

Reflections on Young, Middle and Late Adulthood

(Note: Submit these reports separately. Points to Be Earned: Emerging, Early and Middle Adulthood-50 Points and Mature-Late Adulthood and Centenarians-50 Points.)

Review readings and notes on these developmental periods. View the videos on emerging, young, middle and late adulthood from the *Seasons of Life* Video Series on Development across the Lifespan. You can find these online at: <http://www.learner.org/resources/series54.html>. View also the videos by Jeffrey Arnett on emerging adulthood. In addition, view any 3 videos of your choice on the above developmental periods from the *King's Psychology Network*. Make sure you specify the videos you viewed. Provide your overall reflections on the developmental periods and answer the following questions for each.

Video 3: Emerging and Early Adulthood (20s-50s)

Outline the challenges of young adulthood.

What are the major developmental milestones, challenges and hurdles?

What did you find intriguing about this developmental period?

Video 4: Middle Adulthood (50s- Late 70s)

Outline the challenges of middle adulthood.

What are the major developmental milestones, challenges and hurdles?

What did you find intriguing about this developmental period?

Video 5: Mature or Late Adulthood and Centenarians (80s to 100+)

Outline the challenges of late adulthood.

What are the major developmental milestones, challenges and hurdles?

What did you find intriguing about this developmental period?