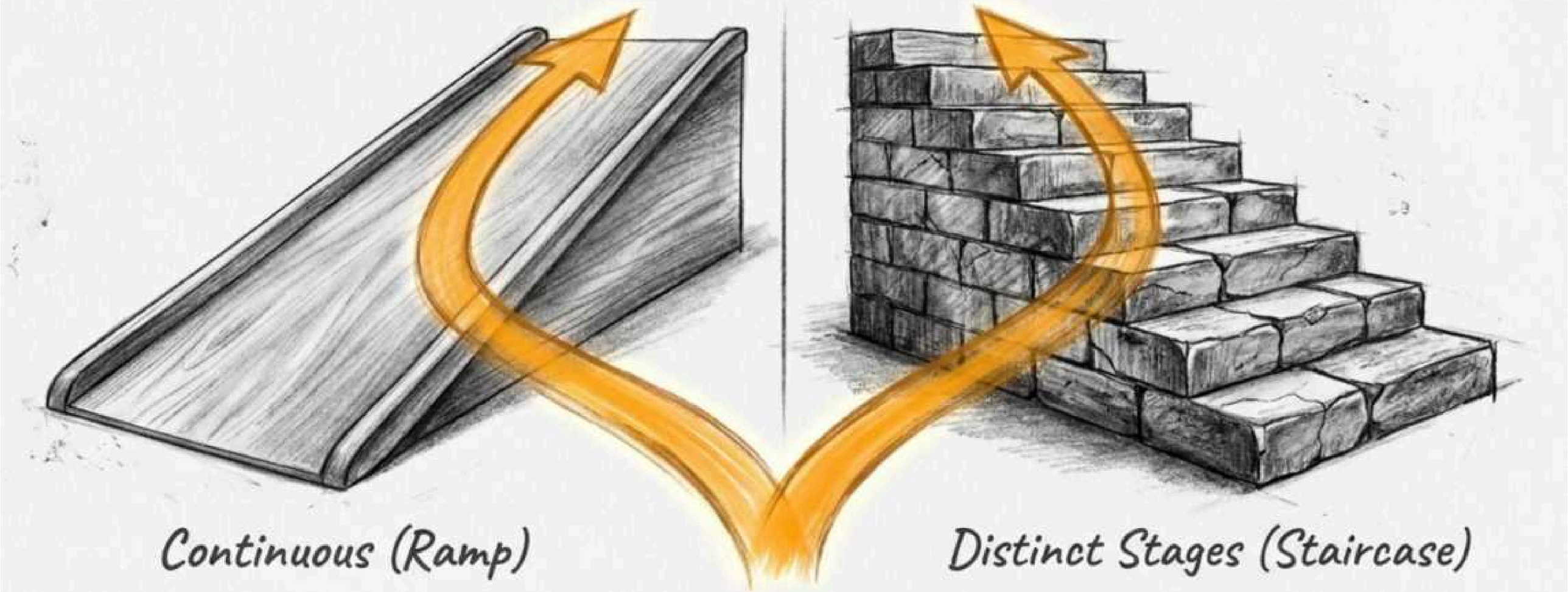
5.1

The Shape of Development



Continuous (Ramp)

Distinct Stages (Staircase)

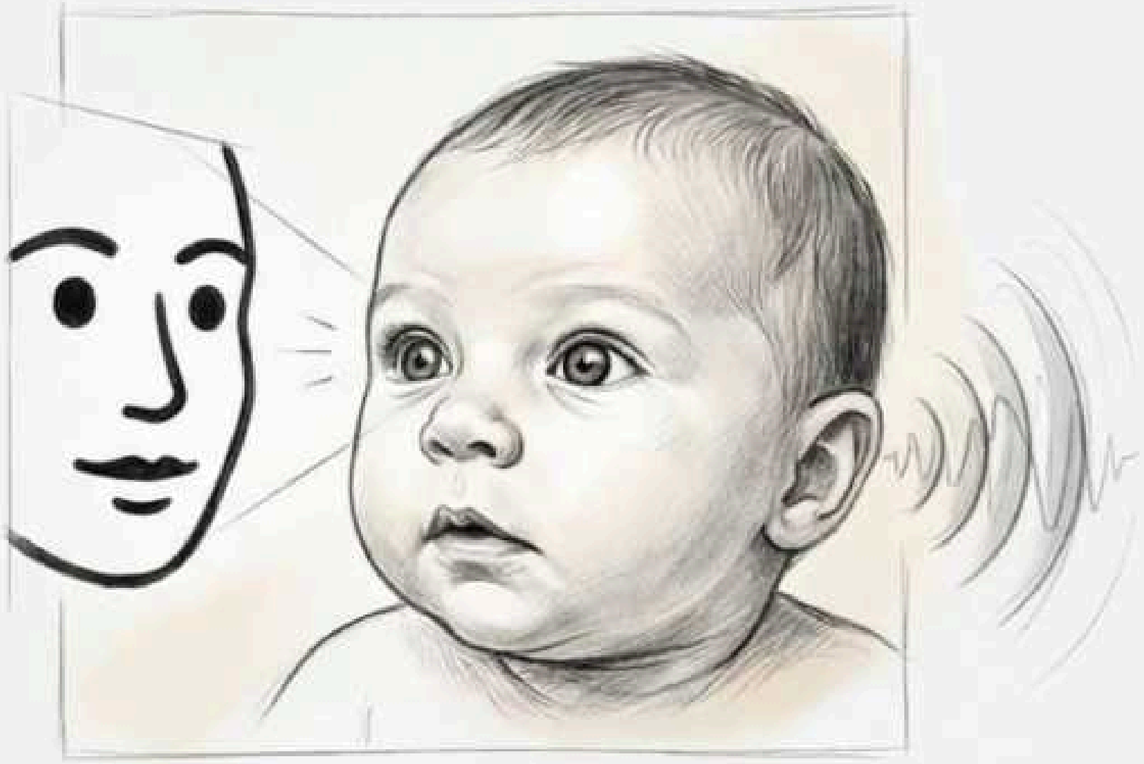
Physical | Cognitive | Psychosocial

Gemini Notebook

Before & After Birth



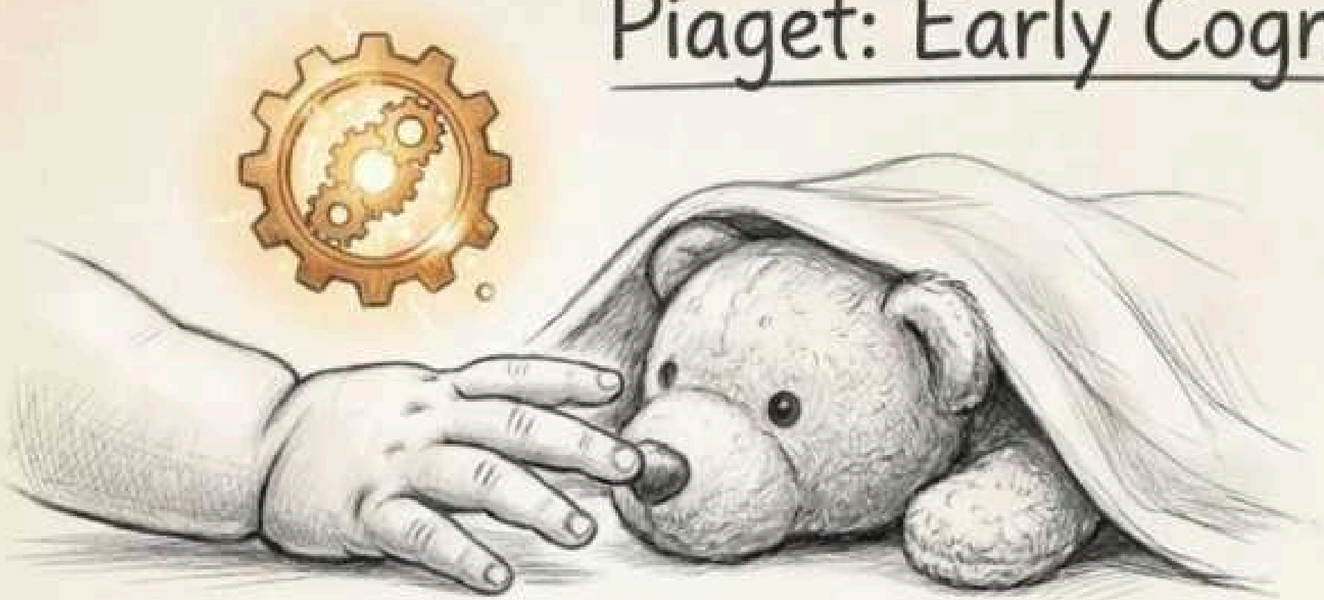
- 9 Months
- Cellular Growth
- Teratogen Disruption (e.g., Alcohol)



- Innate Reflexes
- Face Preference
- Voice Recognition

Gemini Notebook

Piaget: Early Cognition



Sensorimotor Stage

- Senses & Actions
- Object Permanence

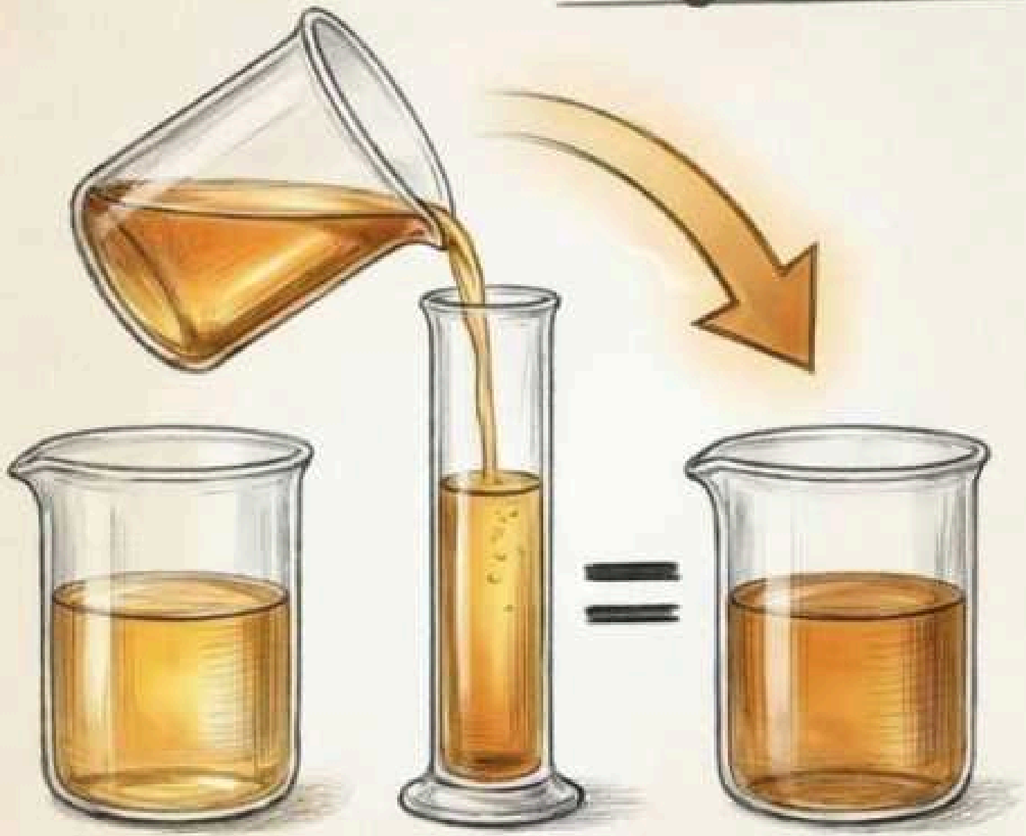


Preoperational Stage

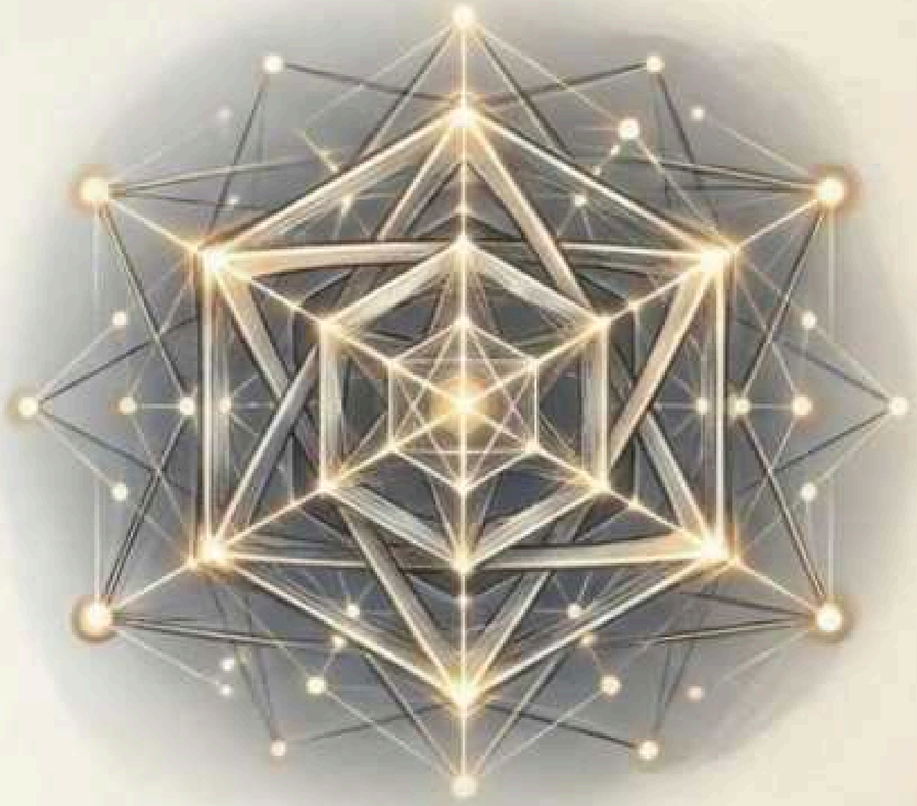
- Language & Play
- Pre-Logic

Gemini Notebook

Piaget: Advanced Cognition



- Concrete Operational (Age 7+)
- Logical Reasoning
- Conservation Mastery



- Formal Operational
- Abstract Thought

*Note: Modern research shows earlier cognitive milestones.

Gemini Notebook

Vygotsky: Social Learning



Gemini Notebook

Moral Reasoning Evolution



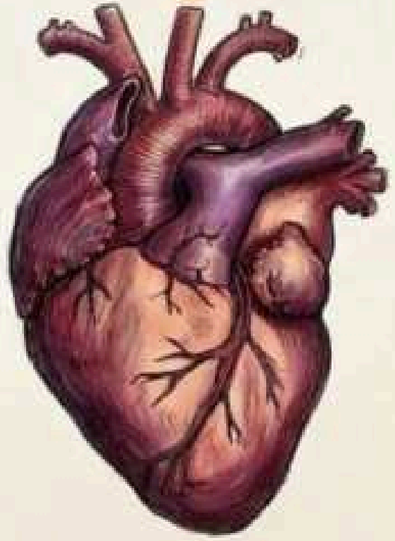
Stage 1: Rewards & Punishments



Stage 2: Social Rules



Stage 3: Universal Justice (Kohlberg)



+ Ethic of Care (Gilligan)

Gemini Notebook

Social Attachment



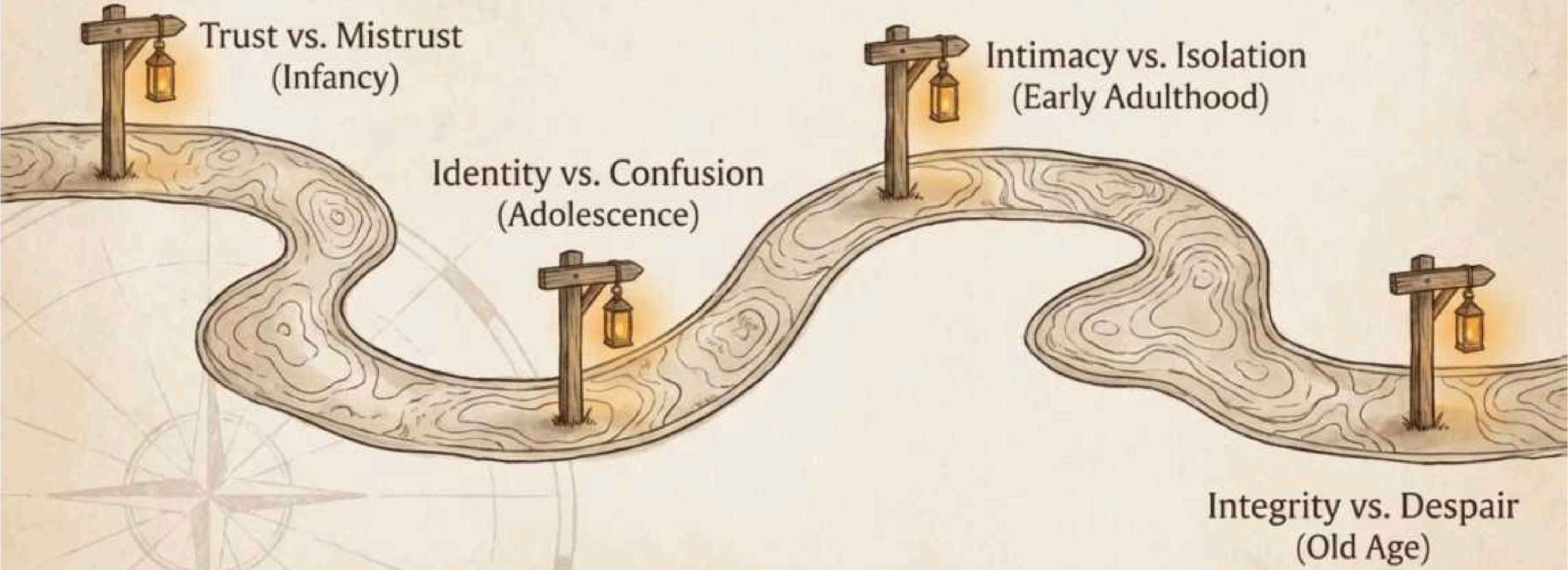
Contact Comfort > Milk
(Harlow)

The Strange Situation (Ainsworth)

Secure	Insecure-Avoidant
Insecure-Ambivalent	Disorganized

Gemini Notebook

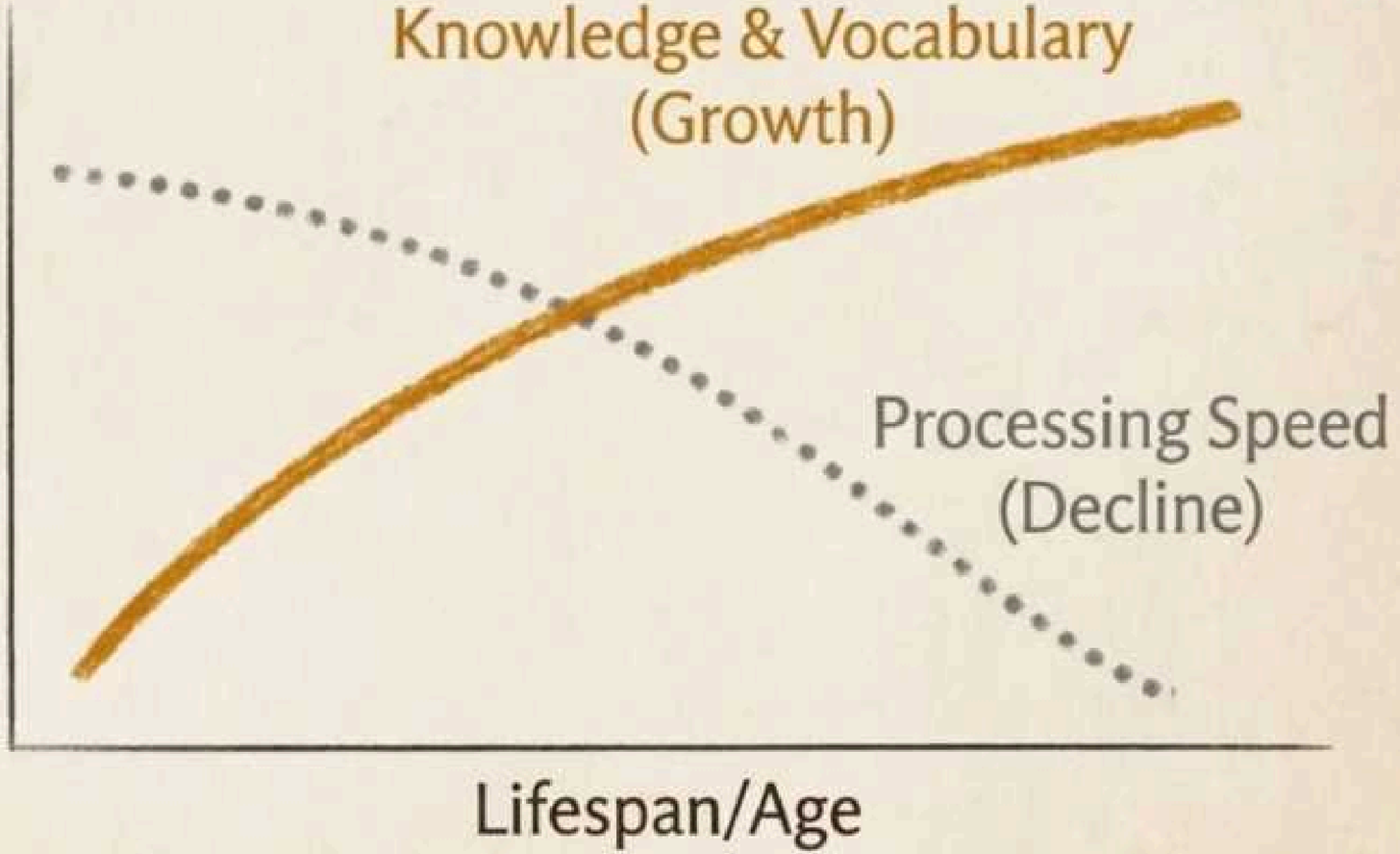
Erikson's Psychosocial Stages



Gemini Notebook

Adulthood & Aging

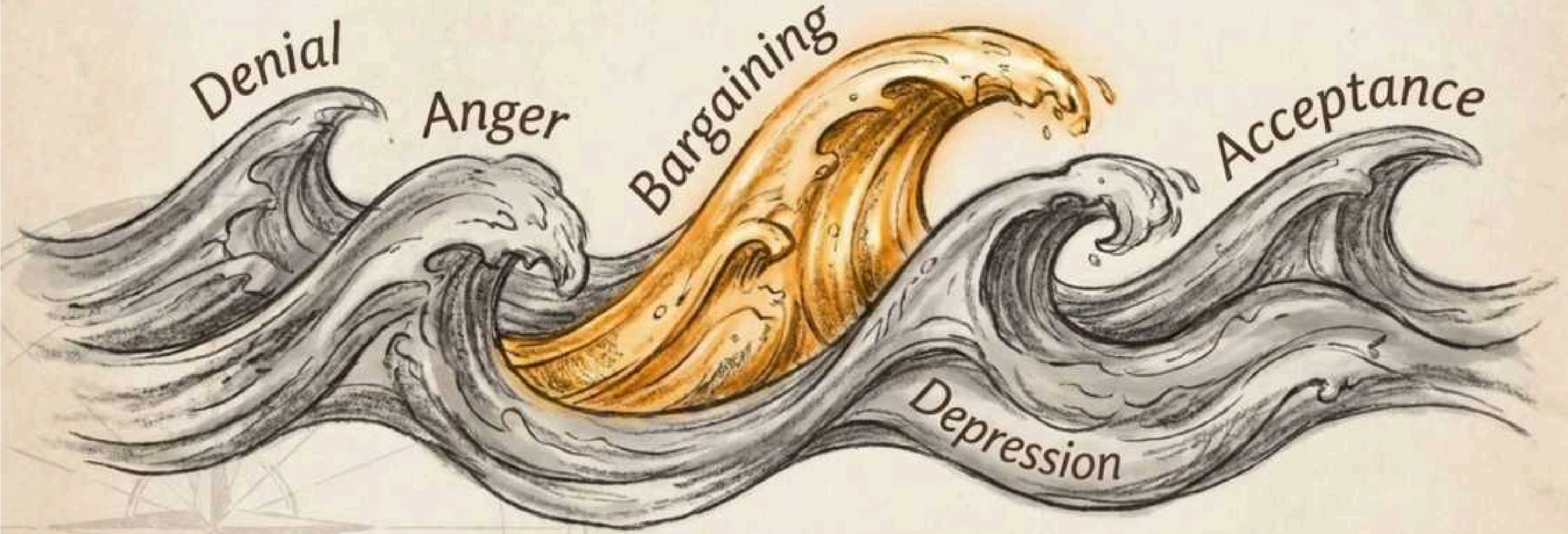
- Identity
- Work
- Relationships



High Self-Reported Wellbeing

Gemini Notebook

Death, Dying & Grief



Overlapping & Non-Linear (Kübler-Ross)

Gemini Notebook

Motivation Dynamics

Intrinsic (Action for its own sake) vs. Extrinsic (Action for reward)

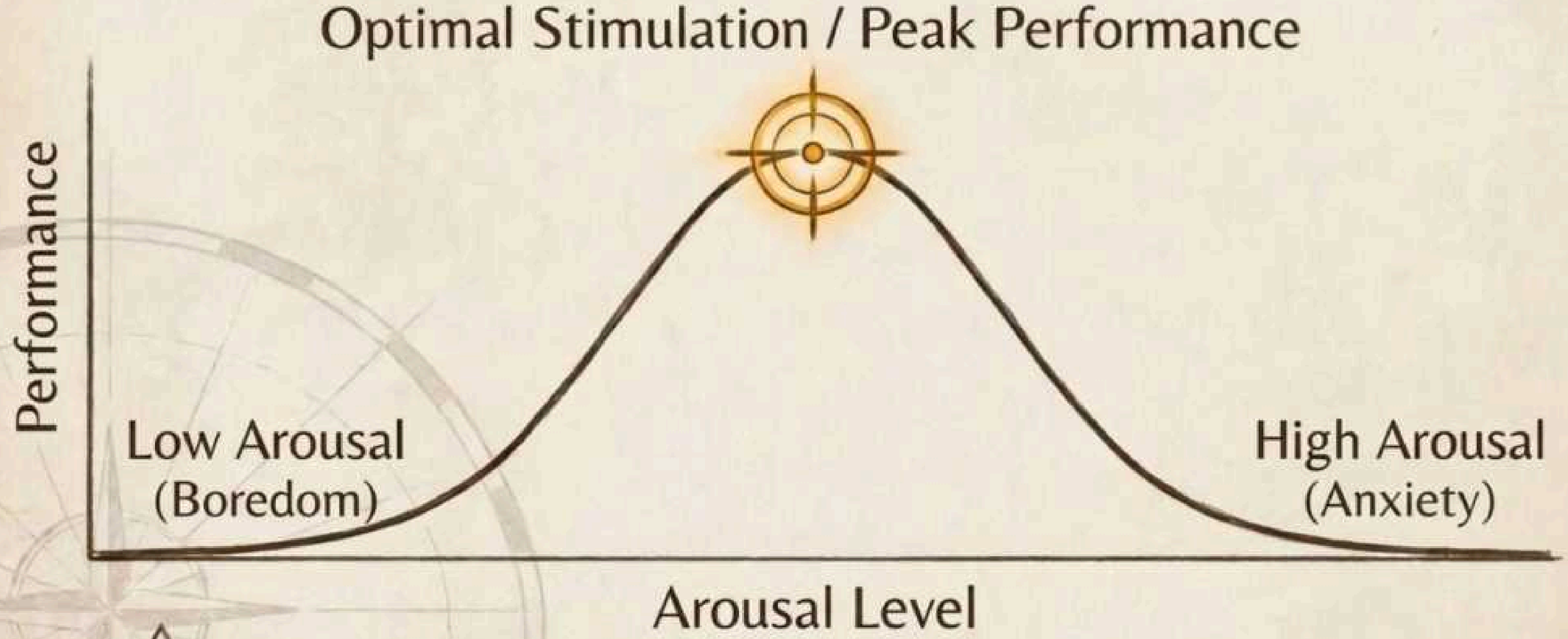
Homeostasis (Balance)

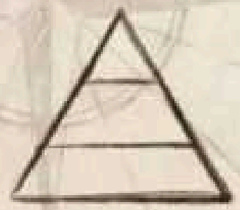


Drive Theory

Gemini Notebook

Arousal & Needs

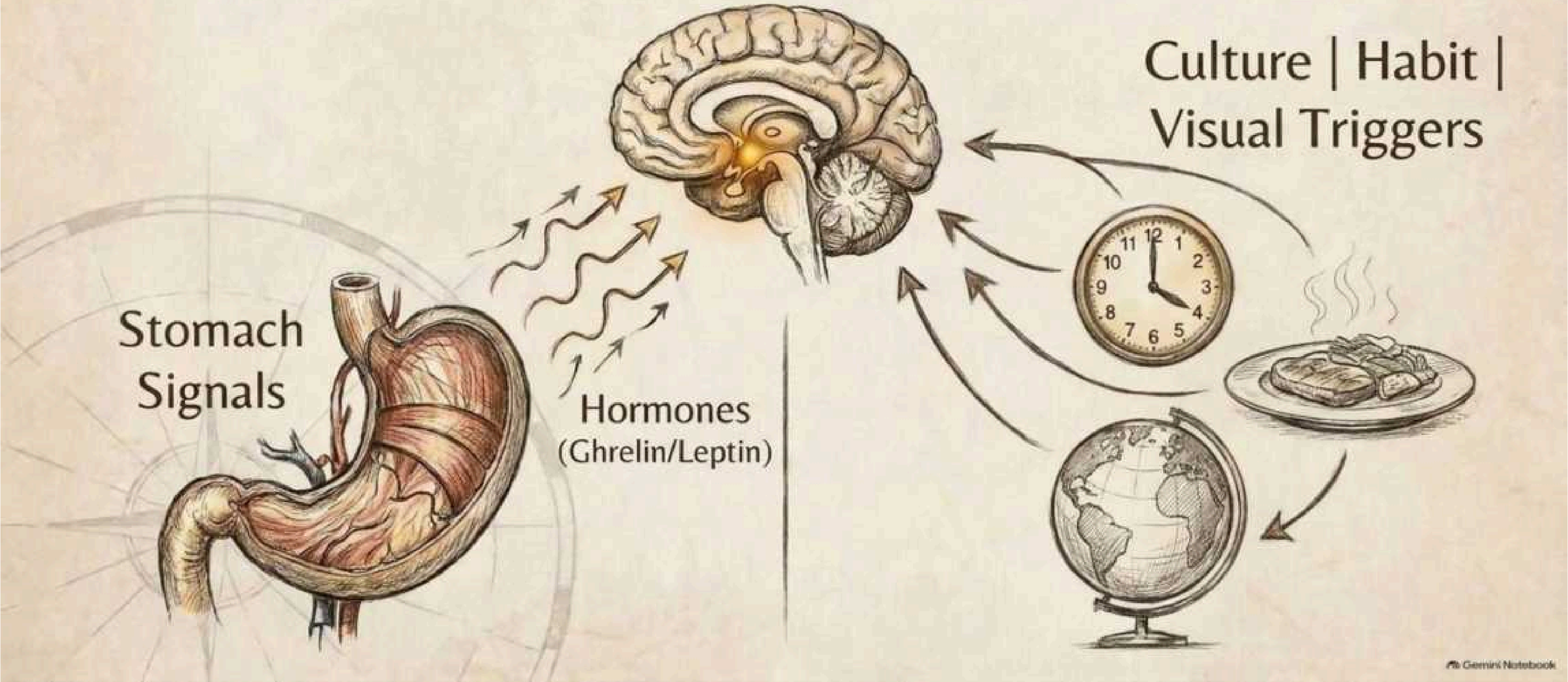




Maslow's Hierarchy (Survival to Self-Actualization)

Gemini Notebook

The Mechanisms of Hunger



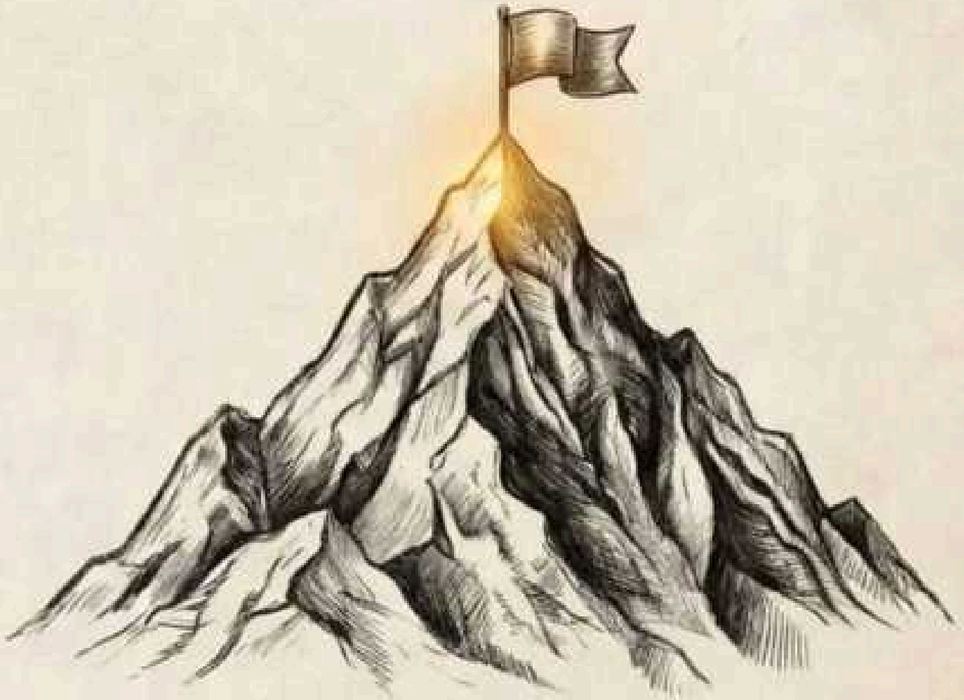
Gemini Notebook

Social & Achievement Motives



Need to Belong

Rejection = Physical Pain



Achievement Motivation

Specific & Challenging Goals

Persistence

Gemini Notebook

Theories of Emotion



Stimulus

Body Arousal → Emotion

Notice body, then feel (James-Lange)

Body Arousal

Emotion

Body & feeling together (Canıon-Bard)

Body Arousal

Cognitive Label

→ Emotion

Arousal + Situation Clues (Schachter-Singer)

Gemini Notebook

Universal Expressions

1 

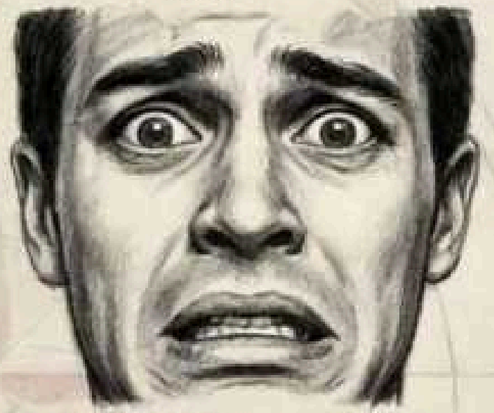
Happiness

2 

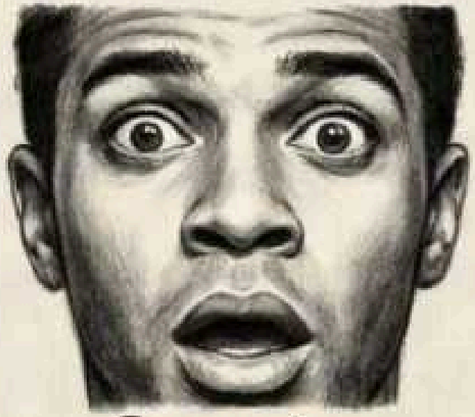
Sadness

3 

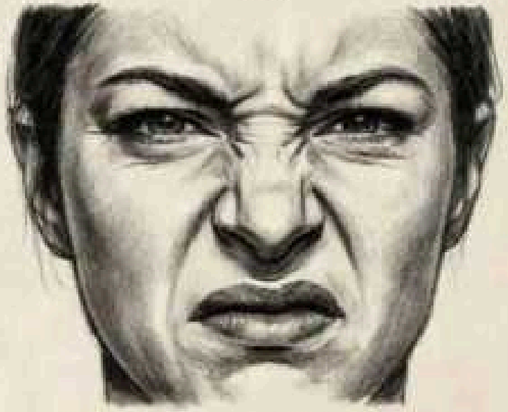
Anger

4 

Fear

5 

Surprise

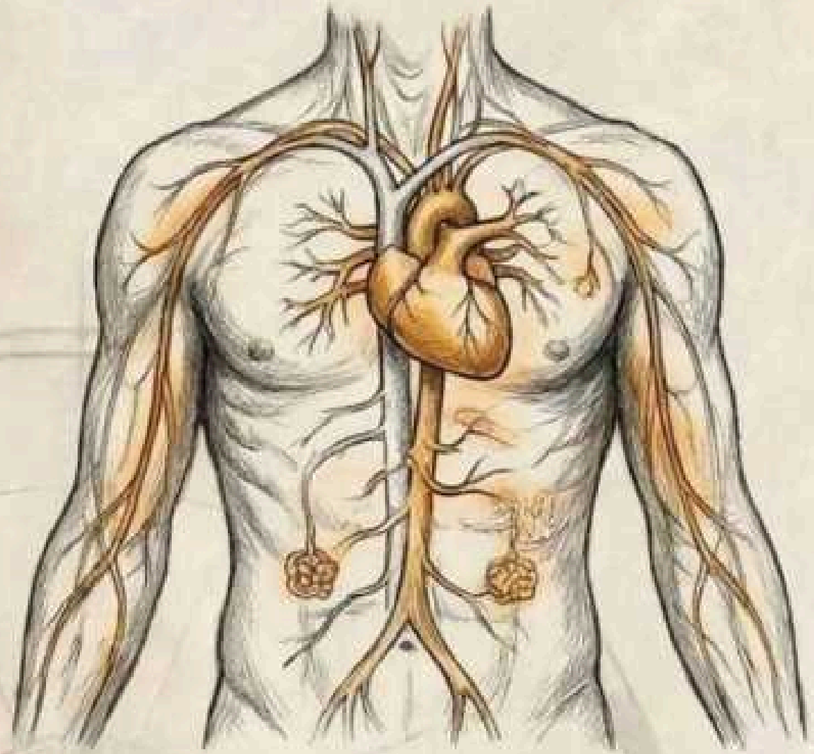
6 

Disgust

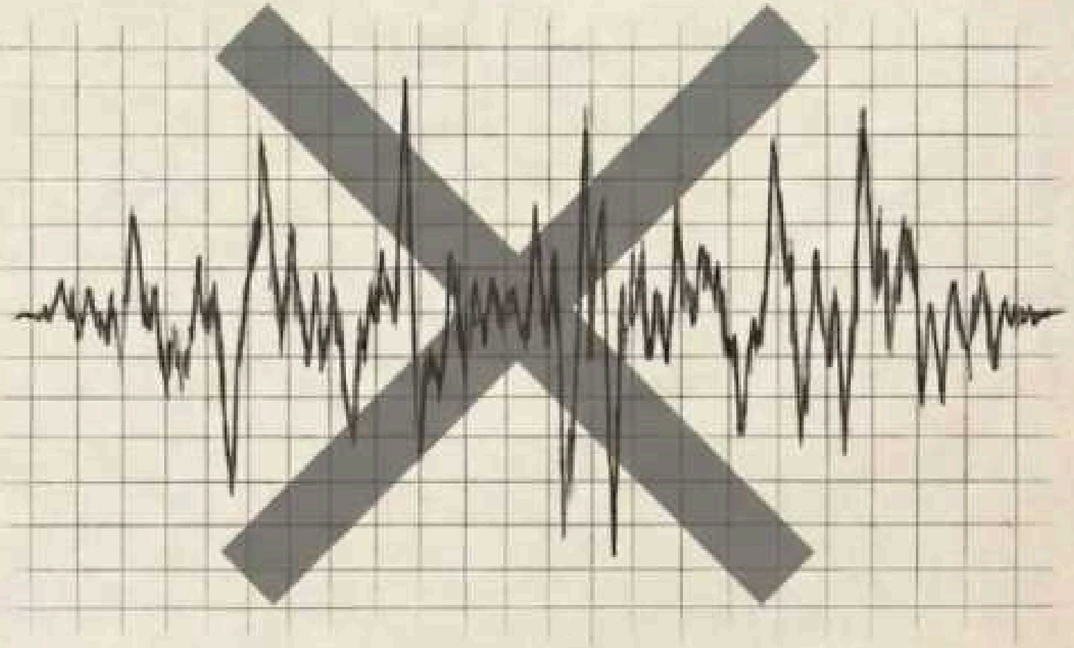
Universal Biology vs. Cultural Display Rules

Gemini Notebook

Emotion in the Body



Sympathetic Nervous System
Heart Rate & Sweating

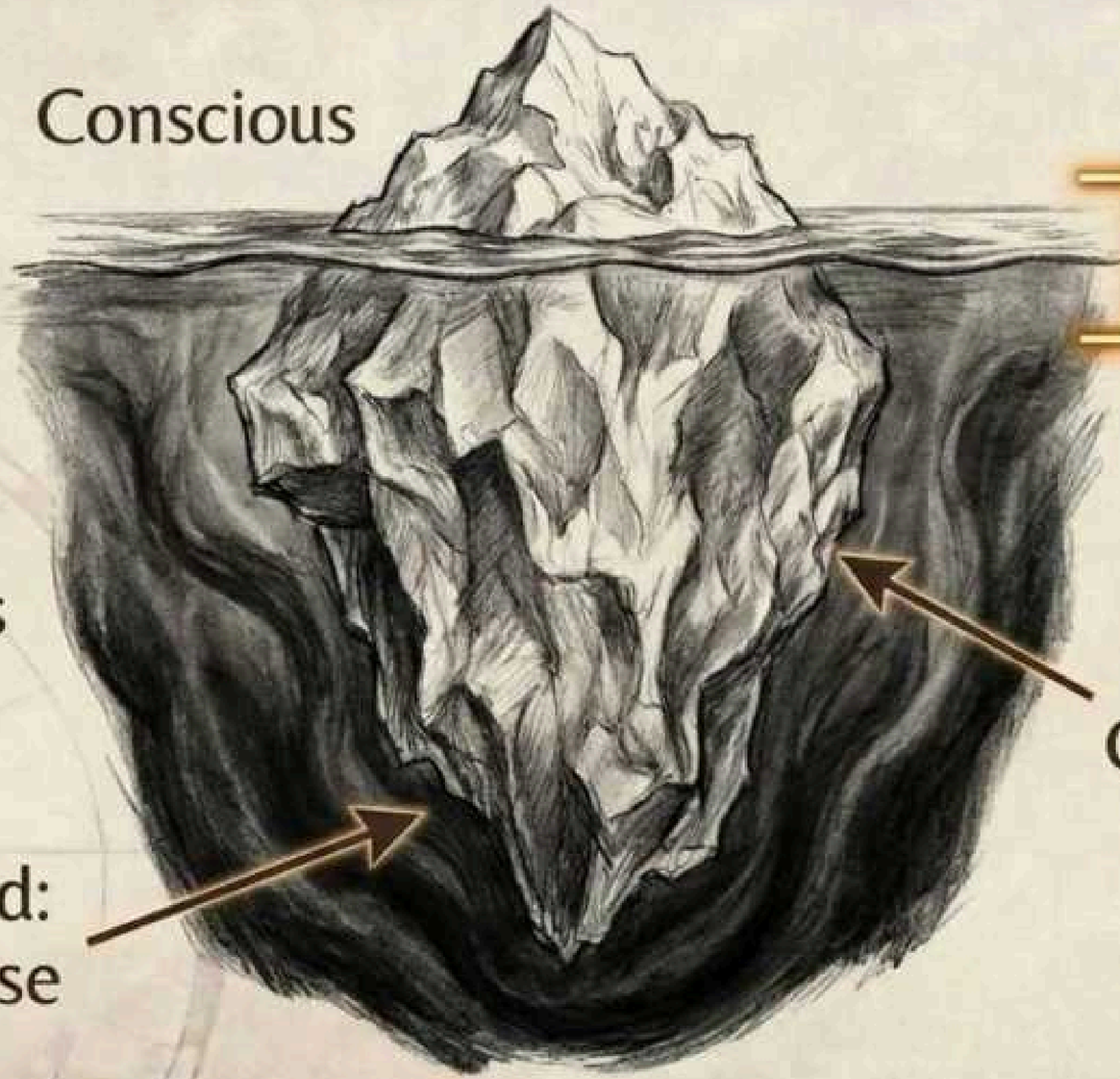


Polygraph (Lie Detector)
Unreliable

Detects Arousal, Not Dishonesty

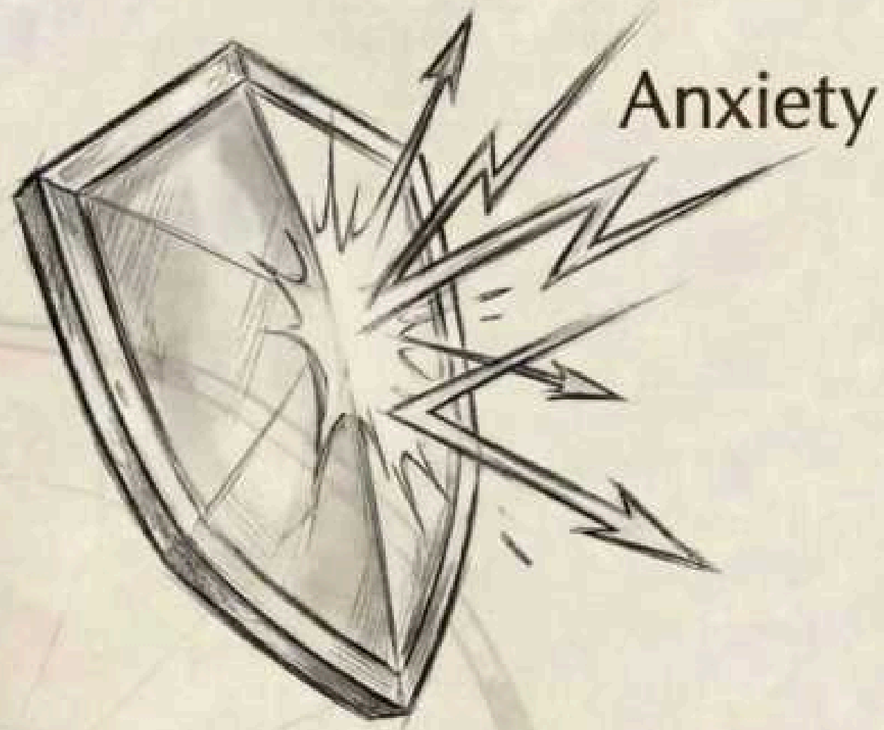
Gemini Notebook

Psychodynamic Theory (Freud)



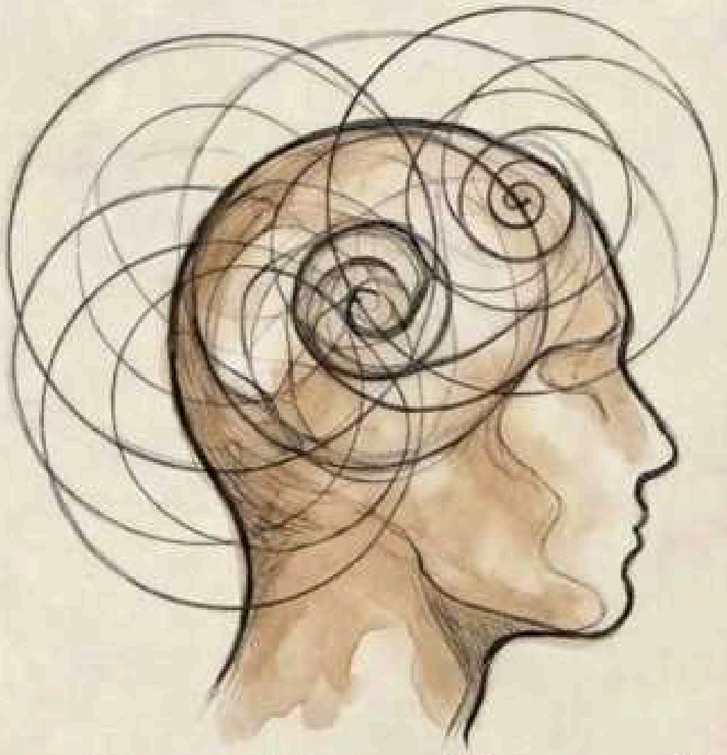
Gemini Notebook

Defense & Evolution



Unconscious Defense Mechanisms
Protect vs. Anxiety

Repression, Denial, Projection

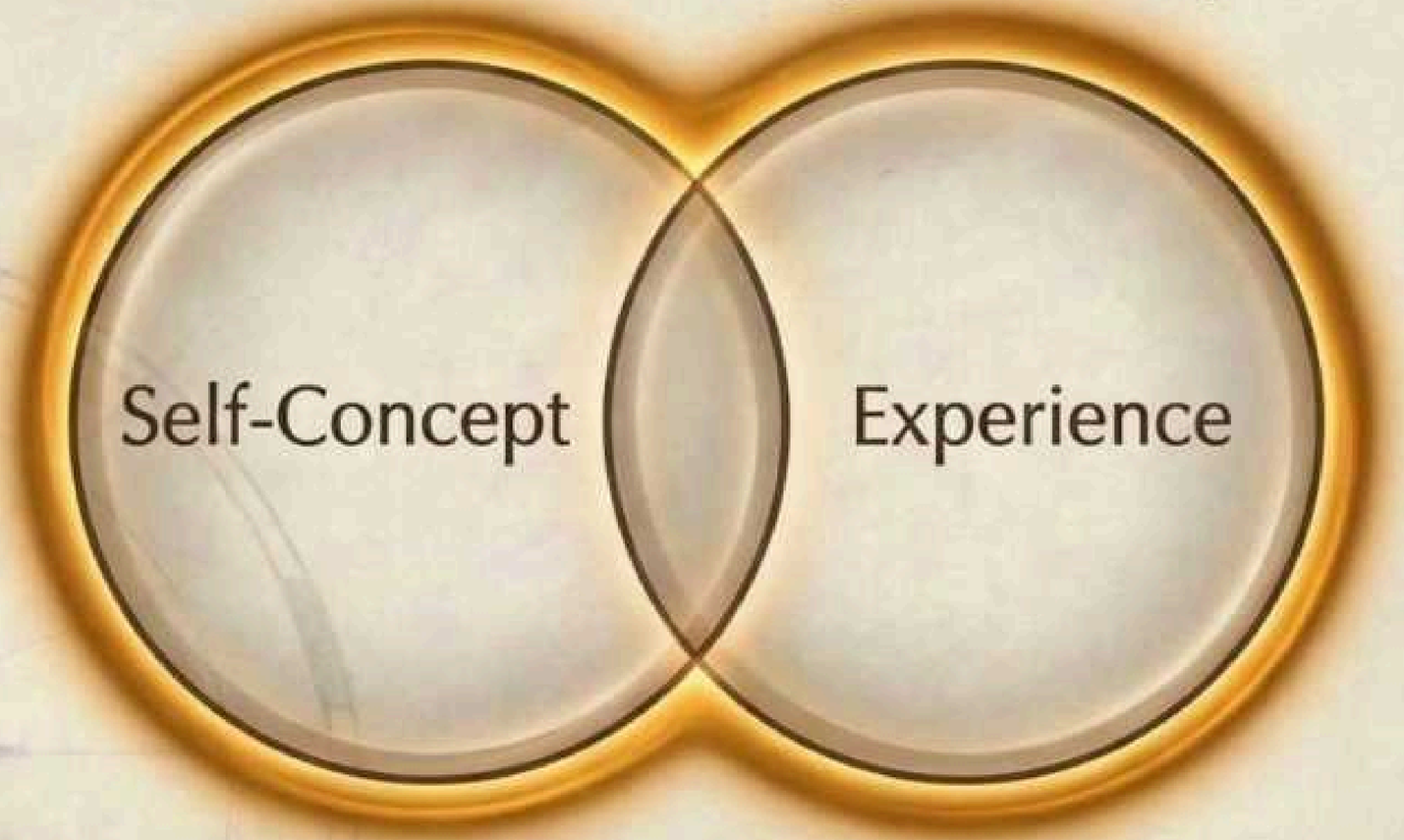


Neo-Freudians (Jung, Adler)
+ Social & Cultural Forces

Gemini Notebook

Humanistic Theory (Rogers)

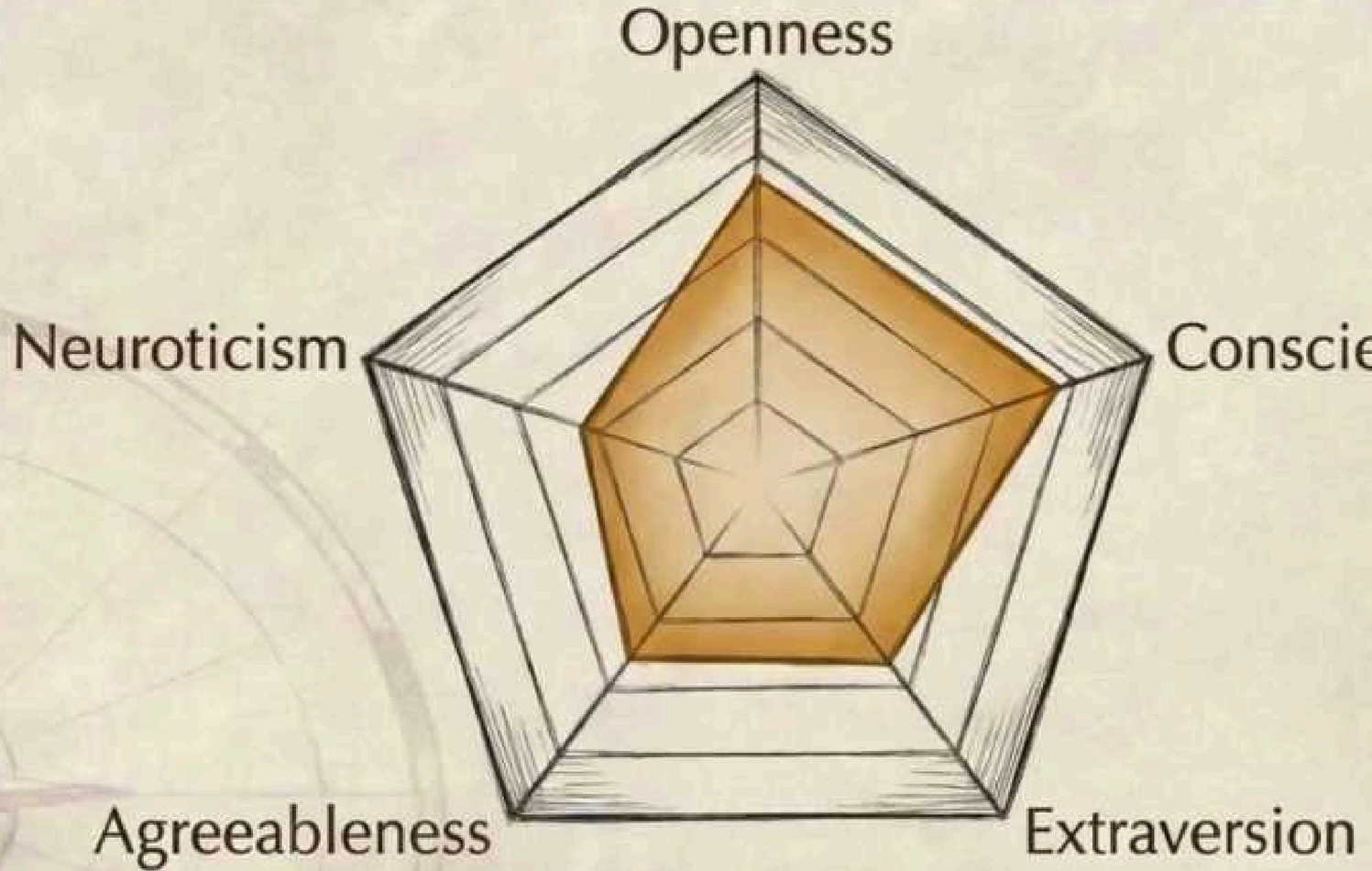
Unconditional Positive Regard (Acceptance)



Result: Psychological Growth

Gemini Notebook

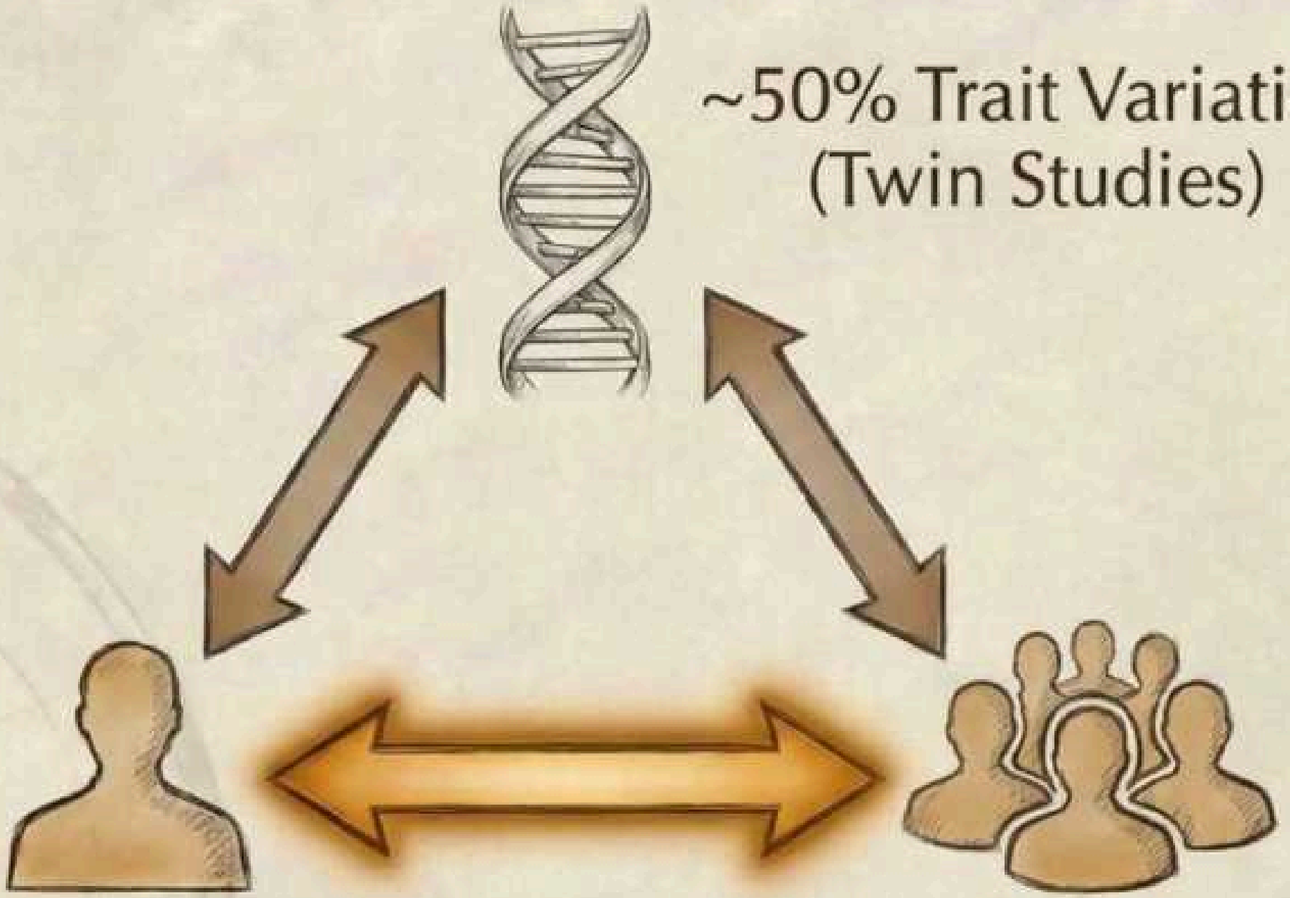
Trait Theory: The Big Five



Stable Dimensions | Cross-Cultural

Gemini Notebook

Roots of Personality



~50% Trait Variation
(Twin Studies)

Personality ↔ Situation
Interaction (Bandura)

Independent vs.
Connected Self

Gemini Notebook

Personality Assessment

Projective Tests (e.g., Rorschach)
Interpret Ambiguous Images
Lower Reliability



Self-Report Inventories
(e.g., MMPI, Big Five)
Rate Yourself
Higher Reliability

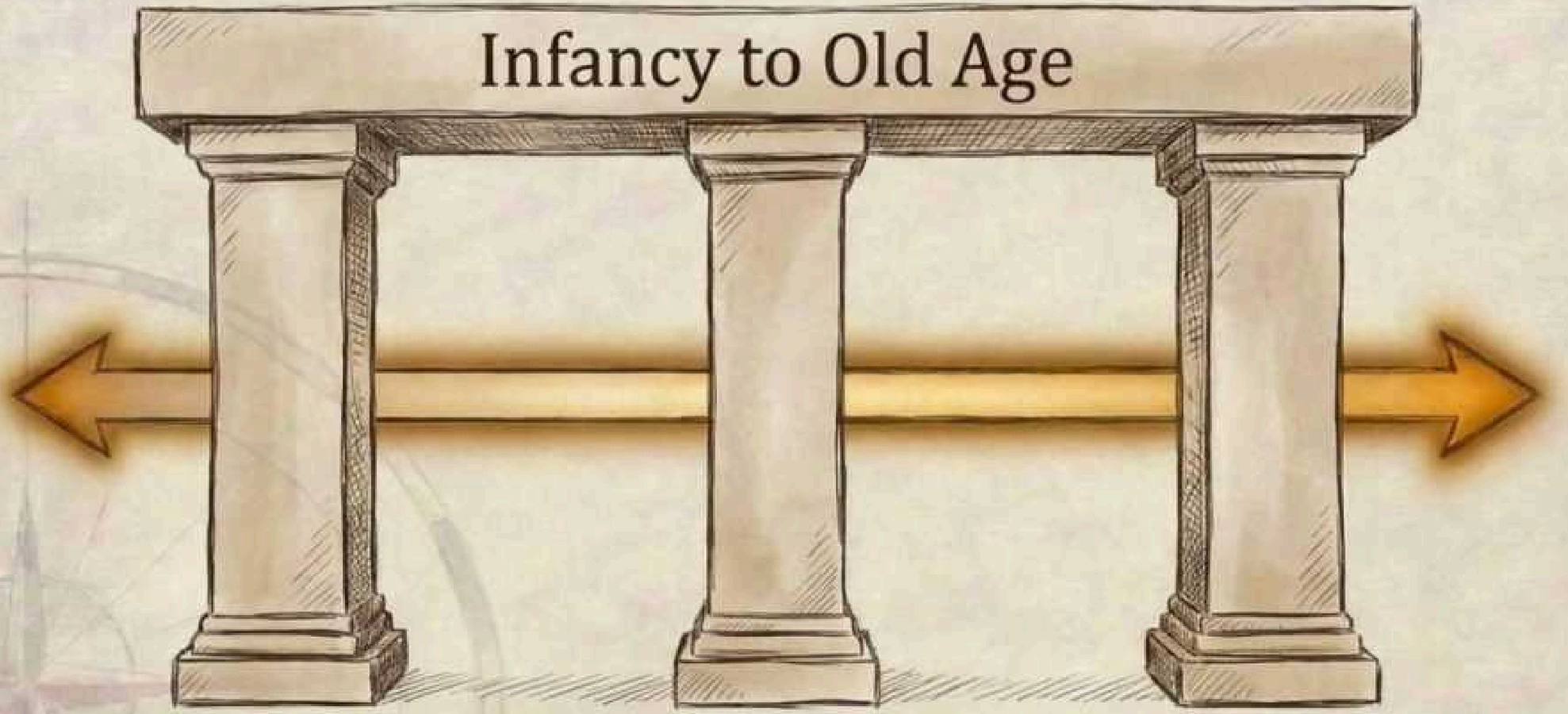


Weak ⟷ Strong

Reliability

Gemini Notebook

The Whole Person Over Time



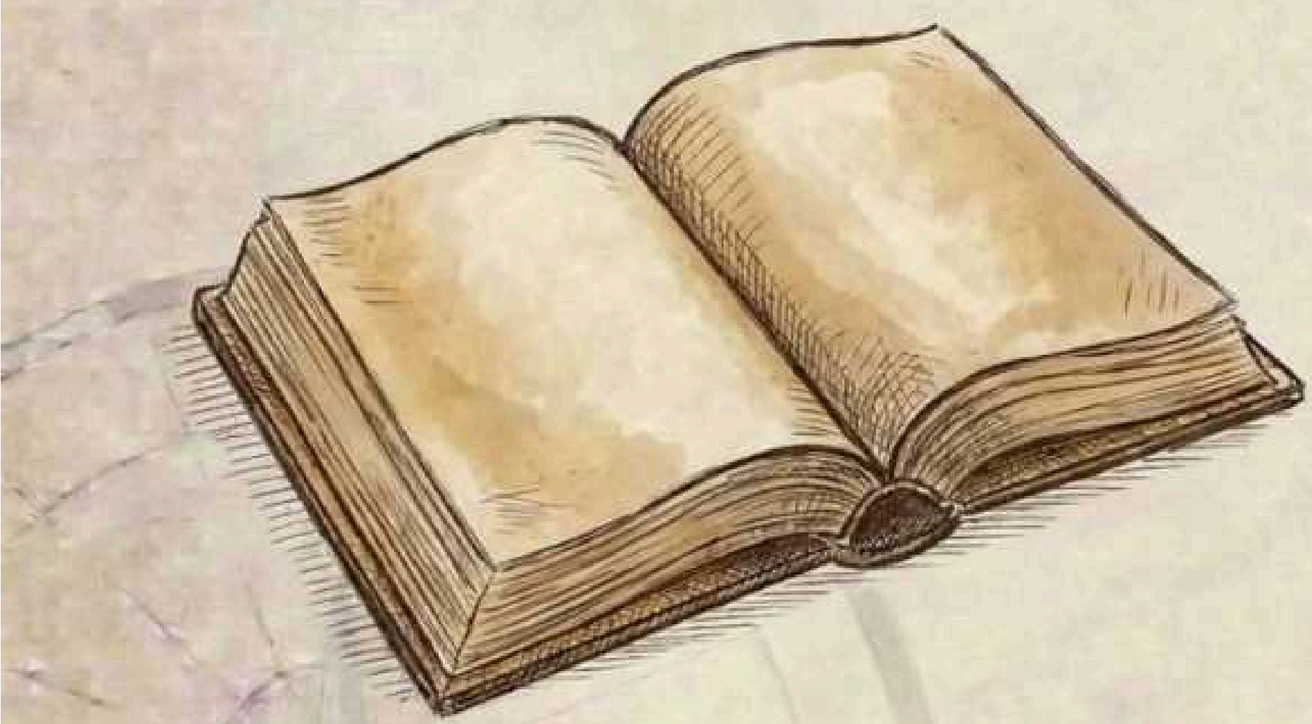
Development
(How we grow)

Motivation
(What moves us)

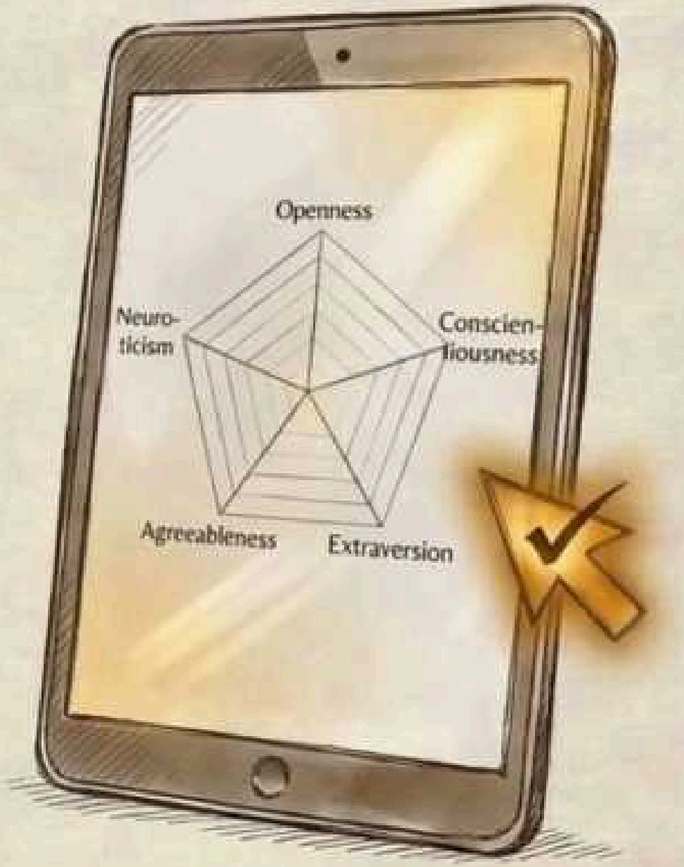
Personality
(Who we are)

Gemini Notebook

Further Exploration



Psychology 2e
Read Chapters 9, 10 & 11



Self-Assessment
Take a Big Five Personality Test Online

Gemini Notebook