



Introduction and Icebreaker (Page 1)

Read the following questions and discuss them with your peers:

1. What are Erickson's social developmental stages, and why are they important for understanding human development?

2. Can you think of a time when you faced a psychosocial crisis? How did you navigate it?

3. In small groups, discuss the following question: What do you think is the most challenging stage of Erickson's theory, and why?

Understanding the Stages (Page 2)

Match the following stages with their corresponding descriptions:

Stage	Description
Trust vs. Mistrust	Description of trust vs. mistrust stage
Autonomy vs. Shame and Doubt	Description of autonomy vs. shame and doubt stage
Initiative vs. Guilt	Description of initiative vs. guilt stage
Industry vs. Inferiority	Description of industry vs. inferiority stage
Identity vs. Role Confusion	Description of identity vs. role confusion stage
Intimacy vs. Isolation	Description of intimacy vs. isolation stage
Generativity vs. Stagnation	Description of generativity vs. stagnation stage
Integrity vs. Despair	Description of integrity vs. despair stage

Describe a scenario that illustrates the stage of trust vs. mistrust. How might this stage influence an individual's ability to form healthy relationships?

Group Discussion:

In pairs, discuss the following question: How do you think societal expectations can influence an individual's progression through Erickson's stages?

Case Studies (Page 3)

Read the following case study:

A 25-year-old individual is struggling to form meaningful relationships due to trust issues stemming from their childhood.

Analyze the case, identifying the stage, psychosocial crisis, and potential outcomes.

Group Discussion:

In small groups, discuss the following question: How might understanding Erickson's stages inform support or intervention strategies for the individual in the case study?

Individual Reflection:

Write a short reflection on how the case study relates to your own life or observations.

Role-Play Interviews (Page 4)

Conduct a role-play interview with a partner, taking on the role of either an interviewer or an individual at a specific stage of development.

Reflect on the experience: What did you learn about the stage, and how can you apply this understanding to your own life or interactions with others?

Group Discussion:

In pairs, discuss the following question: How can empathy and active listening skills be used to support individuals at different stages of development?

Reflective Journaling (Page 5)

Write a reflective journal entry about a time when you faced a psychosocial crisis. How did you navigate it, and what did you learn from the experience?

Reflect on how understanding Erickson's stages has influenced your perspective on human development and relationships.

Group Discussion:

In small groups, discuss the following question: How can reflective journaling be used as a tool for personal growth and development?

Group Presentation (Page 6)

In groups, prepare a presentation on one of Erickson's stages, including its characteristics, challenges, and significance.

Present your group's presentation to the class, and engage in a class discussion on the stage and its applications.

Individual Reflection:

Reflect on the experience: What did you learn from your group members, and how can you apply this understanding to your own life or future careers?

Creative Project (Page 7)

Create a creative project (e.g., short story, poem, painting) that illustrates one or more of Erickson's stages. Present your project to the class, explaining the stage(s) depicted and your inspiration.

Individual Reflection:

Reflect on the experience: What did you learn about the stage(s) through the creative process, and how can you apply this understanding to your own life or interactions with others?

Debate (Page 8)

Participate in a debate on the universality of Erickson's stages, considering cultural, societal, and individual differences.

Reflect on the experience: What did you learn from the debate, and how can you apply this understanding to your own life or future careers?

Group Discussion:

In small groups, discuss the following question: How can understanding Erickson's stages inform our interactions with individuals from diverse backgrounds?

Review and Reflection (Page 9)

Review the key takeaways from the lesson on Erickson's social developmental stages.

Reflect on your learning: What did you find most challenging or insightful, and how can you apply this understanding to your own life or future careers?

Group Discussion:

In pairs, discuss the following question: How can you use the knowledge and skills gained from this lesson to support others in their development?

Conclusion (Page 10)

Write a reflective essay on how understanding Erickson's social developmental stages has influenced your perspective on human development and relationships.

Include examples from your own life or observations, and discuss how you can apply this understanding to your future careers or personal relationships.

Individual Reflection:

Reflect on the experience: What did you learn from the lesson, and how can you continue to grow and develop as an individual?

Applying Erickson's Stages to Real-Life Scenarios (Page 11)

Read the following scenarios and apply Erickson's stages to each:

1. A 30-year-old individual is struggling to find a sense of purpose in their career. Which stage are they likely experiencing, and how can they navigate this challenge?

2. A 50-year-old individual is reflecting on their life and feeling a sense of regret about past choices. Which stage are they likely experiencing, and how can they find closure?

3. A 20-year-old individual is trying to balance their desire for independence with the need for guidance and support. Which stage are they likely experiencing, and how can they find a healthy balance?

Group Discussion:

In small groups, discuss the following question: How can understanding Erickson's stages inform our interactions with individuals at different stages of development?

Consider the following questions:

1. How do cultural and societal expectations influence an individual's progression through Erickson's stages?
2. How can understanding these influences inform our support and intervention strategies for individuals at different stages of development?
3. What role do social and cultural norms play in shaping an individual's sense of identity and purpose?

Individual Reflection:

Reflect on your own cultural and societal background: How have these influences shaped your development and sense of identity?

Consider the following scenarios:

1. A friend is struggling with trust issues due to a past trauma. How can you support them in building trust and navigating the trust vs. mistrust stage?

2. A family member is feeling stuck in their career and unsure of their purpose. How can you support them in exploring their identity and finding a sense of direction?

3. A colleague is struggling to balance their work and personal life. How can you support them in finding a healthy balance and navigating the intimacy vs. isolation stage?

Group Discussion:

In pairs, discuss the following question: What role can empathy and active listening play in supporting individuals at different stages of development?

Consider the following questions:

1. How do social media and technology influence an individual's sense of identity and purpose?

2. How can understanding Erickson's stages inform our use of technology and social media in supporting individuals at different stages of development?

3. What are the potential benefits and drawbacks of using technology to support individuals at different stages of development?

Individual Reflection:

Reflect on your own use of technology and social media: How do you think it has influenced your development and sense of identity?

Read the following case studies:

1. A 25-year-old individual who is struggling to find a sense of purpose and identity after graduating from college.

2. A 40-year-old individual who is navigating a midlife crisis and feeling a sense of regret about past choices.

3. A 60-year-old individual who is reflecting on their life and feeling a sense of integrity and fulfillment.

Group Discussion:

In small groups, discuss the following question: How can understanding Erickson's stages inform our support and intervention strategies for individuals at different stages of development?

Conclusion and Final Reflection (Page 16)

Reflect on your learning throughout this lesson:

1. What did you learn about Erickson's social developmental stages?

2. How can you apply this understanding to your own life and interactions with others?

3. What challenges or insights did you encounter during this lesson, and how can you continue to grow and develop as an individual?

Individual Reflection:

Write a final reflection on your learning and growth throughout this lesson.

Final Project (Page 17)

Create a final project that applies Erickson's stages to a real-life scenario or case study.
Present your project to the class, explaining the stage(s) depicted and your inspiration.

Group Discussion:

In small groups, discuss the following question: How can understanding Erickson's stages inform our interactions with individuals at different stages of development?



PLANIT
TEACHERS

Exploring Erickson's Social Developmental Stages: A
Question Sheet for 20-Year-Olds

Introduction and Icebreaker (Page 1)

Read the following questions and discuss them with your peers:

1. What are Erickson's social developmental stages, and why are they important for understanding human development?

2. Can you think of a time when you faced a psychosocial crisis? How did you navigate it?

Copyright 2024 Planit Teachers. All rights reserved.

3. In small groups, discuss the following question: What do you think is the most challenging stage of Erickson's theory, and why?

Understanding the Stages (Page 2)

Match the following stages with their corresponding descriptions:

Stage	Description
Trust vs. Mistrust	Description of trust vs. mistrust stage
Autonomy vs. Shame and Doubt	Description of autonomy vs. shame and doubt stage
Initiative vs. Guilt	Description of initiative vs. guilt stage
Industry vs. Inferiority	Description of industry vs. inferiority stage
Identity vs. Role Confusion	Description of identity vs. role confusion stage
Intimacy vs. Isolation	Description of intimacy vs. isolation stage
Generativity vs. Stagnation	Description of generativity vs. stagnation stage
Integrity vs. Despair	Description of integrity vs. despair stage

Describe a scenario that illustrates the stage of trust vs. mistrust. How might this stage influence an individual's ability to form healthy relationships?

Group Discussion:

In pairs, discuss the following question: How do you think societal expectations can influence an individual's progression through Erickson's stages?

Case Studies (Page 3)

Read the following case study:

A 25-year-old individual is struggling to form meaningful relationships due to trust issues stemming from their childhood.

Analyze the case, identifying the stage, psychosocial crisis, and potential outcomes.

Group Discussion:

In small groups, discuss the following question: How might understanding Erickson's stages inform support or intervention strategies for the individual in the case study?

Individual Reflection:

Write a short reflection on how the case study relates to your own life or observations.

Role-Play Interviews (Page 4)

Conduct a role-play interview with a partner, taking on the role of either an interviewer or an individual at a specific stage of development.

Reflect on the experience: What did you learn about the stage, and how can you apply this understanding to your own life or interactions with others?

Group Discussion:

In pairs, discuss the following question: How can empathy and active listening skills be used to support individuals at different stages of development?

Reflective Journaling (Page 5)

Write a reflective journal entry about a time when you faced a psychosocial crisis. How did you navigate it, and what did you learn from the experience?

Reflect on how understanding Erickson's stages has influenced your perspective on human development and relationships.

Group Discussion:

In small groups, discuss the following question: How can reflective journaling be used as a tool for personal growth and development?

Group Presentation (Page 6)

In groups, prepare a presentation on one of Erickson's stages, including its characteristics, challenges, and significance.

Present your group's presentation to the class, and engage in a class discussion on the stage and its applications.

Individual Reflection:

Reflect on the experience: What did you learn from your group members, and how can you apply this understanding to your own life or future careers?

Creative Project (Page 7)

Create a creative project (e.g., short story, poem, painting) that illustrates one or more of Erickson's stages. Present your project to the class, explaining the stage(s) depicted and your inspiration.

Individual Reflection:

Reflect on the experience: What did you learn about the stage(s) through the creative process, and how can you apply this understanding to your own life or interactions with others?

Debate (Page 8)

Participate in a debate on the universality of Erickson's stages, considering cultural, societal, and individual differences.

Reflect on the experience: What did you learn from the debate, and how can you apply this understanding to your own life or future careers?

Group Discussion:

In small groups, discuss the following question: How can understanding Erickson's stages inform our interactions with individuals from diverse backgrounds?

Review and Reflection (Page 9)

Review the key takeaways from the lesson on Erickson's social developmental stages.

Reflect on your learning: What did you find most challenging or insightful, and how can you apply this understanding to your own life or future careers?

Group Discussion:

In pairs, discuss the following question: How can you use the knowledge and skills gained from this lesson to support others in their development?

Conclusion (Page 10)

Write a reflective essay on how understanding Erickson's social developmental stages has influenced your perspective on human development and relationships.

Include examples from your own life or observations, and discuss how you can apply this understanding to your future careers or personal relationships.

Individual Reflection:

Reflect on the experience: What did you learn from the lesson, and how can you continue to grow and develop as an individual?

