

Preface

Foundations in Human Development: A Chronological Approach is a comprehensive and engaging introduction to life span development. With a unique blend of classical studies and cutting-edge research, the reader is provided a context in which he or she is able to appreciate the historical foundations of life span development, as well as current themes and findings. The reader is consistently encouraged to apply the text material to his or her own life, in order to encourage retention and increase interest.

There are some important pedagogical features to the text that distinguish it from others as well. First, each chapter is written using the SQR3 (S-Q-R-R-R) method. This is a method designed by Dr. Francis Robinson to facilitate effective learning of written material. The first step in learning this material is to survey (S) each chapter. The second step is observed with questions (Q) that are raised as a result of reading a section. The third step is to read (R) each chapter carefully, one section at a time. The fourth step is recitation (R) where you may make notes, underline, or use the learning objectives or pause and process questions within each section to check for comprehension of main points. The final step is review (R) where you might test your comprehension by performing the self-quiz given at the end of a chapter, rereading your notes, or rereading a chapter, for example.

Second, learning objectives are given at the beginning of each chapter and each major section. Throughout the chapter, key terms and concepts appear in bold face print. These terms are defined in the glossary. Within each section of the chapter, pause and process questions are given so that you may gauge your understanding for segments of the chapter.

Third, a summary at the end of each chapter explains important concepts for that chapter. The summary could also be read prior to reading the whole chapter in order to gain a preview of what the chapter contains.

Fourth, each chapter contains a self-quiz that may be used in the recitation and review steps of learning. It also may be interesting to test yourself prior to reading a chapter and also upon completing the steps in learning the material to observe your progress.

Finally, part of the human condition is that individuals can differ in their views on controversial issues. Because of this, a few controversial topics are discussed within the text. Research on these topics is presented and students are encouraged to think critically about these issues and form their own opinion. Some controversial topics discussed in the text include stem cell research, the cohabitation effect, whole versus partial-brain death, and euthanasia. Coverage of these societal controversies should pique the student's interest in the field of human development as a whole.

New to the Third Edition

The third edition of *Foundations in Human Development: A Chronological Approach* has a great deal of new content, including many new photos, figures, and tables, as well as many new references. Other significant changes in this new edition include:

Chapter 1: *The Field of Human Development*

- Added a brief discussion of paradigms and why they are important for theories and research
- New examples to replace outdated ones
- Added logic to the section on philosophical issues and influences and explained how it relates to current research on risky behavior in adolescence
- Added social philosophy to the section on philosophical issues and influences and its relation to current research on social cognition (which is defined and explained)
- New information regarding how one's sense of agency plays a role in the nature and nurture dance
- Discussion of how culture can influence evolution
- Section on culture and individual development
- Introduce the idea of dynamic systems research

Chapter 2: *Foundational Theories in Human Development*

- Numerous graphics and tables added to simplify and highlight the information

Chapter 3: *Genetics and Human Development*

- New introduction to three patterns of inheritance: Mendelian inheritance, mitochondrial DNA inheritance, and epigenetic or multifactorial inheritance
- New section on gene mutation, introducing the following mutations: missense, nonsense, insertion, deletion, and duplication

Chapter 4: *The Dawn of Development*

- Updated discussion of neural tube defects, particularly spina bifida and anencephaly
- New information on cleft lips and cleft palates
- Discussion that newer research is showing that the age of the father can contribute to genetic mutations in the sperm, increasing the risk for some disorders in offspring
- Updated weight gain recommendations during pregnancy
- Introduction to new prenatal diagnostic screenings done early in the pregnancy
- A simplified discussion of the newborn's reflexes

Chapter 5: *Biological Aspects of Development during Infancy*

- A brief introduction to the emerging field of developmental cognitive neuroscience
- New information about the five kinds of brain waves and the developmental impact on the brain waves of children raised in orphanages
- Updated research on body composition during infancy
- New information on the development of body awareness
- Additional information regarding visual perception milestones the first year
- New research regarding motor skill development
- Updated statistics on breastfeeding

- New information from the Centers for Disease Control and Prevention outlining the vaccination schedule for the first two years.

Chapter 6: Cognitive Aspects of Development during Infancy

- Expanded discussion of the components of language

Chapter 7: Socioemotional Aspects of Development during Infancy

- Explanation of the emotions that we can communicate via vocalizations (looking at both prosody and vocal bursts), and their development
- Updated sections on attachment research and temperament research

Chapter 8: Biological Aspects of Development during Childhood

- Updated statistics regarding children needing corrective lenses, by age group
- Updated information regarding the possible positive and negative outcomes associated with participating in sports
- New information regarding concussions
- New information on food neophobia and picky eating during childhood
- Updated information on malnutrition
- Updated information on societal and food choice contributions to obesity
- Updated advice from the CDC on how to prevent obesity
- New information on loss of control (LOC) eating
- New information on food responsiveness and restrictive eating
- Updated information and statistics on safety concerns

Chapter 9: Cognitive Aspects of Development during Childhood

- Expanded discussion of Vygotsky's sociocultural theory
- New section on Binet and a comparison of Piaget's ideas with Binet's ideas
- Updated research on theory of mind
- Increased explanation of private speech and inner speech
- Simplification of how children understand illness

Chapter 10: Socioemotional Aspects of Development during Childhood

- Addition of the development of emotional understanding
- Updated information on screen time
- New information on the how aggression typically peaks between 24 and 42 months, then declines. Reasons why it begins to decline at this age and problems that may occur if it does not

Chapter 11: Biological Aspects of Development during Adolescence

- Updated obesity statistics
- Addition of mindful eating strategies during adolescence
- Expanded discussion of a vegetarian diet during adolescence
- Included the statistics, causes, symptoms, and treatments for binge eating in the discussion of eating disorders

- Updated statistics on substance use/abuse by adolescents
- New information on the short-term and long-term outcomes associated with the use of marijuana
- Updated statistics on adolescent risky behavior
- Discussion of acne during adolescence

Chapter 12: Cognitive Aspects of Development during Adolescence

- New section on Ebbinghaus and memory
- Updated research on theory of mind
- New information regarding communication via social media and development, including Facebook, Instagram, Snapchat, Pinterest, and Twitter; new concepts such as social surveillance, Facebook intensity, self-concept clarity, Fitspiration have been added
- New section on online communication and ostracism

Chapter 13: Socioemotional Aspects of Development during Adolescence

- Updated information on common crowds in adolescence
- Properties of love (e.g., stability, conscious controllability, experiential salience, and commonality)
- Expanded section on Sternberg's theory of love to include all eight of his types of love
- Addition of the impact of gaming on development

Chapter 14: Biological Aspects of Development during Adulthood

- Research regarding the aging brain and the quality of sleep
- Updated statistics on digestive system disturbances
- Completely updated section on the theories of aging
- New information regarding the threats of UV light and screen time to eye health
- Information on how the consumption of DHA may slow the aging of the eye or even prevent some eye diseases
- Expanded coverage on macular degeneration
- New information regarding touch and pain in late adulthood
- Updated research on the developmental course of reaction time
- New research regarding motor skill development and decline
- Updated statistics on young adult risky behavior
- Updated and expanded information on Alzheimer's disease
- Discussion of the importance of nature and sunshine for one's sense of well-being

Chapter 15: Cognitive Aspects of Development during Adulthood

- New information on how mind-wandering increases starting in late-middle adulthood
- Updated research on theory of mind
- New research on off-topic verbosity
- Addition of the construct of story asides, and the types of story asides
- Updated information regarding the use of the CHAT intervention to prevent elderspeak
- Added discussion of the characteristics of Twitter users

Chapter 16: Socioemotional Aspects of Development during Adulthood

- New discussion on the transition from adolescence to adulthood
- Explanation of protective and risk factors when adjusting to college
- New information on personality and transitioning to retirement
- Discussion of millennials in terms of their upbringing, leaving the home, and heading their own house
- Entire new section on evolutionary and psychological strategies for finding a mate and strategies employed during mate shortages
- Expanded discussion of “sliding into marriage” versus “deciding into marriage” and the statistics and outcomes associated with the cohabitation effect; in this section, there is also a discussion of the types of commitment and the differing outcomes associated with enthusiastic commitment versus moral commitment
- Extended discussion on behaviors that increase marital satisfaction and behaviors that decrease marital satisfaction
- New discussion of Duck’s dissolution model and Lee’s model of relationship dissolution
- Explanation of types of parental goals and their impact on child development
- Addition of stepgrandparent–stepgrandchild relationship to the grandparenthood section
- New subsection on custodial grandfamilies, including statistics, causes, and outcomes
- Discussion of millennials and Generation Z in the workplace

Chapter 17: The Dusk of Life

- Expanded discussion of how to ease a person’s psychological death
- Expanded discussion and statistics for hospice care
- Discusses the distinction between euthanasia and physician-assisted suicide
- Explains how the American Medical Association is divided on the issue of physician-assisted suicide and updated statistics in both the United States and worldwide
- Addition of research on the occurrence of “nearing death awareness” by the dying
- Discussion of the Four C’s (cause, catch, cure, and care) in helping children cope with death
- Updated information on the physical concerns of the dying, emotional ways to support them, and how best to interact with them
- Addition of research on the “ghost in the womb” and how women who suffer a miscarriage or stillbirth can struggle with future pregnancies and how therapy can help
- Addition of the seven stages of grief model, which is modeled after Kübler-Ross’s DABDA model of dying
- New death rituals that include the use of social media
- Comparison of traditional burials with cremations in terms of environmental impacts, and the growing demand for green burials

SUPPLEMENTS & RESOURCES

Instructor Supplements

A complete teaching package is available for instructors who adopt this book. This package includes an **online lab**, **instructor’s manual**, **exam bank**, **PowerPoint™ slides**, **LMS Integration**, and **LMS exam bank files**.

Online Lab

BVT’s online lab is available for this textbook on two different platforms—BVT*Lab* (at www.BVTLab.com), and LAB BOOK™ (at www.BVTLabBook.com). These are described in more detail in the corresponding sections below. Both platforms allow instructors to set up graded homework, quizzes and exams.

Instructor's Manual	The Instructor's Manual helps first-time instructors develop the course, while also offering seasoned instructors a new perspective on the materials. Each section of the Instructor's Manual coincides with a chapter in the textbook. The user-friendly format begins by providing a chapter summary, learning objectives and detailed outlines for each chapter. Then, the manual presents lecture discussions, key terms, class activities, and sample answers to the end-of-chapter self-quiz. Lastly, YouTube videos are listed to help instructors review the materials covered in each chapter.
Exam Bank	An extensive exam bank is available to instructors in both hard-copy and electronic form. Each chapter has approximately fifty multiple-choice, twenty-five true/false, ten short-answer, and five essay questions ranked by difficulty and style. Each question is referenced to the appropriate section of the text to make test creation quick and easy.
PowerPoint Slides	A set of PowerPoint slides includes about fifty slides per chapter, including a chapter overview, learning objectives, slides covering all key topics, key figures and charts, and summary and conclusion slides.
LMS Integration	BVT offers basic integration with Learning Management Systems (LMSs), providing single-sign-on links (often called LTI links) from Blackboard, Canvas, Moodle (or any other LMS) directly into BVT <i>Lab</i> , eBook ^{Plus} or the LAB BOOK platform. Gradebooks from BVT <i>Lab</i> and the LAB BOOK can be imported into most LMSs.
LMS Exam Bank Files	Exam banks are available as Blackboard files, QTI files (for Canvas) and Respondus files (for other LMSs) so they can easily be imported into a wide variety of course management systems.

Student Resources

Student resources are available for this textbook on both the BVT*Lab* platform and the LAB BOOK platform, as described below. These resources are geared toward students needing additional assistance, as well as those seeking complete mastery of the content. The following resources are available:

Practice Questions	Students can work through hundreds of practice questions online. Questions are multiple choice or true/false in format and are graded instantly for immediate feedback.
Flashcards	BVT <i>Lab</i> includes sets of flashcards that reinforce the key terms and concepts from each chapter.
PowerPoint Slides	For a study recap, students can view all of the instructor PowerPoint slides online.
Additional LAB BOOK Resources	On the LAB BOOK platform, comprehension questions are sprinkled throughout each chapter of the eBook, and detailed section summaries are included in the lab. Study tools such as text highlighting and margin notes are also available. These resources are not available in BVT <i>Lab</i> .

LAB BOOK

LAB BOOK is a web-based eBook platform with an integrated lab providing comprehension tools and interactive student resources. Instructors can build homework and quizzes right into the eBook. LAB BOOK is either included with eBook^{Plus} or offered as a stand-alone product.

Course Setup	LAB BOOK uses the BVT <i>Lab</i> interface to allow instructors to set up their courses and grade books and to replicate them from section to section and semester to semester.
Grade Book	Using an assigned passcode, students register into their section's grade book, which automatically grades and records all homework, quizzes, and tests.
Advanced eBook	LAB BOOK is a mobile-friendly, web-based eBook platform designed for PCs, MACs, tablets and smartphones. LAB BOOK allows highlighting, margin notes and a host of other study tools.

Student Resources	All student resources for this textbook are available in the LAB BOOK, as described in the Student Resources section above.
Online Classes	A host of instructor resources and tools to support digital learning environments.

BVTLab

BVTLab is an affordable online lab for instructors and their students. It includes an online classroom with grade book and class forum, a homework grading system, extensive test banks for quizzes and exams, and a host of student study resources.

Course Setup	BVTLab has an easy-to-use, intuitive interface that allows instructors to quickly set up their courses and grade books and to replicate them from section to section and semester to semester.
Grade Book	Using an assigned passcode, students register into their section's grade book, which automatically grades and records all homework, quizzes, and tests.
Class Forum	Instructors can post discussion threads to a class forum and then monitor and moderate student replies.
Student Resources	All student resources for this textbook are available in digital form within BVTLab. Even if a class is not taught in the lab, students who have purchased lab access can still use the student resources in the lab.
eBook	BVTLab includes both a webBook™ and a downloadable eBook (on the VitalSource® platform). For some product bundles, BVT's LAB BOOK can also be accessed from within BVTLab, offering enhanced eBook features and study tools for students, as described below.

Customization

BVT's Custom Publishing Division can help you modify this book's content to satisfy your specific instructional needs. The following are examples of customization:

- Rearrangement of chapters to follow the order of your syllabus
- Deletion of chapters not covered in your course
- Addition of paragraphs, sections, or chapters you or your colleagues have written for this course
- Editing of the existing content, down to the word level
- Customization of the accompanying student resources and online lab
- Addition of handouts, lecture notes, syllabus, and so forth
- Incorporation of student worksheets into the textbook

All of these customizations will be professionally typeset to produce a seamless textbook of the highest quality, with an updated table of contents and index to reflect the customized content.

ACKNOWLEDGMENTS

This book would not have been written without the help and support of many individuals. First, and foremost, I thank my family. They were my personal cheer squad. I also thank my students at Florida State College at Jacksonville for letting me know what sections were confusing and needed clarification (e.g., newborn reflexes), as well as topics that they would like to see expanded (e.g., patterns of inheritance) or even added (evolutionary and psychological strategies for finding a mate and strategies employed during mate shortages).

I also want to thank my editor, Regina Roths, for her guidance and patience; this book would be a shadow of what it is without her support and direction. Finally, I would also like to thank everyone at BVT Publishing: Publisher and Managing Director Richard Schofield, who gave me the opportunity to update this textbook; Production and Fulfillment Manager Janai Escobedo; Permissions Coordinator Jade Elk; Designer/Typesetter Sue Mangan; Managing Editor Anne Serbulea; Proofreader Teresa Daly; and our Indexer Suzanne Schmidt.

And Finally . . .

I welcome your comments and feedback. The prospect of being able to develop a robust exchange of ideas with current users, both students and faculty, is truly exciting. You can reach me at t.grayson@fscj.edu.

Very best wishes,
Troianne Grayson

About the Author

Troianne Grayson has been a professor of psychology for over 15 years at Florida State College at Jacksonville. While her expertise and education are in human development, being the mother of seven has helped her apply what she has learned in school to the real world. She is passionate about both teaching and writing and hopes that students find this book accessible, interesting, and educational. Ideally, it should be a fun read because all of us are both human and developing. To study life span development is to study ourselves and our own development. Enjoy!