

Tessa Pearce

Professor Maret

Human Growth and Development

4 April 2023

### **Unit 5-Early Adulthood Essay Questions**

#### **Required Question**

Early adulthood is a period of significant physical and physiological changes as individuals transition from adolescence to adulthood. Some of the key changes during this period include: physical growth, brain development, hormonal changes, emotional development and social development.

Physical growth typically slows down by early adulthood. Most individuals have reached their maximum height by this time, and their bodies have fully matured. However, individuals may still experience changes in body composition and muscle mass, especially if they engage in regular physical activity. The brain continues to develop during early adulthood, particularly in areas related to decision-making, impulse control, and long-term planning. This period is critical for developing cognitive skills that are necessary for success in adulthood.

Hormonal changes also continue to occur during early adulthood, particularly for women.

Women may experience changes in their menstrual cycle, while men may experience changes in their testosterone levels. Emotional development is an important aspect of early adulthood.

Individuals in this age range may experience changes in their emotional regulation, and may become more independent and self-reliant. Finally, social development is also critical during

early adulthood. Individuals may begin to form long-term relationships, such as romantic partnerships or close friendships. They may also develop a stronger sense of their own identity and values.

Overall, early adulthood is a time of significant physical, emotional, and social changes as individuals navigate the transition from adolescence to adulthood.

## **Chapter 11**

### **Question 1**

The transition to college and the transition to middle school are two significant developmental milestones in a student's life. Here are some comparisons and contrasts between these two transitions.

The transition to middle school typically occurs around the ages of 11-13, while the transition to college typically occurs around the ages of 18-19. Middle school is often a smaller and more contained environment, while college is a larger and more diverse setting with more freedom and responsibility. In middle school, students are transitioning from elementary school and learning new academic skills and knowledge, while in college, students are expected to be more independent and take responsibility for their own learning. Also, in middle school, students are often adjusting to new social norms and hierarchies, while in college, students have greater opportunities to form new relationships and explore their identities.

Family involvement is a key difference between the two. In middle school, parents are often more involved in their child's education, while in college, students are expected to take more responsibility for their own lives and decisions. Both transitions involve significant developmental changes, such as the emergence of new cognitive, emotional, and social skills, but the specific changes and challenges may differ.

In summary, the transition to college and middle school are both very significant to an individual but they differ in terms of age range, school structure, academic and social expectations, family involvement, and developmental changes. Both transitions can be challenging, but they also offer opportunities for growth and learning.

### **Question 3**

If I knew someone who was considering a weight-loss program, here are some pieces of advice that I would give to them.

I would make sure that they consult with a healthcare professional. Before starting any weight loss program, it's essential to do this especially if you have underlying health conditions. A healthcare professional can provide advice tailored to your individual needs and help you make healthy and safe choices. I would suggest that they set realistic goals. While it's tempting to want to lose weight quickly, it's essential to set goals within reach. Losing weight at a rate of 1-2 pounds per week is safe and sustainable. Setting unrealistic goals can lead to disappointment and frustration, making it harder to stick to your weight loss plan.

I would suggest the consumption of a balanced diet that includes whole, nutrient-dense foods. I would make them consider working with a registered dietitian who can help them create a personalized meal plan that meets nutritional needs and helps them to achieve their weight loss goals. I would make sure they participate in regular physical activity as it is an essential component of any weight loss program. Eating the correct foods can only go so far. They should aim for at least 150 minutes of moderate-intensity aerobic activity per week, such as brisk walking or cycling, along with muscle-strengthening activities at least two days per week. I would suggest they keep track of their progress and hold themselves accountable as this can be a powerful motivator. I could tell them to consider keeping a food journal or using a weight loss app to track their progress and stay on track.

In my opinion the most important thing is to keep reinforcing the support by reminding them that weight loss is a journey that requires patience, persistence, and a commitment to making healthy choices.

#### **Question 4**

Current research on exercise supports the idea that a well-rounded exercise program that includes a combination of aerobic exercise, resistance training, and flexibility exercises is the most effective for overall health and fitness.

Aerobic exercise, such as running, cycling, or swimming, is important for improving cardiovascular health, increasing endurance, and burning calories. Resistance training, such as weight lifting or bodyweight exercises, is important for building and maintaining muscle mass, improving bone density, and boosting metabolism. Flexibility exercises, such as stretching or yoga, are important for maintaining range of motion, reducing the risk of injury, and promoting relaxation.

Additionally, current research emphasizes the importance of individualizing exercise programs based on a person's fitness level, goals, and health conditions. It's important to consult with a healthcare professional or certified fitness professional to design a safe and effective exercise program that meets individual needs.

## **Question 12**

Likewise in any debate, there are many factors for either side. Factors that may encourage an individual from entering into a dual career marriage may include: shared values, financial stability, increased independence and equal partnership.

In these relationships, both partners value career success and support each other's ambitions. Dual-income households have higher earning potential, which can lead to financial stability and provide more opportunities for personal and professional growth. Dual-career couples also often have the financial independence to pursue their own interests and passions, which can be fulfilling for both partners. Finally, both partners typically share household responsibilities and contribute equally to the relationship.

On the other hand, factors that may discourage can include: work life balance, stress, relocation and job competition.

Dual-career marriages can be demanding, and it can be challenging to balance work responsibilities with personal and family life. The demands of two careers can be stressful, leading to burnout, job dissatisfaction, and marital strain. In addition, one partner's career may require relocation, which can disrupt the other partner's career and personal life. Finally, these types of couples may face competition for jobs or promotions, which can create tension in the relationship.

Overall, the decision to enter into a dual-career marriage is a personal one that depends on the individual's values, goals, and circumstances.

## **Chapter 12**

### **Question 17**

Romantic love is a passionate and intense type of love often associated with the early stages of a romantic relationship. It involves feelings of infatuation, attraction, and a strong desire to be with the other person. Romantic love is often characterized by physical and emotional closeness, a strong sexual attraction, and a desire for exclusivity and commitment.

Affectionate love, also known as companionate love, is a type of love that is warm, tender, and compassionate. It involves feelings of deep caring, trust, and intimacy, often associated with long-term relationships such as marriages or committed partnerships. Affectionate love is characterized by a sense of deep connection, mutual support, and shared experiences.

Friendship is a type of love that involves a deep connection between individuals based on shared interests, values, and experiences. Friendship is characterized by mutual respect, trust, and understanding. Unlike romantic or affectionate love, friendship does not typically involve sexual attraction or a desire for exclusivity or commitment.

In summary, romantic love is characterized by passion and attraction, affectionate love by warmth and tenderness, and friendship by mutual respect and shared experiences. While each type of love is unique, all are essential for building meaningful relationships and fostering emotional well-being.

## **Question 19**

Loneliness is a common experience among college students, especially those who are far away from home or have a limited social circle. Here are some strategies that can help reduce feelings of loneliness:

**Join clubs or organizations:** College campuses offer a range of clubs and organizations that cater to a variety of interests. Joining one or more of these groups can provide opportunities to meet like-minded people and form connections with others who share your interests.  
**Attend campus events:** Colleges often host a wide range of events, from sports games to guest lectures to cultural festivals. Attending these events can be a great way to get out of your room and meet new people.  
**Participate in group activities:** Whether it's a group project for class or a pickup game of basketball, participating in group activities can provide opportunities to interact with others and build connections.

**Volunteer:** Volunteering for a cause you care about can be a great way to meet new people while also making a positive impact.  
**Reach out to others:** If you're feeling lonely, chances are others are too. Reach out to classmates or roommates and invite them to grab a meal or study together. Initiating social interactions can help build friendships and reduce feelings of isolation.  
**Seek support:** If you're struggling with loneliness or other mental health concerns, don't hesitate to seek support from a counselor or mental health professional. Many colleges offer counseling services for students, and talking to someone can help you develop coping strategies and feel less alone.

Overall, there are many strategies college students can use to reduce feelings of loneliness. By actively seeking out social connections and support, you can improve your mental health and enjoy a more fulfilling college experience.

## **Question 22**

The lives of single adults can be diverse and complex, and it is important to recognize that being single is a valid and normal life choice. Some generalizations about the lives of single adults are a big social life, very career focused, more time for hobbies, more opportunities for personal growth, different attitudes towards relationships. These are all very much stereotypes and by no means true to every single adult.

Single adults may have a rich and fulfilling social life. They can develop close relationships with friends, family members, and colleagues, and they may engage in a variety of social activities, such as attending concerts, going out to dinner, or traveling. They may focus on their career development and have more flexibility to pursue their professional goals. They may work long hours, travel frequently, or pursue advanced degrees or certifications.

Single adults also may have more time to pursue their hobbies and interests. They may take classes, join clubs, or engage in other activities that bring them joy and fulfillment. They may have more opportunities for personal growth and self-discovery. They can explore their values, beliefs, and goals, and they may engage in activities that promote personal development, such as meditation or therapy. Finally, single adults may have different attitudes toward relationships. Some may enjoy being single and prioritize their independence, while others may actively seek out romantic partners.

It is important to recognize that being single is perfectly normal and the stereotype that single adults are abnormal is unfounded. The choice to be single can be based on personal preferences,

values, or life circumstances, and it is not indicative of any character flaw or deficiency.

Additionally, studies have shown that single adults can have a fulfilling and happy life, with social connections, career success, and personal growth. Stereotyping single adults as abnormal can lead to social stigma and discrimination, which can be harmful to individuals and society as a whole.