

In this developmental autobiography, I want you to consider the theories/theorists we have discussed and incorporate them into an essay. In this essay, you need to describe the theories and then apply them to your personal development thus far. To the best of your ability, address each of the elements below. This essay can be written in an informal manner, but typos, incomplete sentences, and other grammatical and technical writing elements will be graded.

This is an extra credit assignment and you can earn up to 10 points

5 pages double-spaced minimum

Due: Thursday of Finals Week via Email Submission – Save and Send as Pdf

Prenatal through Early Childhood Development -

If you are able, ask your parent(s)/guardian(s) about these things:

Did your mother have appropriate/quality prenatal care?

Were there any problems with your prenatal (before birth) development?

Are there any genetic challenges in your biological family?

Did you experience any developmental delays as an infant/toddler?

What kind of childcare did you participate in pre-kindergarten – was it quality care – were there any problems associated?

Did you have any developmental problems during early childhood (pre-school age)?

Were there developmental milestones that were not met?

How would your parent(s)/guardian(s) describe your attachment according to Ainsworth?

How would you describe your parent(s)/guardian(s) parenting styles using Baumrind's styles?

Do you think they were positive or negative to your development?

School Age Development (Elementary – Early Middle School) -

Cognitive – often reflected in school grades or language problems. Do you recall having problems with specific types of school tasks, if so, which ones? Did you have any language/speech delays? Do you feel that you received a good education that prepared you effectively for high school (Piaget)? Did teachers/adults work with you at your level of readiness or were you often bored with work that was too easy/frustrated with work that was too difficult (Vygotsky)?

Physical – did you develop early/late compared to your peers? Did you have any serious health problems? Did you have any fine motor problems – handwriting, manipulating small objects? Did you have any gross motor problems – running, skipping, and sports of any kind?

Socio-Emotional – Did you have any problems with bullying or other emotional issues? Did you have friends? Were you able to interact easily and effectively with peers and adults?

Late Middle through High School Development -

Cognitive – Did you have problems with school work? What type of assignments were easier/more difficult for you? What subject areas did you enjoy/dislike? Did you feel that you had a good background of knowledge to complete most high school assignments (Piaget)? Are you able to think abstractly in any areas? If so, which ones? Did you have good mentors who could scaffold tasks for you (Vygotsky) and then allow you to work independently?

Physical – did you mature at the same rate as most of your peers or more quickly/more slowly? Did you engage in risky behavior (you don't need to describe) that might have negatively affected your development? Were you in good physical shape in high school? Did you have any serious health issues?

Socio-Emotional – Did you have any negative emotional issues during high school? Would people describe you as someone with positive friends? Did you experience depression or other mental trauma?

Bronfenbrenner – take the self- assessment and discuss.

Maslow – Stage Theorist: Hierarchy of Needs: Are/have your basic needs been met and what could that mean for your development? There are many self-assessments available, take a few – see where you are right now. Have you ever been in a situation where your basic needs were not met? How do you feel your needs have assisted/hampered your development?

Erikson – Stage Theorist – go through Erikson's stages 1 – 5 and analyze your development – do you think you successfully went through each 'crisis'? Explain your answers.

Marcia – What stage of identity development do you feel you are currently in? Explain.

Self-Assessment: Bronfrenbrenner’s Levels of Influence/Impact on You and Your Life

Please complete the self-assessment using the following scale – the significance can be either positive or negative!

1 = Insignificant – This factor did not influence/affect me/ my life at all

2 = Slight – This factor had a minor impact on me/my life

3 = Medium – This factor had some impact on me/my life

4 = Great – This factor had a major/significant impact on me/my life

Microsystems

Factor	Rating	Rationale – Explain your rating
Family		
Teachers		
Schools		
Peers/Friends		
Neighborhoods		
Personal or Family Spiritual Beliefs		
Total		

Ecosystems

Factor	Rating	Rationale – Explain your rating
Parent’s Work Environment		
Friends of Family		
Mass Media		
Extended Family		
School Board		
Access to Health Care		
Total		

Macrosystems

Factor	Rating	Rationale – Explain your rating
Prevailing Cultural Beliefs		

of USA and/or Community		
Influence of Laws		
Influence of Religion on Society		
History of the Country		
Total		