

Unit 3 Essay

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Chapter 7

Before children have stable ideas of who they are, they usually go through many different emotional experiences in the middle and later years of childhood. In middle and late childhood, growth and changes continue. Young people better understand their emotions and feelings because they think about themselves more. Children's self-esteem suffers due to the constant self-conscious feelings they encounter. Instead of guilt, shame may hurt a child's growing sense of self-worth and make them act aggressively or violently. Throughout this phase, the brain matures, and motor skills improve. It is essential to lead a healthy lifestyle at this time to encourage development. Children's proportional alterations become more pronounced as they continue to grow. As the child's bones continued to ossify, his head and waist shrank proportionately to his height while his strength and muscle mass rose. During a child's middle and late years of development, they learn to experience a wide range of contradictory emotions, such as puberty. When a child approaches puberty, their need for autonomy grows along with their need for more peer connection and less time with their families. Teenagers often deal with fights and a rise in bad feelings, which makes them less emotionally dependent on their parents. Girls are frequently more prone to adverse effects than boys. Teens show many good and bad feelings, even when reacting to the same event.

1. Ages 6 through 11 comprise middle and late childhood, between early childhood and puberty. The brain goes through several changes, allowing it to grow more flexible, clever, and physically mature. The child can master numerous skills previously beyond the grasp of younger kids as their gross motor and fine motor skills mature. As kids get older and more developed, education plays a more significant role in their lives and has a favorable effect on them outside the walls of their houses. When peers take control, parent-child interactions frequently shift.

Socialization also affects a child's sense of self, which could have long-term effects on their emotional growth. From early childhood through middle and late childhood, a child's motor skills improve significantly, becoming more coordinated and fluid. Fine motor skills develop better when the central motor system becomes increasingly myelinated with age. An average child increases by about 5-7 pounds and about 2-3 inches yearly. Children can also do strenuous physical activities for extended periods because they get stronger, lose weight, and breathe better. Girls begin their growth spurt two years before boys do. Also, the child's fine motor skills improve, letting them write words instead of just printing them. By the time a youngster is 10, they begin to demonstrate manipulative capabilities on par with adults. When it comes to using fine motor skills, girls typically outperform boys.

3. Childhood obesity is wreaking havoc on our kids. This illness affects many children, and obesity affects many adults as well. Children who weigh more than is typical for their weight group are considered obese. Typically, the BMI is what determines whether or not there is obesity. Childhood obesity has increased the prevalence of childhood diseases like diabetes, high blood pressure, and high cholesterol in children. Children who are overweight frequently struggle with sadness and low self-esteem. It has become more concerning that there are more overweight kids than ever before. Being overweight puts the child at risk for more severe health problems, including high blood pressure, high cholesterol, cancer, sleep disorders, etc. According to studies, kids with diabetes experience anxiety and depression. Because its causes are known, obesity is a disease that can be treated (p. 624). Obesity is a result of both excessive eating and a lack of exercise. Obesity, also linked to diabetes, can be prevented in many ways, such as by changing one's diet, getting more exercise, and, most importantly, changing how one acts. This change is for the child and the family as a whole. Because other family members may

have an unhealthy lifestyle, the child trying to cure their obesity must be surrounded by healthy choices. Children who are obese suffer long-term consequences. Low self-esteem and a lack of confidence are prevalent issues that affect young people. Children who are overweight have experienced bullying at the hands of other kids. Children who are morbidly obese are more likely to experience depression. It is crucial to remember that obesity can lead to more severe health issues than just emotional ones. They include diabetes in children and heart disease.

4. Teaching students with disabilities presents several challenges. Around 12.9% of children receive special education in the United States. It is around elementary school when most children are diagnosed with some disabilities. Because of their physical or mental disabilities, these kids used to be put in separate classrooms. Now, though, they go to regular classrooms. A child who has learning disabilities has trouble learning. Writing, reading, listening, and even thinking difficulties are all symptoms of a learning disability. When a child has trouble understanding, it can be frustrating for both the child and the teacher. These difficulties may affect education. The inability to transfer information from one part of the brain to another may cause learning problems. Children with disabilities should be able to attend school in the same building as their counterparts without impairments. Although many disagree, some think inclusion classes are a terrific concept. Inclusive classrooms can be successful anywhere in the globe if teachers and parents work together, cooperate, and are dedicated to a similar goal. Inclusive classrooms are beneficial for all students, not just those with impairments. Today's teachers educate children to be prepared for the future and meet societal expectations. Teachers would have a big job, but they would do something even more impressive if they could make their classrooms welcoming to everyone. When teachers have the proper training in special education, they can work well with their students.

10. A genetic condition or brain damage causes intellectual disability; most people with ID have IQs between 0 and 70. A score of 70 is often used to measure a person's cognitive skills and adaptive functioning. This rating reflects intellectual impairment. The severity of a person's disability is determined by their ability to adapt to their daily lives. Over 5 million Americans, primarily men, have intellectual developmental abnormalities. Working with people who have intellectual disabilities is a large part of my professional life, and I've been privileged to witness changes in society's perceptions of those people over the past few decades. Although historically, people with intellectual disabilities were referred to as "retarded," we no longer use that term to refer to those who have it today.

Children are chosen for talented programs based on their academic prowess and excellence. Children are deemed to be gifted if their IQs are 130 or higher. Even though there may be problems with being very smart, it is clear that having a very high IQ is more accessible than having a very low IQ. Most people agree that gifted children who have trouble adjusting have difficulty making friends and, as a result, are more likely to spend time alone. African American, Latino, and Native American children are underrepresented in gifted programs. Even though it's not often considered a disability, intelligent and talented kids still have to deal with specific problems. As each of these standards and procedures depends on how gifted children are found, a mix of standards and practices must be used to estimate how many gifted children there are. The nature of young gifted, and talented children makes it vital to keep in mind that similar qualities might be deceptive. Research demonstrates that children skilled in dealing with stress do it on a more internalized level, such as anxiety and despair (p. 685). Talented people exhibit early indications of great aptitude in their respective fields.

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19. The definition of a gender stereotype is how people in society perceive and believe about men and women. In the modern world, gender stereotypes are still prevalent. Stereotypes emerge in middle and late childhood. Preconceptions based on ethnicity, religion, and appearance may shape a person's perception. The media shape stereotypes by defining proper conduct. The media dehumanizes people of color by portraying them as violent, foolish, and rowdy. Television programs influence our society and planet through their impact on younger generations. It is negatively formed because stereotyped representations of one group are accepted. I object to The Simpsons' numerous instances of racial discrimination and racism. But my son thinks this show is theatrical. Kids between the ages of seven and fourteen are the target audience for this program. In one episode, Apu, an Indian immigrant, offers prayers to Ganesh, an elephant with a god's head. Because Apu is a Hindu, he is characterized as worshiping elephants, which I find offensive. One of the many reasons I don't want my child to watch such shows is the widespread discrimination.

20. Boys and girls sometimes differ regarding the differences and similarities between the sexes. There is a significant gender gap, which biological causes could contribute to. Women have about twice the body fat as men, with most of it in their breasts and hips. In contrast, men carry theirs mainly around the abdomen. Nonetheless, gender disparities in cognitive development, not IQ, have been observed. All members of society require mental and physical care from conception to adulthood to remain healthy and function. There is no difference between the brains of men and women. Except that male brains are larger and tend to grow for longer than female brains, male and female brains develop and function similarly. Although male and female brains are slightly different in size, they can function similarly. Size and function

have no causal link. During their lives, both women and men work to develop emotional ties with one another. Whether these connections are beneficial or adverse based on their prior experiences, women and men still seek to fill the same void. The same level of physical maintenance is needed for both men and women throughout their lifetimes. Both men and women need to be taken care of physically to survive. Men and women must access food, drink, shelter, and personal hygiene to maintain good health. For either gender, dying without one of these things is a possibility. When it comes to academic performance, women outperform men. While girls are more academically engaged, men are more likely to attend summer school.

Who will be your friend depends on how you get along with your peers when you're young. People with similar characteristics become friends over time. It's a pleasure to have friends since they are individuals you can trust, with whom you've shared both happy and sad times, and with whom you enjoy spending time. When we were kids, my pals and I punctured each other's fingers with a needle and joined them to become blood sisters. (I do not recommend doing that.) We remain the closest of friends to this day. We are sisters who have supported one another through good times and bad. Looking back at such times has demonstrated the impact of positive peer interventions. Children need to build interpersonal relationships to build their social skills because they will meet new people as they move through life, and how they interact will play a role in their lives.