

◇ Chapter 18
Development Lasts a Lifetime

Enrichment Activities

LASTING IMPRESSIONS

Throughout your life, you will experience many things that will leave lasting impressions on you. You probably have already experienced both happy and sad events that greatly affected you. Just as a tree has new growth and discolored places, these memories will be a part of you forever.

Using your senses is a vivid way to recall memories of the past. Maybe the taste of watermelon brings back fond memories of a special summer picnic. A certain song may remind you of a special dance, while the sight of blinking red lights may bring back the memory of someone’s death. What memories are linked with each of your senses? Take some time to think about each one.

Directions: On the chart below, briefly describe a memory to each of the senses, and the age you were when it happened.

Sense	Memories of the Event	Age
1. Sight		
2. Sound		
3. Smell		
4. Taste		
5. Touch		

Focus In

- Which sensory memory was the strongest for you?
- Write a short story that links two or three different sensory memories.

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ON THE ROAD TO ADULthood

When you stop to think about it, it is rather amazing how most defenseless, dependent children grow into responsible, self-sufficient adults. How do they get from point A to point B? Sociologist Robert Havighurst identified eight developmental tasks that must be completed in order to reach adulthood. The degree to which a person completes each task may determine how positive and rewarding he or she finds adulthood.

Directions: Below each developmental task that follows, write an example from your own life. Tell how you have already successfully completed each task *or* how you imagine successfully completing it in the future. Whenever possible, describe how you acted *before* and *after* each stage.

Task 1: Developing Relationships with Male and Female Peers

Young children form their closest relationships with others of the same gender. They may even refer to the opposite gender as “stupid” or “icky.” As they approach adolescence, however, their feelings begin to change.

Task 2: Choosing a Masculine or Feminine Adult Role

Interest in the opposite gender may spur teens to think about their own identities as males or females. Forming a gender identity may be more difficult for teens today because masculine and feminine roles are not as clearly defined as they once were. However, this also means that teens have more freedom to shape their identities as they grow into adults.

Task 3: Caring for and Accepting Your Body

Physical appearance becomes more important to adolescents. Teens learn the importance of good health habits and physical conditioning and how these relate to appearance. Though teens may be uncomfortable with the physical changes they experience during this stage, they eventually come to accept their bodies.

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Task 4: Following the Rules and Laws of Society

Adolescents see the reason for rules and laws and the value in obeying them. They also understand the consequences of disobeying them. Teens view the rules and laws of society as responsibilities of young adulthood.

Task 5: Becoming Emotionally Independent

Teens learn to think, feel, and act for themselves. They can make their own decisions without constantly looking for parental approval. When they make mistakes, they don't look to their parents to "bail them out."

Task 6: Preparing for a Career

Teens start to think about how they will support themselves as adults. They learn to identify interests, goals, and resources that may help them choose a career. They take steps toward fulfilling their ambitions.

Task 7: Exploring Feelings About Marriage and Family Life

Adolescents become more interested in the possibility of marriage and parenthood. Teens ask themselves if they want to marry, whether they are ready for marriage, and what they want in a marriage partner. They also consider the option of remaining single.

Task 8: Identifying a Set of Values

The most difficult task for many adolescents is identifying a set of values to live by. Teens must examine their beliefs and attitudes in order to know what values will guide their behavior.
