#### Human Development: Maturing and Aging Name\_

Hour\_\_\_ Location\_\_\_

This program looks at what happens physically and mentally as we age. Popular misconceptions about the elderly are examined. Researchers, who are developing mental exercises to improve mental efficiency, explain *senile dementia* and other effects of aging are presented.

If absent, watch it here: http://www.learner.org/discoveringpsychology/18/e18expand.html

Preview questions

1. Memory loss and senility are inevitable and irreversible effects of aging. <u>Myth or</u> <u>Reality?</u>

2. Alzheimer's disease is the most common form of dementia. Myth or Reality?

3. As we age, we become mentally weaker. Myth or Reality?

# 4. Sexuality is a common loss in old age. Myth or Reality?

\*\*\*ANSWER THE QUESTIONS BELOW AS YOU WATCH\*\*\*

## Lifespan development

Many aspects of human nature continue to develop throughout the lifecycle Development isn't the same as growth

1. What is Biological senescing?

a. growing younger in your thinking b. growing older physically

Erik Erikson and 8 Stages of Social development:

He studied the crises of identity and conflicts: when two opposite demands must be dealt with in order for our personality develop.

2. *For the young adult it is\_\_\_\_\_v.\_\_\_* If you fail to resolve it you will be isolated. You are at risk for social and psychological problems



During the 30s and 40s, those who haven't resolve earlier crises you may experience mid life crisis, opting for freedom at the expense of responsibility to others.

The individual may feel satisfaction or failure.

#### Daniel Levinson, Yale University

4. He divides our experience in 20-year eras. What are they?

- a.
- b.
- c.
- d.



5 According to Laura Carstenson, older folks show age related decline for: a. neutral but not emotional stimuli b. emotional but not neutral stimuli

6. What happened when **Pat Moore** feigned old age?

- 7. Selective optimization is a process that relates to:
  - a. making the most of what you have
  - b. avoiding unsafe practices
  - c. providing care to the infirm

8. What areas do the elderly do as well as or better than younger folks? List several--



a.

- b.
- 9. What are the consequences of senile dementia? List several---
- 10. What happens to sexual pleasure as we age?



**Psychologist Warner Schaie has conducted a major aging study.** *11. When do people peak in terms of full command of functions?* 

12. People who do well as they age have what kind of attitude?

## The social process of aging.

13. What are some problems with living in a nursing home? List three.

а.

b.

c.

14. One group that is dealing with the graying of America is:

a. the NBA b. the AARP c. the CWA d. none of these