Human Growth & Development

Most development questions describe a client and ask you to name the stage. Memorize the order and the age range of each stage, then practice matching vignettes to theorists.

> **Where it shows up on the NCE:** Areas of Clinical Focus; Intake, Assessment & Diagnosis; Treatment Planning.

Erikson's psychosocial stages

Approx. age	Crisis	Virtue
0–1	Trust vs. Mistrust	Hope
1–3	Autonomy vs. Shame & Doubt	Will
3–6	Initiative vs. Guilt	Purpose
6–12	Industry vs. Inferiority	Competence
12–18	Identity vs. Role Confusion	Fidelity
Young adult	Intimacy vs. Isolation	Love
Middle adult	Generativity vs. Stagnation	Care
Late adult	Integrity vs. Despair	Wisdom

Piaget and Freud side by side

Age	Piaget (cognitive)	Freud (psychosexual)
0–2	Sensorimotor: object permanence	Oral (0–1)
2–7	Preoperational: egocentrism, symbolic play, no conservation	Anal (1–3); Phallic (3–6)
7–11	Concrete operational: conservation, logic about concrete things	Latency (6–puberty)
11+	Formal operational: abstract and hypothetical thinking	Genital (puberty on)

Kohlberg's moral development

Level	Stages
Preconventional	1. Obedience and punishment · 2. Self-interest (instrumental exchange)
Conventional	3. Good boy/good girl (interpersonal approval) · 4. Law and order
Postconventional	5. Social contract · 6. Universal ethical principles

More theorists

Gilligan	Ethic of care; critiqued Kohlberg for a male-centered justice focus.
Vygotsky	Zone of proximal development; scaffolding; learning is social.
Bronfenbrenner	Ecological systems: micro-, meso-, exo-, macro- and chronosystem.
Bowlby / Ainsworth	Attachment theory; Strange Situation: secure, anxious-avoidant, anxious-resistant (ambivalent); Main & Solomon added disorganized.
Harlow / Lorenz	Harlow: contact comfort in rhesus monkeys. Lorenz: imprinting and critical periods in geese.
Marcia	Identity statuses: diffusion, foreclosure, moratorium, achievement (crisis × commitment).
Baumrind	Parenting styles: authoritative (best outcomes), authoritarian, permissive; Maccoby & Martin added uninvolved.
Elkind	Adolescent egocentrism: imaginary audience and personal fable.
Levinson	Seasons of life; midlife transition around 40–45.
Perry	College students' thinking: dualism → multiplicity → relativism → commitment.
Kübler-Ross / Worden	Grief stages (denial, anger, bargaining, depression, acceptance) are not linear; Worden proposes four tasks of mourning.
Havighurst	Developmental tasks at each life stage.

Piaget's key terms

Schema	Mental framework for organizing information.
Assimilation	Fitting new information into an existing schema.
Accommodation	Changing a schema to fit new information.
Equilibration	Balancing assimilation and accommodation.

Exam traps

- Erikson's midlife stage is generativity vs. stagnation, not integrity vs. despair.
- Conservation arrives in the concrete operational stage, not preoperational.
- A teen convinced "everyone is watching me" shows the imaginary audience; "it can't happen to me" is the personal fable.
- Foreclosure = commitment without exploration; moratorium = exploration without commitment.

Quick self-check

1. Which Erikson stage covers ages 6–12?
2. Changing a schema to fit new information is called?
3. Which parenting style is linked to the best outcomes?
4. Name Kohlberg's stage 4.
5. Who proposed the zone of proximal development?

Answers: 1. Industry vs. Inferiority. · 2. Accommodation. · 3. Authoritative. · 4. Law and order. · 5. Lev Vygotsky.

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