



PLANIT
TEACHERS

Introduction to Developmental Psychology Homework Sheet

Student Name: _____

Class: _____

Due Date: _____

Introduction and Instructions

Welcome to the Introduction to Developmental Psychology homework sheet! This activity is designed to support your learning objectives by introducing you to the key stages of human development, from infancy to old age. Please follow the instructions below to complete the activities.

1. Read and review the text on the key stages of human development.
2. Complete the timeline of the key stages of human development.
3. Answer the questions in complete sentences.
4. Reflect on your own life and identify which stage of development you are currently in.

Timeline of Human Development

Create a timeline of the key stages of human development, including the following stages:

- Infancy (0-1 year)
- Early childhood (1-6 years)
- Middle childhood (7-12 years)
- Adolescence (13-19 years)
- Young adulthood (20-39 years)
- Middle adulthood (40-64 years)
- Old age (65 years and older)

Include the following information for each stage:

- Physical changes
- Cognitive developments
- Socio-emotional changes

Timeline of Human Development (Continued)

Stage	Physical Changes	Cognitive Developments	Socio-emotional Changes
Infancy (0-1 year)			
Early childhood (1-6 years)			
Middle childhood (7-12 years)			
Adolescence (13-19 years)			
Young adulthood (20-39 years)			
Middle adulthood (40-64 years)			

Old age (65 years and older)

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Questions

1. What are the major physical changes that occur during infancy and early childhood?

2. How do cognitive abilities develop during middle childhood and adolescence?

3. What are the significant socio-emotional changes that occur during young adulthood and middle adulthood?

Reflection and Relation

Reflect on your own life and identify which stage of development you are currently in. How do you think your experiences and relationships have influenced your development? Write a short paragraph (approx. 100-150 words) discussing your thoughts and insights.

Extension Activity - Case Study

Choose a stage of development (e.g., adolescence) and research a real-life example of an individual who has experienced significant challenges or successes during that stage. Write a short case study (approx. 200-250 words) discussing the individual's experiences and how they relate to the key stages of human development.

Extension Activity - Interview

Conduct an interview with an individual from a different stage of development (e.g., a grandparent or a younger sibling). Ask them about their experiences and perspectives on their current stage of development. Write a short reflection (approx. 100-150 words) on what you learned from the interview and how it relates to the key stages of human development.

Self-Assessment Opportunities

Take time to reflect on your own learning and identify areas where you need more support or review. Use the following questions to guide your self-assessment:

- What are the key stages of human development?
- How do physical, cognitive, and socio-emotional changes occur during each stage?
- What are the significant challenges and successes that individuals may experience during each stage?
- How do my own experiences and relationships influence my development?

Conclusion

Congratulations on completing the Introduction to Developmental Psychology homework sheet! Remember to review and reflect on your learning to deepen your understanding of the key stages of human development.