Chapter 9 – Human Development

Definition of Developmental Psychology

Stages of prenatal development
   Germinal
   Embryonic
   Fetal

Prenatal risks
   Teratogens
   Critical period

Infants and their senses

Piaget’s theory
   Assimilation and accommodation
   Schemas
   Periods of cognitive development
      Sensorimotor
         Object permanence
      Preoperational
         Conservation
      Concrete operational
      Formal operational

Harlow’s studies on attachment in monkeys

Variations in attachment & the Strange Situation
   Secure attachment
   Insecure attachment
   Attachment in ambivalent relationships
   Attachment in disorganized relationships

Parenting styles
   Authoritarian parents
   Permissive parents
   Authoritative parents
Erikson’s Stages of Psychosocial Development
  Trust vs. mistrust
  Autonomy vs. shame & doubt
  Initiative vs. guilt
  Industry vs. inferiority
  Identity vs. role confusion
    Identity crisis in adolescence
  Intimacy vs. isolation
  Generativity vs. stagnation
  Integrity vs. despair

Kohlberg’s Stages of Moral Reasoning
  Preconventional
  Conventional
  Postconventional

Cognitive changes in adulthood

Chapter 10 – Health, Stress, and Coping

Stress, stressors, and stress reactions

Selye’s General Adaptation Syndrome (GAS)
  Alarm
  Resistance
  Exhaustion

Cognitive Changes as Stress Responses
  Ruminative thinking
  Catastrophizing
  Mental sets
  Functional fixedness

Burnout & posttraumatic stress disorder (PTSD)

Stress Mediators
  Cognitive appraisal
  Predictability & control
  Social support
  Coping methods
    Problem–focused coping
    Emotion–focused coping

Definition of psychoneuroimmunology
Stress, illness, & the cardiovascular system
  Role of hostility

Physical coping strategies
  Progressive muscle relaxation

Chapter 11 – Personality

The Psychodynamic Approach
  The Structure of Personality
    Id
    Ego
    Superego
  Defense mechanisms
    Rationalization
    Displacement
    Reaction formation
    Compensation
  Psychosexual stages
    Oral stage
    Anal stage
    Phallic stage
      Oedipus complex
      Electra complex
    Latency period
    Genital stage

Evaluating the psychodynamic approach

The Big–Five Model of Personality
  Openness
  Conscientiousness
  Extraversion
  Agreeableness
  Neuroticism

Eysenck’s Biological Trait Theory
  Introversion–Extraversion
  Emotionality–Stability

Rotter’s Expectancy Theory
  Internals & Externals

Bandura
  Self–efficacy
Roger’s Self Theory
  Actualizing tendency
  Self-concept
  Conditions of worth

Maslow’s Growth Theory
  Deficiency orientation

Assessing personality
  Objective personality tests
  Projective personality tests