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Chapter 11

1-The both transitions are stressful and show a major shift in a person's life. Moving up for both of these life events consist meeting new people and taking on a plethora of responsibilities. The middle school and college also make a person move from being the oldest, to being the youngest. The transition to college can be very different though because you often leave home and no longer see your parents like you used to. Moving to college often involves moving to different town, unlike going from middle to high school. Positive features are involved in both, one being seen by others as more grown up. Going to college also involves meeting many newer people and, quite often, having to find a new friend group to be a part of.

2- Young adulthood is characterized by health-impairing lifestyles. 70 percent of college students do not get enough sleep while 50 percent report feeling tired throughout the day. Many young adults either skip breakfast due to lack of time, which tend to be over filling and not every nutritious, with no longer participant in high school sports, many young adults put on weight and fail to find time to study, socialize, eat, and sleep. Young adulthood is a time where people shift their responsibilities and must work on their own to regroup and reprioritize what is most important in their life.

4- Many researcher recommend **aerobic exercises**, over the long term, aerobic exercise reduces your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Aim for 150 minutes per week of moderate-intensity activity. Try brisk walking, swimming, jogging, cycling, dancing, or classes like step aerobics. Researchers have found that exercises benefits not only physical health, but mental health as well.

8- Cognitive development is one of the several domains of human development. This particular domain deals with the changes in the way we mentally perceive and process information that occurs as we develop. These changes can be positive or negative.

Piaget's theory focuses on intelligence and how it changes as children grow up. While Vygotsky centers on the social action and he defines intelligences as the capacity to learn from teaching.

Piaget's theory is about child intellectual development and the gaining of knowledge. While Vygotsky's main theory was how culture influence development, through language and the society.

Chapter 12

15- The difference between continuous and discontinuous development is that continuous development views development a slow continuous process. In contrast, discontinuous development focuses on how our genetic predispositions progress human development through distinct stages. Continuous v discontinuous in human development is a back-and-forth debate, especially in developmental psychology, similar to the nature versus nurture debate and the stability versus change debate.

17- Romantic love is also called passionate love and includes strong sexual tension and begins in the early period of friendships. Many emotions are included in romantic love, such as: desire, joy, anger, sexual desire, and passion. Many problems arise from romantic love because of jealousy and lack of communication, which tend to be less severe for friendships. Romantic love differentiates from affectionate love because in affectionate love, someone desires to have another person and they tend to have a deep affection towards that person. Even a very simple demonstration of affection can have a broad variety of emotional reactions, from embarrassment to disgust to pleasure and annoyance. It also has a different physical effect on the giver and the receiver compared to romantic love. Friendship plays a very important role through the lifespan because it starts much earlier than romantic and affectionate love. A friend is a person whom one knows and with whom one has a bond of mutual affection. This affection is not necessarily too strong unless an attraction towards the other person grew and become eminent. We often tell our friends more than our sexual partners and rely on them for comfort when intimate relationships are having problems.

19- Feeling lonely at college is normal but it does not have to be endured. Students can combat loneliness by getting involved in campus activities, staying in contact with those they love at home and using campus resources. With a little effort, they will start to meet people and their loneliness will subside. However, if the loneliness starts to feel unbearable or interferes with their day-to-day life and activities, it is important that they reach out for help. Empower your child to seek the help of a mental health professional at the college's health center. There they will find tools and strategies for coping with loneliness in a healthy and productive way.

Required question.

Adulthood is generally defined as the time between adolescence and middle age. Roughly, this means between ages twenty and forty. Some psychologists define it slightly differently, like between ages seventeen and thirty five. But in general, early adulthood is the time between adolescence and middle age.

Physical and physiological changes during adulthood: Physical changes in early adulthood include reaching full height and weight, muscles, gains, and a slight increase in body fat. Early adults also peak in physiological functioning as they experience increased muscle strength, reaction time, agility bone density, and cardiac functioning.

Physical development in adulthood refers to the physical changes that occur in an individual between the ages of 20 and 40. Physical abilities, such as height, weight physiological functioning peak, start to decline as the aging process begins around age 35. Physiological development including muscle, strength, reaction time, sensory abilities. The reproductive system, motor skills, strength, and lung capacity are all operating at their best. Most professional athletes are the top of their game during this stage, and many women have children in the early adulthood years.