** Again, the infant will repeat some actions, but this time, they repeat some actions in order to trigger a reaction in the environment.

**Example 6.21**

A baby coo-ing is one example of a secondary circular reaction, as people will react positively to the baby coo-ing. Thus, the baby will repeat this.

**Coordination of secondary circular reactions (8-12 months):** Now the baby will coordinate/combine more than one secondary circular reaction to achieve a goal. In this stage, the baby will demonstrate **goal-directed behavior**.

**Example 6.22**

Suppose a baby wants to grab the teddy bear behind other toys. In order to reach the teddy bear, they will move away the other toys.

In this stage, the baby achieves a few developmental milestones:

- **Imitation** - The baby is able to imitate other people, e.g. facial expressions.
- **Object Permanence** - The baby has an understanding that objects not in their view, cannot be heard or touched, still exist.

**Example 6.23**

One study tested object permanence in infants by hiding a toy. Until the age of about 9 months, children will make no attempts to locate hidden toys. Soon after that age, they will actively search for the hidden objects.

Object permanence indicates the emergence of mental representation of objects.

**A-not-B-error** is a phenomenon whereby infants search successfully for an object hidden in one position (A), but when the object is hidden in a new position (B), they continue to search back in the old location. Infants of 12 months or younger typically make this error.

**Remark 6.24 —** This phenomenon indicates an incomplete schema of object permanence.

There are a few explanations for this A-not-B phenomenon:

- Response preservation - might just be a habit of searching for the object at position A (similar to absent minded adults).
- Proactive interference - when there is interference in memory. The information of the object being at the two locations might be mixed up.
- Frontal cortex immaturity - the frontal cortex of the child might not be developed enough.

**Remark 6.25 —** The frontal cortex is responsible for the planning and execution of actions. These actions are called **executive functions**.

**Tertiary circular reactions (12-18 months):** Here the infant tries to produce novel reactions with variations of previous actions. The child is able to invent new behaviors.

**Example 6.26**

Instead of stepping on a duck, they

**Beginning of representational thoughts (18-24 months):** The child is able to use symbols (e.g. images, words, and drawings) to represent objects or events.

**Remark 6.27 —** Another developmental milestone is deferred imitation - the ability to imitate an action at a later time.

In summary in the sesorimotor stage, infants use **information from their senses and motor actions to learn about the world.**

There are a few challenges to Piaget's view, for example:

- Piaget believes that young infants do not have the capability of mentally representing things until they are 8 months old. However, empirical evidence shows that infants as young as 2 months old were able to develop mental representation, demonstrated through habituation studies.

**Definition 6.28 (Habituation Studies).** Studies where the subject is repeatedly exposed to some stimulus.

The more we expose the stimulus, the more we will be bored of/used to it, thus we would gaze at it less. This is demonstrated in infants, as they are shown things repeatedly with their gaze duration decreasing over time. For habituation to be possible, the infant must have at least some ability to store information about the previous occurrence.

In another study conducted by Rovee-Collier, 3-month old babies were able to remember a specific learning experience. More specifically, they can kick toys placed above them on strings. After a while, the baby kicked at a higher rate than before. After a few days, they were presented with the toys again, but without the string. When shown these toys, they started kicking at an increased rate as well, showing that they have learned something.

- Piaget believes that imitation occurs at around a month. However, infants as young as 9 months can demonstrate some deferred imitation.

## 7 March 3rd, 2021

### 7.1 Preoperational Stage

The preoperational stage occurs from ages 2-7 years old. During this stage, the child learns to use and to represent objects by symbols. However, preoperational thought is still illogical, namely they demonstrate:

- Egocentrism
- Centration
- Irreversibility

**Egocentrism:** The belief that everyone sees and experiences the world the way he/she does. This indicates the inability to take the perspective of others.

**Remark 7.1 —** This is different from being selfish, as they are simply unable to see from others perspectives.

A typical task to test is called the three-mountains task. Where the child is asked to describe what they see. Then they switch places and the child is asked again what they see. Afterwards, the experimenter asks the child “What do I see?” Usually the child will say the same thing as before.

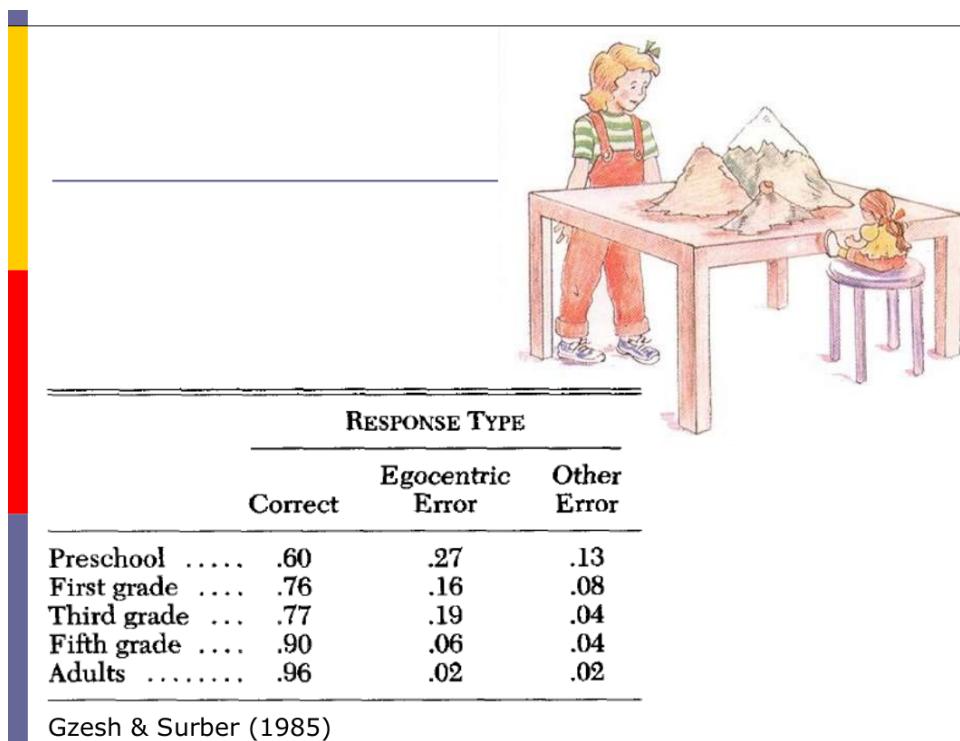


Figure 14: Three Mountain Task

**Centration:** The tendency to think of the world in terms of one variable at a time. For example, animism, which is ascribing lifelike qualities to inanimate objects.

**Irreversibility:** The inability to mentally reverse actions or ideas. This can be demonstrated in conservation tasks, where the child thinks that the amount of something changes with the appearance. One example of a conservation task is that of the conservation of liquid in Figure 15. Children in the preoperational stage often thought that the taller glass have more water.

Other conservation tasks

### Conservation of liquid

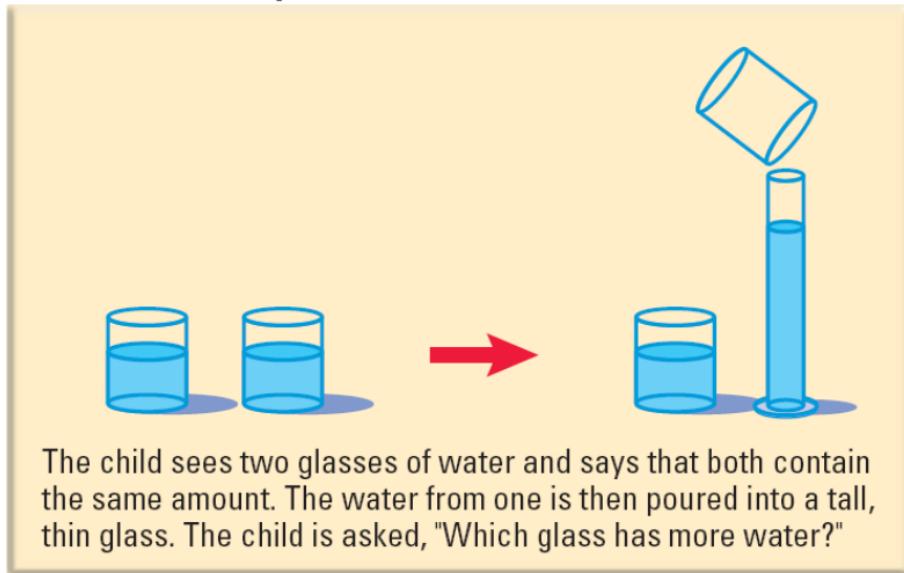


Figure 15: Conservation of Liquid Task

#### 7.1.1 Theories of Mind

Another developmental milestone that occurs in the preoperational stage is that of **Theories of Mind (TOM)**. This is the awareness and understanding of their own mental processes and those of other people. Piaget believes that children younger than 4 do not have theories of mind. Some indicators that the child has developed TOM include:

**False Beliefs:** The understanding that people can believe things that turn out to be false. One example is that of the Sally-Anne task, as shown in Figure 16.

Children are told the situation and are asked where Sally would look for her ball. Children who have not developed TOM would say that it is in the box, as they do not understand that people can have false beliefs. In order to pass this task, they must understand that:

- People's beliefs are based on their own knowledge
- People's behavior can be predicted by their beliefs
- Other people's mental representation of the situation can be different from his/her own
- Beliefs can differ from reality

**Remark 7.2 —** There are some influences on TOM development, including:

- Sibling advantage - Children with older siblings are likely to master false-belief understanding earlier than their peers
- Language skills - Children with knowledge of words for feelings, desires, and thoughts (e.g. want, think, remember, etc.) have TOM earlier than peers. This is why preschool-aged girls master TOM tasks before boys.

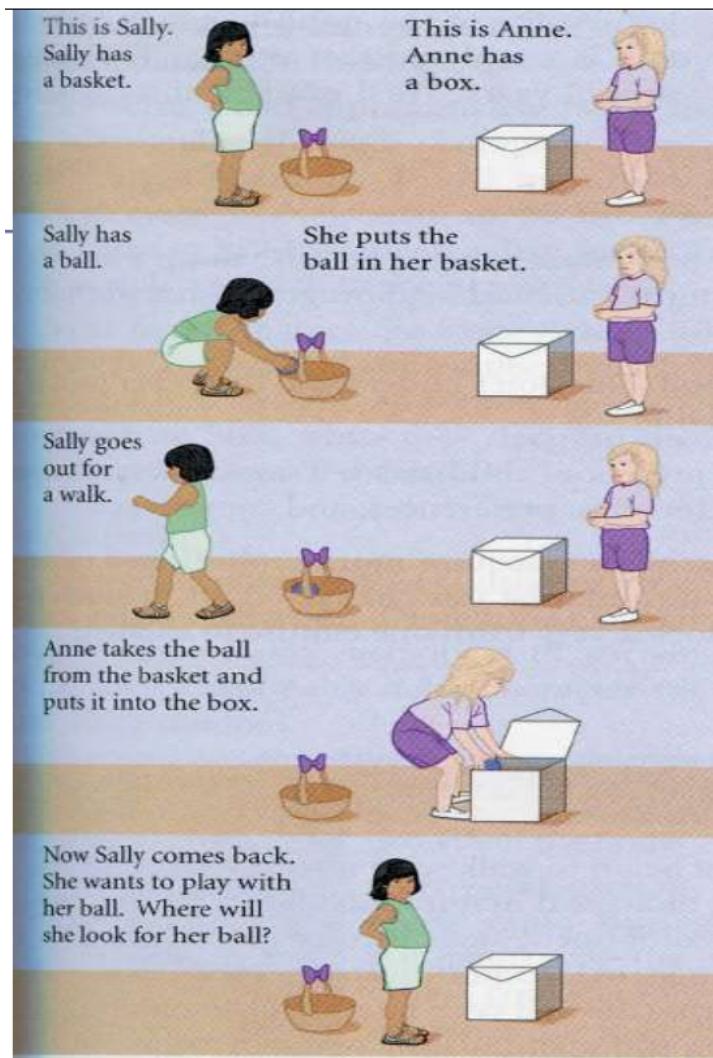


Figure 16: Sally-Anne Task

**Appearance vs. Reality:** The understanding of the distinction between what *seems* to be and what *is*. One example is the sponge-rock test, where a sponge is painted to look like a rock. They are then asked:

- “What does it look like?”
- “what is it really?”

Children under 5 tend to respond with the same thing. Older children are able tell the distinction.

**Fantasy vs Reality:** The understanding of the distinction between fantasy and reality.

**Remark 7.3 —** Children under 5 might think that mickey mouse is real. This is an example of the confusion between fantasy and reality.

**Remark 7.4 —** However, the line between fantasy and reality may still be blur. Children are presented with two boxes, one with an imaginary bunny and the other with an imaginary lion. They were then asked which box they would like to touch. Even though neither are real, children prefer

To summarize, in the preoperational stage, children undergo the **increase in proficiency in the use of symbols**.

One challenge to Piaget's theory in the preoperational stage is related to the three-mountains task:

- The three-mountains task may be limited by their language ability, as it is too difficult for the young child to properly express.
- To fix this, the child is asked to point to pictures instead of verbally expressing themselves.
- They found that children as young as 2-3 have some ability to view from another angle.

## 7.2 Concrete Operations Stage

- The concrete operations stage happens from 7-12 years old.
- The child has eliminated egocentrism
- The child is also able to master conservation, meaning that the understand that quantities is unrelated to arrangement or appearance of objects.
- The child is also able to perform classifications. For example:

**Multiple Classification:** The ability to classify objects based on two or more dimensions.

**Hierarchical Classification:** The understanding that subordinate classes of objects are included in super-ordinate classes

### Example 7.5

Are there more apples or more fruits.

- The child is also able to understand transitivity.

**Definition 7.6 (Transitivity).** The understanding of the logical relationships among elements in a serial order

### Example 7.7

If A is taller than B, and B is taller than C. Then A is taller than C.

- The child is also able to understand seriation.

**Definition 7.8 (Seriation).** The ability to use a rule to put an array of objects in order.

**Example 7.9**

Arrange sticks in arranging order. Children under the age of 7 found difficulty in this.

- The most important developmental milestone in this stage is inductive logic.

**Definition 7.10 (Inductive Logic).** General principles are inferred from specific experiences.

**Example 7.11**

After touching ice and seeing it is cold, and that all ice they touch is cold, they can infer the general principle that ice is cold.

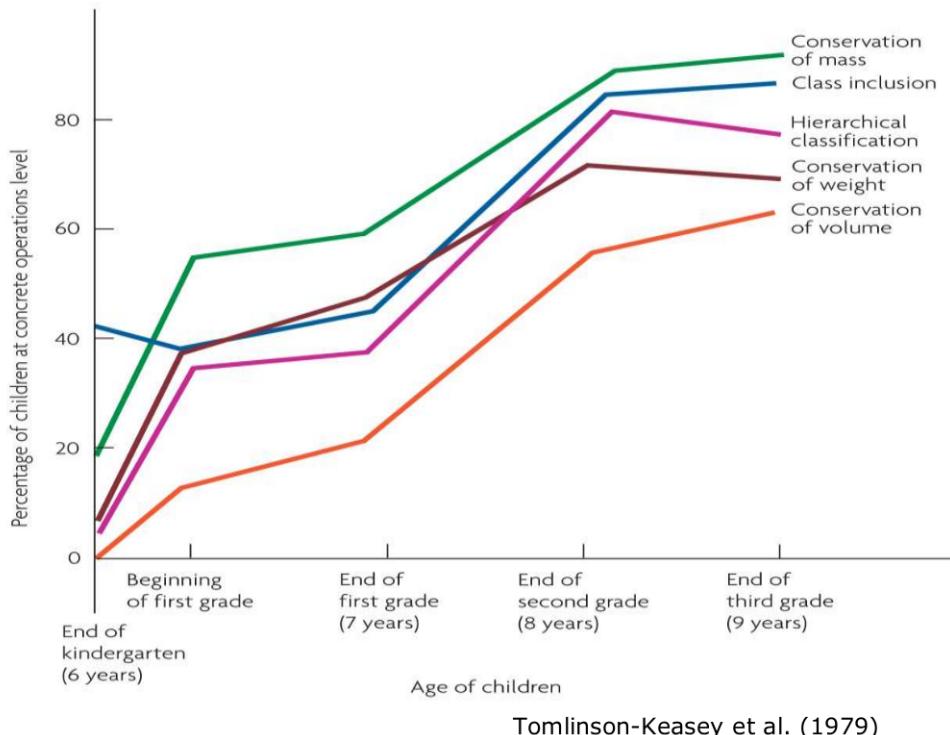


Figure 17: Research Done About the Mastery of Conservation

In summary, in the concrete operations stage, **children are better capable of thinking logically about objects and events in the real world.**

### 7.3 Formal Operations Stage

- Occurs from 12-15 years old
- The individual moves beyond concrete experiences and begin to think abstractly.
- One milestone is hypothetical-deductive reasoning

**Definition 7.12 (Hypothetical-Deductive Reasoning).** The ability to derive conclusions from hypothetical premises.

**Example 7.13**

If you hit a glass with a feather, it breaks. Children in the concrete operational stage would still operate on their experience, i.e. nothing will happen when it hits the glass.

- Another development in this stage is problem solving.

**Definition 7.14 (Problem Solving).** THe ability to search methodically for the answer.

**Example 7.15**

Which factors determine how fast a pendulum swing? How can we test this?

One challenge to Piaget is that he overestimates the cognitive skills of many adults. He believes that all adults are able to master certain tasks when they reach formal operations stage.

**Example 7.16**

Some adults might still have egocentricism.

## 8 March 5th, 2021

### 8.1 Information Processing Theory

Information processing theory is about studying how the mind process information.

**Example 8.1**

What did you eat dinner yesterday? What happened on your first day of college life?

There are three main fundamental information processes:

**Encoding:** Initial recording of information

**Storage:** Information saved for future use

**Retrieval:** Recovery of stored information

The theory proposes a three-system approach:

**Sensory Memory:** The initial, momentary storage of information, lasting only an instant

**Remark 8.2 —** If we are not attentive, then the memory is lost.

**Short-term Memory:** The capacity for holding a small amount of information in mind in an active, readily available state for a short period of time.

**Long-term Memory:** Memory that is stored

The interaction between the memory systems is shown in Figure 18

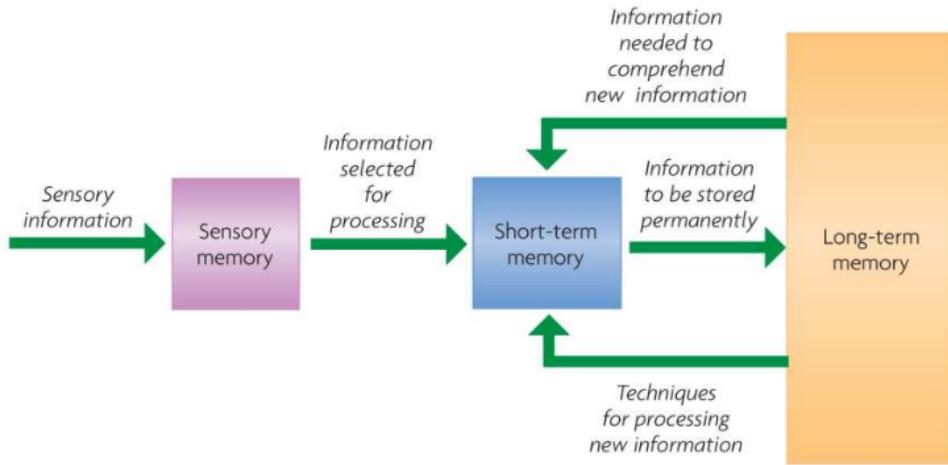


Figure 18: The Three Fundamental Memory Systems

### 8.1.1 Sensory Memory

- A memory system that accurately but very briefly registers sensory information before the information fades or moves into short-term memory
- The sensory register acts as a holding bin, retaining information accurately until we select information for **attention**.
- A snapshot of sensory information which lasts for less than **1 second**.

#### Example 8.3

Today, you probably heard a lot of conversations or faces. However, you probably don't remember them since you didn't pay attention.

### 8.1.2 Short-Term Memory

**Short term memory** is the information you are currently using, this is why it is sometimes called **working memory**.

However, it will disappear unless we undergo **repetitive rehearsal** to prevent the information from vanishing from the short-term memory. This could be by repeating it to yourself, either verbally or mentally.

What if the rehearsal is disrupted? Peterson & Peterson tested this in Figure 19 and found results shown in Figure 20.

**Remark 8.4 —** The purpose of counting backwards by three is to prevent repetitive recall.

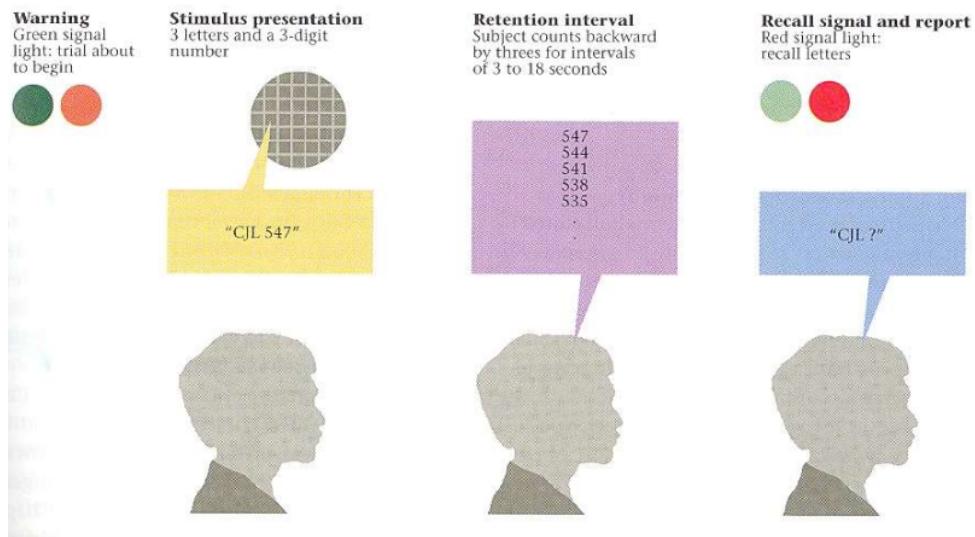


Figure 19: Peterson & Peterson (1959) Disruption of Repetitive Recall

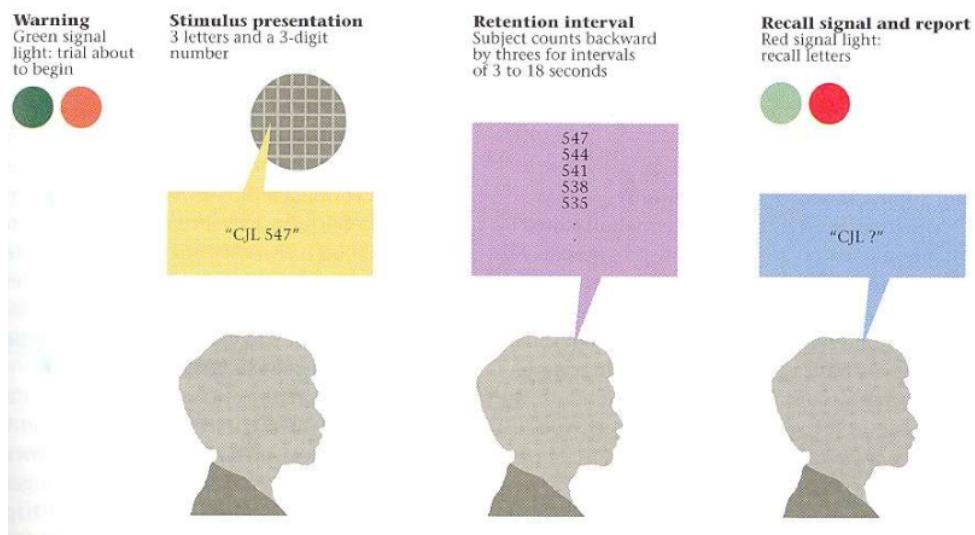


Figure 20: Results of Peterson & Peterson (1959)

**Remark 8.5 —** After about 15-25 seconds, memory begins to fade.

Our short-term memory also has a capacity, which is seven  $\pm$  2 units. George Miller (1956) tested this by asking people to recall numbers in a random order.

### 8.1.3 Long-Term Memory

- Long term memory is a seemingly unlimited capacity store that can hold information over lengthy periods of time.
- Information being maintained in STM through **elaborative rehearsal** is gradually absorbed into LTM.

**Definition 8.6.** Elaborative rehearsal is when undergo deep semantic processing of a to-be-remembered item, such as jotting down notes or paraphrasing.

## 8.2 Age-Related Changes in Information Processing

As we age, our memory capacity increases, as shown in Figure 21.

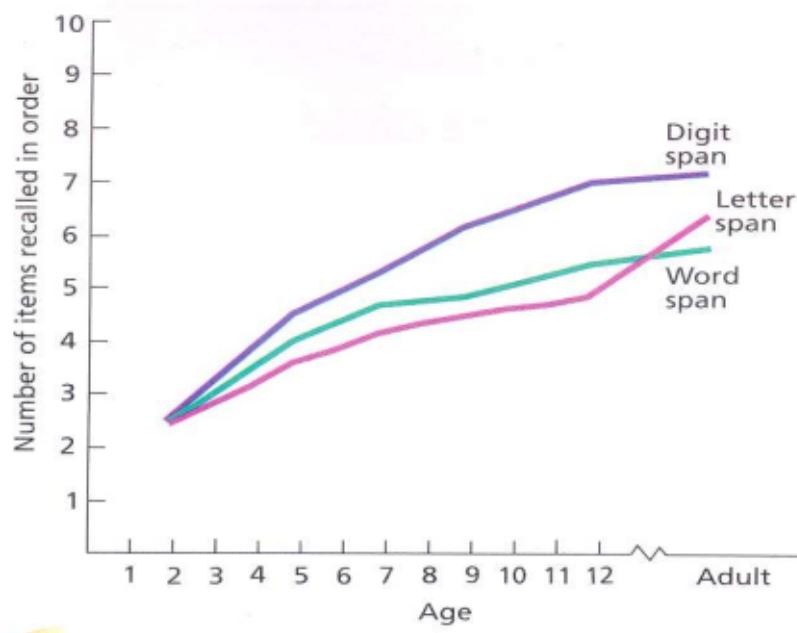


Figure 21: Increase of Memory Capacity as we Age

Besides capacity, we also have increased processing efficiency. One example of this is **automaticity**, where we can recall long-term memory without using short-term memory.

### Example 8.7

For example, what is  $3 \times 7$ ?

With automaticity, short-term memory is freed up for more complex tasks.

Our attention also increases as we age. There are three aspects:

**Attention Span:** How long you can concentrate (e.g. in a lecture) without being distracted.

### Example 8.8

A two-year old can stay attentive for about 5 minutes. Most adults can stay attentive on one thing for around 20 min. However, we are better able to refocus on our task.

**Selective Attention:** Focus on one stimulus and tune out other.

### Example 8.9

Listening to a zoom class in a noisy environment.

**Divided Attention:** Pay attention to two or more sets of stimuli at the same time.

There are a few different memory techniques:

- Clustering: Grouping things together, start at around 2 years old.
- Create a story (elaborative rehearsal).
- Repetitive rehearsal: the process of repetitively verbalizing or thinking about information.

**Example 8.10**

Children under 5 seldom use repetitive rehearsal, but children from 6-10 used it more.

## 9 March 10th, 2021

### 9.1 Moral Development

**Definition 9.1 (Moral Development).** The changes in people's sense of justice. The process of learning to distinguish between right and wrong in accordance with cultural values.

**Remark 9.2 —** A person's moral development is closely tied to their cultural background and values.

There are three dimensions of moral development:

- Moral Behavior - behavioral perspective
- Moral Emotions - psychodynamic perspective
- Moral Reasoning - cognitive perspective

Moral development does not exist at birth, but as babies are exposed to socialization, they begin to learn what is right and wrong.

### 9.2 Moral Behavior

- Focuses on how the environment in which the individual operates produces moral behavior.
- According to the operant conditioning theory, it is the **consequences** of behaviors that teach children to obey moral rules.
- Moral behaviors (e.g. prosocial behaviors) are reinforced, while morally unacceptable behaviors are punished.

**Definition 9.3. Prosocial behaviors** are any behaviors that can help or benefit another person.

**Example 9.4**

Mia helping / hitting her brother will be reinforced or punished by the parent.

Although punishment is effective, it shouldn't be overdone. For effective parenting, we should always follow the punishment with an explanation, or tell them about alternate behaviors.

- Apart from operant conditioning theory, there is the observational learning theory to learn what's right and wrong.
- Children learn more from role models, and rewarded behaviors will be imitated while punished behaviors will be avoided.
- Research supports this theory, as children learn moral behavior from a model's behaviors.
- We don't require direct punishment to learn morally acceptable behavior.

**Example 9.5**

Children were told a story about a person who was misbehaving and got punished. Children in the experimental condition were more behaved.

## 10 March 17th, 2021

### 10.1 Moral Emotions

**Sigmund Freud** • Moral rules learned through identification with the same-sex parent during Phallic Stage

- Superego develops at age 5 or 6
  - Conscience - Disobedience leads to **guilt**.
  - Ego ideal - Failure to live up to these standards brings shame
  - Children obey conscience and ego ideal to avoid negative feelings i.e. moral emotions lead to moral behaviors.
- Freud believes that we should follow our superego.

**Erikson** • Children learn moral rules from both parents

- Besides guilt and shame, **pride** is just as important in moral development.

#### 10.1.1 Research Support

- Feelings of shame, guilt, and pride occurs at around age 6.
- The role of parents in forming moral emotions.

### 10.1.2 Research Against

- Factors that determine guilt

**Cognitive Development** - Younger children feel guilty only when caught

**Parenting Style** - Children of parents who use power-assertive discipline display less guilt

## 10.2 Moral Reasoning

**Definition 10.1** (Moral Reasoning). The process of making judgments about the rightness or wrongness of specific acts.

### 10.2.1 Piaget's Two-Stage Theory

According to Piaget, moral judgment occurs during the concrete operational thinking (age 7-12).

**Moral Realism (Age 1-8):**

- Rules are inflexible because they are set by authorities
- Rule violation would inevitably lead to punishment
- Strict obedience of rules
- Focus on outcomes rather than intention

**Moral Relativism (age ≥ 8):**

- Rules can be changed through social agreement.
- Punishment does not necessarily follow rule violations unless you get caught
- Moral judgments based on both intention and outcomes
- Intentional vs. unintentional act
- More weight is given to intentions than to outcomes

### 10.2.2 Kohlberg's Theory of Moral Reasoning

Moral dilemma of stealing a drug to save his wife.

Kohlberg believes there are three levels of moral reasoning

**Preconventional Reasoning:** Judgements are based on positive or negative consequences (external rewards and punishments) and authority figures

- Punishment and obedience orientation
- reward orientation

**Example 10.2**

- “He should steal the drug for his wife because if she dies he'll have to pay for the funeral, and that costs a lot.”
- “He should not steal the medicine because he would consequently be put in prison, which would mean he is a bad person”

**Conventional Reasoning:** Judgements are based on rules or norms of a group to which the individual belongs

- “Good boy/nice girl stage” - e.g. rewarded by parents.
- Authority and social-order-maintaining morality - we have to obey the society’s rules

**Example 10.3**

- “He should steal the medicine because his wife expects it; he wants to be a good husband.”
- “He should not steal the medicine because the law prohibits stealing, making it illegal.”

**Postconventional Reasoning:** Judgements based on emergence of a personal reasoning. If the law is not fair, we must change it, and do not have to abide by it.

- Morality of contract, individual rights, and democratically accepted law, e.g. civil disobedience
- Morality of individual principles of conscience. Make moral decisions based on universal principles, e.g. basic respect and justice.

**Remark 10.4 —** Laws change over time to reflect social values.

**Example 10.5**

“He should steal the medicine, because saving a human life is a more fundamental value than the property rights of another person.”

- Kohlberg believe that the sequence is universal and invariant
- Not all individuals will progress through all 6 stages.

**Remark 10.6 —** Only a small amount of people are at stage 6.

- Research findings showed that there is a close relationship between the stage and age.

Factors that promote Moral Development

- Cognitive development is needed to progress from stage to stage (nature)
  - Decline of egocentrism is critical
  - Perspective-taking improves an adolescent’s ability to reason from another’s perspective
- Support from the social environment (nurture)
  - Opportunities for reciprocal dialogue about moral issues.

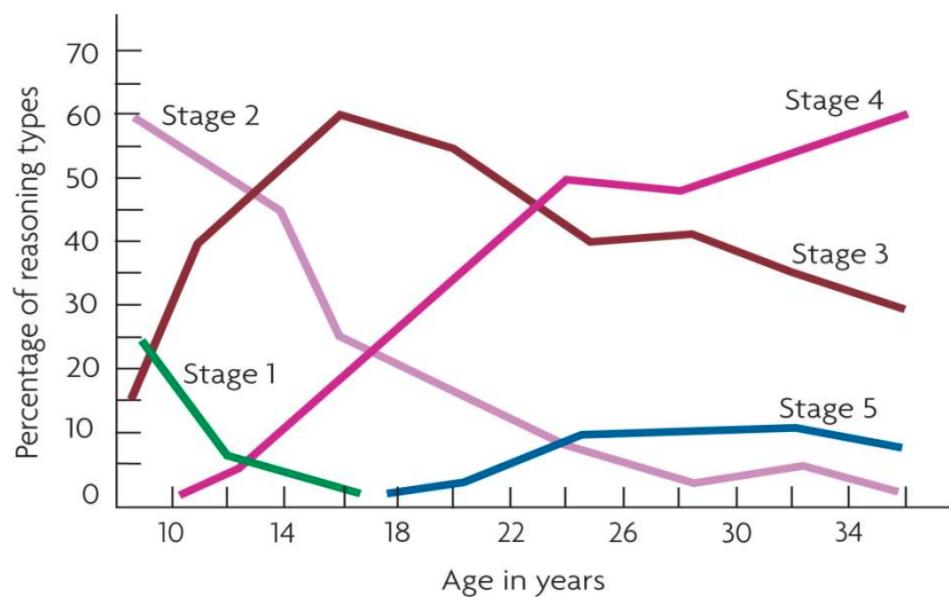


Figure 22: Study of Kohlberg's Theory of Moral Reasoning

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