Cheatography

DEv Finals Cheat Sheet

by honeybee1997 via cheatography.com/186298/cs/38925/

Adolescence

Chr:

- Transition to and preparation for adulthood
- A stage of knowing who we are, shoulder responsibilities, gain autonomy slowly
- Restless, conflict>a process of finding self-identity
- Seeking social approval, succumb to peer pressure

Physical development

poor phy health

Poor nutrition; Lack of exercise: Inadequate sleep. Accidents-mostly automobiles. Exp. w substances. Substance abuses due to addiction, or they develop Tolerance and need higher dose to feel the effect.

poor mental health

suicide, depression, self-esteem and self-image. EDaneroxia nervosa, bulimia nervosa. binge-purge, soceital pressure, girls, puberty variations

Variations in phy dev

indiv. factors influencing rate and timing of puberty. Non-normative puberty psych impacts.

Physical development (cont)

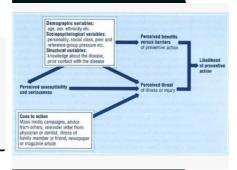
early dev

BOYS. early - positive self-image, responsibility, confidence, leadership-social stat, satisfaction, as treated as adult sooner. -ve involvement with peers > bhv outcomes. GIRLS. early -sexual precocity enhances opposite-sex popularity.premature dating> sexual exp with older males. W/O cog+emo maturity> expose to STI and teenage preg. ED, underage subst. abuse, dep & anX.

late dev BOYS. Low self-esteem, social rejectn. Assertive, insight, less peer pressure. GIRLS. lower peer status. +ve: gr8 body esteem more like the beauty standrd.

-ve bhy outcomes can be avoided with age-appropriate social groups, strong family ties and religious values

Health Belief Model



COG DEV

Piaget: 12-15 y. mMotal manipulatiReasoning formal operational thought Combin-Hypodevariables upon padulum atorial ductive: hypotheticonstant, co-dedonly one weights egocenuctive variable and trism reasoning changes string. outcomes. Propos-Infer, premise and itional concl true. Reasoning:

variations

horizontal de calage. sequential acquisition. conserve volume before weight. dep on indiv.

MORAL DEV

decision mental manipulations moral or ethical using internal repres, and changing entations. feelings about moral matters Elkind Stigocentrism (Build imaginary

audience describes teenagers' preoccupation with the reactions of others, new-found perspective-taking

justificatn for for

ability, often fail to differentiate between how they feel about themselves and how others feel

about them, confusing the two points of view.

Personal fable is a notion that the adolescent's own life embodies a special story that is both heroic and completely unique

Kohlberg's MD (Build upon Piaget.)

'Heinz scenario', must choose between disobeying the law and stealing a life-saving drug from a chemist who has impossibly overpriced it, and keeping within the law and allowing his wife to die. preconventional, conventional, postconventional



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