



LIFESPAN PRESENTATION

THEORETICAL PERSPECTIVE:

Psychosocial Development

- I am often torn between what society thinks of me vs. what I think of myself.

Humanistic Perspective

- As I have gotten older, my motivation for success has helped me become a lot more mature than most people who would not care about their future.

NATURE VS. NURTURE

NATURE: (GREATEST INFLUENCE)

- Inherited many of the same traits as my parents.
 - Hair color, eye color, skin tone
- Inherited some of the same abilities as my parents.
- Knowledge, wise decision making, attitude

NURTURE:

- Biological- my mom has never abused drugs, alcohol or tobacco before, after, or during her pregnancy
- Social- I have always been a well disciplined kid from an infant to now, which has made it difficult to say, “no” when I needed to most. I’ve always been taught to be sweet and caring.

FREE WILL:

- In my opinion, every person has “free will”. However, in order for each individual to seek more advanced levels of maturity and full potential, proper technique and care of the child is necessary.

GENETICS:

Mother- recessive red hair, recessive green eyes, freckles, short, skinny until birth, bigger nose, skinny lips, big eyes, ok vision, dimples, oily skin.

Father- recessive red hair, recessive green eyes, freckles, tall, skinny whole life, round slim nose, skinny lips, medium sized eyes, blind from about age 45, dryish skin.

Me- red hair, hazel eyes, very few freckles, short, skinny, as I've gotten older my nose starts to favor a mix of both parents, big lips, and big eyes. As a child I looked identical to my mother when she was a child, as I've gotten older I've started to favor both parents, but a little more of my mother than father, dimples, excellent vision, dimples, oily skin.

-In the top right picture is a picture of my mother when she was little, the bottom picture is myself when I was little. We look almost identical.

- Insert pictures here

TEMPERAMENT:

- Personality test results: MelPhleg (melancholic and phlegmatic)

Melancholic- introverted and thoughtful, overly pondering and considerate, worry, highly creative, overly preoccupied by tragedy, perfectionist, self reliant and independent, tends to get caught up and forget.

Phlegmatic- relaxed and quiet, warm and sluggish, content, kind, accepting, affectionate, passive-aggressive, receptive, shy, curious.

HEREDITARY INTELLIGENCE:

- I inherited intelligence from both parents. My mother and father both succeeded well with their lives and careers. Both parents are book smart, responsible, well organized and determined.

- I inherited my fathers personality. We both have old souls, and are “duds” to the rest of the family and our friends. We are quiet and don’t talk much, do not find humor in a number of things, we would rather be alone than in a crowded room, home bodies, we’re each very observant and stubborn.

PSYCHOLOGICAL DISORDERS:

- Social anxiety
 - not a talker, being touched makes me feel uncomfortable
- Stress
- OCD
 - known as a “perfectionist”

All inherited from my mother except social anxiety.

MOTHER'S PREGNANCY

- no pregnancy problems
- no strict diet, she “ate what she wanted”
- 31 and a half years old
- only health problem was hypertension
- no use of drugs, alcohol, or tobacco
- scheduled cesarean delivery with no complications or postpartum depression
- i weighed 8lbs 10oz, 21 in. long
- my father worked a lot to provide for our family, but the days he was not working he was always there and helpful.
- i was bottle fed the whole time with formula. never breast fed.

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INFANT

- attachment style: secure and disorganized-disoriented.
- being raised outside the home made me attached to more than my mom, so when my mom wasn't there, I didn't miss her as much because I was in an environment that I had attachments with, but when she came back, I suddenly ran too her because I had a powerful attachment to her as well.
- this has affected me by causing me to be shy and reserved
- i was an easy baby. did not cry or whine too much, etc.
- being raised outside of the home has taught me to be able to play well with others, share, to be respectful of other people's things, I learned how to follow rules, manners, and consequences. It has also caused my mother and I to not have a very close relationship, because I only seen her after work and on the weekends.

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PERSONALITY COLOR:

- gold

-organized, planned, neat, parental, traditional, responsible, orderly, on-time, honest, stable, sensible, dependable, helpful, trustworthy, loyal, conservative, organized, follows rules, useful, saves money, concerned, procedural, cooperative, prideful, and careful.

i do agree with my color, more than most of these are spot on!

TODDLER

- average height and weight
- learned to walk at about 10 months
- healthy baby, was hardly ever sick.
- left brained
- very rational, analyze people and situations, favors math/science, methodical, sequential thinker, uses logical reasoning, likes to work with things that can be seen or touched.
- parenting styles: both mother and father are authoritative.
- firm, sets clear and consistent limits, strict but loving and supportive, explaining and communicating.
- this has taught me to be responsible, respectful, and well obeyed.

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ADOLESCENCE

- average weight, above average height
- not sickly during middle school
- no disorders or special needs
- earliest memory:
-though they are all mixed up, I can remember my first memory being to ask one of my father's friends to hold me up to walk on the ceiling.
- both of my parents have been and still are happily married.
- I think I matured early just by always being around older people all the time and being responsible and independent.

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YOUNG ADULthood

- my first time to ever abuse alcohol or tobacco I was 15 years old.

-definitely got mixed in with the wrong crowd and suckered into peer pressure. I have always had a problem with saying “no” and sticking with it, because I didn’t want my “friends” to get mad at me.

- identity issues: moratorium and identity achievement

-i’m still making some choices I know that I probably shouldn’t just to try to figure out where I want to put myself in life, but at the same time I don’t do anything other than sit at home and stress about my future and if my dream career is worth all the school i would be putting myself through.

- peers: involved with a crowd

-i had a lot of acquaintances that I had a lot in common with, but only really talked to them at school.

-in middle school i was in one clique that was only me and about 2 other people that we got into a lot together that we probably had no business doing.

- relationship with peers: socialized delinquent.

- normal kid with no psychological problems. The “crimes” I committed when I was younger did not follow me as I grew up, and am more of my own person now than what I was as an adolescence.

STRESS IN YOUNG ADULTHOOD:

Chronic stress

- I tend to stress all the time about school, my relationships, and responsibilities that I need to take care of when I have such little time to do them all.

Coping with stress:

- emotion-focused: I try to keep my mind off as much as I can by trying to stay busy and occupying myself as much as possible.

RELATIONSHIPS IN YOUNG ADULthood

Intimacy vs Isolation: (success)

- I was able to form intimate relationships on a physical, intellectual, and emotional level.

Friendships: (birds of a feather and personal qualities)

- I am most attracted to people who are funny and wild, but also respectful and know when to be serious. I'm also attracted to people who want some of the same things in life as I do, such as a good paying career, a family and financial stability.

Falling in Love: (stimulus and role stage)

- To me, looks in a guy is a big part in a "labeled" relationship, but also the way they treat/talk to me has a lot to do with their attractiveness as well. When having a "boyfriend" I appreciate and expect certain roles to be played.

-When "falling in love" I experienced both passionate and compassionate types of love. My boyfriend and I were super close and were together for about a year solid.

Affects of my Attachment Style: (secure and disorganized-disoriented)

- Having a secure and disorganized-disoriented attachment style as a child has made me have an ambivalent relationships with other people today.

CAREER CHOICES

Fantasy:

- as an elementary student my mind was set on being a “Walmart Worker”
- towards the start of my 4th and 5th grade year, I changed my mind to a “Nasar Driver”

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Tentative:

- in middle school, I went a long time not knowing exactly what I wanted to be, but I decided to follow in my father’s footsteps to be a “Police Officer”
- right at the start of my freshman year, I changed my mind again to a “Psychologist”

Realistic:

- as a junior in high school, I have pretty much made up my mind that I want to have some kind of profession in the medical field.
- I considered “Anesthesiology”, but when then I started thinking about the schooling and am now leaning more towards being a “Nurse Anesthetist”

HOLLAND CODE PERSONALITY:

- CE

Conventional- prefers well-ordered environments, likes systematic, verbal, and numerical activities, avoids ambiguous situations and problems, conscientious, efficient, practical, identity with power, value material possessions and status, orderly persistent, calm, doesn't seek outside leadership, stable, controlled, dependable, saves money conservatively.

Enterprising- good verbal skills, strong leader, avoids work that takes a long intellectual effort, organized goals, aggressive, popular, sociable, self-confident, high energy level, adventuresome, ambitious, enjoys making things happen, values money, dislikes science and systematic thinking, buys big cars, nice clothes.

SUMMARY:

I learned a lot by doing this presentation. I learned the different ways I am similar to my parents by the knowledge of psychology, and how I was raised as a child, affected who I am today. I know the different paths that are best for me according to different tests about my personality. I think this assignment and different tests taken throughout this course has allowed me to get a better understanding on what I will be good at regarding my future career.

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