

PERSONAL DEVELOPMENT

Personal development	one's own development and growth
human development	covers the whole lifespan of human existence

ASPECTS OF HUMAN DEVELOPMENT

physical development	covers the growth of the body and the brain, motor and sensory skills, and physical health
cognitive development	covers our capacity to learn, speak, to understand, to reason, and to create
psycho-social development	includes our social interactions with other people, our emotions, attitudes, self-identity, personality, beliefs, and values

INFLUENCE HUMAN DEVELOPMENT

heredity	inborn traits passed on by the generations
environment	is the world outside ourselves and the experiences that result from our contact and interaction with this external world
maturation	natural progression of the brain and the body that affects the cognitive, psychological, and social dimension

PERSONAL VS. PERSONALITY DEV

PERSONAL DEVELOPMENT (cont)

personal	belonging or relating to as a particular person
personality	set of emotional qualities
development	act or process of growing or causing sth to grow or become larger or advanced

personal development	process in which a person reflects upon themselves, understands and accepts themselves, and learns new set of values, attitudes, behavior, and thinking skills (process that helps us overcome challenges in life)
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DEFINITIONS OF PERSONAL DEVELOPMENT

zorka hereford	the process of striving to be the best that you can be to realize your full potential
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ORIGIN OF PDV; GREEK THINKERS

evolution of the understanding of human development	first homo sapiens, cavemen
In republic	which some consider to be the greatest work on the philosophy of education
plato	building character as much as intelligence is what education is all about

PERSONAL DEVELOPMENT (cont)

confucian philosophy	the great chinese will always desire to become the superior man
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personality dev often focuses on the externals while **personal dev** is holistic development

PERSONAL DEVELOPMENT

PSYCHOLOGY AND PERSONAL D.

Psychology	Study of human thinking
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proponents of humanistic psychology

abraham maslow	theorized the five stages of human development based on a hierarchy of needs (self actualization)
carl rogers	the individual as within himself the capacity and the tendency to move forward toward maturity
martin seligman	noted psychologist and president of american psychologist association realized how psychology after the second world war puts more emphasis in diagnosing psychological disorders
martin seligman and mihaly scikszent-mihalyi	helped refocus the emphasis of psychology from a disease toward what is good and positive about human
humanistic psychology	humans nature is basically good and that human nature includes both positive and negative aspects

PERSONAL DEVELOPMENT (cont)

positive psychology	scientific study of the strengths and virtues that enable indiv to thrive
adolescence	transition period between childhood and early adulthood
biological changes bring about	cognitive (<i>thinking and reasoning</i>) and affective (<i>feeling and emotions</i>) changes
feist and rosenberg	during adolescence young people will start talking about abstract questions

hierarchy of needs

physiological--safety--love/belonging--esteem--self-actualization

stages of adolescence

early -----10-13
middle-----14-16
late-----17-20

PDV LESSON 2

adolescence	young people start to ask questions about themselves
to know oneself	first step in personal development
self in philosophical terms	a being which is the source of a person's consciousness; responsible for an individual's thoughts and actions
self in psychology	the essence of a person; his thoughts, feelings and actions, experiences, beliefs, values principles, and rs
self in religion	person's life purpose, meaning aspiration

PDV LESSON 2 (cont)

sociology	roles we take when we relate with others, such as being your parents' child, being a classmate, a friend, or a teammate
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SELF	cognitive and affective representation of one's identity! it is then described in terms of human characteristics, such as thought and behavior.
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personality in psychology	the set of behaviors, feelings, thoughts, and motives that identifies and describe an individual
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personality by feist and rosenberg	unique and relatively enduring wset of behaviors, feelings, thoughts, and motives
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NATURE AND NURTURE

nature	heredity or genetic make-up
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nurture	environment
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trait theory	approach in identifying types of personalities based on certain traits or attributes
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personality traits	disposition to behave consistently in a particular way
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measuring personality	observing people's behavior or standardized test like MBTI
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