

# Detailed Chapter Outline with Key Terms

## Chapter 9: Physical and Cognitive Development in Middle Adulthood

**Focus:** Ann Bancroft, Polar Explorer

### PHYSICAL DEVELOPMENT

#### ASPECTS OF PHYSICAL DEVELOPMENT

##### Growth

##### Nutrition and Sleep

##### Motor Development

##### Recess-time Play

- **Rough-and-tumble play:** Vigorous play involving wrestling, hitting, and chasing, often accompanied by laughing and screaming.

##### *Organized Sports*

#### HEALTH, FITNESS, AND SAFETY

##### Obesity/Overweight

##### *Causes of Overweight*

##### *Why Is Childhood Overweight a Serious Concern?*

##### *Prevention and Treatment of Overweight*

##### *Overweight and Childhood Hypertension*

- **Hypertension:** High blood pressure.

##### Other Medical Problems

- **Acute medical conditions:** Illnesses that last a short time.
- **Chronic medical conditions:** Illnesses or impairments that persist for a least 3 months.

##### *Vision and Hearing Problems*

##### *Asthma*

- **Asthma:** A chronic respiratory disease characterized by sudden attacks of coughing, wheezing, and difficulty in breathing.

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*HIV and AIDS*

Accidental Injuries

#### COGNITIVE DEVELOPMENT

##### PIAGETIAN APPROACH: THE CONCRETE OPERATIONAL CHILD

- **Concrete operations:** Third stage of Piagetian cognitive development (approximately from ages 7 to 12), during which children develop logical but not abstract thinking.

Cognitive Advances

*Spatial Relationships and Causality*

*Categorization*

- **Seriation:** Ability to order items along a dimension.
- **Transitive inference:** Understanding of the relationship between two objects by knowing the relationship of each to a third object.
- **Class inclusion:** Understanding of the relationship between a whole and its parts.

*Inductive and Deductive Reasoning*

- **Inductive reasoning:** Type of logical reasoning that moves from particular observations about members of a class to a general conclusion about that class.
- **Deductive reasoning:** Type of logical reasoning that moves from a general premise about a class to a conclusion about a particular member or members of the class.

*Conservation*

- **Identity:** Knowledge that a substance retains its nature even when it looks different.
- **Reversibility:** Knowledge that reversing an action will cause the substance to revert to its former appearance.
- **Decenter:** Ability to focus on more than one feature of a stimulus at a time.
- **Horizontal décalage:** Piaget's term for inability to transfer learning about one type of conservation to other types, which causes a child to master different types of conservation tasks at different ages.

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*Number and Mathematics*

*Influences of Neurological Development and Processing Skills*

Moral Reasoning

- *Equity*: The belief that one person may be treated differently than another because of special circumstances that are taken into account.

INFORMATION PROCESSING: MEMORY AND OTHER PROCESSING SKILLS

Memory and Other Processing Skills

*Metamemory: Understanding Memory*

- **Metamemory**: Understanding of processes of memory.
- **Metacognition**: Awareness of one's own thinking processes.

*Mnemonics: Strategies for Remembering*

- **Mnemonic strategies**: Techniques to aid memory.
- **External memory aids**: Mnemonic strategies using something outside the person.
- **Rehearsal**: Mnemonic strategy to keep an item in working memory through conscious repetition.
- **Organization**: Mnemonic strategy of categorizing material to be remembered.
- **Elaboration**: Mnemonic strategy of making mental associations involving items to be remembered.

*Selective Attention*

PSYCHOMETRIC APPROACH: ASSESSMENT OF INTELLIGENCE

- **Otis-Lennon School Ability Test**: Group intelligence test for kindergarten through twelfth grade.
- **Wechsler Intelligence Scale for Children (WISC-III)**: Individual intelligence test for schoolchildren, which yields verbal and performance scores as well as a combined score.

The IQ Controversy

*Influence of Schooling*

*Influences of Ethnicity and Culture*

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- **Cultural bias:** Tendency of intelligence tests to include items calling for knowledge or skills more familiar or meaningful to some cultural groups than to others.
- **Culture-free:** Describing an intelligence test that, if it were possible to design, would have no culturally linked content.
- **Culture-fair:** Describing an intelligence test that deals with experiences common to various cultures, in an attempt to avoid cultural bias.
- *Successful intelligence:* Skills and knowledge needed for success within a particular social and cultural context.
- **Culture-relevant:** Describing an intelligence test that would draw on and adjust for culturally related content.

#### Is There More Than One Intelligence?

##### *Sternberg's Triarchic Theory of Intelligence*

- **Triarchic theory of intelligence:** Sternberg's theory describing three types of intelligence: componential (analytic ability), experiential (insight and originality), and contextual (practical thinking).
- **Componential element:** Sternberg's term for the analytic aspect of intelligence.
- *Analytic:* In Sternberg's theory, the ability to process information efficiently, as in problem-solving.
- **Experiential element:** Sternberg's term for the insightful aspect of intelligence.
- *Insightful:* In Sternberg's theory, the ability to think originally and creatively.
- **Contextual element:** Sternberg's term for the practical aspect of intelligence.
- *Practical:* In Sternberg's theory, the ability to size up a situation and decide what to do: adapt to it, change it, or get out of it.
- **Tacit knowledge:** Sternberg's term for information that is not formally taught or openly expressed, but is necessary to get ahead.
- The Sternberg Triarchic Abilities Test (STAT): Test that seeks to measure each of the three components of intelligence through multiple-choice and essay questions in three domains: verbal, quantitative, and figural (or spatial).

##### Gardner's Theory of Multiple Intelligences

- **Theory of multiple intelligences:** Gardner's theory that each person has several distinct forms of intelligence.

##### *Other New Directions in Intelligence Testing*

- **Kaufman Assessment Battery for Children (K-ABC):** Nontraditional individual intelligence test designed to provide fair assessments of minority children and children with disabilities.
- *Dynamic testing:* Testing of intelligence based on Vygotsky's theory of cognitive development and the zone of proximal development.

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### LANGUAGE AND LITERACY

#### Vocabulary, Grammar, and Syntax

- *Simile and metaphor*: Figures of speech in which a word or phrase that usually designates one thing is compared or applied to another.
- *Syntax*: How words are organized into phrases and sentences.

#### Pragmatics: Knowledge about Communications

- *Pragmatics*: Set of linguistic rules that govern the use of language for communication.

#### Literacy

##### *Reading*

- **Decoding**: Process by which a child sounds out a word, translating it from print to speech before retrieving it from long-term memory.
- **Visually based retrieval**: Process by which a child simply looks at a word and then retrieves it.
- **Phonetic, or code-emphasis approach**: Approach to teaching reading that emphasizes decoding of unfamiliar words.
- **Whole-language approach**: Approach to teaching reading that emphasizes visual retrieval and use of contextual cues.

##### *Writing*

### THE CHILD IN SCHOOL

#### Entering First Grade

#### Influences on School Achievement

##### *The Child: Self-Efficacy Beliefs and Gender*

- *Self-efficacy*: Belief that one's actions will bring about a particular result, either favorable or unfavorable.

##### *Parenting Practices*

- *Extrinsic*: Refers to things that are external to oneself, such as money or rewards.
- *Intrinsic*: Refers to things that are internal, such as pride of accomplishment.

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- *Authoritative*: Parenting style blending respect for a child's individuality with an effort to instill social values.
- *Authoritarian*: Parenting style emphasizing control and obedience.
- *Permissive*: Parenting style emphasizing self-expression and self-regulation.

#### *Socioeconomic Status*

- **Social capital**: Family and community resources on which a child can draw.

#### *Teacher Expectations*

- **Self-fulfilling prophecy**: False expectation or prediction of behavior that tends to come true because it leads people to act as if it already were true.

#### *The Educational System*

##### *The School Environment*

##### *Current Educational Innovations*

- **Social promotion**: Policy of automatically promoting children even if they do not meet academic standards.

##### *Computer and Internet Use*

##### *The Culture*

#### Second-Language Education

- **English-immersion**: Approach to teaching English as a second language in which instruction is presented only in English.
- **Bilingual education**: System of teaching non-English-speaking children in their native language while they learn English, and later switching to all-English instruction.
- **Bilingual**: Fluent in two languages.
- **Two-way (dual-language) learning**: Approach to second-language education in which English speakers and non-English speakers learn together in their own and each other's languages.

#### Children with Learning Problems

##### *Mental Retardation*

- **Mental retardation**: Significantly subnormal cognitive functioning.

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#### *Learning Disabilities*

- **Dyslexia:** Developmental disorder in which reading achievement is substantially lower than predicted by IQ or age.
- **Learning disabilities (LDs):** Disorders that interfere with specific aspects of learning and school achievement.
- *Phonological processing:* The ability to recognize that words consist of smaller units of sounds, which are represented by printed letters.

#### *Attention Deficits/Hyperactivity Disorder*

- **Attention-deficit/hyperactivity disorder (ADHD):** Syndrome characterized by persistent inattention and distractibility, impulsivity, low tolerance for frustration, and inappropriate overactivity.

#### *Educating Children with Disabilities*

##### Gifted Children

- *Giftedness:* Term applied to children who meet some criteria, such as high scores (130 or above) on tests of intelligence.

#### *Identifying Gifted Children*

#### *Defining and Measuring Creativity*

- **Creativity:** Ability to see situations in a new way, to produce innovations, or to discern previously unidentified problems and find novel solutions.
- **Convergent thinking:** Thinking aimed at finding the “one” right answer to a problem.
- **Divergent thinking:** Thinking that produces a variety of fresh, diverse possibilities.

#### *Educating Gifted Children*

- **Enrichment:** Approach to educating the gifted, which broadens and deepens knowledge and skills through extra activities, projects, field trips, or mentoring.
- **Acceleration:** Approach to educating the gifted, which moves them through the curriculum at an unusually rapid pace.