**AP PSYCHOLOGY 2022-23 January 23, 2023**

**Today’s Agenda (Day 93)**

1. HOMEWORK CHECK

🡪 Unit 8 Vocabulary

1. Class Activity:

**🡪 TEST: Unit 8**

\*Go to [www.socrative.com](http://www.socrative.com) 🡪 enter room “MSBPSYCH” 🡪 enter ID #

**🡪** TUESDAY: “STRESS LESS FEST” DAY - Debriefing

🡪WEDNESDAY: Unit 9 PPT Review

1. Module 45 - Developmental Issues, Prenatal Development and the Newborn
2. Module 46 - Infancy and Childhood: Physical Development
3. Module 47 - Infancy and Childhood: Cognitive Development
4. Module 48 - Infancy and Childhood: Social Development
5. Module 49 – Gender Development
6. Module 50 – Parents, Peers, and Early Experiences
7. Module 51 – Adolescence: Physical & Cognitive Development
8. Module 52 – Adolescence: Social Development & Emerging Adulthood
9. Module 53 – Sexual Development
10. Module 54 – Adulthood: Physical, Cognitive and Social Development

HOMEWORK:

* READ: Unit 8 – Motivation, Emotion, and Stress
* READ: Unit 9 – Developmental Psychology
* COMPLETE:
* STUDY: Unit 8 Test

Unit 9

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| accommodation | acquired immune deficiency syndrome | adolescence | aggression | assimilation |
| attachment | Autistic spectrum disorder | Basic trust | Cognition | Concrete operational stage |
| Conservation | Critical period | Cross-sectional study | Developmental psychology | Egocentrism |
| Embryo | Emerging adulthood | Fetal alcohol syndrome | fetus | Formal operational stage |
| Gender | Gender identity | Gender role | Gender typing | Habituation |
| Identity | Imprinting | Intimacy | Longitudinal study | Maturation |
| Menarche | Menopause | Object permanence | Preoperational stage | Primary sexual characteristics |
| Puberty | Role | Schema | Secondary sexual characteristics | Self-concept |
| Sensorimotor stage | Sexual orientation | Social clock | Social identity | Social learning theory |
| Stranger anxiety | Temperament | Teratogens | Testosterone | Theory of mind |
| Transgender | X chromosome | Y chromosome | zygote |  |

REMINDERS:

* **TEST: Unit 8 🡪 ~~Wednesday, Jan. 18~~ Jan. 23**

**AP PSYCHOLOGY 2022-23 CLASS REVIEW**

**Handout 37-1:** **Fact or Falsehood?**

Read each statement and decide whether you believe it is true or false.

T F 1. Scientists have identified the 10 key human instincts, including smiling, talking, and blinking.

T F 2. People perform better under high levels of stress rather than moderate or low levels of stress.

T F 3. Our bodies strive to maintain balance with physical functions such as temperature, heart rate, and breathing.

T F 4. In order for us to be self-fulfilled, we must satisfy our more basic needs of hunger and safety.

**Handout 38-1:** **Fact or Falsehood?**

T F 1. Hunger is controlled by how full the stomach is.

T F 2. The body views dieting as starvation and triggers hunger sensations so the person will eat to gain weight back.

T F 3. Some people simply eat when in the presence of food and not when they are hungry.

T F 4. Studies have shown that different cultures around the world tend to view obesity with a similar disapproval.

T F 5. In hot climates, recipes often include several spices that inhibit the growth of bacteria that can spoil food.

**Handout 39-1:** **Fact or Falsehood?**

T F 1. Human sex hormones work much like fuel in a car: without fuel, the car will not run.

T F 2. The most exposed people are to sexually stimulating images, the more intense the response to that material becomes.

T F 3. Both men and women have natural levels of testosterone in their systems.

**Handout 40-1:** **Fact or Falsehood?**

T F 1. Evolutionary psychology shows that adults who entered into solo combat were much better hunters than those who hunted in groups.

T F 2. When asked to describe an experience that made them feel bad about themselves, people will more often than not describe a relationship difficulty.

T F 3. Taking pain-relievers can less the negative feelings of social as well as physical pain.

T F 4. People who spend lots of time online tend to do pretty well maintaining offline relationships. T F 5. People who score high on narcissism measures are especially active on social networking sites.

**Handout 41-1:** **Fact or Falsehood?**

T F 1. Researchers are pretty sure that physical arousal must precede the emotional experience.

T F 2. People with spinal cord injuries report that they feel emotions less intensely.

T F 3. Polygraphs don’t literally detect lies.

T F 4. Fortunately, several spies have been caught using polygraphs.

**Handout 42-1:** **Fact or Falsehood?**

T F 1. Authentic smiles tend to be briefer and fade less abruptly.

T F 2. People have become very good at detecting deception, identifying over 60% of lies accurately.

T F 3. Studies show that women are no better than men at reading people’s emotional cues.

T F 4. The “ok” sign used in the US is considered offensive in other cultures.

T F 5. It is difficult for people in the US to identify the basic emotional expressions of people in New Guinea.

**Handout 43-1:** **Fact or Falsehood?**

T F 1. Stress can have positive effects.

T F 2. Nearly everyone appraises catastrophes as threatening.

T F 3. Happy events are not considered “stressful” by psychologists.

T F 4. The human body deals with prolonged stress better than temporary stress.

T F 5. Women respond to stress with nurturing and banding together.

**Handout 44-1:** **Fact or Falsehood?**

T F 1. Surgical wounds heal more slowly in stressed people.

T F 2. Stressed people are more vulnerable to chronic disease, but not colds.

T F 3. Stress is linked to greater susceptibility to certain types of cancer.

T F 4. Type A and Type B personality types are largely a myth of pop culture.

**Handout 37-2 Work and Family Orientation Questionnaire**

Rate yourself on each item below, using the following scale.

1 = strongly disagree

2 = somewhat disagree

3 = neither agree nor disagree

4 = somewhat agree

5 = strongly agree

Work

\_\_\_\_\_ 1. It is important to me to do my work as well as I can, even if it isn’t popular with my coworkers.

\_\_\_\_\_ 2. I find satisfaction in working as well as I can.

\_\_\_\_\_ 3. There is satisfaction in a job well done.

\_\_\_\_\_ 4. I find satisfaction in exceeding my previous performance even if I don’t outperform others.

\_\_\_\_\_ 5. I like to work hard.

\_\_\_\_\_ 6. Part of my enjoyment in doing things is improving my past performance.

Mastery

\_\_\_\_\_ 7. I would rather do something at which I feel confident and relaxed than something which is challenging and difficult.

\_\_\_\_\_ 8. When a group I belong to plans an activity, I would rather direct it myself than just help out and have someone else organize it.

\_\_\_\_\_ 9. I would rather learn easy, fun games than difficult, thought games.

\_\_\_\_\_ 10. If I am not good at something, I would rather keep struggling to master it than move on to something I may be good at.

\_\_\_\_\_ 11. Once I undertake a task, I persist.

\_\_\_\_\_ 12. I prefer to work in situations that require a high level of skill.

\_\_\_\_\_ 13. I more often attempt tasks that I am not sure I can do than tasks that I believe I can do.

\_\_\_\_\_ 14 I like to be busy all the time.

Competitiveness

\_\_\_\_\_ 15. I enjoy working in situations involving competition with others.

\_\_\_\_\_ 16. It is important to me to perform better than others on a task.

\_\_\_\_\_ 17. I feel that winning is important in both work and games.

\_\_\_\_\_ 18. It annoys me when other people perform better than I do.

\_\_\_\_\_ 19. I try harder when I’m in competition with other people.

**Handout 38-2 Survey of Eating Habits**

Read each statement and decide if it is true as applied to you or false as applied to you. Do not omit any of the items. Mark either true or false before every one by placing a check mark in the True or the False column.

True False

I. PAST ATTITUDES AND HABITS

\_\_\_\_ \_\_\_\_ 1. My family seldom argued at the dinner table.

\_\_\_\_ \_\_\_\_ 2. Many different types of meals were served at our house.

\_\_\_\_ \_\_\_\_ 3. I did not particularly care for the food served at home.

\_\_\_\_ \_\_\_\_ 4. My mother was a good cook.

\_\_\_\_ \_\_\_\_ 5. Our family seemed to be in a better disposition at and shortly after meals than before.

\_\_\_\_ \_\_\_\_ 6. My mother enjoyed cooking.

\_\_\_\_ \_\_\_\_ 7. Meals were simple but substantial in our family.

\_\_\_\_ \_\_\_\_ 8. My mother served desserts frequently.

\_\_\_\_ \_\_\_\_ 9. Discipline was usually enforced shortly before or after the evening meal.

\_\_\_\_ \_\_\_\_ 10. Mealtimes were quite unhurried; in fact, they took on the aspect of a social activity.

\_\_\_\_ \_\_\_\_ 11. My father enjoyed eating.

\_\_\_\_ \_\_\_\_ 12. I enjoyed eating.

\_\_\_\_ \_\_\_\_ 13. Younger members of the family were requested not to talk too much at meals.

\_\_\_\_ \_\_\_\_ 14. My family often celebrated something important by going to a restaurant.

\_\_\_\_ \_\_\_\_ 15. Less than an average amount of conversation occurred at mealtime in my family.

\_\_\_\_ \_\_\_\_ 16. My father tended to dampen mealtime conversation.

\_\_\_\_ \_\_\_\_ 17. Conversation at meals was more light than serious.

\_\_\_\_ \_\_\_\_ 18. Business matters and chores were often discussed at meals.

\_\_\_\_ \_\_\_\_ 19. Flowers or candies were sometimes placed on the table at evening meals.

\_\_\_\_ \_\_\_\_ 20. Sometimes my mother would give me my favorite food when I was sick or unhappy.

\_\_\_\_ \_\_\_\_ 21. My mother used to take special precautions to avoid giving us contaminated food.

\_\_\_\_ \_\_\_\_ 22. The emphasis was on nutritional meals in our family.

\_\_\_\_ \_\_\_\_ 23. My mother liked cooking least of all household chores.

\_\_\_\_ \_\_\_\_ 24. Meals were quite elaborate in our family.

\_\_\_\_ \_\_\_\_ 25. Individuals other than my immediate family, such as grandparents, usually participated in the evening meal.

\_\_\_\_ \_\_\_\_ 26. Following the main meal, I tended to linger about the table talking and so on, rather than leaving the table.

\_\_\_\_ \_\_\_\_ 27. My mother enjoyed eating.

\_\_\_\_ \_\_\_\_ 28. Sometimes I felt like leaving the table before the meal was over.

\_\_\_\_ \_\_\_\_ 29. My mother fixed my favorite foods when I was sick.

\_\_\_\_ \_\_\_\_ 30. At restaurants everything I ordered had to be eaten.

\_\_\_\_ \_\_\_\_ 31. Eating out was infrequent.

\_\_\_\_ \_\_\_\_ 32. The entire family was usually present at the evening meal.

\_\_\_\_ \_\_\_\_ 33. On my birthdays, I helped plan the menu.

\_\_\_\_ \_\_\_\_ 34. My mother tended to dampen mealtime conversation.

\_\_\_\_ \_\_\_\_ 35. Discipline was often applied at mealtime.

\_\_\_\_ \_\_\_\_ 36. Family meals were more hurried than unhurried.

\_\_\_\_ \_\_\_\_ 37. My father sometimes scolded us at the evening meal.

\_\_\_\_ \_\_\_\_ 38. At breakfast, I often read what was printed on the cereal boxes.

II. PRESENT ATTITUDES AND HABITS

\_\_\_\_ \_\_\_\_ 39. Mealtime is usually pleasant in my home.

\_\_\_\_ \_\_\_\_ 40. I like to smell food cooking.

\_\_\_\_ \_\_\_\_ 41. In general, I prefer a slow, leisurely meal to a quick, hurried one.

\_\_\_\_ \_\_\_\_ 42. I like many different types of food.

\_\_\_\_ \_\_\_\_ 43. I tend to be underweight.

\_\_\_\_ \_\_\_\_ 44. At a party, I tend to eat a lot of peanuts.

\_\_\_\_ \_\_\_\_ 45. I do not care much for desserts.

\_\_\_\_ \_\_\_\_ 46. I seldom like to try a new food.

\_\_\_\_ \_\_\_\_ 47. I often get indigestion or heartburn.

\_\_\_\_ \_\_\_\_ 48. If I am very busy, I may forget all about eating.

\_\_\_\_ \_\_\_\_ 49. Shopping for groceries is unpleasant.

\_\_\_\_ \_\_\_\_ 50. I like to eat foreign foods.

\_\_\_\_ \_\_\_\_ 51. A good wife must be a good cook.

\_\_\_\_ \_\_\_\_ 52. I think that going to an expensive restaurant is a good way to celebrate an important event such as an anniversary or a birthday.

\_\_\_\_ \_\_\_\_ 53. I have a tendency to gain weight.

\_\_\_\_ \_\_\_\_ 54. Sometimes I have a craving for sweets.

\_\_\_\_ \_\_\_\_ 55. I tend to be quiet rather than talkative.

\_\_\_\_ \_\_\_\_ 56. If a child refuses dinner, he should be made to eat.

\_\_\_\_ \_\_\_\_ 57. I almost never eat between meals.

\_\_\_\_ \_\_\_\_ 58. I dislike many foods.

\_\_\_\_ \_\_\_\_ 59. I enjoy eating at restaurants.

\_\_\_\_ \_\_\_\_ 60. I often eat while I am watching television.

\_\_\_\_ \_\_\_\_ 61. Watching people eat makes me hungry.

\_\_\_\_ \_\_\_\_ 62. People who eat heartily in public have bad manners.

\_\_\_\_ \_\_\_\_ 63. I often buy refreshments at movies, ball games, and similar events.

\_\_\_\_ \_\_\_\_ 64. I sometimes reward myself by eating.

\_\_\_\_ \_\_\_\_ 65. When depressed, I sometimes eat my favorite foods.

**Handout 42-2 Emotional Expressivity Scale**

Respond to each of the statements as they apply to you, using the following scale:

1 = never true of me

2 = rarely true of me

3 = occasionally true of me

4 = often true of me

5 = generally true of me

6 = always true of me

\_\_\_\_\_ 1. I think of myself as emotionally expressive.

\_\_\_\_\_ 2. People think of me as an unemotional person.

\_\_\_\_\_ 3. I keep my feelings to myself.

\_\_\_\_\_ 4. I am often considered indifferent by others.

\_\_\_\_\_ 5. People can read my emotions.

\_\_\_\_\_ 6. I display my emotions to other people.

\_\_\_\_\_ 7. I don’t like to let other people see how I’m feeling.

\_\_\_\_\_ 8. I am able to cry in front of other people.

\_\_\_\_\_ 9. Even if I am feeling very emotional, I don’t let others see my feelings.

\_\_\_\_\_ 10. Other people aren’t easily able to observe what I’m feeling.

\_\_\_\_\_ 11. I am not very emotionally expressive.

\_\_\_\_\_ 12. Even when I’m experiencing strong feelings, I don’t express them outwardly.

\_\_\_\_\_ 13. I can’t hide the way I’m feeling.

\_\_\_\_\_ 14. Other people believe me to be very emotional.

\_\_\_\_\_ 15. I don’t express my emotions to other people.

\_\_\_\_\_ 16. The way I feel is different from how others think I feel.

\_\_\_\_\_ 17. I hold my feelings in.

**Handout 42-3 The Affect Intensity Measure Questionnaire**

The following questions refer to emotional reactions to typical life events. Please indicate how you react to these events by placing a number from the following scale in the blank space preceding each item. Please base your answer on how you react, not on how you think others react or how you think a person should react.

1 = almost

2 = almost never

3 = never

4 = occasionally

5 = usually always

6 = always

\_\_\_\_\_ 1. When I accomplish something difficult I feel delighted or elated.

\_\_\_\_\_ 2. When I feel happy it is a strong type of exuberance.

\_\_\_\_\_ 3. I enjoy being with other people very much.

\_\_\_\_\_ 4. I feel pretty bad when I tell a lie.

\_\_\_\_\_ 5. When I solve a small personal problem, I feel euphoric.

\_\_\_\_\_ 6. My emotions tend to be more intense than those of most people.

\_\_\_\_\_ 7. My happy moods are so strong that I feel like I’m in heaven.

\_\_\_\_\_ 8. I get overly enthusiastic.

\_\_\_\_\_ 9. If I complete a task I thought was impossible, I am ecstatic.

\_\_\_\_\_ 10. My heart races at the anticipation of some exciting event.

\_\_\_\_\_ 11. Sad movies deeply touch me.

\_\_\_\_\_ 12. When I’m happy it’s a feeling of being untroubled and content rather than being zestful and aroused.

\_\_\_\_\_ 13. When I talk in front of a group for the first time my voice gets shaky and my heart races.

\_\_\_\_\_ 14. When something good happens, I am usually more jubilant than others are.

\_\_\_\_\_ 15. My friends might say I’m emotional.

\_\_\_\_\_ 16. The memories I like the most are of those times when I felt content and peaceful rather than zestful and enthusiastic.

\_\_\_\_\_ 17. The sight of someone who is hurt badly affects me strongly.

\_\_\_\_\_ 18. When I’m feeling well it’s easy for me to go from being in a good mood to being really joyful.

\_\_\_\_\_ 19. “Calm and cool” could easily describe me.

\_\_\_\_\_ 20. When I’m happy I feel like I’m bursting with joy.

\_\_\_\_\_ 21. Seeing a picture in a newspaper of a violent car accident makes me feel sick to my stomach.

\_\_\_\_\_ 22. When I’m happy I feel very energetic.

\_\_\_\_\_ 23. When I receive an award I become overjoyed.

\_\_\_\_\_ 24. When I succeed at something, my reaction is calm contentment.

\_\_\_\_\_ 25. When I do something wrong I have strong feelings of shame and guilt.

\_\_\_\_\_ 26. I can remain calm even on the most trying days.

\_\_\_\_\_ 27. When things are going well I feel “on top of the world.”

\_\_\_\_\_ 28. When I get angry it’s easy for me to still be rational and not overreact.

\_\_\_\_\_ 29. When I know I have done something very well, I feel relaxed and content rather than excited and elated.

\_\_\_\_\_ 30. When I do feel anxiety it is normally very strong.

\_\_\_\_\_ 31. My negative moods are mild in intensity.

\_\_\_\_\_ 32. When I am excited over something I want to share my feeling with everyone.

\_\_\_\_\_ 33. When I feel happiness, it is a quiet type of contentment.

\_\_\_\_\_ 34. My friends would probably say I’m a tense or “high-strung” person.

\_\_\_\_\_ 35. When I’m happy, I bubble over with energy.

\_\_\_\_\_ 36. When I feel guilty, this emotion is quite strong.

\_\_\_\_\_ 37. I would characterize my happy moods as closer to contentment than to joy.

\_\_\_\_\_ 38. When someone compliments me, I get so happy I could “burst.”

\_\_\_\_\_ 39. When I am nervous I get shaky all over.

\_\_\_\_\_ 40. When I am happy the feeling is more like contentment and inner calm than one of exhilaration and excitement.

**Handout 42-4 Affective Communication Test**

Respond to each of the following statements in terms of how true each is for you. Rate your responses using a scale ranging from –4 to +4, in which –4 = “not at all true of me” and “+4” = “very true of me.”

\_\_\_\_\_\_\_\_ 1. When I hear good dance music, I can hardly keep still.

\_\_\_\_\_\_\_\_ 2. My laugh is soft and subdued.

\_\_\_\_\_\_\_\_ 3. I can easily express emotion over the telephone.

\_\_\_\_\_\_\_\_ 4. I often touch friends during conversations.

\_\_\_\_\_\_\_\_ 5. I dislike being watched by a large group of people.

\_\_\_\_\_\_\_\_ 6. I usually have a neutral facial expression.

\_\_\_\_\_\_\_\_ 7. People tell me that I would make a good actor or actress.

\_\_\_\_\_\_\_\_ 8. I like to remain unnoticed in a crowd.

\_\_\_\_\_\_\_\_ 9. I am shy among strangers.

\_\_\_\_\_\_\_\_ 10. I am able to give a seductive glance if I want to.

\_\_\_\_\_\_\_\_ 11. I am terrible at pantomime as in games like charades.

\_\_\_\_\_\_\_\_ 12. At small parties I am the center of attention.

\_\_\_\_\_\_\_\_ 13. I show that I like someone by hugging or touching that person.

**Handout 43-3 Responses to Stress**

Indicate how often each of the following happens to you, either when you are experiencing stress or following exposure to a significant stressor. Use the following scale.

0 = never

1 = once or twice a year

2 = every few months

3 = every few weeks

4 = once or more each week

5 = daily

**Cardiovascular symptoms**

\_\_\_\_\_ Heart pounding

\_\_\_\_\_ Heart racing or beating erratically

\_\_\_\_\_ Cold, sweaty hands

\_\_\_\_\_ Headaches (throbbing pain)

\_\_\_\_\_ Subtotal

**Respiratory symptoms**

\_\_\_\_\_ Rapid, erratic, or shallow breathing

\_\_\_\_\_ Shortness of breath

\_\_\_\_\_ Asthma attack

\_\_\_\_\_ Difficulty in speaking because of poor breathing control

\_\_\_\_\_ Subtotal

**Gastrointestinal symptoms**

\_\_\_\_\_ Upset stomach, nausea, or vomiting

\_\_\_\_\_ Constipation

\_\_\_\_\_ Diarrhea

\_\_\_\_\_ Sharp abdominal pains

\_\_\_\_\_ Subtotal

**Muscular symptoms**

\_\_\_\_\_ Headaches (steady pain)

\_\_\_\_\_ Back or shoulder pains

\_\_\_\_\_ Muscle tremors or hands shaking

\_\_\_\_\_ Arthritis

\_\_\_\_\_ Subtotal

**Skin symptoms**

\_\_\_\_\_ Acne

\_\_\_\_\_ Dandruff

\_\_\_\_\_ Perspiration

\_\_\_\_\_ Excessive dryness of skin or hair

\_\_\_\_\_ Subtotal

**Immunity symptoms**

\_\_\_\_\_ Allergy flare-up

\_\_\_\_\_ Catching colds

\_\_\_\_\_ Catching the flu

\_\_\_\_\_ Skin rash

\_\_\_\_\_ Subtotal

**Metabolic symptoms**

\_\_\_\_\_ Increased appetite

\_\_\_\_\_ Increased craving for tobacco or sweets

\_\_\_\_\_ Thoughts racing or difficulty sleeping

\_\_\_\_\_ Feelings of crawling anxiety or nervousness

\_\_\_\_\_ Subtotal

\_\_\_\_\_ Overall symptomatic total (add all seven subtotals)

**Handout 44-2 A Personality Inventory**

For each of the following items circle the answer that most closely fits how you would respond to the given situation. (Some questions are geared to an adult audience.)

1. A teenager drives by my yard blasting the car stereo:

A. I begin to understand why teenagers can’t hear.

B. I can feel my blood pressure starting to rise.

2. A boyfriend/girlfriend calls at the last minute “too tired to go out tonight.” I’m stuck with two $15 tickets:

A. I find someone else to go with.

B. I tell my friend how inconsiderate he/she is.

3. Waiting in the express checkout line at the supermarket where a sign says “No More Than 10 Items Please”:

A. I pick up a magazine and pass the time.

B. I glance to see if anyone has more than 10 items.

4. Most homeless people in large cities:

A. Are down and out because they lack ambition.

B. Are victims of illness or some other misfortune.

5. At times when I’ve been very angry with someone:

A. I was able to stop short of hitting him/her.

B. I have, on occasion, hit or shoved him/her.

6. When I am stuck in a traffic jam:

A. I am usually not particularly upset.

B. I quickly start to feel irritated and annoyed.

7. When there’s a really important job to be done:

A. I prefer to do it myself.

B. I am apt to call on my friends to help.

8. The cars ahead of me start to slow and stop as they approach a curve:

A. I assume there is a construction site ahead.

B. I assume someone ahead had a fender-bender.

9. An elevator stops too long above where I’m waiting:

A. I soon start to feel irritated and annoyed.

B. I start planning the rest of my day.

10. When a friend or co-worker disagrees with me:

A. I try to explain my position more clearly.

B. I am apt to get into an argument with him or her.

11. At times when I was really angry in the past:

A. I have never thrown things or slammed a door.

B. I’ve sometimes thrown things or slammed a door.

12. Someone bumps into me in a store:

A. I pass it off as an accident.

B. I feel irritated at their clumsiness.

13. When my spouse (significant other) is fixing a meal:

A. I keep an eye out to make sure nothing burns.

B. I talk about my day or read the paper.

14. Someone is hogging the conversation at a party:

A. I look for an opportunity to put him/her down.

B. I soon move to another group.

15. In most arguments:

A. I am the angrier one.

B. The other person is angrier than I am.

**AP PSYCHOLOGY 2022-23 CLASS REVIEW**

**Handout 45-1: Fact or Falsehood**

T F 1. Regardless of culture, humans share the same life cycle.

T F 2. In some cultures, infants sit up first and then crawl while in others they crawl before sitting up.

T F 3. People’s personalities tend to remain stable over the course of their lives.

T F 4. The first two years of life provide a good basis for predicting a person’s eventual personality traits.

T F 5. If a mother drinks heavily during pregnancy, her baby will be mentally handicapped.

T F 6. Newborns see only a blur of meaningless light and dark shades.

T F 7. A heartbeat can be detected as early as 8 weeks into a pregnancy.

**Handout 46-1: Fact or Falsehood**

T F 1. Before age 2, infants cannot think.

T F 2. A use-it-or-lose-it pruning process in the brain shuts down unused links and strengthens others as babies develop.

T F 3. Memories before age 5 are formulated differently, making them almost impossible to remember as adults.

**Handout 47-1: Fact or Falsehood**

T F 1. A young child often believes that the sun rises in the morning to wake her up.

T F 2. Very young babies seem to live in the present where “out of sight” is “out of mind.”

T F 3. Studies have shown that babies understand basic math.

T F 4. Young children are pretty good at taking other people’s perspective on thing.

T F 5. Autism Spectrum Disorder affects more girls than boys.

**Handout 48-1: Fact or Falsehood**

T F 1. Infants initially develop close attachments to their mothers, merely because mothers provide nourishment.

T F 2. Most abusive parents were themselves battered or neglected as children.

T F 3. Children – unlike ducklings – do not imprint on their mothers.

T F 4. Children’s anxiety over separation from their parents peaks at around 13 months.

T F 5. Children in daycare experience issues with attachment to their parents.

T F 6. Children recognize their faces in a mirror as early as 4 months old.

T F 7. Permissive parents have children with the highest self-esteem, self-reliance, and social competence.

T F 8. Most cultures believe that babies co-sleeping with the parents is not a good idea.

**Handout 49-1: Fact or Falsehood**

T F 1. The average woman enters puberty 2 years earlier and lives 5 years longer than the average man.

T F 2. Women are slightly more likely to display relational aggression, such as gossiping, than men.

T F 3. When people interact, men are more likely to express support while women are more likely to express opinions.

T F 4. In a study in New Zealand, people could correctly guess the gender of the author of emails two-thirds of the time.

**Handout 50-1: Fact or Falsehood**

T F 1. Rats raised in an enriched environment developed heavier and thicker brain cortices.

T F 2. Parental influence is not as important to development as previously thought.

T F 3. Children will adapt their accent to that of their peers.

T F 4. Teens who smoke typically have friends who also smoke.

**Handout 51-1: Fact or Falsehood**

T F 1. Boys who mature early are more popular than their later-maturing peers, but they also are more likely to abuse alcohol and engage in delinquent behavior.

T F 2. The frontal lobes of the brain mature after maturation in the limbic system, which explains why teenagers often have emotional outbursts that might be inappropriate.

T F 3. The US Supreme Court has deemed it appropriate for adolescents to be charged and sentenced the same as adults when they commit violent crimes.

T F 4. Some psychologists believe the highest moral level is experienced when we uphold rules and laws of society.

**Handout 52-1: Fact or Falsehood**

T F 1. The key task of adolescence is to find a romantic partner they want to marry.

T F 2. American girls experience a rise in depression during their teen years.

T F 3. Teens who feel close to their parents tend to be healthy and happy and do well in school.

T F 4. The average age of marriage has increased by 4 years since 1960.

**Handout 53-1: Fact or Falsehood**

T F 1. Males do not develop into males until about seven weeks after conception.

T F 2. The CDC has found that almost 40% of sexually experienced teenaged girls in the US has a sexually transmitted infection.

T F 3. A person can only get a sexually transmitted infection from intercourse.

T F 4. Compared to European teens, American teens have higher rates of STIs and teen pregnancy.

T F 5. Teens who participate in volunteering or service learning have lower rates of pregnancy.

T F 6. Surveys suggest that 3% of men and 1-2% of women report being homosexual.

T F 7. Same-sex relationships only happen with humans, not other animals.

**Handout 54-1: Fact or Falsehood**

T F 1. Older people experience such a decline in physical abilities that they report dissatisfaction with their lives in general.

T F 2. Exercise can slow aging.

T F 3. People over 65 are more susceptible to cancer and pneumonia, but less susceptible to the common cold.

T F 4. Older people are better at remembering meaningful information than younger people.

T F 5. Worldwide, only 5 out of 10 heterosexual adults marry.

T F 6. The biggest regret people commonly report is that they did not take their education seriously enough.

T F 7. All people go through distinct stages of grief after losing a loved one.

**Handout 54-2**

## **Letters to Parents and Children**

**Directions:** Write two letters, one to your child on the occasion of his or her eighteenth birthday and the other to your parent(s).

In the letter to your future 18-year-old child, address the following issues:

1. When and why did you decide to have this child?
2. What are the most important characteristics of a parent, and why?
3. Which of your strengths make you a successful parent?
4. Describe the qualities you hope your child will possess, and why you think these qualities are important.
5. State your dreams for your child and pass on any words of wisdom.

In the letter to your parent(s), cover the following issues:

1. Describe your general feelings about your present life and values, and try to assess in what ways your parent(s) influenced you.
2. Describe three strengths of your parent(s).
3. Describe a weakness or other characteristic of your parent(s) that you would like to have changed.
4. Choose one or two areas of development—intellectual, moral, personality traits, social—in which your parent(s) had the most influence and explain how or why.
5. Thank your parent(s) for something special.

**Module 54**

## **Student Activity: The Bucket List**

**Concept**: With the release of the 2007 movie *The Bucket List* starring Morgan Freeman and Jack Nicholson, the idea of having a list of adventures to experience before death has become part of mainstream culture. The contents of a bucket list may indicate a person’s priorities and their level of well-being.

**Description**: Have students create a bucket list of activities they would like to accomplish in their lives. [You will create a concrete graphic to depict your bucket list (no less than 25 items and would entail a lifetime to potentially complete!!). Must be visually stimulating, neat, demonstrative of high school level work and thought. A short presentation will be expected.]

*EXTENSION*: Ask your parents or grandparents what activities they would like to experience. Students can then compare their lists to their parents/grandparents. Have them list the items that are similar and different.