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Human and Growth Development: PSY 244

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### Unit 3: Essay Question

#### Chapter 7:

1. Some of the physiological changes that occur during middle to late childhood are the child will have a slow but consistent growth period, on average children will grow two to three inches a year and about five to seven pounds. Proportion changes are also very common in middle childhood, if they tended to eat light when younger they may have an increase in appetite now. As well muscle mass and strength over time begin to grow and the “baby fat” starts to go away, the child becomes more active and curious about the world around them. Some Physiological changes are the brain begins to develop the more detailed parts of the brain, and those brain muscles that were used when the child was younger begin to go decrease in activity. Studies have shown that more focal action happens in the prefrontal cortex from the ages of seven to thirty. In this shift, there is an increase in cognitive performance and many other areas of the brain.
2. During middle and late childhood, the child’s motor skills begin to be more developed, you will notice their hand-to-eye coordination is a lot smoother, and they are able to run, climb, jump rope, ride a bike, etc with little issues. There is also an increase in myelination of the central nervous system which greatly increases fine motor skills.

Around this time children begin to learn how to write, read, draw, cut, color inside the lines, and even cursive.

3. If my child came to me and wanted to participate in school sports, I would first evaluate their mentality to see if they are equipped to handle a high amount of stress or pressure because when playing sports there is a lot of pressure to perform at your absolute best and it's a competitive sport at that. I would also evaluate how dedicated my child would be to the sport, because in all honesty, I wouldn't want to waste my time helping them invest if they're not committed to it. Finally, it depends on the age and the sport they'd like to participate in, not all sports are ok to start at a young age, thankfully they are more forgiving and if the child doesn't want to continue playing then they can just stop.
4. Some consequences of children being overweight are they can develop diabetes, hypertension, and psychological problems. They commonly also have high blood cholesterol levels. If a middle to late child is suffering from obesity then they will develop low self-esteem and increase in stress. Being that children are still developing means they are still vulnerable to many health risks, and bad habits; parents that also have bad living habits can greatly affect the child because they will see that behavior and mimic it.
5. Concrete operational thinking usually occurs at the age of seven to eleven, during this stage a child is able to use this form of thinking and is able to reason logically as long as the reasoning can be applied to a specific situation or object. Some characteristic a child will show is they are able to consider multiple characteristics instead of only focusing on one at a time. They are also able to do seriation which is being able to put stimuli in order of a quantitative dimension like the length. Children also have the ability to identify or split things into different sets or subsets and consider their interrelationships.

6. Some findings that challenge Piaget's theory of concrete operational thinking are that some of that concrete operation thinking does not happen all at the same time nor does it appear to happen in sync with each other. Culture and education have a much higher influence on a child's development, that the child will have to be trained in operational thinking, but it also depends on the child and their ability to grasp that kind of information.

#### Chapter 8:

17. In Kohlberg's theory of moral development he describes it as three stages, the first being pre-conventional reasoning where children are able to know what is good and bad when it comes to rewards and punishments. The second is conventional reasoning which is a more intermediate level of reasoning, the child can apply standards that are set by others like their parent or someone in authority. Lastly, post-conventional reasoning is where the child is able to pick out alternative moral courses, explore their options, and come up with their own moral code to live by. Some critics started that Kohlberg's theory focuses more on moral thought but not moral behavior, and these reasonings can be used to excuse immoral behavior allowing the child more freedom than others in what they feel is good or bad. Some psychologists believed that moral thinking is supposed to occur like a gut feeling with deliberate moral reasoning acting as justification after the fact. Lastly, Kohlberg's theory lacks involvement of culture, he claims that his level three reasoning is universal but other critics have shown studies that certain cultures and even college students don't experience post-conventional thinking.

19. The concept of gender stereotypes is that it's mostly based on the average and on certain situations. Since it's so broad there isn't a real way to say that those stereotypes are true just that they do happen often. Often times genders will see someone doing something that isn't according

to said person's stereotype like a woman playing football, or a man doing ballet. These are outside of the gender-role stereotypes, these differences are usually due to biological factors, sociocultural factors, and sometimes both. Though women are looked at as more fragile and meek, and men are looked at as buff and rugged more masculine; women are still able to be rough and strong and can even have aggressive behavior, for men they also can be gentle and kind or more soft-spoken. It all depends on the person and what they allow themselves to do, as a child some of these influences can affect them and what they want to do for themselves, they may look at the world strictly to gender-role stereotypes. There doesn't seem to be any proof of gender-role intelligence being that the brain is not necessarily gender specific, a lot of these stereotypes come from personal experiences and looking at on average how often it occurs.